

# WHAT'S HAPPENING ... *this week locally...*

Send us your notice and we will publish it **FREE**. This community section is for clubs, organisations, fund raisers etc. Email [cafetimeinformation@gmail.com](mailto:cafetimeinformation@gmail.com) by 6pm Tuesday, for inclusion in weekly edition. CAFE TIME is also available in Skerries, Rush, Lusk and Balbriggan, so specify in which edition you want to publish your **FREE** advert.

## Pilates Performance classes

We provide group mat and reformer classes, for the not-so-fit to the super fit commencing from October 26th in Studio 12, Malahide. Contact Audrey Byrne Tel 086 8483438

## Pilates for Parkinson's disease, Osteoporosis, active retired

commencing November 12th. at Studio 12, Malahide. Contact Sarah MacLachlann Tel 087 2445425

## "Ever Wanted to Write a Book?"

National Novel Writing Month encourages aspiring novelists, of all ages to write 50,000 words during November. Venues for free writing sessions countrywide include Dublin city, D hotel Drogheda (kick-off 10am 31 Oct), Belfast. Contact [www.NaNoWriMo.org](http://www.NaNoWriMo.org) or Grace at 087-9074145."

## Humpty Dumpty Playgroup

Parents/Minders and babes, please come along to St. Sylvesters Church hall every Friday, 10.15 to 11.45 for a hot drink, snack, chat and play. Enquiries to Mary on 086 2638489..

## Performance Cycling (spin) class

Tuesdays, 9.15am. Wednesday, Ladies only beginners 7pm. Thursdays, 9.15am. Pay as you go classes. Maurice Mahon House, (above stepz) Malahide. With Darlene. Other classes and times [www.justclasses.info](http://www.justclasses.info) or by calling Aidan 087 7950006.

## Naíonra "Tír na nÓg", Malahide

Play-school through the Irish language, help your child learn a 2nd language in a fun & stimulating environment. Catering for children aged 2.10months - 5 years. Enrolled in free childcare places scheme. Places available. Contact Rebecca 087 6427928

## New Circle Dance groups

Everybody is welcome! Circle dances are choreographed to different styles of music and rhythms. No experience is necessary as all the dances are taught first. No partner is needed. The steps are rather easy to learn, just enter with an open heart. Guaranteed side effects:

**SWORDS:** Join our fortnightly Circle Dance nights from 7:30pm to 9pm at the Amruta Ayurveda Centre in Swords (Glenmore B&B, Airport Road). The next one will take place on Tuesday, 19th October. Donation: 10 EUR per night.

**DONABATE:** Commencing on 16th October, a new Circle Dance group will meet weekly on Saturdays from 4pm to 5:30pm in the Donabate Parish Hall. Cost: 5 EUR per person - Pay as you go. For more information see: [www.meetup.com/Circle-Dance/](http://www.meetup.com/Circle-Dance/) or contact Monika on 087-2803142 or Carmel on 087-9652546

**DEADLINE FOR INCLUSION:** Email [cafetimeinformation@gmail.com](mailto:cafetimeinformation@gmail.com) by 6pm Tuesday each week.

## New Charity Shop in Malahide.

Fund raising on behalf of CONCERN, the Fingal Charity shop is open from 10pm until 5.30pm Mon-Sat on Strand street, Malahide. Children's, Ladies and Men's Fashions, Jewellery, Household goods, Books, Toys Dvd's. Donations and sponsorship appreciated.

## Kettlebell classes

6 week course starting Swords 27th October @ 7.30pm and in Malahide 28th October @ 8.30pm Private sessions also available. Contact Kevin on 086-6090953.

## Spooky Story Writing Workshop

Spooky Story Writing Workshop for Teenagers is being run by writer and fully qualified teacher, Megan Wynne, in Skerries Mill on Friday 29th Oct from 10.30am - 3pm. Also a Novel Writing Workshop for adults takes place in Skerries Mill on Sat 4th Nov 10.30am - 3pm. Each workshop costs €45. For information to [www.meganwynne.com](http://www.meganwynne.com) or call 086 8048102 / 018493097

## Salsa for Beginners

and other levels with Latin Instructors from SalsaMania Ireland starting wed 10th of November at St Sylvesters GAA, Malahide (across AIB), Beginners 8.15pm/Intermediates 9.15pm 5 week course 60 euro, learn the moves for your Christmas parties!! Book 0876206372 [www.SalsaMania.ie](http://www.SalsaMania.ie)

## Family Support Group

A new family support group for parents and carers of those affected by drugs misuse is available now in Swords. The group is available every Wednesday from 7.30pm - 9.30pm in 7 Forrest Mews, Swords (behind Eddie Rockets) starting from 14th April 2010.

If you would like more information, you can contact the Family Support Group in Swords on 086 793 5644 or alternatively 01 813 1786.

## 6 Week Self Defence Course

Can you protect yourself and your loved ones? Defence against edged weapons. Defence against baton, bats etc. Defence against firearms. Developing a Self Protection game plan. Understanding the criminal's mind-set & M/O. How to recognise the pre-cursors of an attack.

For more info. on this course & on how to book your place visit [www.hardtargselfdefence.com](http://www.hardtargselfdefence.com)

## Life Motivational Skills Course

This course is fun, interactive and engaging. It covers \*Self Esteem \*Confidence issues, \*Awareness, \* Postive versus Negative thought patterns. Aims are to empower participants in their daily lives. Contact: Irene Mob:086 9680069 or [www.finecounselling.ie](http://www.finecounselling.ie) or [info@finecounselling.ie](mailto:info@finecounselling.ie)

# CAFE TIME

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CAFE TIME is available to 'read and leave' or to take away and read later. The Malahide Swords Edition is available in the following locations:

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## SWORDS -APPLEWOOD

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## SWORDS

37. The Hawthorn Hotel
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49. Donabate Portrane CLC
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51. New Orchid Takeaway
52. Hertz Centre

## SWORDS - PAVILIONS

23. La Croissanterie
24. BBs Cafe
25. BBs Coffee Pod
26. Yo&More

Every week we will adding more locations to ensure that CAFE TIME is available for everyone to read in the Swords Malahide area.

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**FREE...** please take a copy.

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# CAFE



# TIME

YOUR LOCAL PUBLICATION SUPPORTING BUSINESS & COMMUNITY

Malahide Swords Edition

## SPOOKY PORTRAITS

2-4pm on Hallowe'en in aid of ISPC

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# Are you a perfectionist?

*I was a perfectionist! Now, I am no longer one. Do you know why?*



I still remember an incident that had happened while I was still a teenager. We were supposed to do spring-cleaning for a student clubroom. One club member and myself were assigned to clean the window glass panels. He would cover half the portion while I covered the other half. He finished his portion rather fast and went off. I took quite sometime to finish my portion. Of course, I was curious how come he could finish so fast while I took so long.

When I had examined his works, I got angry about it. The window glass panels were reasonably cleaned but they were not spotless! According to my perfectionist standard, the glass panels must be completely spotless!

From this, I have learnt that I would always suffer from unnecessarily anger. This is because my perfectionist standards unlikely to be met.

Also, I have noted that I took considerably more time than a non-perfectionist. I would feel stress trying to be perfect if there is a time constraint on the task. If there were no time constraint, I would end up being less productive compared to a non-perfectionist.

Lastly, I have realized that there was a subject view of what is perfect. Most people do not even notice the difference between a perfect standard and a reasonably good standard. I

*continued on page 2*

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would not be appreciated for the extra efforts because most people would not notice the difference. Most of the time, a reasonably good standard is practical enough to be accepted by most people.

Of course, I did not change overnight just because one incident. The turning point of my life is when I have started working. Due to the nature of the work, the assigned tasks always have very tight deadlines. As a result, I felt very stressful during that period because I tried to be a perfectionist. Also, I was angry because I felt that the time given to complete the assigned tasks were simply unfair! After suffering for a period of time, I have realized that it is not practical to stick to perfectionism!

Nowadays, when given any task, I would ask myself whether there is a practical need for the task to be perfect.

Certain tasks do need a perfect standard. For example, a heart transplants surgery will require a perfect standard to ensure a higher chance of survival for the patient.

Certain tasks do need not required perfect standard. For example, a house cleaning will require a reasonably good standard for hygienic purpose. A perfect standard does not help much because the floor always gets dirty. What is more practical to do is to clean the house more regularly.

The weekly idea that I will like to share with you is: Always strike a balance between perfection and practicality for any task

Source: <http://www.articlecircle.com/> - Free Articles Directory

Author: Max Ng - [www.yourgreatestgift.com](http://www.yourgreatestgift.com).

## 10 good reasons to drink water

1. Water is absolutely essential to the human body's survival. A person can live for about a month without food, but only about a week without water.
2. Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
3. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
4. Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.
5. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
6. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.
7. Water can prevent and alleviate headaches.
8. Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
9. Water aids in the digestion process and prevents constipation.
10. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.

Source: [www.allaboutwater.org](http://www.allaboutwater.org)

## Why is the sky blue?

In 1859, Irish scientist John Tyndall was the first to correctly explain why the sky is blue. The explanation may surprise you. The sun puts out a full spectrum of light colors – but your eyes are most sensitive to blue and red/purple colors. Molecules in the air scatter the sun's blue light faster than they scatter its red light. A day-time sky without clouds looks blue because the sun is close to you, and relatively little of the blue light has been scattered. You see red and orange colors at sunset because the light must travel a greater distance to you, and all the blue light has been refracted away from your line of sight by the time the sun's light hits you – not because of dust or other particles in the air as is widely believed.

## Joke Time

Q. Which building does Dracula visit in New York? A. The Vampire State Building.

Q. Where do most werewolves live? A. In howllywood

Q. Why did the skeleton go disco dancing? A. to see the boogy man.

Q. What do witches use in their hair? A. scare-spray

Q. What do you call a little monsters parents A. mummy and deady

Q. What do you get when you cross a black cat with a lemon. A. sour-puss

Q. Why do ghosts shiver and moan? A. It's drafty under that sheet.

# USES OF VINEGAR THAT YOU DID NOT KNOW ABOUT

1. Get rid of ballpoint pen marks. Dabbing full strength vinegar on the pen marks should get them out.
2. Remove stickers and price tags. Saturate the corners and sides of stickers with vinegar and scrape off with a plastic card. Remove any sticky remains by covering it with vinegar and letting it sit for a minute or two. The stickiness should wipe right off.
3. Clean scissors. Using water on scissor blades can cause them to rust. Instead, wipe them down with a cloth dipped in vinegar.
4. Clear carpet stains. To use vinegar to lift out carpet stains, mix 2 tablespoons salt in a cup of vinegar. Rub into carpet stains, let dry, and then vacuum. For a spray on spot remover, mix 1 part vinegar with 5 parts water in a spray bottle.
5. Clean your kettle. Bring 3 cups of vinegar to a boil for 5 minutes and leave in the kettle overnight. Rinse with water the next day. This should get rid of lime and mineral deposits.

## 13% of people are left handed

In medieval times, left-handed people could not become knights because it was thought that they were descendants of the devil, it is said. Spiral staircases in castles ran clockwise to allow knights – all right-handed – to battle intruders effectively.

The word for left in French means gauche and in Latin it means sinister. The Latin word for right is dexter, from which came “dexterous”. Ambidextrous means literally “both right.”

13% of people are left-handed, up from 11% a few decades ago. The story that right-handed people live, on average, nine years longer than left-handed people is a myth.

Animals also are either right-handed or left-handed. Polar bears are left-handed

## WORLD'S MOST FAVOURITE FRUIT?

Bananas are the world's most popular fruit after tomatoes. In western countries, they could account for 3% of a grocer's total sales. Bananas consistently are the number one compliant of grocery shoppers. Most people complain when bananas are overripe or even freckled. The fact is that spotted bananas are sweeter, with a sugar content of more than 20%, compared with 3% in a green banana.

A man was driving down the street in a sweat because he had a very important meeting and couldn't find a parking place. Looking up to heaven, he said, “Lord, take pity on me. If you find me a parking place, I will go to church every Sunday and quit drinking!”..... Just then, a parking place appeared - the closest one imaginable..... The man looked up again and said, “Never mind, I just found one.”

### Inspirational Quote

“You cannot plough a field by turning it over in your mind.

## Test your general knowledge?

1. Q: Will Smith played the part of Steven Hiller in the film ‘Independence Day’. What was his codename?
2. Constantino Rocca plays which sport?
3. In mythology what was Minerva the Goddess of?
4. In the movies who plays the role of Harry Potter?
5. Two main London railway stations have the word “Cross” in their names. Name both?
6. Which is the only US state to begin with the letter ‘P’?
7. Which is the world's oldest airline still using its original name?
8. What is the correct name for a rabbit's tail?
9. In 1996 what overtook Coca-Cola as being the most well known brand name in the world?
10. Who is the last English born manager to coach an FA Cup winning side?

1. Eagle, 2. Golf, 3. Wisdom, 4. Daniel Radcliffe, 5. Kings cross and Charing cross, 6. Pennsylvania, 7. KLM or Royal Dutch Airlines (Koninklijke Luchvaart Maatschappij), 8. Scut, 9. McDonalds, 10. Joe Royle (1995 - Everton 1 Man. Utd. 0)



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