



Established 1967

www.lucannewsletter.ie

Online only

Sunday 14th February 2021

What are you giving up for Lent?



It's that time of year again, the season of Lent begins on Ash Wednesday February 17th. Lent offers us an opportunity to do some spiritual spring cleaning each year and to make an effort at some kind of spiritual regeneration. Traditionally this has expressed itself in making some small sacrifice or other, self-denial is a time trusted weapon in the arsenal of the spiritual life.

To deny ourselves something we enjoy for a higher motive can be a real source of building inner strength and coupled with prayer and almsgiving can help us to grow in our inner life.

The times we find ourselves in has meant that we have already given up a great deal of the things that we enjoy. Ordinary everyday pleasures like meeting a friend for a cup of coffee or to visit the theatre or cinema, attending a sporting fixture, sharing a meal with family and friends, going for a haircut, things we took for granted, now seem like sheer luxury. In truth we have given up a great deal. So like everything else in these strange times Lent 2021 will be unlike any other.

With the present restrictions public Masses are not permitted at present so the traditional gatherings for blessed ashes will not be possible this year. The ashes are a visible sign worn to express an inner intention to repent of past sinfulness and to embrace the path of the Gospel with renewed enthusiasm. There is no magic in the ashes, the important thing is the inner intention that they give expression to and no virus can prevent that choice in the individual heart.

This year at St. Mary's we will have two online Masses on Ash Wednesday one at 10:00am and one at 7:30pm – what we are suggesting is that each person tuning in might have a small dish with either ash from the fire grate or soil from the garden – we will then pray together a prayer of blessing and each person can either self-administer the ashes on their forehead or family members can do so for each other using the words "Repent and believe the good news of the Gospel."

Beginning on Wednesday 24th at 7:30pm we will each Wednesday have an online prayer time in the presence of the Blessed Sacrament, you are invited to tune in each week for guided prayer on the major themes of Lent.

There are also some interesting online resources available for Lent and details of these will be published on the parish website. www.lucanparish.com on Sunday 14th February.

Despite the restrictions of these strange times Lent 2021 can still be an opportunity for all of us to build up our inner selves: *"Out of his infinite glory, may he give you the power through his spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then, planted in love and built on love, you will with all the saints have strength to grasp the breadth and the length, the height and the depth, until knowing the love of Christ which is beyond all knowledge, you are filled with the utter fullness of God."* Ephesians 3:15-19

Philip Curran
St. Mary's Lucan

Lucan Citizens Information Centre

www.citizensinformation.ie

COVID-19 has changed the service we offer to the public. Our drop-in service is not currently available, but we are taking phone calls, answering emails, and providing a call back service.



Call us on 0761 07 5090, leave a message with your name and number and an Information Officer will return your call within 2 working days.

Or you can email your query to us at dscis@citinfo.ie and someone will reply.

Citizens Information Phone Service (CIPS)
0761 07 4000 operates on Monday to Friday 9 am to 8 pm.

MABS

The Money Advice and Budgeting Service is the State's money advice service, guiding people through dealing with problem debt for over twenty years. MABS Clondalkin, phone 0761 07 2270 or email clondalkin@mabs.ie

Domestic violence and COVID-19

Due to increased demand for support, domestic violence organisations have extended and adapted their services during COVID-19. See a list of domestic violence support services on the link below.

If you feel in immediate danger, call 112 or 999. Members of the Gardaí are specially trained to deal with these situations.

You can read Family law during COVID-19 for up-to-date information on dealing with access, maintenance, and custody issues and access to the courts.

What is domestic violence?

Domestic violence refers to the use of physical or emotional force or threat of physical force, including sexual violence, in an intimate relationship. As well as physical violence, domestic violence can also involve:

Emotional abuse

The destruction of property

Controlling behaviour such as isolation from friends, family and other potential sources of support

Threats to others including children

Stalking

Control over access to money, personal items, food, transportation and communication

On 1 January 2019, the Domestic Violence Act 2018 came into effect. It updates the law on domestic violence and provides for additional protections for victims of domestic violence described below.

A new offence of coercive control of a spouse, civil partner or intimate partner also came into force under the 2018 Act. Coercive control is a pattern of intimidation, humiliation and controlling behaviour that causes fear of violence or serious distress that has a substantial impact on the victim's day-to-day activities.

Under domestic violence legislation, the main kinds of protection available are safety orders and barring orders. These are explained below.

The Legal Aid Board has also published guidance explaining the different orders available from a court to protect you from domestic abuse and how you can apply.

More information and contacts for support services are available on

https://www.citizensinformation.ie/en/birth_family_relationships/problems_in_marriages_and_others.html



PLEASE NOTE:

We are **NOT operating from the Newsletter Office at the moment**, but leave your ads, queries or notices in the **letter box at St. Mary's Parish Centre, before 10pm on Wednesday night**, and we'll collect and look after them.

Alternately email any of the following:

marylucannewsletter@gmail.com

annalucannewsletter@gmail.com

roselucannewsletter@gmail.com

catherinelucannewsletter@gmail.com

Due to present restrictions, we will continue publishing online only for the next few weeks, when we will review the situation.

Our weekly block and small ads, which are not normally carried online, may be viewed on our 'Community' Page at www.lucannewsletter.ie

Palmerstown Camera Club

John Hooton, the renowned photographer and author

Palmerstown Camera Club invites all adults to our friendly, educational and entertaining Zoom meetings on Wednesday nights.

John Hooton, the renowned photographer and author, will be showing us his landscape images on Wednesday the 17th February. He will explain his techniques and how he took them. He will give us tips and will answer questions.



Please contact secpcc@mail.com for more information and zoom link.



AGM

Lucan Men's Shed will hold a virtual **AGM**, on **Thursday** afternoon, **25th February, 2021, at 1400 (2.00 pm)** via Zoom.

This AGM will be confined to members only. To participate, a link will be provided to each member, closer to the meeting date.

The committee looks forward to your involvement on the day.



Finnstown Castle Hotel, Lucan

Monday 22nd February
Tuesday 23rd February
Wednesday 24th February
Thursday 25th February

From 15.45 to 19.40

Lucan Community College invites applications for a Part-time Cleaner Post

Lucan CC is a Dublin and Dún Laoghaire Education and Training Board school.

14 hours a week over 5 days.

Full terms and conditions available from the HR team at DDLETB (014529600).

Enquiries to:

**The Principal
at Lucan CC
(016282077)**



Application by letter and CV

(by post or email: admin@lucancc.ie)
to be made to:

**The Principal, Lucan Community
College, Esker Drive, Lucan, Co. Dublin
by 4pm Friday 26th February 2021.**

*Dublin and Dún Laoghaire Education
and Training Board is an equal
opportunities employer.*



**Do you want your
unique Spotify
playlist broadcast
on Liffey Sound
96.4FM?**

We are inviting you to submit a 55 minute playlist of your favourite tunes to Liffey Sound.

A playlist will be chosen every week and broadcast on Thursdays at 4pm. The first broadcast will be the 25th of February. All you have to do is pick your best list and submit it to jonwhite@liffeysoundfm.ie. It will give you a taste of what it's like to hear your chosen tunes on the radio, and then you might consider volunteering with us in the future.

Best of luck!

Stay safe & well, the Liffey Sound team.

www.liffeysoundfm.ie or catch up on Facebook

**Liffey Sound 96.4FM- Lucan's Community
Radio Station!**

Parish Notes

St Mary's, Lucan

www.lucanparish.com

During Level 5 Masses will be
livestreamed on www.lucanparish.com

Sunday Masses:

Vigil Saturday: 6.30pm, Sunday: 11am

Weekday Masses:

10am Monday to Saturday

Private Prayer:

The Church will be open daily for private prayer on weekdays from **10.30am to 6pm** (funerals permitting) and on Sundays from **12 noon to 6pm**.

Please enter by the Main Porch Door and exit by the side door (near the Nun's Chapel). Please ensure social distancing when visiting the church and use hand sanitizers provided when entering and leaving.

Praying with Scripture:

Praying with scripture is continuing on zoom. If interested please contact Cheryl Murphy at 086 8343754 to register.



Divine Mercy, Lucan South

www.lucansouthparish.net

All Masses will be livestreamed only on
www.lucansouthparish.net

Sunday Mass:

Sunday 10:30am

Weekday Masses:

Monday to Friday 9:15am

Saturday 10am.

Daily Readings on website:

Under our Welcome menu you will find links for the **Daily Mass Reading** which updates every day as well as **Sunday Mass Reading** for the following Sunday's Mass. It is a great way to be able to read along during Mass if you so wish or take time to reflect on the passages during the week and see what message they have for you. One quick note is that if it is a Sunday and you want to see the Gospel for today then click on the Daily Mass Reading link as the Sunday listing will be for the following week.

Private Prayer:

While the Church is not open to parishioners for Mass, the Faustina Chapel is open for private prayer from **10am to 12 noon Monday to Friday**.

St. Patrick's

Esler/Doddsboro/Adamstown

www.stpatrickslucan.ie

All Masses are now streamed live on the Parish
YouTube channel during Level 5

Sunday Masses:

Vigil Saturday 7pm,
9am 10.30am Family Mass and 12 noon.

Weekday Masses:

Monday to Friday at 10am.

Private Prayer:

Church is open for private prayer, weekdays from **10.30 to 12.30** and **access through church door at the bell tower**.

View the following on www.stpatrickslucan.ie

Mass Readings for the week

Morning Prayer – Lauds

Evening Prayer – Vespers

Take five at 10 - Reflections–Weekdays: 10am

Taizé – Watch and Pray



February
17th

Socially Distant

Mary, with your sister and some others,
you stood on Calvary *at a distance*,
helpless with grief as Jesus died.
There are many today in this pandemic crisis
who cannot be with those they love
who lie ill, perhaps dying.
All must remain *socially distant*,
unable to hold or even touch
lest the virus spreads.
Be with those who feel so helpless.
Comfort the healthy and the sick.
Ease the stress that distance imposes.
Open us to the strength you found
and to the peace no distance can disturb.
[Mark 15:40-41; John 19:25-27]

Fr. Jim Lyons (New Zealand)

Anniversaries

MURPHY (JOSEPHINE)

1st Anniversary – 18th February

In loving memory of our mother.

Late of Arthur Griffith Park.

Missed every day by her daughters, son, sons-in-law, daughter-in-law, grandchildren, great grandchildren, great great granddaughter and friends



MURRAY (MARIE – MEME)

4th Anniversary – 18th February

As this sad month returns once more

Silently opening our memories door

No length of time can take away

Our thoughts of you from day to day

Though absent Marie you are always near

Still loved, still missed, still very dear.

Loved and remembered every day by your son Kealan, family and friends

Marie's Anniversary Mass is Sunday 14th February at 12pm in St. Patrick's Church, Esker online service.



Birthday Remembrance

SIOBHÁN

1st Birthday Away from Home

May the winds of heaven blow softly

And whisper in your ear

How much we love and miss you

And wish that you were here.

Happy Birthday Siobhán.

Elaine



COVID-19 Support Line for Older People

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19.

Professional staff are available to answer queries and give advice and reassurance where necessary.

The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

Lucan Heights, Lucan, Co Dublin.

February 10th 2021.

A Chara,

I refer to Planning Register Ref No:

SD20A/0142... "Demolition of an existing house, Hillhouse, Lucan Road and ancillary outbuildings and the construction of one 4 storey building accommodating 20 apartments..."

At first glance this could be construed as "knock down a single-storey house and replace it with a four-storey, 20 apartment block in the garden," But it's not that simple. The proposed four-storey block would fly in the face of thirty years of work by community in defence of our beautiful and historic Liffey Valley. Let's look more closely at the site, situation and form of the proposal.

SITE: The site is one of the highest in Lucan.

Adjacent to the Catholic Church it is entirely hemmed-in and constrained by existing religious and educational structures and main roads. It has no safe or feasible exit or entrance and is entirely inadequate to accommodate any building bigger than a two-storey semi-detached pair of houses.

SITUATION: Hillhouse is sited on a blind corner at the convergence of three busy main roads and hemmed-in against the convent. St Mary's Catholic Church, the Parish Centre, the Girls' Primary school and St Joseph's Secondary College, all on the northern slope of the Liffey Valley. The valley slopes down to the river Liffey and rises from the opposite bank on the south-facing slope to the major development of Laraghcon. Any building higher than two-stories would totally dominate the village, the river and the entire valley from St Catherines' Park to Shackelton's Mills. This stretch of the valley encompasses the history, culture and beauty of our Liffey Valley: St Catherines' Church, Lucan Spa Sarsfield Demense, Liffey Weir, The Tea House, Lucan Woolen Mills, Shackeltons' flour mills and the wonderful Strawberry Beds.

FORM: Any structure higher than two-storey is entirely out of character with the Liffey Valley. Years of effort have gone into the preservation of this valley, particularly the stretch from Celbridge to Leixlip to Chapelizod. There is not a single modern high building on the slopes of the valley and to contemplate a four-storey block of flats on the Lucan slopes is utterly abhorrent. Over the years, Lucan residents have demonstrated their love for the village, the river and the valley, we have welcomed the development of new estates. But enough is enough. The granting of planning permission for this development must be reversed and permanently rejected.

Sincerely, Hugh Mulrooney.

The Weather Seasons

Meteorological seasons are based on temperature and not on growth and length of daylight.



Spring: March, April, May

Summer: June, July,

August

Autumn: September, October, November

Winter: December, January, February.



On average at Casement Aerodrome.

The warmest month is July (20C in afternoon)

The coldest month is January (8C in afternoon)

The sunniest month is May

The driest month is February

The wettest month is October.

The Irish Sea is at its warmest in August and September (15C)

The Irish Sea is at its coldest in February and March (9C).

Seasonal Lag

Summer seasonal Lag occurs when the maximum temperature is delayed until sometime after the solstice, June 21. This happens because the sea continues to heat up after that date, reaching its warmest temperature in August and September. Inland locations reach their maximum temperature in July, and seaside locations tend to reach theirs in August. The sea temperature influences the air temperature.



San Francisco

San Francisco has an exceptionally long seasonal Lag in summer. The maximum temperature at the solstice, (June 21) is 19C on average. The warmest months are September and October, 21C. This is caused by the water in the Bay area surrounding the city on three sides. Fog is common as very warm air from inland California meets cooler Pacific air at the Bay. In the U.S. San Francisco is the coolest city in summer with a remarkable autumn improvement.



Equinoxes

Due to seasonal Lag the autumnal equinox (around September 22) is considerably warmer than the vernal equinox (around March 20) in most regions. At Casement Aerodrome there is a 5C difference in afternoon temperatures.
September 22 16C
March 20 11C.



Wet and Dry Seasons

Places that are close to the equator have two seasons, wet and dry. For example in the North of Australia its wet season is from October to April. They refer to it as "*The Wet*". The dry season runs from May to September. The wet season occurs when the sun is at its highest angle. The strong heat encourages showers to form. A better time to visit is during the dry season when the sun is at a lower angle.

Groundhog Day

Groundhog Day is a popular North American tradition observed in the U.S. and Canada on February 2. The best known place for celebration is Punxsutawney in Western Pennsylvania. The tradition goes that if a groundhog emerges from its burrow and sees its shadow it will retreat back in and winter weather will persist for six more weeks. If he doesn't see his shadow spring will arrive early. In North America in early February sunny weather is often associated with very cold settled conditions which tend to last once established. However, studies have shown this method of forecasting is not reliable but the celebration is fun and is popular. A groundhog is the size of a large squirrel.



Antonio Vivaldi

In 1723 Antonio Vivaldi composed his masterpiece "*The Four Seasons*". It was published in Amsterdam in 1725 for four violin concerti. It was a revolution in musical conception because it was music with a narrative. It had flowing creeks, singing birds, storms, drunken dancers, hunting parties and frozen landscapes.



The Weather Seasons *Cont'd*

Helen H. Moore is a children's author and poet. Here is her poem on the seasons.

*Winter, Spring, Summer, Fall
Which do you like best of all?*

*Winter's cold,
Summers hot,
Springtime green,
And Fall is not.*

*I can't decide,
I like them all,
Winter, Spring, Summer, Fall.*

Here is part of a well known Irish poem on Spring. The Poet is Antaine Ó Raifteirí, who lived from 1784 to 1835.

*Anois teacht an Earraigh
Beidh an lá 'dúl chun síneadh
'S tar éis na féile Bhríde
Árdóidh mé mo sheol.*

Like Raifteirí, in these opening lines, we are all enthusiastic for spring and we look forward to better days ahead.
D.T.



Lucan Library



Relax Kids Mindfulness Workshop. 16th February at 4pm
For ages 5-9 years.

About this Event: Relax Kids. Ages 5-9 years. Help your children relax while encouraging their

creativity and imagination. This session involves warm up and movement, relaxing mindfulness games, stretching and breathing exercises and affirmations. Have a blanket and pillow ready for the relaxing visualisation at the end.

1 ticket per device. Booking via Eventbrite.



Cool Food School Interactive Cookery Classes for Children: 18th February at 11 am. Join Deirdre from The Cool Food School for a fun, interactive cooking class online.

About this Event: This mid-term why not join with Deirdre from The Cool Food School and learn how to make healthy banana flapjacks and other tasty treats. The Cool Food School have a passion for bringing the joys of healthy eating to children through fun interactive workshops. The

facilitator will email the attendees with a safeguarding statement and a list of ingredients in advance. The event is live so please do not book if you cannot attend on the morning.

Booking via Eventbrite.

One ticket per family / device. Event suitable for children ages 7-12 along with a Parent / Guardian.

Smartphone Film making for Teens. 19th

February at 12.00 pm. Students will learn how to write, film and direct their own film using their smartphone.

About this Event: This workshop will be taught by industry professionals who work in the Irish and UK film industry. Students will learn how to write, film and direct their own film using their smartphone.

During the workshop students will cover the following modules:

Script Writing, Directing, Cinematography, Working with Actors, Smartphone Film-making, Editing.

A little about Burning House Productions:

We are an award-winning film production company based in Dublin. In the last three years we have won awards in America, the UK, Europe and Ireland for films we wrote, produced and directed. We facilitate drama workshops around Dublin and Ireland. We work with professionally trained actors, directors and drama facilitators. Our staff are professionally trained and work in the Irish and UK film and theatre industry. Booking via Eventbrite.

Paintclub: Art for over 55s. Saturday 20th

February 2.00 pm – 4.00 pm. This live painting class is fun, interactive and perfect for cocooners. All materials provided, no experience required.

About this Event: Please Note: Preference for this class will be given to people who have not participated in these classes previously.

The theme of this Paintclub workshop is "Rainy Day". Online painting class for over 55's with all materials included. This interactive live painting class takes place via Zoom. All materials required are provided in a handy starter kit. No experience is required as you will be shown in easy step by step instructions how to go from blank canvas to finished masterpiece! **Please Note:** Art packs will be delivered to participants in advance of the class. Deliveries can only be made within the South Dublin area, please do not sign up for this class if you are outside the South Dublin electoral area. Your email will be passed onto the facilitator in order to register you for the session. A link and password will be sent to you so that you can join the online class. Booking via Eventbrite.



Happy Valentines Day

to all our Readers, this Sunday. No doubt, the postman will be busy this weekend.



Some old verses

We walked in the lane together;
The sky was full of stars.
We reached the gate in silence
As I lifted for her the bars.
She neither smiled nor thanked me
Because she knew not how
For I was only a Farmer's Boy
And she was a Jersey Cow.

If I were a head of cabbage
I would split myself in two.
My leaves I would give to others
But my heart, I would give to you!

Pancakes next Tuesday! Great variety of pancakes and fillings these days, but Birdie's favourite is the old variety smothered in sugar and lemon. Yum!



Lent begins the following day; it too has changed greatly over the years. While it is a time of reflection and preparation for Easter, the days of hardship and going without things are not so pronounced in these times.

Irish Times Tuesday 9th February 2021

Council aims to turn Lucan into 'destination town' with €2m project

West Dublin village to have greenway cycle path linking Royal and Grand Canals
















Lucan in west Dublin is set to be transformed into a tourism "destination town" under a series of South Dublin County Council projects.

Despite its picturesque location on river Liffey, its intact village core, significant number of heritage buildings, and proximity to the Phoenix Park, Lucan does not attract significant tourist numbers.

The council has appointed Waterford-based DHB Architects to undertake a €2 million "public realm" improvement project to the riverside and to the village green area, with initial designs expected to be completed by June.

"The overall objective in keeping with the county tourism strategy, is the promotion of Lucan as a tourism destination of note within the Dublin region," the council said. "Concurrent with these planned enhancements, consultants will be appointed to advise on additional interventions on the future marketing and branding of the area."

The council is also devising plans for a greenway to link the Grand and Royal canals via Lucan village. Cycle and pedestrian paths have been partially completed on both canals, and plans are already in place for their extension. The link route through Lucan will "further enhance its destination status" the council said. "The target areas include the Village Green, the Weirview promenade and the entrance to Lucan Demesne."

1. 	2.  + 	3. These go well with a Christmas Roast Dinner	4.  +  + A	5. @ + 
6.  + 	7.  +  + Action	8.  + 	9.  B+ +  C+ EXAMINATION	10.  + 

Can you
name
the 10
capital
cities?



SCHOOL NEWS

Adamstown Community College

Distance Learning: Like many schools throughout the country, Adamstown Community College has closed its door in adherence to public health guidelines. However, while our building may be empty, learning has not stopped! Using our extended Google suite platform, our students have been learning online. Our teachers have been supporting our students using a variety of blended learning approaches to ensure that all students can access their learning during this period of time. Many examples of our excellent teaching and learning are being posted in daily posts on our school website and social media accounts.

We have also been using this time online to support our students in other ways. Many of our teachers have delivered information to our students with a focus on wellbeing and held weekly pastoral meetings with students. We are doing our utmost to support the whole student, both academic and personal, during this period of school closure.

Adamstown Community College Guidance

Department: Our Guidance Dept were happy to welcome Trinity College on the 3rd of February virtually to meet all TYS, 5th and 6th years to discuss their suite of courses. Many thanks to TCD staff member Gobhnaith who facilitated the event.

Thanks also to Archways Blue Skies who are facilitating two staff members to train as Trainers for the Odyssey Teen Parenting programme. They are also supporting the following event, Understanding Anxiety & Supporting my Young Person - An Information session for parents on Thursday 25th February 2021 at 7.30pm All parents of Senior Cycle students are welcome to attend.

Special Mentions: We would like to wish a fond farewell to staff member Mr Fiachra Coyne as he departs Adamstown Community College after the February mid-term. Mr Coyne has taught in ACC for over 6 years in the Technology department, while also coordinating the vast IT resources in ACC. Mr Coyne leaves us for an exciting opportunity to join the teaching staff of Institute of Technology Sligo. We wish him every success in the future and look forward to hearing about his next journey.

Additionally, Adamstown Community College would like to wish second year student James Casserly all the best as he recovers at home from surgery. We hope to see you very soon.

Congratulations: Congratulations to our 2020 team for the BOI Money Smarts Challenge; Jerry Cheruvannoor and past students Cormac Sharkey, Mark Ramsay and Eduards Boldisevics. Our team made it to this year's national final but unfortunately did not get to compete due to lockdown. Well done to all involved.

Social Media: Adamstown Community College regularly posts on our social media accounts. Please follow us on Twitter @adamstowncc and on Instagram @adamstowncommunitycollege and keep up to date with all that is happening in our school!

St Joseph's College

Success at the Dublin

Finals! Transition Year group "**Redefining Perfect**" represented by Lauren Mulligan, Holly McGuinness and India Wall took part in The YSI 'Dublin Den' on Tuesday 9th where they successfully secured funding for their project on Body Positivity after making a great pitch to the Dublin Den Panel. Congratulations and well done to the students involved and their teacher Ms Judy Wong. Best wishes for the next stage of your journey! Follow on Instagram

@YSINOW, @REDEFINING_PERFECT



On the Late Late Show! Well done to 6th year student Maria Kelly and her colleagues at St John's Ambulance, who joined some of Ireland's frontline heroes last Friday on The Late Late Show to boost our moral by taking on the Jerusalem Challenge! Maria has been a member of St John's Ambulance since she was eleven years old. Well done Maria!

Online Zumba! TY Students and teachers took part in a **Zumba Class** on Friday with Zumba instructor Claire Kelly. A really enjoyable afternoon for everybody!

Careers Talks Series: Our Parents' Association's series of Career Talks has been a great success and very popular with our students! This week we had our fourth evening of talks, with three more speakers informing our students of their different careers. We are very grateful to everybody who has participated in the talks.

If anybody in our community would be interested in speaking about a career (online at a time that suits them) further details can be obtained from our Parents' Association at stjoeyspa@gmail.com

School website <https://stjosephslucan.com>

Follow us on Twitter: @STJosephs3

Lucan Community College

Student Council: The student council held their first remote meeting on Tuesday 26th January. Year groups were well represented and students discussed matter related to remote learning. The next meeting was held on 9th February. New members are always welcome so please contact the teacher representatives Ms Mulhern/Ms Mc Manus for further information. Meetings are held every fortnight at lunchtime. Well done to David Wright in 6th year for his election to the ISSU regional office and the important work he is carrying out at a national level.

Transition Year News: Our Transition Year group attended a webinar run by The Dairy Council called Healthfest, during this event there were presentations by Professor Niall Moyna about the importance of exercise for young boys and girls, a talk about fuelling the body post exercise and after exercise sessions and a lovely segment about the role mindfulness can play in the lives of young people.

They had a super talk given by a representative from Breast Cancer Research Ireland where they were encouraged to download a free app called Breast Aware which gives detail on breast examination and sets reminders to do self-examinations. It was attended by the entire group of students and their manners and courtesy were commented on by the speaker.

Also, a speaker from DSPCA gave a hugely informative talk about the work of the DSPCA but also spoke about the huge variety of career paths available for students who may be interested in working with animals.

Congratulations to Luka Abdulidze:

His RELOVE Fashion project is one of the regional finalists. Only 18 outfits from across the Eastern Midlands Region have been chosen to go forward to the (virtual) Grand Final on 25th February 2021.



Exemplars of online student work:

Students are continuing to engage in online classes and one of the advantages is that it allows them a space for self-directed creative projects. Here are some fine examples of this from our PE, Geography, Science, Graphics and Music Departments.

Ms. Conway's music classes created these wonderful sounds for us to enjoy.

<https://youtu.be/xBgVxn7F4iM>

Ms. Bolger's, 1st year Geography class

Student testimony - "We made some bird feeders instead of dumping all our plastic/unwanted materials and polluting the environment".

2nd year student Niamh designing her own Physical Activities, using Uno Cards. Leading creativity in PE. Mr. Mc Anerin.

Physics - online learning creativity. Ms. Gaffney's Students were set a challenge to construct a "building" using only sellotape, straws and paper. Some fantastic, innovative pieces of work

Mr. Carey's 2nd Yr. Graphics Class - snowflakes and conic sections. Excellent combination of topics in preparation for CBAs.

Ms Healy's 2nd yr. Science, absolutely excelled at this energy project. Well done alba, Clara and Cathal. Full video available

<https://twitter.com/Lucancc1>

<https://twitter.com/Lucancc1>

Retirement: We would like to wish staff member Alice Parsons a happy and healthy retirement. Alice is from Lucan and has worked as a member of our housekeeping team for many years and her children all attended the school. The Deputy Principals and Ms. Birnie took a socially distanced stroll over to her doorstep and passed on some



flowers, cake and chocolates along with a booklet of good wishes (and a recipe for Alice) put together from her Area E colleagues (current and retired) and a photo album (thanks to Ms. Clarke) with images of her 30+ years working with us and the lovely greetings. She was very appreciative of the efforts made to make her day so special.

1st year Options Video now live: The Options process is now being rolled out electronically for our incoming 1st years 2021. There is an options video now available on our website (programmes - junior cycle - incoming first year).

<http://lucancc.ie/incoming-first-year/>. It has lovely aerial views of the Esker region and places our college right in the heart of the community. Thank you, to the Teachers and Students who contributed to this professional video especially Ms. Malone.

Political Notes

Gino Kenny TD – People Before Profit

Phone: 01-6183816. Email: gino.kenny@oir.ie

Lucan Village Destination Town: It's good news that Lucan village has been identified as a "destination town" in South Dublin County Council's public realm initiative. The council is also devising plans for a greenway to link the Grand and Royal canals via Lucan village. Cycle and pedestrian paths have been partially completed on both canals, and plans are already in place for their extension. The council has appointed Waterford-based DHB Architects to undertake a €2 million "public realm" improvement project to the riverside and to the village green area, with initial designs expected to be completed by June. It's envisaged that when the project is completed it has the potential to attract thousands of people into the Lucan village area.

Emer Higgins – T.D.

78 The Orchard, Lucan

01 401 3416 Emer.higgins@oireachtas.ie

Lucan's Public Spaces: A half a million euro will go in to a new sports pavilion in Griffeen Valley Park, something Fine Gael has long championed. New paths and a new bridge near the playground, an extended dog run and new kissing gates at Hayden's Lane carpark will also be installed. Funding was approved for path repairs in Beechpark, a wildflower garden outside Cherbury, access upgrades at the open space at Mount Andrew, restoration works at St. Finian's Church crypt at Esker Glebe.

Lucan's Sports Clubs Receive €20,000:

Lucan United, Lucan Scouts, Beech Park FC, Esker Celtic, Esker Boxing Club, and Lucan Leisure Centre, Adamstown and Ballyowen Castle Youth and Community Centres were among those who received grants to support them through Covid. Esker Meadows and Esker Woods Residents Associations and the Lucan Festival will also receive funding.



South Dublin Co. Co. on Dumping

Household Waste Collection Services are operating and Civic Amenity sites are open.



If you witness dumping contact

014149000/wasteregulation@sdbulincoco.ie

Cllr. Shane Moynihan – Fianna Fáil

Email: smoynihan@cllr.sdbulincoco.ie

Ph: 087 7840898. Web: www.shanemoynihan.ie

Facebook: facebook.com/cllrshanemoynihan

Twitter: @shanemoynihan

Instagram: cllrshanemoynihan

Public Realm Improvement Works: It was wonderful to see over €1 million of public realm improvement works approved by the Council this week, including footpath upgrades, extension of the dog run and gate upgrades at Griffeen Valley Park, upgrade works to the crypt area at St Finian's Church and an upgrade to the vehicle entrance at the Hermitage Park extension.

Dog Fouling Signage: I have requested that the Council erected signage addressing dog fouling in various black spots around Lucan, including footpaths on Lucan Newlands Road and Castle Road. Please contact me if you think there are other blackspots which require attention.

Litter bins: There has been a build-up of litter at the Liffey Valley bus stop at the Old Lucan Road and I have requested the installation of new bins there.

Liona O'Toole – Independent

0872795274. lotoole@cllr.sdbulincoco.ie

www.lotoole.com

Paddocks/Hillcrest gap: I continue to work with residents on the issue of the gap between the Paddocks and Hillcrest. An agreement was made to look at options for improving the gap making it a safer permeability. I will request an update on progress.

Footpath repairs in your area: If you have identified damaged footpaths in your area and need to submit them for repair you can do this via 'fixmystreet' or contact me directly. They will be included in future footpath repair programmes.

Foxhunter Development: I made a joint submission 'Cllr Liona O'toole, Guss O'Connell and Paul Gogarty to An Board Pleanala on the Foxhunter site and over 100+ submissions were sent in by residents. We now wait for An Board Pleanala decision.

Kissing gate: Modifications to the kissing gate at Griffeen Park, Hayden's will be carried out making it more accessible for all.





Cumann na Sáirséalaigh Leamhcáin



Q&A with Dublin GAA stars Chris Crummey and Emma Flanagan

- On Friday 12th Lucan Sarsfields own Chris Crummey and Emma Flanagan, stars of Dublin hurling and camogie, will take part in a 20 minute online Q&A session followed by a 20 minute indoor training session. This event is open to all juvenile players in the club and all players are invited to send in a question for our players in advance. The training session will be aimed at u10-u14 however all players will be able to attempt the session. You must register in advance here: <http://bit.ly/3tGM411>



LIDL CLUB FUND RAISING INITIATIVE -

Following the successful launch of its brand new campaign with the Ladies Gaelic Football Association (LGFA) this week, Lidl Ireland has announced a new fundraising initiative through its rewards app, Lidl Plus, to level the playing field for ladies Gaelic football players across the country. From Monday 15th February, Lidl is calling on customers to register for its Lidl Plus app, and sign up to the retailer's fundraising initiative to raise much needed funds for their local club. The retailer will award the maximum amount of €20,000 to the top performing clubs in each of the four provinces. <https://dublinladiesgaelic.ie/newsdetail/10069309/>

HSE Stress Control Programme - The next round of online Stress Control classes commences on Monday 8th February Stress Control will teach you each week great skills to fight stress (for most of us, a mix of anxiety and depression) and boost your wellbeing. All the course details can be found on www.stresscontrol.ie.

Operation Transformation 5K - The Operation Transformation 5K in association with Athletics Ireland and Sport Ireland is back! On Thursday, Friday and Saturday, the 18th 19th and 20th of February, they are inviting you to take part this year by participating in a VIRTUAL OT 5K. You MUST register to take part in this event. Register at <https://ot.rte.ie/events/the-operation-transformation-5k/>. Once registered you can select the day that you want to do your 5k. They want to see your 5K Journey!! Please send any footage you take before, during or after you 5K experience to otvirtual5k@gmail.com



GAA Museum Virtual Book Club - While it's not possible to visit the GAA Museum or its Library & Archives in person right now, you can still learn more about Gaelic Games and the history of the Association by becoming a member of their new virtual GAA Museum Book Club. Each month the

GAA Museum team will choose a well-known GAA book to read and review. At the end of the month, the museum will host a free online interview with the author, in which members can submit questions and comments. The ambition of the book club is to review some of the great GAA books and to give us all a much-needed sporting boost as we stay at home. You can find out more and how to get involved via the following link:

<https://crokepark.ie/bookclub>

Irish Life Steps Challenge - Well done to everyone who is taking part and has been involved with achieving an amazing 2.3 million steps nationally to date. An incredible 25,000 walkers representing 616 GAA clubs have been traversing every inch of their 5km radius in an attempt to win for their club one of the €2,500, €1,500, and €1,000 O'Neill's gift vouchers up for grabs in each province with thanks to Irish Life. Any club that registers on the App and whose team records at least 4,000km – the equivalent of walking around the coast of Ireland – is in with a chance to win. The competition will run until March 3rd: GAA & Irish Life's MyLife App 'Healthy Club Steps Challenge' a big hit

February Wellbeing Calendar - Irish Life Health have developed a Calendar of resources for February, with a Focus on Women's Health & Cancer Care, it is available to view and download here: WorkLife-February-WellbeingSchedule_Health.pdf (irishlifehealth.ie) February Wellbeing Calendar - Irish Life Health have developed a Calendar of resources for February, with a Focus on Women's Health & Cancer Care, it is available to view and download here: WorkLife-February-WellbeingSchedule_Health.pdf (irishlifehealth.ie)

'The Science of Happiness' - In case you missed it, the recording of the RCSI MyHealth Positive Health panel discussion on, 'The Science of Happiness' is available to watch on the RCSI YouTube channel here: <https://youtu.be/fNBAXeOtasU>

Lucan Sarsfields GAA Club Lotto Jackpot €2200. There was no winner of the Club Lotto held on 4 February 2021 sponsored Newcastle Golf Centre. The numbers drawn were **1, 6, 7 and 12.**

Lucky Dip winners of €30 each: Tony Twomey, Declan Murphy, Gemma Mulrooney, John O'Mahony, and JJ Hegarty. The Jackpot for the next draw, to be held on Thursday 11 February, is €1800, and is sponsored by Feargal McCarthy, Painter and Decorator. The draw will be held behind closed doors at 9pm and live streamed on our Facebook page. Make sure your entry is submitted before 6pm on the evening of the draw to be included in that week's draw, tickets can be purchased online at the following link: <http://bit.ly/LucanSarsfieldsClubLotto>.

Thank You for supporting Lucan Sarsfields GAA Club



Na Gaeil Óga CLG

Fáilte ag notaí an chumainn Na Gaeil Óga, áit a gheobhaidh tú an eolas is déanaí ar gach rud atá ag tarlú inár bpobáil bríomhar.

An Solo Fada - Is rith spraoi digiteach é An Solo Fada ag tarlú ar an 27 - 28 Feabhra le hairgead a thiomsú d'fhorbairt an chumainn. Is dushlán atá ann do dhaoine feiscint ce chomh tapaigh is gur féidir leo 5km a rith agus iad i mbun ruathar aonair nó solo (iomáint, camogaíocht nó peil). Le achar

1km & 2km i gceist do phaistí níos óige. Beidh mór laochra ár linne ar nós réalta BhÁC Paddy Andrews, Rory O'Carroll agus Eve O'Brien ag glacadh páirte araon le Kevin Cassidy, Muinteoir Orla ó Cula 4 Ar Scoil, Caitlín Nic Aoidh ó TG4 agus go leor leor eile. Tá bréis is €2,000 bailithe againn, faigh do thicéid nó tabhair deontas dúinn anois ag ansolofada.eventbrite.ie



An Solo Fada is a digital fun run taking place on February 27 - 28 to raise money to support the club's continued growth. It is a challenge for people to see how fast they can run 5km in solo or hurling (hurling, camogie or football). With 1km & 2km distances for younger children.

Great heroes of our time such as Dublin star Paddy Andrews, Rory O'Carroll and Eve O'Brien will be taking part with Kevin Cassidy, Aoife Ní Chasáide, Muinteoir Orla from Cula 4 Ar Scoil, Caitlín Nic Aoidh from TG4 and many many more.

We have raised over € 2,000, get your tickets or donate now at ansolofada.eventbrite.ie

Spraoi sa Bhaile - Moladh mór don 150 paiste atá ag glacadh páirte sa chomortas Spraoi sa Bhaile. An tseachtain seo bhí an dushlán ag diriú ar chursaí peile.

Comhghairdeas do Emily Nesbitt, Ronan de Paor, Fionn Ó hEarcaí agus Harry Ó Duláing a chuir scóranna mór suas sna dushláin eagsúla. Sna comortas eagsúla tá buachaillí Chill Chainnigh chun tosaigh i gcomortas na buachaillí, foireann Cill Dara ag cruthú go maith i gcomortas na gcailíní agus tá buachaillí an acadamh I mbarr réime san comortas dona paistí is óige.

Leanfaidh an comortas an deireadh seachtaine seo le dushlán iomána. Má is maith leat do phaiste a chlarú don scéim Spraoi sa Bhaile, cuir scéal ag Dean ar +353 86 333 7739.

Tá fáilte roimh phaistí nár imir cheana le Na Gaeil Óga i gconaf.

Shout out to the 150 children taking part in the Spraoi sa Bhaile competition. This week the challenge was focused on football.

Congratulations to Emily Nesbitt, Ronan de Paor, Fionn Ó hEarcaí and Harry Ó Duláing who put up great scores in the various challenges.

In the competitions the Cill Chainnigh boys are leading the boys competition, the Cill Dara team are doing well in the girls competition and the Acadamh boys are at the top in the junior children's competition.

The competition will continue this weekend with a hurling challenge. If you would like to enrol your child for the Spraoi sa Bhaile scheme, please contact Dean on +353 86 333 7739.

Children who have not previously played with Na Gaeil Óga are always welcome.

Ceardlann Coitséala - Is cúis athas do Na Gaeil Óga fáilte a chuir roimh an oideoir coitséala iomráiteach Paul Kilgannon le seimínear coitséala a thabhairt dúinn ar an 16 Feabhra ag a 8 ar Zoom.

Tá dhá leabhar scríofa ag Paul darbh ainm Coaching Children in Sport & Be The Best You Can Be a bhfuil ardmoltaí tuillte acu agus má tá aon chinéal spéis agat i gcoitséail foirne i 2021 nó riamh sa thodhchaí is fiú go mór freastal air. Beidh an seimínear seo ar siúl trí Bhéarla. Is féidir do spás a dheimhniú trí scéal a chuir ag Dean ar +353 86 333 7739.

Na Gaeil Óga is delighted to welcome renowned coaching instructor Paul Kilgannon to give us a coaching seminar on 16 February at 8 via Zoom. Paul has written two books called Coaching Children in Sport & Be The Best You Can Be which earned high praise and if you have any kind of interest in coaching in 2021 or ever in the future it is well worth a visit.

This seminar will be conducted in English. Your space can be confirmed by texting Dean on +353 86 333 7739.

Coitséail 101 - Tá críoch ag teacht leis an gcéad sraith d'ár gcúrsa Coitséail 101 an tseachtain seo. Díríonn an chúrsa seo ar dhaoine ar bheagán Gaeilge ar mhaith leo foghlaim conas coitséail trí Ghaeilge.

Má is rud é gur thriail tú foghlaim na Gaeilge cheana agus fuair tú deacair é, éist le scéal spreagúil Cónán Glass, iomanaí fasta an chumainn a labhraíonn faoin chaoi inár bhfoghlaim sé Gaeilge i gcúpla mhí gan aon chúla scoile ann. Tá sé ar fáil anois ar lth. YouTube Na Gaeil Óga. Bríonn na ranganna á reachtáil ar Zoom, beidh an chéad sraith eile ag

tosnú ag deireadh Feabhrá. Má is spéis leat clarú

dóibh cuir scéal ag Ciara ar +353 83 072 3566.

St. Mary's Camera Soirée



Members of the group had their first face to face meeting last Friday morning via the internet, with Donal acting as convener, and after a few teething problems everything went well. It was therapeutic to be able to see members of the group again and to be able to view our photographs on screens bigger than mobile phones.

The participants enjoyed the session enormously. It turned out to be a reasonably satisfactory substitute for our meetings in the bungalow and I am sure that these weekly video sessions will become part of the social life of the group until we can go back to the bungalow, whenever that may be.



On that point recent political utterances seem to be conditioning us to the possibility that a return to what approaches normal life is a long way off even with the role out of the vaccines.

During the week there were some light falls of snow, as forecast, and not surprisingly many of the photos exchanged this week had a snow theme.

Conor's robins featured along with cygnets, ducks and even some rescued horses. Clearly the very cold spell could not dampen the enthusiasm of some of our members at least!



With warmed weather on the horizon we look forward to more great photography.

Until next week stay safe!