

July

Activity Pack



July

Dear Friends,

We have just passed mid-summer day and we hope that you are enjoying the sunshine when it appears and are able to safely enjoy being outside with a nice cool drink and a sunhat!

This month's activity pack theme is "The Great Outdoors" - think camping, picnics, nature trails and singing under the stars.

We have songs, stories and games to pass the time under the summer sun and the mild, bright evenings.

We would love to hear from you if you would like to suggest something, or if you'd like to share your artwork with us and have it featured on our social media. We also welcome poems and stories to be included in the pack if we have any artists or writers out there! Please contact Cathryn at cathryn.oleary@alzheimer.ie if you'd like to contribute.

We hope you all enjoy this month's pack...



The greatest gift you can give is your time.
Not money, not items, not food, not pretty cards
with the handwritten sentiment, but time.
People need your presence.
The way you can help a soul the most is to simply be there."

Richelle E. Goodrich

Useful Resources:

- Our Free Helpline is available at: **1800 341 341**
- We are hosting several Virtual Cafes. They are a place to come together, share a cuppa and listen to our amazing guest speakers. For information on how to attend visit:
<https://alzheimer.ie/service/alzheimer-cafe/>
- We also have the Mindful Melodies Social Club every wednesday from 1.30 -2.30pm contact annemarie.veale@alzheimer.ie
- The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
- M4D Radio is a 24/7 online radio station with songs specifically picked to evoke memories and aid reminiscence. To find out more and to listen, please visit: <https://m4dradio.com/>
- Each Thursday we run the ASI National Virtual Choir. If you would like to join in, sing along or sit back and make some musical memories please email: asinationalvirtualchoir@alzheimer.ie
- Emergency Response Numbers: 999 or 112
- HSE 24/7 Your Mental Health Information Helpline: **1800 111 888**



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Summertime Quiz

Pit your wits against our holiday-themed quiz.

1. Television comedy 'Hi-de-Hi' was set in which fictional holiday camp?

- a) *Butlers* b) *Maplins* c) *Dixons*

2. Which well known pop singer starred in 60's film 'Summer Holiday'?

- a) *Cliff Richard* b) *Elvis Presley* c) *Bill Haley*

3. The 'Seven Sisters' is the name of which landmark in East Sussex?

- a) *Lakes* b) *Standing Stones* c) *Chalk Cliffs*

4. 'Only Fools and Horses' TV comedy filmed at which popular seaside resort?

- a) *Clacton* b) *Margate* c) *Southend*

5. Where did Billy Butlin open his first holiday camp in 1936?

- a) *Skegness* b) *Minehead* c) *Bognor Regis*

6. Which pop act sang the 1970's hit 'In The Summertime'?

- a) *T-Rex* b) *Mungo Jerry* c) *Black Lace*

7. Name of the first roller coaster ride at Blackpool?

a) *Big Dipper*

b) *Runaway Train*

c) *Revolution*

8. Which was the earliest king to enjoy ice cream in the UK?

a) *Charles I*

b) *Henry II*

c) *Edward V*



Answers:

1. Maplins

2. Cliff Richard

3. Chalk Cliffs

4. Margate

5. Skegness

6. Mungo Jerry

7. Big Dipper

8. Charles

Nursery Rhymes - Sing the Next Line

1. Jack fell down and broke his crown, _____
2. I'm the King of the castle and you're, _____
3. Mama called the Doctor and the Doctor said: _____
4. Here we go round the mulberry bush, _____
5. Hey diddle diddle, the cat and the fiddle, _____
6. One, two, buckle my shoe. Three, four, _____
7. There was a farmer who had a dog, _____
8. A sailor went to sea, sea, sea, _____
9. Ride a cock horse to Banbury Cross _____
10. Old King Cole was a merry old soul, _____
11. There was an old lady who swallowed a fly; _____
12. Lucy Locket lost her pocket, Kitty Fisher found it; _____
13. Oh, the grand old Duke of York, _____
14. Simple Simon met a pieman, going to the fair; _____
15. If you're happy an you know it, _____
16. My Bonnie lies over the ocean, _____
17. One, two, three, four, five; Once I caught a fish alive, _____
18. Old MacDonald had a farm, _____
19. Ring around the rosie, a pocket full of posies, _____
20. Rock a bye baby, on the tree top, _____

Answers:

1 - and Jill came tumbling after

2 - the dirty rascal

3 - No more monkeys jumping on the bed!

4 - on a cold and frosty morning

5 - the cow jumped over the moon

6 - knock at the door

7 - And Bingo was his name-O

8 - To see what he could see, see, see

9 - To see a fine lady upon a white horse

10 - and a merry old soul was he

11 - I don't know why she swallowed a fly – perhaps she'll die!

12 - Not a penny was there in it, Only ribbon round it.

13 - He had ten thousand men; he marched them up to the top of the hill and he marched them down again.

14 - Says Simple Simon to the pieman, let me taste your ware.

15 - clap your hands

16 - Oh, bring back my Bonnie to me

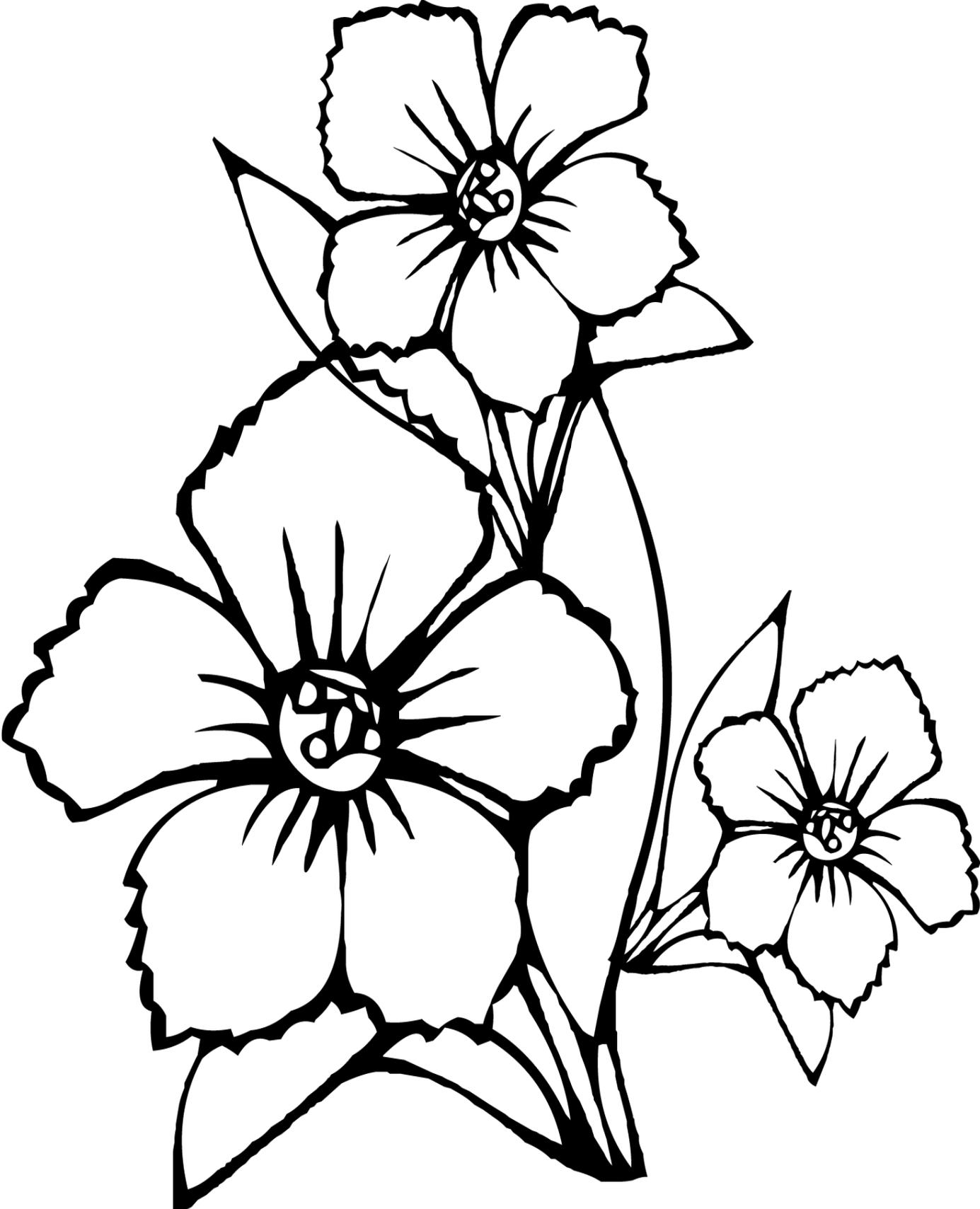
17- Six, seven, eight, nine, ten; Then I let them go again.

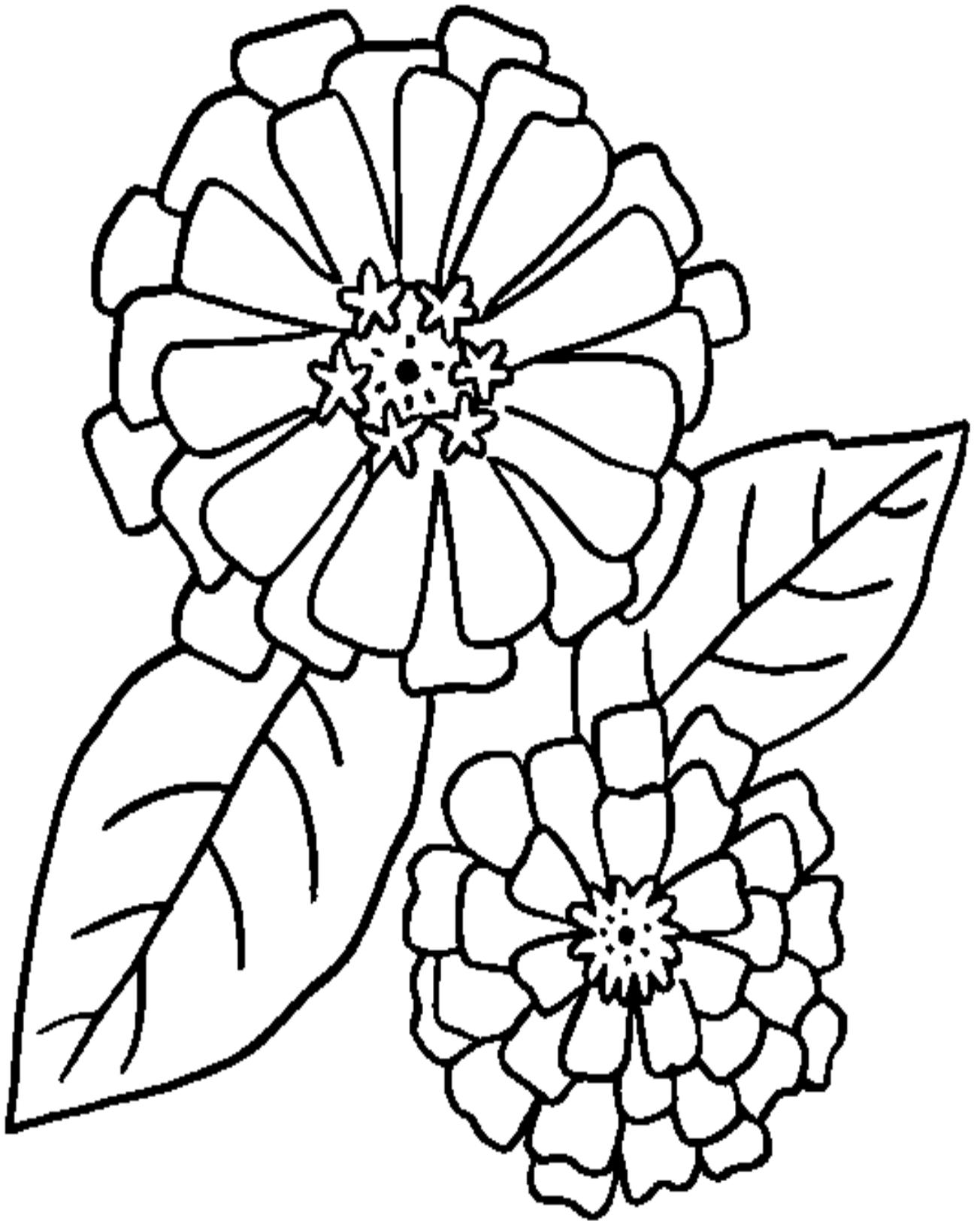
18 - E I E I O

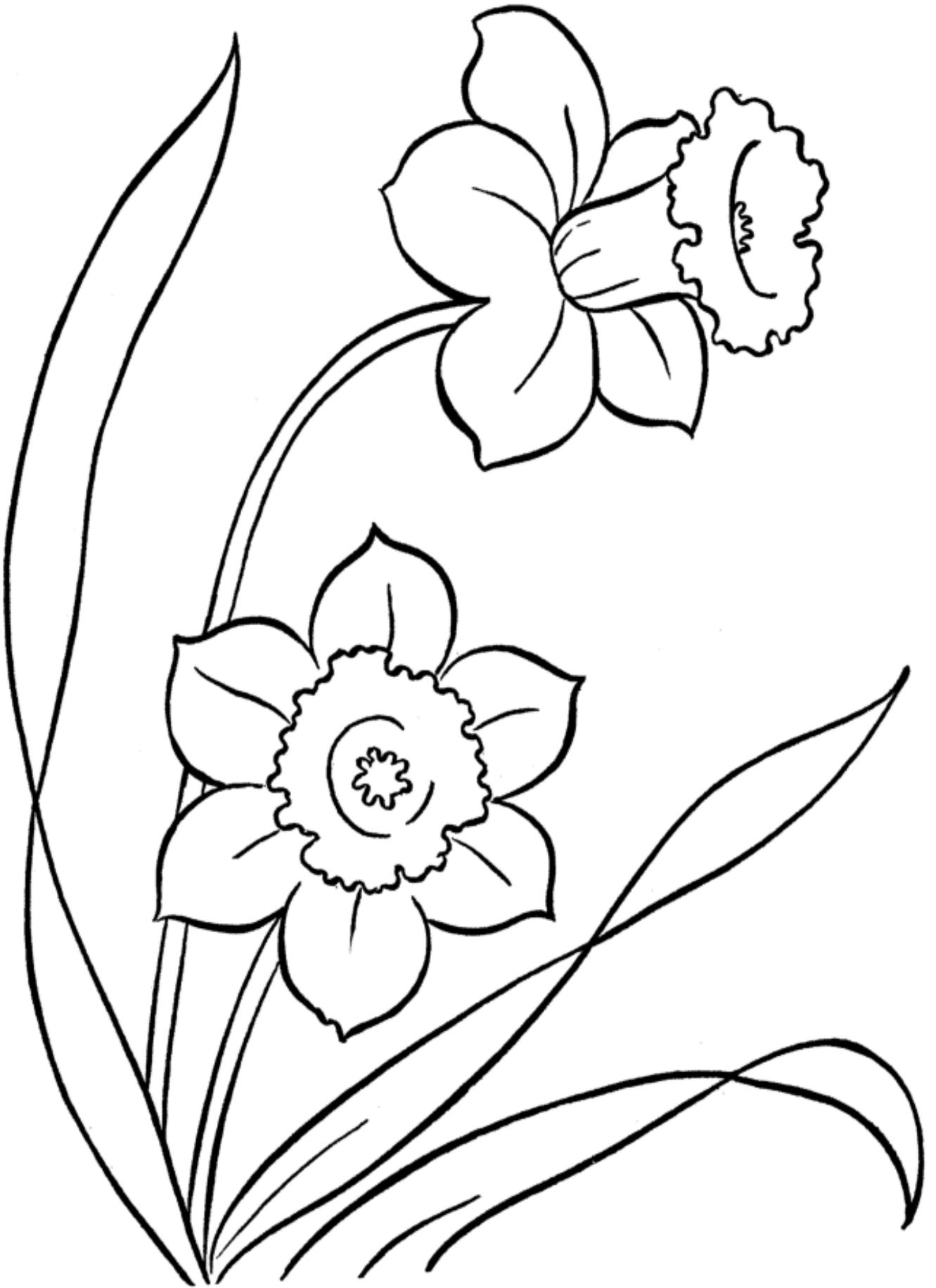
19 - Atishoo, atishoo, we all fall down!

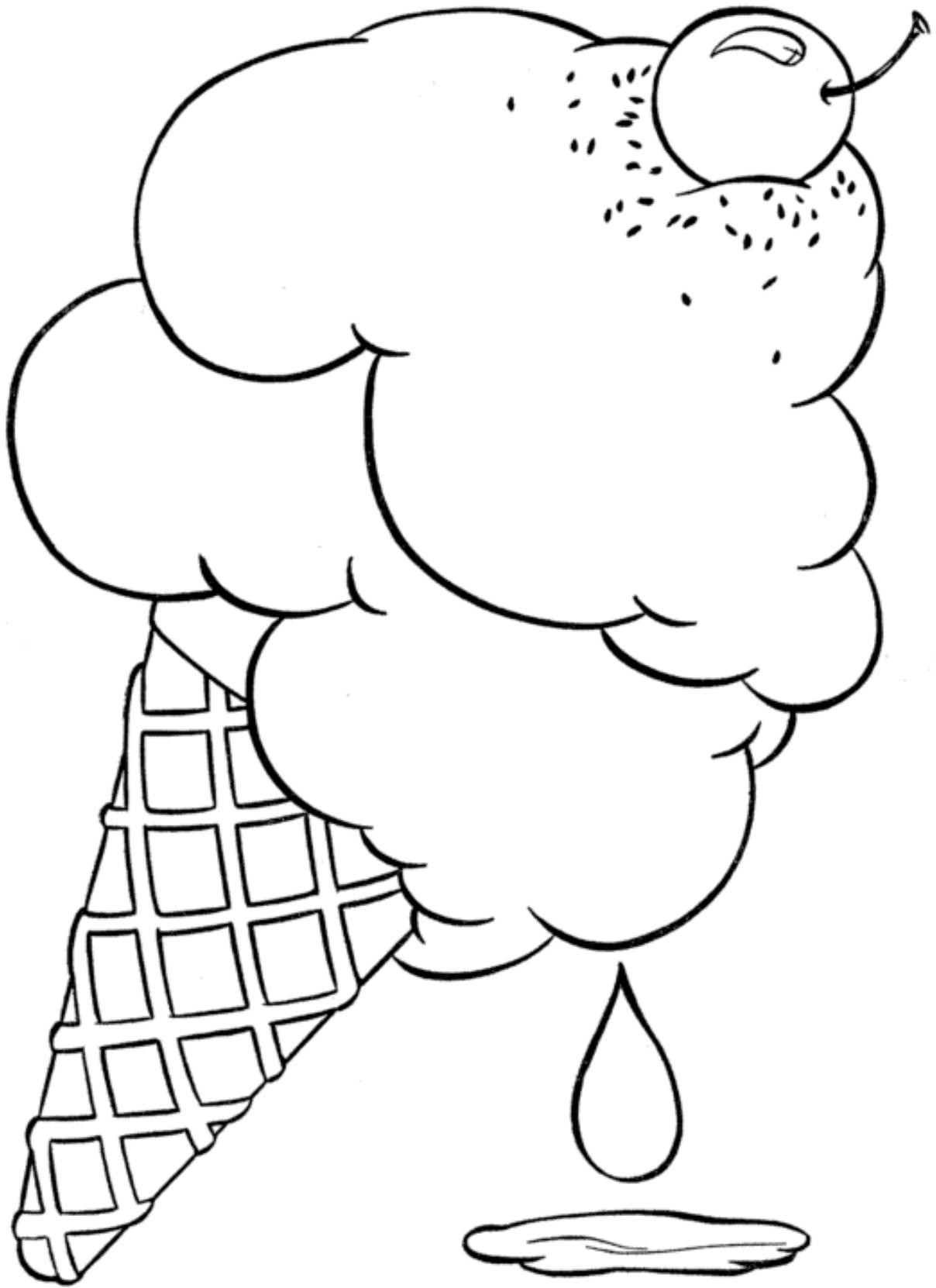
20 - When the wind blows the cradle will rock

Pictures to colour











THE TELEGRAM

It was a summer evening, I was about 5 years old and standing on a chair at the sink in the back kitchen beside my mother. She was preparing a salad for our tea and was showing me how to peel the shell of the boiled egg and we were laughing as I sometimes pushed the spoon handle too hard and pierced it instead of carefully peeling it off. Suddenly she stopped talking and I looked up at her and she was staring out the window at a man getting off his bike, she looked a bit frightened and lifted me to the ground and told me to go into the living room and wait there and she would be back in a minute and we would finish the salad, but we never did finish it.

The man at the door had just delivered a telegram. Her sister Peggy had died suddenly aged 41 in Co. Meath, I had never seen her crying and my father was comforting her and brought her into the sitting room. I was shocked myself but, my brothers assured me she would be ok in a while.

But it wasn't all bad news the telegram brought, telegrams were read out by the best man at weddings years ago to congratulate the young couple, also they were sent to announce the birth of a child. This was the way information was communicated quickly before the arrival of the telephone, or mobiles, or texting.

Telegrams were sent using Morse code, Samuel Morse is thought to have sent the first message by telegram wires using his system of dots and dashes in the Summer of 1844. A transatlantic steel wire encased cable ran across the floor of the Atlantic from Valentia in Co. Kerry to Newfoundland. The Morse Code was translated by people who were especially trained in understanding it. The first official telegram to be sent was from Queen Victoria to the newly elected President James Buchanan in 1854. Before this time letters were

sent by ship and depending on weather it could take months before they were received by the recipient, but with the arrival of the telegram it meant a family would receive the news on the same day.

The service started in Ireland in 1870 and was operated by the post office. The G.P.O. had a large number of telegraph staff and messenger boys. In the film "A night to Remember " which was the original film about the Titanic we see the Captain using Morse Code to alert other ships near him and the White Star Line about the iceberg. A telegram could be sent from Clare at 3pm and reach its recipient in Dublin at 4pm the same day. Telegrams ceased as a service in the 70s in Ireland.



The Pub

By Loretta Kenny

I was born in 1957 in a small rural village in Co. Wexford. My parents ran a fairly large business which consisted of a Grocery Shop, a Mill and a Public House. I lived over this business until I was nearly twelve years of age and I would like to share with you some of the memories of this time.

The Pub was always a hive of activity. We all had to help out as soon as we were able. Bottling Day was always a big event. The stout came from Guinness in barrels and was brought into the Bottling House. It was then transferred into a large open container which had a number of taps attached to it. The bottles, which would have been washed in hot water and cooled down, would be filled to the brim with beer and then it was my turn to cap them. I can still remember pulling in the cap and pulling down the lever to attach the cap. Then each bottle was labelled with the Guinness label which would also include the name of the publican. The bottles were then lined up on the shelves in an adjoining room ready to be transferred into the bar. At that time it was only men who frequented the bar. There was a small Lounge adjoining the bar which had a piano but I never heard it being played. An odd lady might use this room but only to wait for the CIE bus which stopped outside.

The Fair Day was held once a month on a Wednesday. Farmers would bring their livestock to the village to be sold and others to purchase. We had a second pub next door which would be opened that day to deal with the crowds. There was a big open fire where the men would sit and tell yarns.

Country pubs had a very healthy day and night trade. Every day,

Johnny, a local farmer, would call in for his few pints and when he was served would ask for a small glass and would pour a small amount of beer into it. He would then call my little brother (who was about two at the time and always around) and put him sitting up on the stool next to him and say- “Sure a little drop will do him no harm”.

There were plenty of characters who frequented the pub. The Builder (he was the first person we knew who was declared a millionaire), the Buller (he could get very hot-headed and a fight could follow), Long John (he would travel on his ass and cart), Mucksie (our next door neighbour and my Dad’s right hand man) and many others. Even on Christmas Day there would be a knock on the hall door after Mass and a few of our good customers would be brought in for their Christmas drinks. When you lived over your business you were always on call.



Remembering the Clothesline

You have to be a "certain age" to appreciate this one....

I can hear my mother now...

THE BASIC RULES FOR CLOTHESLINES:

1. You had to hang the socks by the toes... NOT the top.
2. You hung pants by the BOTTOM/cuffs... NOT the waistbands.
3. You had to WASH the clothesline(s) before hanging any clothes - walk the entire length of each line with a damp cloth around the lines, because the lines might have been dirty, and leave marks on the clean clothes you pegged there.
4. You had to hang the clothes in a certain order, and always hang "whites" with "whites," and hang them first.
5. You NEVER hung a shirt by the shoulders - always by the tail! What would the neighbours think?
6. Wash day on a Monday! NEVER hang clothes on the weekend, or on Sunday, for Heaven's sake!
7. Hang the sheets and towels on the OUTSIDE lines so you could hide your "unmentionables" in the middle.
8. It didn't matter if it was sub-zero weather... clothes would "freeze-dry."
9. ALWAYS gather the clothes pins when taking down dry clothes! Pins left on the lines were "tacky"!
10. If you were efficient, you would line the clothes up so that each item did not need two clothes pins, but shared one of the clothes pins with the next washed item.
11. Clothes off of the line before dinner time, neatly folded in the clothes basket, and ready to be ironed.
12. IRONED???! Well, that's a whole OTHER subject!

And now a POEM ...

A clothesline was a news forecast to neighbours passing by,
There were no secrets you could keep when clothes were hung to
dry.

It also was a friendly link for neighbours always knew
If company had stopped on by, to spend a night or two.

For then you'd see the "fancy sheets", And towels upon the line;
You'd see the "company table cloths", With intricate designs.
The line announced a baby's birth, From folks who lived inside,
As brand new infant clothes were hung, So carefully with pride!

The ages of the children could, So readily be known
By watching how the sizes changed, You'd know how much they'd
grown!

It also told when illness struck, As extra sheets were hung;
Then nightclothes, and a bathrobe too, Haphazardly were strung.

It also said, "On vacation now", When lines hung limp and bare.
It told, "We're back!" when full lines sagged, With not an inch to
spare!

New folks in town were scorned upon, If wash was dingy and grey,
As neighbours carefully raised their brows, And looked the other way.

But clotheslines now are of the past, For dryers make work much
less.

Now what goes on inside a home, Is anybody's guess!

I really miss that way of life; it was a friendly sign!

When neighbours knew each other best, by what hung out on that
line.

Author Unknown

Chocolate Pudding Recipe

Serves: 6

Ingredients

- 425ml whole milk (14½oz)
- 150ml cream (5oz)
- 3 large eggs, lightly beaten
- 30g cornflour (1oz)
- 150g sugar (5oz)
- 3 tablespoons cocoa powder
- pinch salt
- 70g dark chocolate, finely diced (2 ½oz)

Directions

1. Heat the milk and cream in a metal bowl over a saucepan of simmering water, making sure the water does not touch the base of the bowl. Do not boil the milk.
2. In a separate bowl, beat the eggs, cornflour, sugar, cocoa, salt and diced chocolate.
3. Add hot milk one ladleful at a time while whisking, so the chocolate melts but the eggs don't cook.
4. Pour mixture into a large saucepan and heat very slowly, stirring, until just below boiling point.
5. Blend in a blender until very smooth or beat 5 minutes with a wooden spoon.
6. Transfer to a bowl, cover with plastic wrap and chill 2-3 hours in the fridge.

Enjoy!

ON THIS DAY

- **1903** 1st Tour de France bicycle race begins.
- **1937** England implements the world's first telephone emergency system.
- **1959** *Mr Squiggle* first airs on ABC TV in Australia.
- **1963** ZIP codes are introduced for US mail.
- **1967** The Beatles' album *Sgt Pepper's Lonely Hearts Club Band* goes #1 in the US, where it stays for 15 weeks.
- **1972** #1 Hit: Neil Diamond - *Song Sung Blue*
- **1979** Sony introduces the Walkman.
- **1984** The PG-13 rating is introduced.
- **1989** #1 Hit: Milli Vanilli - *Baby Don't Forget My Number*
- **1997** UK returns Hong Kong and the New Territories to the People's Republic of China after more than 150 years.

WORDS IN WORDS

Read the clue and find the answer within the word given!

Type of Bird

MICROWAVEABLE = _____

World Capital

COMPARISON = _____



What do lawyers wear to court? **Lawsuits!**

HAPPY BIRTHDAY**Princess Diana**

Princess & Activist

BORN July 1st, 1961

DIED 1997 (aged 36)

NATIONALITY British

Born Diana Spencer, Princess Diana became Lady Diana Spencer after her father inherited the title of Earl Spencer in 1975. Her parents divorced when Diana was young, and her father won custody of the children.

She married the heir apparent to the British throne, Prince Charles, in 1981. Their wedding was broadcast to a global television audience of over 750 million people.

In 1982 they welcomed their first child, Prince William, who was followed by Prince Harry (born Henry) in 1984. Unfortunately, the marriage didn't last and they divorced in 1996.

Diana died in 1997, after a car crash in Paris. She was 36. She is remembered as the "People's Princess" because of her widespread popularity and global humanitarian efforts.



They say it is better to be poor and happy than rich and miserable, but how about a compromise like moderately rich and just moody?

Princess Diana

ON THIS DAY

- **1698** Thomas Savery patents the first steam engine.
- **1897** Inventor Guglielmo Marconi receives his first patent for a wireless telegraph.
- **1901** Butch Cassidy and the Sundance Kid rob US\$40,000 from a train in Montana.
- **1937** Female aviator Amelia Earhart goes missing over the Pacific Ocean.
- **1956** Elvis Presley records *Hound Dog* and *Don't Be Cruel*.
- **1962** The first Wal-Mart store opens in Arkansas.
- **1964** US President Johnson signs the Civil Rights Bill, outlawing racial discrimination.
- **1977** #1 Hit: Bill Conti - *Gonna Fly Now* (Theme From *Rocky*)
- **2002** Steve Fossett becomes the first person to fly a balloon solo around the world.

LETTER SCRAMBLE

EVANIN _____ Capital City

IIITFWRUK _____ Fruit

DRMLAEE _____ Color



How do you make holy water? **Boil the hell out of it!**

HAPPY BIRTHDAY**Larry David***Comedian***BORN** July 2nd, 1947**NATIONALITY** American

Larry David was born in Brooklyn, New York. He began doing stand-up comedy in 1974 and in 1982 he was hired as a writer for *Saturday Night Live*, where he worked for a year.

In 1989, Jerry Seinfeld ask David to help him develop a sitcom. Together, they developed the legendary "show about nothing," *Seinfeld*. David wrote and produced *Seinfeld* until 1996.

David also acted in bit roles in Woody Allen's *Radio Days* (1987) and *New York Stories* (1989). In 1998, he wrote and directed the film *Sour Grapes*, an irreverent look at the pitfalls of wealth and greed. The following year, he created the critically-acclaimed series *Curb Your Enthusiasm* for HBO.

He was married once and has 2 children.



Women love a self-confident bald man.
Larry David

ON THIS DAY

- **1035** William the Conqueror becomes the Duke of Normandy.
- **1863** Battle of Gettysburg, the largest battle ever fought on the American continent, ends in a major victory for the Union during the US Civil War.
- **1884** Dow Jones publishes its 1st stock index, the Dow Jones Transportation Average.
- **1886** Karl Benz drives the first automobile in the world, reaching a top speed of 10 kilometres per hour
- **1928** John Logie Baird demonstrates the first colour television transmission in London.
- **1969** Rolling Stone member Brian Jones dies in an accidental drowning (aged 27).
- **1982** #1 Hit: The Human League - *Don't You Want Me*
- **1985** Back to the Future was released, featuring the now famous 1981 DeLorean DMC-12 time machine/automobile.

WORDS IN WORDS

Read the clue and find the answer within the word given!

Type of Bird

ACKNOWLEDGEMENT = _____

World Capital

AERRODROMES = _____



Why is England the wettest country? **Because the queen has reigned there for years!**

HAPPY BIRTHDAY**Tom Cruise**

Actor

BORN July 3rd, 1962

NATIONALITY American

Tom Cruise is the star of dozens of box-office hits. He is one of Hollywood's highest paid actors.

In 1983 he appeared *Risky Business*, which has been described as "A Generation X classic", and which, along with 1986's *Top Gun*, cemented his status as a superstar.

Other Cruise blockbusters have included *Rain Man* (1988), *Days of Thunder* (1990), *A Few Good Men* (1992), *Mission: Impossible* (1996) and *Jerry Maguire* (1996).

Cruise is an outspoken advocate for the Church of Scientology and its associated social programs, and credits it with helping him overcome dyslexia.

Cruise has been married to 3 high profile actresses: Mimi Rogers, Nicole Kidman and Katie Holmes. He has 3 children.



I disagree with people who think you learn more from getting beat up than you do from winning.

Tom Cruise

ON THIS DAY

- **1054** Chinese astronomers observe the supernova explosion which created the Crab Nebula.
- **1826** John Adams, second president of the United States, dies the same day as Thomas Jefferson, third president of the United States. The two founding fathers did not get along during their careers.
- **1855** The first edition of Walt Whitman's book of poems, *Leaves of Grass*, is published.
- **1862** Lewis Carroll tells 10-year-old Alice Liddell a story that becomes the basis for *Alice's Adventures in Wonderland*, published in 1865.
- **1941** Howard Florey and Norman Heatley meet for 1st time, 11 days later they successfully recreate penicillin.
- **1946** The Philippines gains full independence from the United States.
- **1964** #1 Hit: The Beach Boys - *I Get Around*
- **1997** NASA's Pathfinder space probe lands on the surface of Mars.

LETTER SCRAMBLE

RULBESSS _____ Capital City

HRRCYE _____ Fruit

RVYOI _____ Color



Why do fish live in salt water? **Because pepper makes them sneeze!**

HAPPY BIRTHDAY**Calvin Coolidge***30th US President***BORN** July 4th, 1872**DIED** 1933 (aged 60)**NATIONALITY** American

Coolidge, widely known as 'Silent Cal' for his reserved nature, was elected Governor of Massachusetts in 1918. He gained national attention for his strong handling of the 1919 Boston Police strike.

He unexpectedly became President upon Harding's death in 1923 and was elected in his own right in 1924.

His term of office reflected his belief in small government - he twice vetoed a farm subsidies bill and reduced taxes. In 1924 he signed a citizen act granting Native Americans full citizenship.

He is remembered for restoring confidence in the government after the scandals of the preceding administrations.

He was married with 2 children.



Collecting more taxes than is absolutely necessary is legalized robbery.

Calvin Coolidge

THE FOUR FARRELLYS

By Percy French



In a small hotel in London I was sitting down to dine.
When the waiter brought the register and asked me if I'd sign.
And as I signed I saw a name that set my heart astir —
A certain "Francis Farrelly" had signed the register
I knew a lot of Farrellys and out of all the crew
I kept on "sort of wondering' " which Farrelly were you.
And when I'd finished dinner I sat back in my chair,
Going round my native land to find, what Farrelly you were.

SOUTH

Were you the keen-eyed Kerryman I met below Kenmare,
Who told me that when Ireland fought "the odds were never fair?"
If Cromwell had met Sarsfield, or Owen Roe O'Neill,
It's not to Mister Gladstone we'd be lookin' for repeal.
Would have Ireland for the Irish, not a Saxon to be seen,
And only Gaelic spoken in that House in College Green. Told me
landlords wor the Devil! their agents ten times worst,
And iv'ry sort of government for Ireland was a curse!
Oh! if you're that Francis Farrelly, your dreams have not come true,
Still, Slainthe! Slainthe! Fransheen! for I like a man like you!

NORTH

Or were you the Francis Farrelly that often used to say
He'd like to blow them Papishes from Derry walls away?
The boy who used to bother me that Orange Lodge to join,
And thought that history started with the Battle o' the Boyne —
I was not all with ye, Francis, the Pope is not ma friend,
But still I hope, poor man, he'll die without that bloody end. -
And when yer quit for care yerself, and get to Kingdom Come,
It's not use teachin' you the harp — you'll play the Orange drum!
Och! man, ye wor a fighter, of that I had no doubt.
For I see ye in Belfast one night when the Antrim Road was out!
And many a time that evenin' I thought that ye wor dead,
The way them Papish pavin' stones was hoppin' off yer head.
Oh! if you're the Francis Farrelly who came from North Tyrone -
Here's lookin' to ye, Francis, but do leave the Pope alone!

EAST

Or were you the Francis Farrelly that in my college days
For strollin on the Kingstown Pier had such a curious craze?
D'y mind them lovely sisters — the blonde and the brunette?
I know I've not forgotten, and I don't think you forget!
That picnic at the Dargle — ' and the others at the Scalp —
How my heart was palpitatin' — hers wasn't — not a palp!
Someone said ye married money — any maybe ye were wise,
But the gold you loved was in her hair, and the d'monds in her eyes!
So I like to think ye married her and that you're with her yet,
'Twas some "meleesha" officer that married the brunette;
But the blonde one always loved ye, and I knew you loved her too,
So me blessin's on ye, Francis, and the blue sky over you!

WEST

Or were you the Francis Farrelly I met so long ago,
In the bog below Belmullet, in the County of Mayo?
That long-legged, freckled Francis with the deep-set, wistful eyes,
That seemed to take their colour from those ever-changing skies,
That put his flute together as I sketched the distant scene,
And played me "Planxy Kelly and the "Wakes of Inniskeen."
That told me in the Autumn he'd be Bailin' to the West
To try and make his fortune and send money to the rest.
And would I draw a picture of the place where he was born,
And he'd hang it up, and look at it, and not feel so forlorn.
And when I had it finished, you got up from where you sat,
And you said, "Well, you're the Divil, and I can't say more than
that."
Oh' if you're that Francis Farrelly, your fortune may be small,
But I'm thinking — thinking — Francis, that I love you best of all;
And I never can forget you — though it's years and years ago -
In the bog below Belmullet, in the County of Mayo.

Mindfulness and Meditation

Although you cannot always control the mind, you can encourage it to be more at ease. Learning to do this will help you respond rather than react to your thoughts and emotions. This practice gives you the opportunity to train the mind to slow down when it becomes overactive, and helps you practice ease and relaxation instead of perpetuating those difficult mental states.

You can sit upright or lie down for this practice.

Take a few deep breaths. Inhaling, fill the lungs completely.

Hold the breath for just a second or two, and exhale slowly.

As you let the breath go, try to empty the lungs slowly and completely.

If thoughts are present, just leave them be.

Offer yourself two simple phrases of kindness toward the mind:

May my mind be at ease.

May I be at ease with my mind.

Synchronize these phrases with your exhale, offering one phrase every time you breathe out.

Hear each word and try to connect with your own intention to care for the mind.

Even if you can say only one phrase before the mind wanders, you are still moving toward relaxation by continuing to practice.

Preab San Ol – The Dubliners

Why spend your leisure bereft of pleasure?
Amassing treasure, why scrape and save?
Why look so canny at every penny?
You'll take no money within the grave
Landlords and gentry with all their plenty
Must still go empty where e'er they're bound
So to my thinking we'd best be drinking
Our glasses clinking and round and round

Is iomaí slí sin do bhíos ag daoine
Ag cruinniú píosaí is ag déanamh stóir
'S a laghad a smaoiníos ar ghiorra a' tsaoil seo
Go mbeidh siad sínte faoi leac go fóill
Más tiarna tíre, diúc no rí thú
Ní cuirfear pingin leat 's tú 'dul faoin bhfód
Mar sin is dá bhrí sin, níl beart níos críonna
Ná bheith go síoraí ag cur preab san ól

King Solomon's glory, so famed in story
Was far outshone by the lily's guise
But hard winds harden both field and garden
Pleading for pardon, the lily dies
Life's but a bauble of toil and trouble
The feathered arrow, once shot ne'er found
So lads and lasses, because life passes
Come fill your glasses for another round

Is gearr an saol 'tá ag an líl sciamhach
Cé gur buí agus gur geal a ghabháil
Is Solamh críonna ina chulaith riúil
Nach bhfuil baol air in áille dhó
Níl sa tsaol seo ach mar soinneán gaoithe
Ga a scaoiltear nó slám de cheo
Mar sin 's dá bhrí sin, níl beart níos críonna
Ná bheith go síoraí ag cur preab san ól

The huckster greedy, he blinds the needy
Their strifes unheeding, shouts "Money down!"
His special vices, his fancy prices
For a florin's value he'll charge a crown
With hump for trammel, the scripture's camel
Missed the needle's eye and so came to ground
Why pine for riches, while still you've stitches
To hold your britches up? Another round!

