



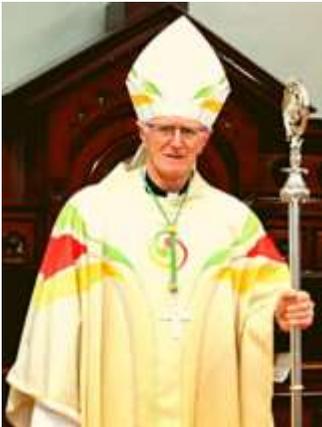
Established 1967

[www.lucannewsletter.ie](http://www.lucannewsletter.ie)

Online only

Sunday 7<sup>th</sup> February 2021

## A new Shepherd for Dublin



On Tuesday last, in a ceremony without precedent behind the locked doors of St. Mary's Pro-Cathedral, Dermot Farrell was inaugurated as Archbishop of Dublin.

The strange circumstances of an empty cathedral necessitated by the Covid-19 restrictions currently in force made for strange viewing on the Internet. Such occasions are usually high-profile events packed to the doors by the priests and people of the diocese. Tuesday's muted celebration was very different. We can only hope that before too long we will have an opportunity to afford him a warmer welcome.

Born in 1954 our new Archbishop comes to us having served the past three years as Bishop of Ossory. He is a native of Castletown-Geoghegan in county Westmeath, the eldest of seven children. Prior to his appointment as bishop, he served for almost eleven years as parish priest in the parish of Dunboyne, a parish in his home diocese of Meath, the fastest growing in that diocese, and which borders on Dublin. Dunboyne would have many of the characteristics of our Dublin suburban parishes. Prior to that he worked for many years in the national seminary of Maynooth in various capacities. He finished his time in Maynooth as President of the College, a post he resigned in 2007. He holds a doctoral degree in Dogmatic Theology from the Pontifical Gregorian University in Rome. He combines a rich academic background with a wealth of pastoral experience.

### Challenges

He takes the helm in Dublin in challenging times, and many difficult decisions will need to be taken in the short to medium term. Dublin has an ageing and decreasing clergy profile with the average age being almost 70, and vocations to the priesthood have all but dried up. At this time Dublin has one candidate for the priesthood. With 198 parishes it is clear that it cannot be business as usual, a fresh approach to many aspects of parish and diocesan life is clearly the challenge that presents at this time.

It will undoubtedly take our new Archbishop some time to get a handle on his new assignment to get to know the people and the priests as well as the religious men and women who serve the church in the diocese. We welcome him among us and look forward to working with him in the months and years ahead. May the Lord bless him in his ministry and give him the health strength and discernment he will need to make it fruitful.

May he take comfort in the knowledge that at least one of his predecessors, St. Laurence O'Toole (1128-1180) achieved sainthood.

*St Laurence O'Toole. Pray for us.*

*Philip Curran  
St. Mary's Lucan*

## Lucan Citizens Information Centre

[www.citizensinformation.ie](http://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](mailto: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](mailto:clondalkin@mabs.ie)

## I'M WORKING FROM HOME BECAUSE OF COVID-19. CAN I CLAIM TAX BACK ON MY UTILITY BILLS?

If you are working from home (also known as e-working or remote working), you may be able to claim tax back on your broadband, heating and electricity bills.

You qualify for the tax relief if your employer formally requested you to work from home and you:

Log onto a work computer remotely

Complete your duties from home

Work at home for substantial periods of time

This applies to part-time and full-time workers.

### How much can I claim?

Some employers already pay their employees an allowance towards broadband, heating and electricity expenses. You can get up to €3.20 per day without paying any tax, PRSI or USC on it. However, you must pay tax, PRSI and USC as normal on any amount above €3.20.

If your employer does not pay you an allowance for expenses, you can make a claim for tax relief at the end of the year using Revenue's myAccount service.

More information is available on <https://whatsnew.citizensinformation.ie/2021/01/28/know-your-rights-claiming-tax-relief-on-utility-bills-when-working-from-home/>

### COVID-19: travel overview

[https://www.citizensinformation.ie/en/travel\\_and\\_recreation/travel\\_to\\_ireland/travel\\_to\\_ireland\\_during\\_covid.html](https://www.citizensinformation.ie/en/travel_and_recreation/travel_to_ireland/travel_to_ireland_during_covid.html)

This page was edited on 2 February 2021 and contains information on the following topics.

#### Introduction

Travelling to Ireland

Passenger Locator Form

EU 'traffic lights' system

Travel abroad

Travel within Ireland



### 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](mailto:marylucannewsletter@gmail.com)

[annalucannewsletter@gmail.com](mailto:annalucannewsletter@gmail.com)

[roselucannewsletter@gmail.com](mailto:roselucannewsletter@gmail.com)

[catherinelucannewsletter@gmail.com](mailto: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](http://www.lucannewsletter.ie)

### Date for your diary.....



**Finnstown  
Castle Hotel,  
Lucan**

Monday 22<sup>nd</sup> February to Thursday 25<sup>th</sup> February, from 15.45 to 19.40.

## Dr Austin Byrne

Dr Austin Byrne would be a familiar name to many who have kept abreast of the Covid 19 daily news coverage both in our newspapers and on our airwaves. Dr Austin Byrne is a GP in the Waterford area, a medical practitioner with the Tramore Medical Centre. GP's were the first to note and realise the spread of Covid at Christmas, for they are our first port of call when we are unwell. Five per cent of the patients in his practice, the Tramore Medical Clinic, were infected with the disease. "The new variant may have played a role in the surge, but if we hadn't had a Christmas and we hadn't got together, we wouldn't see it in this magnitude. We had a particularly strong local cluster" says Dr Austin.



Austin is a Lucanian. His Mum Maeve, a Donegal native, and late father Paddy are known to many. Austin graduated from Lucan Community College in 1997. He is well remembered in the college for achieving an award for the highest result in Construction Studies in Ireland that year. His project was a truly beautiful rocking horse – a work of art! He studied medicine in Trinity College Dublin and graduated in 2003. He was awarded the gold medal for general practice in Ireland in 2010.

Speaking with Dr Austin on Liffey Sound FM, I noted his empathy with his now home town of Tramore where he can see the Metal Man from his front window and also with the community of Lucan advising us to stay at home, go for a daily

walk, greeting those we meet with a wave while keeping our distance.

Dr Austin opined in the Irish Times "My instinct is that our absolute numbers have peaked. But our level of risk has not peaked". Let us take heed of Austin's words and lead by example. Let us follow the guidelines and not take risks. Remember you are not stuck at home, you are safer at home.

*mgm*



## AGM

Lucan Men's Shed will hold a virtual **AGM**, on **Thursday** afternoon, **25<sup>th</sup> 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.*

## Palmerstown Camera Club

Palmerstown Camera Club welcomes all adults to our Zoom meetings. They take place every Wednesday at 8 pm.



Whether you are a beginner or an experienced photographer you will be made very welcome. Palmerstown Camera Club is a very friendly, encouraging and successful photography club.

You can join us on Zoom and start off the New Year, by benefiting and improving your great hobby, right from your own computer.

To get more details please email

[secpcc@mail.com](mailto:secpcc@mail.com)

*See you on Wednesday.*

# Parish Notes



## St Mary's, Lucan

[www.lucanparish.com](http://www.lucanparish.com)

**During Level 5 Masses will be livestreamed on [www.lucanparish.com](http://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.

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## Medjugorje Mass

Monday 8<sup>th</sup> February 2021 at 6.30 pm

*Celebrant. Fr. Joe Poole*

Mass offered for Joe Colgan

3<sup>rd</sup> Anniversary

**O N L I N E** only

at [lucanparish.com](http://lucanparish.com) and Marian pilgrimages facebook

7.30pm Marian Pilgrimages Prayer Meeting on marian pilgrimages facebook page.

**Thursday 11<sup>th</sup> February**  
**Feast of Our Lady of Lourdes**  
**World Day of the Sick**

**Our Lady of Lourdes Pray for Us**  
**St Bernadette Pray for Us**

## St. Patrick's Esker/Dodsboro/Adamstown

[www.stpatrickslucan.ie](http://www.stpatrickslucan.ie)

All Masses are now streamed live on the Parish You tube 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:

**Change of time and entrance:** 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](http://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



## Divine Mercy, Lucan South

[www.lucansouthparish.net](http://www.lucansouthparish.net)

All Masses will be livestreamed only on [www.lucansouthparish.net](http://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.**

## Deepest Sympathy

We extend our deepest sympathy to our colleague Catherine and her husband Paul on the death of Paul's mother

**Ann Hennessy** last week.

*May she rest in peace.*

*Lucan Newsletter Team*



## Anniversary

**KELLY (KATHY)**

**7<sup>th</sup> Anniversary - 9<sup>th</sup> February**

Seven years have passed since that sad day

When one we loved was called away

God took her home, It was His will

But in our hearts she liveth still.

*Sadly missed by your loving mum, sisters Teresa, Ann, Gemma, Louise and Michelle*



## Birthday Remembrance

**MCCAHERN (BRIDGET)**

**2<sup>nd</sup> Birthday Away from Home**

**6<sup>th</sup> February**

No flowers today, no gifts or cards

Just a family who miss you

On this your special day

So instead we visit your grave and think of you

As we do every day

So Mam, we send you all our love and hope

Dad is spoiling you as he always did.

*Missed beyond words from your loving family, daughters Patricia, Mary and Laura, sons-in-law Enda and Barry, adored grandchildren Jordan, Stephen, Leah, Arthur and Ruby xxxxx*



## 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**

## Nagarhope Update

*Greetings to you all from Nepal!*

This is a brief update on the current situation in Nepal. Things are certainly not as serious as in Ireland or elsewhere in the world.

There is no lockdown here. Cases amount to about 300 per day with roughly ten or so deaths daily. Kathmandu is affected more than where we live, and Nagarhope's school area has been largely unaffected, with some sporadic cases. Our school opened briefly June- July 2020, and classes have been running solidly for the past 2 months, thank God.

Our student number has increased by 50%, from last year's 80 kids to close to 120 now, great for the future, but our classroom size is insufficient for the increase in numbers. That is something we will have to address over time, and as always, time gives you the chance to do just so.

We have, since opening our school again, been trying to give students and staff alike as much extracurricular input as we can. We are running a football league which is nearing the semi-final stages. The boys and girls don Nepal, Argentine, Spain, France, Germany and Portugal jerseys and vie for the trophy every Friday.

Unfortunately, my team France is out of the running, but there's always next year!

It's cold here at the moment, certainly nowhere as cold as Ireland, but at least the afternoons are sunny and warm. I always appreciate the winter weather here, it gets dark at 6.30pm, nothing like the short days Ireland has to experience every year.

Thank you all for your continued support. Hopefully 2021 will see an improvement in the pandemic situation. Stay safe.

*Fachtna Clandillon*  
January 2021.

**Your secrets are safe with me....I wasn't even listening!**

**There are a billion nerves in the human body, and there are people who have the ability to irritate all of them.**

**You can trust your dog to guard your house, but never trust your dog to guard your sandwich.**



**Spring is sprung!** Have you noticed things are growing. It will be no time 'til that grass needs cutting. On top of that, it looks like we've escaped the snow forecast so far. Let's make the most of it all and move forward.

**Birdsong!** Have you noticed the birdies singing their song very early these mornings. Heard Eanna Ní Lamha talk about it on the radio, and according to her they're all putting it out there to find a mate now that spring is here!

**Vaccines** – Hopefully, in the next month or so, we'll be familiar with the vaccines, and actually know people receiving them.



**St. Brigid's Cathedral in Kildare**, was spectacularly lit on the Saint's feast, on Monday last. We gather that several other sites were also lit, and in these strange times, teachers were actually telling the story of St. Brigid to the little ones, over Zoom! More than a few 'Wows' were heard!

**The Chinese lunar New Year** falls next Friday 12<sup>th</sup> February, and will be the **Year of the Ox**. While there have been great festive celebrations in Dublin in the past, this year all events are virtual.

**Happy 10<sup>th</sup> Birthday**

to **Sean**  
on 4<sup>th</sup> February

*Lots of love from Nanny  
and Granddad Cummins*



**Happy 1<sup>st</sup> Wedding Anniversary**

to **Davina** and **Ravi deFonseka**  
on the 8<sup>th</sup> February 2021.

Wishing you both a day as wonderful and as special as you. Wishing you many more years of love, health and happiness.



From Ireland to Australia sending a Big Virtual Hug.

*All our Love and Best Wishes,  
Mam, Dad, Abby, Josua, Aisling & Ron x x*

All the answers are Irish Counties:

1. Bottle Top
2. It sounds very noisy
3. The candle is nearly out
4. Rice milk
5. NN
6. Cut back the sheltered side
7. Very sad
8. Four flat tyres
9. Uncle Sam's mayonnaise
10. A honey drink not in the Orient
11. An insect on the side of a wheel
12. It sounds terribly English
13. The Irish race is very ordinary
14. Murder on the spot
15. Rope or lead for a dog
16. Try one up North
17. A drink for the car
18. A girl's name
19. Before the bladder shows the road
20. Murder Pat, the broadcaster
21. The ma is mixed up in this county
22. The Scotsman gives to solo in Star Wars
23. Dr. Rye practises here
24. Norman steps ashore here
25. What the little boy calls to his mother .

**Something to keep you busy.....**

A Reader put the above our way. Still struggling on one or two answers. See how you do!





# CHOOL NEWS

## Lucan Community College



**Recommended reading list by Ruby Crocker-Dunne 3rd year**

“Drop Everything and Read”

**Congratulations to Ruby Crocker-Dunne of 3rd year** who has updated and re-categorised a list of recommended reading materials for second level students. Why not download some new books onto an e-reader or order some books online. If we were in schools, we would be running some Drop Everything and Read sessions during the year. You can have some DEAR time at home also. DEAR time with a paper book/magazine will provide a welcome relief from the screens that we are all spending more time looking at these days and you might find a new author that you enjoy or a new interest to read about. You can find the recommended reading list here:”

<http://lucancc.ie/2021/01/recommended-reading-list-by-ruby-crocker-dunne-3rd-year/>

**TY Student Digital Leaders:** A team of TY students are supporting 1<sup>st</sup> years in this new remote learning environment. Their Tech support drop-in clinic began last Monday 1st of February and was well attended by students who needed a little guidance from their peers. This is a great example of peer teaching and well done to the students involved.



*‘Our Tech clinic will be open every Monday between 1.30 – 2.00 pm. We look forward to seeing you then. All First Years are welcome!’*

*Your Student Digital Leaders*

**Congratulations to Lucy Reade and Delfin Malaj** from the Leaving Cert class of 2020 for receiving an Entrance Exhibition Award from Trinity College Dublin at a special online ceremony.

**Online Attendance Awards:** Here are the Winners of the ‘Excellent Attendance in on-line Lives classes’ for Jan 2021. Each student will receive a One4All Voucher, randomly chosen from each year group with excellent attendance.

Our online attendance is excellent across all year groups as expected. This small token of appreciation is in recognition of the enthusiasm and effort our students are making. Special thanks to Mr. Purcell.

- 1st year Paris Ugi
- 2nd year Adam Jassim
- 3rd year Jessica Verma
- TY Warren Daly
- 5th year Nadia Carron Kavanagh
- 6th year Shane Doyle & Demitria Moore (LCA2)

## St Joseph's College

**Into the Dublin Finals!** TY students 'Redefining Perfect' are through to the Dublin Finals of the Young Social Innovators (YSI) competition. The students will present their project at the 'Dublin Den' on the 9th of February, when the finalists will meet the YSI Dragons!



If anybody would like to support the girls, they are asking supporters to follow @REDEFINING\_PERFECT on Instagram and to 'like' their page.

Young Social Innovators (YSI) are Ireland's largest social innovation education programme.

**Concern Debaters:** Well done to our Concern Debating Team, who have qualified for the knock out stages of the All Ireland Competition. They will be debating again (if possible) sometime in March. The Team consists of Aisling Sharry (captain), Sandra Joseph, Hannah Farrelly and Seba Joseph. Roisin Tigerford, Frances Winter and Arwen Kennedy-Carney have also been involved as researchers.

Many thanks to Mr Smyth for his continuing mentoring and support of our Concern Debaters!

**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 third 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 Library

**Family Valentine Craft Workshop** with Aoife Munn. Suitable for ages 6+ and their grownups. 13<sup>th</sup> February at 2pm. Booking via Eventbrite.

**About this Event:** Join this session and together we will make inspirational wall art for the home. Have a think beforehand about the things that mean something to your family like perhaps the beach or a quote from your favourite children's book, and build a personal store of things to use from little pebbles to quotes on some nice paper for making some origami. All people will need is paper, card, scissors, pritt stick, and colours. This workshop will be delivered online via Zoom. **Please Note:** One ticket per participant with a max of 2 participants per household. A valid email address is required to register for this event. Your email address will be forwarded to the facilitator who will send you on the Zoom codes for the live workshop.



## **Smartphone Film making for Teens.** 19<sup>th</sup>

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.



## **Relax Kids Mindfulness**

**Workshop.** 16<sup>th</sup> 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:** 18<sup>th</sup> 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.



## **Paintclub: Art for over 55s.**

Saturday 20<sup>th</sup> 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.





Cumann na Sáirséalaigh Leamhcáin



**A meeting of the GAA Covid Advisory Group took place last Monday night.** It was the view of the group that the incidence of the virus in the community remains at a level where it would be irresponsible for the GAA to permit a return to collective training at this moment in time. However, the group did welcome the significant and ongoing reduction in case numbers over the course of the last number of weeks and it was agreed to reconvene on the week commencing February 15th to further consider the matter. In the meantime everyone is encouraged to stay safe, and stay active at home, and within your 5km travel limit following all public health guidelines. The Associations will issue their fixture calendars in due course.



**Last Man Standing.** Support the Lucan Sarsfields Senior Football Team by entering the Last Man (or Woman) Standing competition! €10 Entry fee with a minimum prize of €300 for the lucky winner. Game starts Saturday 6<sup>th</sup> February. To enter online click the link <http://bit.ly/LucanSarsfieldsLMS>



**Lucan Sarsfields Healthy Club** are pleased to link in again with the Marie Keating Foundation. We previously raised money for the charity through our last “Ladies Night” and the “Men’s Moustaches and Music” night. February 4th is World Cancer Day, an internationally celebrated day designed to raise awareness for all of the different cancer types affecting people in Ireland and around the world, while also giving strength and a sense of community to those currently on a cancer journey. This year’s theme is “I Am and I Will” and focuses on the individual power we all have to help reduce our risk of cancer, and stay healthy now, and well into the future. This year, we are working together in conjunction with the Irish Cancer Prevention Network and the National Cancer Control Programme, with our partners, Breakthrough Cancer Research and the Irish Cancer Society to ask you to think about the foods you consume, and how they can make a difference to your risk of developing cancer in the future.

**Initiative** started 3 weeks ago. This is the first time that it has been run in Lucan Sarsfields. 8 young people representing all four codes in the club are taking part. This program is designed to

help build leadership skills and make a positive impact on their community. They will finish out the program with a qualification in youth leadership and community development from NUIG

**Green Club Project** - Lucan Sarsfields will be one of 45 clubs to participate in the pilot phase of Green Clubs. Our Healthy Club group will be taking the lead on organisation, but it won’t succeed without participation from across the club and if you would like to get involved or if you have any contacts that would help with this (our initial strand is on waste management), please email [lucanhealthyclub@gmail.com](mailto:lucanhealthyclub@gmail.com).

**Nutrition** – Dr. Sharon Madigan, Head of Performance Nutrition with the Sport Ireland Institute did an interview with GAA.ie on the importance of proper nutrition advice to protect physical and mental health of our players.

**Healthy Living** - Spectrum Health have developed a free e-book called ‘Feel Good In February’ and have launched it for February 2021. It is filled with tips on moving more, improving sleep, and eating well! There is also a handy calendar to help you set goals and a weekly meal planner, plus easy-to-make tasty recipes. For more details on these articles, please see the news section on our website [www.lucansarsfields.ie](http://www.lucansarsfields.ie).

The latest edition of the **GAA Club Newsletter** is now available: <https://www.gaa.ie/news/read-the-latest-club-newsletter-january-2021/>. This month’s edition features:

- Exclusive interview with Uachtarán John Horan as he prepares to finish his three-year term,
- An insight from GAA Director of Club, Player and Games Administration Feargal McGill on our commitment to a club championship season
- 📧 Tips on how your club can be winter ready and also save thousands of euro by going green
- International tech gurus to focus on inventions to help the GAA
- Important coaching ideas for kids in lockdown
- Nutrition advice for players of all ages
- Helping more girls stay active in sport
- As well as important news and updates for club officials and much more...

## Lucan Sarsfield Cont'd from previous page

**Bereavements:** Our condolences to Ciara Garrigan and family on the death of her husband Matthew; to Michael O'Grady and family on the death of his brother Martin. May they rest in peace.

### Lucan Sarsfields GAA Club Lotto Jackpot €1800.

There was no winner of the Club Lotto held on 28 January 2021 sponsored John Ryan, Accountant. The numbers drawn were **4, 7, 9 and 24.**



### Lucky Dip winners of €30

**each:** Liam O'Connor, Bernie Stapleton, Margaret Byrne, Sean and Tadgh, and Mary Kearns. The Jackpot for the next draw, to be held on Thursday 4 February, is €1800, and is sponsored by Newcastle Golf Centre. 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**

## Lucan Harriers

Lucan Harriers are proud to announce that our Tom Byrne Virtual Race will take place in February this year. This is a great opportunity for people of all ages and fitness levels to be active and set themselves a goal for February.

Registration is via

[https://www.myrunresults.com/events/finding\\_charlies\\_voice\\_virtual\\_run/4037/details](https://www.myrunresults.com/events/finding_charlies_voice_virtual_run/4037/details) the race is for a great cause as all benefits will go towards Finding Charlie's Voice. The race offers participants a range of distances from 1 mile for children under 16 to 5kms, 10kms and 10 miles for adults. You can purchase a medal and t-shirt at an extra cost (Children's entry will include a medal).

You can add results from the 13th to 28th February. So, get 2021 off to a great start and make your way through the distances while supporting a great charity. One or all of the distances can be ran for the €10 entry fee.

### About Finding Charlie's Voice:

Finding Charlie's Voice was created to raise awareness and support for Verbal Dyspraxia, inspired by Charlie Byrne. Both Charlie's parents and his sister are members of Lucan Harrier AC. Verbal Dyspraxia is a lifelong neurological speech sound disorder. For reasons that are largely unknown, the pathways between the brain and the mouth have not developed, so while many children and young adults with Verbal Dyspraxia will know what they want to say, what comes out

is often different and in many cases unintelligible. Worldwide, this condition impacts between 1:1000 children. Communication is a basic human right and Finding Charlie's Voice believes all children should be seen and heard. Your support will ensure that these children and young adults will have a voice. Currently there is no charity in Ireland dedicated to this cause. Please join us to speak up for those that cannot. Please find them at Finding Charlie's Voice on Facebook and Instagram. <https://www.irishtimes.com/life-and-style/health-family/our-son-charlie-is-five-but-he-cannot-say-his-name-1.3808530>

A promotional graphic for the 'Finding Charlie's Voice Virtual Run'. It features a red t-shirt and a medal. The t-shirt has the event logo and 'Liffey Valley wahoo' branding. The medal is a circular smiley face with a rainbow arc above it. Text on the graphic includes: 'FINDING CHARLIE'S VOICE VIRTUAL RUN', 'Helping create awareness for verbal dyspraxia', 'HOSTED BY LUCAN HARRIERS', 'PROUDLY SUPPORTED BY Liffey Valley wahoo', 'Add results from 13th to 28th February to MyRunResults.com', 'Options to purchase t-shirt and medal', and 'Register now on myrunresults.com'. There is also a small crest logo for Lucan Harriers.



# Political Notes

## Emer Higgins – T.D.

78 The Orchard, Lucan

01 401 3416 [Emer.higgins@oireachtas.ie](mailto:Emer.higgins@oireachtas.ie)

**Foxhunter Site:** The Foxhunter site planning applicants have appealed to An Bord Pleanála to overturn South Dublin County Council's decision to refuse the development. I believe there are serious issues with this proposed development and have made a submission to An Board Pleánala. Thanks to everyone who contacted me on this matter. If you would like to read my submission, please go to my website [emerhiggins.com](http://emerhiggins.com). If you want any advice on making your own submission please phone or email me, closing date is February 9<sup>th</sup>.

## Gino Kenny TD – People Before Profit

Phone: 01-6183816. Email: [gino.kenny@oir.ie](mailto:gino.kenny@oir.ie)

### New Primary Care Centre identified for

**Lucan:** At a recent briefing for TD's who are based in the CHO7 area of Dublin South representatives from the HSE notified the online meeting that a location for a new primary care centre has been identified close to Lucan village. It is envisaged that the new centre could be operational later this year. If I get anymore details regarding this welcome development I will post them here.

## Liona O'Toole – Independent

0872795274. [lotoole@clrs.sdbublincoco.ie](mailto:lotoole@clrs.sdbublincoco.ie)  
[www.lotoole.com](http://www.lotoole.com)

**Griffen Park:** Residents have contacted me regarding the flooded areas in Griffen Park following recent rainfall. I've raised this directly with council management and have sought a report on all flood alleviation works carried out to date. I have requested that the link roads existing and future are discussed at our next Adamstown/Clonburris SDZ quarterly meeting (end of February). The planned Clonburris Link road requires extensive works to ensure all possible flooding issues are addressed.

**Embankment Permeability plans:** The visual drawings for the embankment were presented to me at our last area committee meeting and I have since shared these plans with residents in Moy Glas and Castle Riada. If you would like a copy of the plans please contact me.

**Foxhunter Development:** The developer has since made an appeal to An Bord Pleanala. I continue to work with residents on this matter.

## Cllr. Shane Moynihan – Fianna Fáil

Email: [smoynihan@clrs.sdbublincoco.ie](mailto:smoynihan@clrs.sdbublincoco.ie)

Ph: 087 7840898

Website: [www.shanemoynihan.ie](http://www.shanemoynihan.ie)

Facebook: [facebook.com/cllrshanemoynihan](https://facebook.com/cllrshanemoynihan)

Twitter: @shanemoynihan

Instagram: cllrshanemoynihan

**Foxhunter site development:** Thanks to everyone who joined my online meeting on the An Bord Pleanála appeal this week. The final date for making observations on this appeal is Tuesday 9<sup>th</sup> February and submissions cannot be emailed. There is a €50 fee to make a submission. Please email me if you would like to review the slides used at the meeting or you would like assistance with the submission.

**Ballyowen Square estate:** I requested an update on the taking-in-charge of Ballyowen Square estate, following concerns expressed by residents there. The Council have informed me that they will begin working on this as part of the next set of taking-in-charge schemes, due to take place later this year.

**Footpaths:** I have asked the Council to provide an update on when outstanding footpath works from 2020 are to take place, including Larkfield estate.



- Take time to work, it is the price of success.
- Take time to think, it is the source of power.
- Take time to play, it is the secret of perpetual youth.
- Take time to read, it is the foundation of wisdom.
- Take time to be friendly, it is the road to happiness.
- Take time to dream, it is hitching your wagon to a star.
- Take time to love and be loved, it is the privilege of the gods.
- Take time to look around, it is too short a day to be selfish.
- Take time to laugh, it is the music of the soul.

## St. Mary's Camera Soirée



When 1<sup>st</sup> February arrives I always feel that the worst of winter is over even though officially the season of winter runs to March.

How wrong my feelings can be and just to prove it we are promised a cold snap with heavy falls of snow this weekend.

In Punxsutawney, Western Pennsylvania in the USA there is a 135 year old custom whereby on 2<sup>nd</sup> February each year they wake up a groundhog who is called Punxsutawney Phil and if he casts his shadow it is a sign of six more weeks of winter.

He was woken up last Tuesday and he did cast his shadow! If you don't believe me go to [www.groundhog.org](http://www.groundhog.org) and you can see the whole 2021 ceremony!

Despite these indicators of further wintery weather the members of the Soiree have been out capturing the first flowers of Spring around Lucan, snowdrops, daffodils and crocuses. Josie got a terrific shot of our resident heron on the river Liffey. It is one of the best I've seen.



This Friday, the group is organising its first on line video meeting. Hopefully it all goes well. If it does it will be a welcome addition to the group's WhatsApp chats.



There is definitely no certainty around when we will be able to return to the bungalow, to meet in person to share our passion for photography as the goal posts in relation to the role out of vaccines, particularly for people over 65 keep changing!

Hopefully I will be able to report a very successful on -line meeting of the group next week.

*Until next week stay safe.*