



Established 1967

www.lucannewsletter.ie

Online only

Sunday 7th March 2021

STIR YOURSELF

Brendan Kennelly's poem *Begin* launches us into our Spring-time. This past week has seen changes in the weather, the extra light each morning and evening is most welcome. We used to associate Lent with Fast, Sin and Confession, which was a very poor way of celebrating life and God, So a different little Confession these days might go this way (like Augustine's idea of Confession being awed by what God does in us): Tell God how thankful we are this day; for the people among us. For life. For health. For fresh air. For the wonders of nature. For beauty. For fun. For laughter. For kindness- For the surprises. For now. Here and this moment. In this place. Our place our moment. Thank you, any ingratitude then leads to Lord have mercy. Our way forward could be: ten minutes of indulgence every day in gratitude; for whom and for what and for where. Are you grateful? Colour in every day with that ten minutes. This is a real Lenten journey. Everyone will feel better- Those around us will feel better and the world will be a brighter place. We have to set up a counter-culture to the painful sadness of the news.



The change in the weather and the extra light every day is invigorating- This is not time to be static or calm even if the weather is wet and windy; the trees don't intrude. I talk to the crocuses these mornings and they talk to me. They tell me that they had come out to play. The snowdrops are their companions but are less voluble. I expressed surprise that they had appeared in spite of the cold and wind. They reassured me that it was their time. They then decided to tell me what to do, Lent (as they understand it) is now my time; our time. It is our Spring. It may be cold. It may be stormy, it may be Covid-contaminated- But this is our time. They challenged me to get on with life; to wake up Spring in myself; to taste the best of each day; to reach into the depths of myself; to bloom where I am. They nodded then over to the daffodils and said that they were next on the

rotation-list of nature. Their buds were waking up. The very talkative flowers had a message that seemed to say "Stir yourself and be the Spring in life." Even the flowers are now giving orders. They will leave the praying to the rowdy starlings who visit daily.

Begin again to the summoning birds
to the Sight of the light at the window.
begin to the roar of morning traffic
all along Pembroke Road.

Every beginning is a promise
born in light and dying in dark
determination and exaltation of
springtime
flowering the way to work.

Begin to the pageant of queuing girls
the arrogant loneliness of swans in the canal
bridges linking the past and future
old friends passing through with us still.

Begin to the loneliness that cannot end
since it perhaps is what makes us begin,
begin to wonder at unknown faces
at crying birds in the sudden rain
at branches stark in the willing sunlight
at seagulls foraging for bread
at couples sharing a sunny secret
alone together while making good.

Though we live in a world that dreams of ending
that always seems about to give in
something that will not acknowledge conclusion
insists that we forever begin.

Fr. Paddy Byrne P.P. Abbyleix Parish.

Lucan Citizens Information Centre

www.citizensinformation.ie

COVID-19 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

Know your rights - Disabled Person's Parking Permit

Can my daughter use my Disabled Person's Parking Permit if she is going to the shops for me?

A Disabled Person's Parking Permit (also called EU Parking Card) is only issued to a person with a disability. The permit shows the name and photograph of the person it has been issued to. Your daughter cannot use your Disabled Person's Parking Permit unless you are with her.

Only you can use it. However, you can use your permit for any vehicle you are travelling in, either as a driver or as a passenger. This means that if you are being driven at different times by different people you can bring the parking permit and display it in whichever vehicle you are using. So, if your daughter is driving you, she can use it to park her car in disabled person's parking space.

The permit allows you to use the public parking spaces assigned for vehicles being used by a person with a disability. These spaces or parking bays have the wheelchair symbol painted on the ground or have a sign with the wheelchair symbol displayed. Most accessible parking bays are located near amenities such as shops, post offices and schools.

Car parking spaces with the wheelchair symbol are usually wider than most other car parking spaces to allow drivers or passengers with a disability to get from their car seat to their wheelchair. If you travel to any EU country with your parking permit you can park in a disabled person's parking space or bay.

The Disabled Person's Parking Permit is administered by the Disabled Drivers Association of Ireland (DDAI) and the Irish Wheelchair Association (IWA). Both organisations provide detailed information on how to use and apply for the Disabled Person's Parking Permit. In Ireland, an EU parking permit is issued for two years.

My landlord has asked me to leave my rented accommodation. Can I be evicted during COVID-19?

Under COVID-19 restrictions, an eviction ban automatically kicks in any time people's movement is restricted to 5 kilometres from their home. This means that you cannot be evicted at the moment while Ireland is at Level 5, and for a ten-day grace period after this.

Your landlord can give you an eviction notice during this time. However, the notice is paused while these restrictions are in place and for 10 days after restrictions are lifted. This means the date you are due to be evicted is extended by 10 days, plus the amount of time Ireland is at level 5.

These protections do not apply if your landlord is asking you to leave for one of the following reasons:

Anti-social behaviour

Acting in a way that would invalidate a house insurance policy

Acting in a way that would cause substantial damage to the accommodation

Using the accommodation for commercial or other non-residential purposes

If the eviction notice is for one of these reasons, the eviction can go ahead once the appropriate notice period expires.

For more information on the eviction ban, see the Residential Tenancies Board's guidance document and FAQs. If you are threatened with eviction, you should call Threshold for advice.

You can find more information about Renting and COVID-19 on citizensinformation.ie

Finding Charlie's Voice: How a Community Came together

FindingCharlie'sVoice is a support group that was set up officially 1 year ago. The inspiration is our little boy Charlie who was born with Verbal Dyspraxia, a rare neurological speech sound disorder, impacting between 1:1000 children worldwide. It centres around the difficulty in the planning around speech - simply put by the time the message leaves the brain and travels to the organs necessary for speech, what comes out is often different and in many cases unintelligible.

There is little support (unless privately) for children and young adults with this condition, who require early, intensive and frequent speech therapy. Although lucky enough to be able to afford this privately, we have only had 6 speech sessions with the HSE since being referred in 2015.

We wanted hope and needed to connect with other parents - developing a community and an outlet. Prior to this 'public' forum we set up a private support group on Facebook 3 years ago.

This February, in conjunction with Lucan Harriers Athletic Club, we ran a virtual race catering for all ages and abilities (attached). What we have seen is an army engaged in this event with nearly 1,000 runners and walkers, some four legged ones, from Lucan to London, Bettystown to Brisbane and Dublin to Danvers Massachusetts. The aim for this project was to raise awareness for verbal dyspraxia and also some fundraising to place communication boards into schools. Sitting here writing this, I am reminded how earlier, looking out my window I could see people in our park running wearing their race tshirts in support. It seems we have a community who also were looking for something different, to get out (safely), to do something tangible, to have a goal.



This community engagement, in a time when hope is needed and spirits are low, has brought people together to support those who so desperately need it. Their generosity and support has been phenomenal.



CRAOL, the umbrella body of community radio in Ireland, with the support of the Community

Foundation for Ireland saw 108 people living in 17 direct provision centres receive QQI level 3 Media Expression Certification. The courses were delivered by 8 Community Stations from around the country from 2018 to 2020. Maria Murphy from Liffey Sound delivered this training.

CRAOL have now produced a 4 part radio series "Giving Voice to the Silent" from recordings submitted as part of this training. The programmes will be broadcast on Liffey Sound 96.4FM beginning this Sunday the 7th of March at 11.30am.

We are inviting you to submit a 55 minute Spotify playlist of your favourite tunes to Liffey Sound. A playlist will be chosen every week and broadcast on Thursdays at 4pm. All you have to do is pick your best list and submit it to takeover@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!

Palmerstown Camera Club

Palmerstown Camera Club invites all adults, who are interested in photography, from beginners to Advanced, to our weekly Wednesday night meetings.

Salli Gainsford, professional photographer, who lives in Essex, England will be presenting her work on Wednesday the 10th March.



It will be by Zoom from 8pm until 9.30pm. To visit, free of charge, for one or two meetings, and to see how you can benefit contact pccmemberssecre09@gmail.com

See you on Wednesdays.

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

LENT

Each Wednesday during Lent at 7.30pm we 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.

If you are unable to join in the guided prayer live, it is recorded and may be watched anytime by clicking on recordings on webcam

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.

Deepest Sympathy to the family and friends of *Breid Cotter*, Marymount.
May she rest in peace.



Trocaire Lenten Boxes are available in the Church Porch.
Please support their work.



Divine Mercy, Lucan South

www.lucansouthparish.net

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

Sunday Mass:

Sunday 10:30am

Weekday Masses:

[Lent Timetable for services \(Online only\)](#)

Monday to Thursday: Masses at 9:15am and 7pm

Friday: Mass at 9:15am followed by **Benediction.**

Friday: **Stations of the Cross** at 7pm

Saturday: Masses at 10am and 7pm

St. Patrick's

Esler/Dodsboro/Adamstown

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.

Lent is positive!

Wed 10/3 at 7pm: 'Service of Reconciliation'

Please sign up for our new online resource called 'Word on Fire'

We have done without so much personally and socially for the past year, so this Lent, we are inviting you to take up something positive.

After each weekday Mass a Decade of the Rosary is recited.

There will be online Eucharistic Adoration, each Saturday 6.40pm

Private Prayer:

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

Anniversaries

BYRNE (JIM)

4th Anniversary – 11th March

Late of Roselawn, Lucan.
God looked around his garden
And found an empty place
He then looked down upon the earth
And saw your tired face
He put his arms around you
And lifted you to rest
God's garden must be beautiful
He always takes the best
He knew that you were suffering
He knew you were in pain
He knew that you would never
Get well on earth again
He saw the road was getting rough
And the hills were hard to climb
So he closed your weary eyelids
And whispered "peace be thine"
It broke our hearts to lose you
But you didn't go alone
For part of us went with you
The day God called you home.
*Forever missed by his loving wife Ann, sons Gerry,
Frank and Declan, daughters Suzanne and
Catherine, sons-in-law, daughters-in-law and
grandchildren*

**Jim's Anniversary Mass will be held on Sunday
7th March at 11.00am.**

CAREY (ORLA)

22nd Anniversary – 8th March

Our much loved and missed daughter.
Late Beech Park. R.I.P.
Forever young.
We never forget the face we love
And that very special smile
Or the countless things you did for us, Orla
To make our lives worthwhile
It's so lonely here without you Orla
So hard for us each day
Our life has never been the same
Since you went away
It's hard to hide the sadness
But it's something we must do
Because we were so privileged
To have a daughter as special as you.
*Miss you sweetheart, love you forever, Mam and
Dad xxx*



CAREY (ORLA)

Forever young.

A sister is a special gift
One you think will stay
You never think the day will come
When she is called away
22 years have passed on Monday, Orla
And it seems like yesterday
The hurt is still the same, it never goes away
We hold such precious memories
And a million silent tears
Wishing at this time we could have you here.
*Loving you Orla and missing you so much, your
brothers, sisters, nephews and nieces xxx*

FOX (MARY)

9th Anniversary – 23rd February

Late of Church Street, Kells.

Mother,

The memories that you left us Ma
All stored within our hearts
The love we shared remains the same
But we will always miss your laugh.
*Love and miss you every day Ma, your loving son
Desmond and daughter-in-law Jean*

Nanny Fox (Mary/ Foxy)

As kids we loved the soda bread
By the range so warm and cosy
As adults we loved the tales and craic
Over a lovely cup of Rosy.
*Loved and missed every day by your grandchildren
Karen, Lisa and Kevin, great-grandchildren
Laurajane, Daniel, Craig, Nikki and Kelsie*

MORRIS (WILLIAM ARTHUR)

8th Anniversary – 4th March

Dad,

As the days and months turn into years
All the loving memories keep you near
When we see the rainbow in the sky above
We know you're watching over us
With all your love.
*Deeply loved and sadly missed by your daughter
Jean and son-in-law Desie, sons, Joe, Billy, Harry
and Jerry*

MORRIS (WILLIAM ARTHUR)

Granda Bill,

Eight years ago we said goodbye
To our Granda Bill when you had to fly
But we keep your memory close at hand
Until we reunite with you in the next land.
*Loved and missed everyday by your grandchildren
Karen Lisa and Kevin, great-grandchildren
Laurajane, Nikki, Daniel, Kelsie and Craig x*



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

Looking for Shrubs!

Would you like to donate a shrub and have it planted in St. Mary's Church Garden.

If interested please call
Pat on 087 223 8911



MEDJUGORJE MASS

(online only)

St. Mary's Lucan

March 8th 2021 at 6.30pm

Rosary at 6.00 pm

Celebrant: Fr. Pius Feruna

lucanparish.com

or marian pilgrimages facebook

Marian Pilgrimages Prayer Meeting at 7.30pm

marian pilgrimages facebook.



What goes around comes around

His name was Flemming, and he was a poor Scottish farmer. One day while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog.

There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Flemming saved the lad from what would have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Flemming had saved.

"I want to repay you" said the nobleman. "You saved my son's life".

"No, I can't accept payment for what I did," the farmer replied, waving off the offer. At that moment, the farmer's own son came out the door of the family hovel.

"Is that your son", the nobleman asked.

"Yes", the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grown to be a man we both will be proud of." And that he did.

Farmer Flemming's son attended the very best schools, and in time graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted **Sir Alexander Flemming**, the discoverer of Penicillin.

Years later, the nobleman's son who was saved from the bog was stricken with pneumonia. What saved his life this time? Penicillin!

The name of the nobleman?

Lord Randolph Churchill.

His son's name?

Sir Winston Churchill.

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.**



Back to School! Great to see and hear all the excitement from the little ones as they headed back to the classroom for the first time since Christmas.

The Leaving Cert students were glad to be back as well

– relief all round. Hopefully things will go to plan and everybody else will be back shortly.

Spotted St. Thomas' NS pupils on TV3 News as they and their teachers were heading in to the classrooms, full of excitement.

Hard to believe it's just a year since former Taoiseach Leo Varadkar addressed us on 12th March 2020, with the words:

“So, from 6pm today, the following measures are being put in place. They will stay in place until March 29th.

Schools, colleges, and childcare facilities will close from tomorrow. Where possible, teaching will be done on-line or remotely.”

Would we ever have thought we'd still be living with this virus!

On a brighter note! Lucan girl Eva Norton and her mum, Frances put on a great performance on RTE's *Donncha's Two Talented*, on Saturday last.



Eva performed on her own first singing *I am telling you no way I'm living without you*, and then sang *One More Try* along with her mum. Granny Rita got a look in too as her and Eva strolled to the wishing seat in Lucan Demesne. What a voice this young girl has! No doubt we'll be seeing a lot of Eva in the future.

Ring Buoys: We're all familiar with missing Ring Buoys along the Liffey in Lucan. Life Savers is what they really are. In a new initiative, the four Dublin Local Authorities and Water Safety Ireland, are looking at a pilot scheme by four companies to come up with technology solutions that can alert, monitor and report if Ring Buoys are missing or tampered with.

The mind boggles at those who interfere with such life saving articles!



Nice touch in Lucan Demesne! Have you noticed the new notice board at the Lucan entrance, which Joe Byrne has put together on behalf of SOL. It has information on many aspects of the demesne over the years. There is a second notice board where walkers may submit photos they have taken of the parkland. Conor Ryan's photos are on display at the moment. Anyone who would like their photo included should send same to: michellenolan@sdblincoco.ie

**Yesterday, I wore something from 5 years ago, and it actually still fit me!
So proud of myself**

**It was a scarf, but still.
Let's be positive.**



SCHOOL NEWS

On Monday TY students attended a **Drama and Song workshop** online with Jimmy, Carol and Rachel O Byrne from Song and Dance Stage School. 24 TY students will take part in drama workshop every Monday for 4 weeks. We wish them well!

St Joseph's College

We welcomed our 6th year students and teachers back into the school building this week. It was lovely to see them all back in the building again!

Our Transition year students were busy again this week, with plenty of activities available to them. We held our own **School Enterprise Competition** for our TY students this week. Each participating group created a 2 minute video and was interviewed about their business plan for the competition. In the interview they discussed their Business and described how they went about creating their product and marketing it. Interviews were held by teachers. Good luck to all!



TY students participating in the online Drama and Song workshop

Incoming First Years 2021

There will be an Incoming First Year Parents' Information Meeting by Webinar on Tuesday 9th March 2021 at 7.00pm. A link will be placed on our School Website, nearer to the time.

PA Careers Talks Series

Our Parents' Association's series of Career Talks continued with three more online talks for students on Wednesday. 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



TY students displaying their business projects at our Christmas Fair

Coláiste Phádraig CBS

School reopening: We were delighted to welcome back our 6th yr students into the school building on Monday 1st March as the first step in the phased re-opening of schools. Both teachers and students were relieved to get back to face-to-face teaching and learning after 34 school days engaged in remote learning.

Work has been ongoing in the school over the past few weeks in preparation for their return and enhanced safety, sanitation and risk mitigation measures have been put in place to ensure a safe learning environment for all. Everyone is determined to fully comply with all health regulations in place in the school to ensure that our 5th yr students can be welcomed back on 15th March, as is currently the plan. The rest of our students will return on Monday 12th April if all goes well over the next four weeks or so. We commend all of our students on engaging so enthusiastically with their Zoom classes since the school closures and urge them to stay the distance despite the understandable online learning weariness that has set in.

Our 6th yr Leaving Cert students now have the choice of opting for SEC Accredited Grades (State Examination Commission), sitting all of their exams in the summer or a hybrid approach where they choose for a mix of the two. All students will automatically be awarded accredited grades anyway and for those that sit exams, they will be awarded whichever of the two grades that is higher. In simple terms, all teachers will estimate and recommend a grade for each of their students based on the data they have available such as house exams, class tests, oral and practical assessments etc. These grades will be sent off to the SEC where they will undergo a national standardisation process before a final SEC Accredited Grade is awarded to the student.

After consultation with parents, teachers and students, it was decided that the 6th yr Mock exams would not go ahead this year in order to maximise face-to-face teaching and learning while 3rd yr Mock exams will run from the 13th-21st April. The Junior Cert exams will not take place this year but the students will still be fully engaging with their learning up until the end May.

Young Scientists: This year's BT Young Scientist and Technology Exhibition understandably could not go on as in previous years when over a thousand of our most talented budding young scientists from schools throughout the country, not to mention the many thousands of family members, school friends, teachers, judges, media and general public, would descend en-masse upon the RDS for five days of (somewhat organised!) mayhem. Due to the Covid-19 restrictions, the latest edition of this internationally acclaimed and highly prestigious competition moved online for its first ever virtual exhibition. Thankfully the technology exists that allowed the students to showcase their scientific investigations and projects to the judging panel and thousands of online spectators and supporters over three days early in January.

This year, 550 projects from 213 schools were shortlisted by the judging panel to take part in the virtual final and Exhibition. The opening ceremony was streamed, to a global audience, from a purpose built studio hub in the Mansion House in Dublin, which coincidentally was the location of the first ever Young Scientist Exhibition in 1965. Uachtarán na hÉireann Michael D. Higgins launched the event and he spoke eloquently about the vital role science has to play in tackling the current pandemic. He pointed out the enormous contribution scientific and technological research continues to make in improving our lives and in combatting the transmission of coronavirus and described the Exhibition as “the pinnacle of scientific achievement and discovery amongst young people worldwide”.



Two of our 1st yr students, Joel Emmanuel and Rohit Tummala, presented their project entitled “The effect of light frequency on background radiation in a cloud chamber” to the judges in a three-minute video slot that was also available to online viewers. They clearly made a strong impression as they were awarded second place in the Junior Group Physical/Chemical and Mathematical Sciences category, keeping up the school's proud record of success in this prestigious National Competition. The students are to be highly commended on their excellent performance in a very competitive and tough category.

Well done also to 2nd yrs Taha Fareed and Jevin Joy who finished second in the Junior Technology section with their project entitled “Exploring the IPD and Nash Equilibrium using machine learning”.

A special word of thanks as usual to Mr. Carey who dedicated a lot of time helping the students prepare, design and finalise their project in time for the Exhibition.

Careers: Congratulations to Brendan McCann from our Leaving Cert class of 2020 on being awarded a Trinity College Dublin Entrance Exhibition Award. An online ceremony to mark the award took place recently and we wish Brendan well in his studies at the College.

Cllr Vicki Casserly – Fine Gael

Peace Commissioner

W www.cllrvickicasserly.com Ph +353858317982

Sensory Garden Griffeen Park: I recently requested an update on the sensory friendly garden I previously motioned and proposed for Griffeen Park. Works are commencing in quarter 2 of this year. When complete I've no doubt it will be a beautiful addition to our area.

Remediation works in Ballyowen Park: At this month's area committee, Cllr Shane Moynihan and I called on management to carry out remediation works to prevent flooding in parts of the park and improve drainage. Works are commencing over the few weeks.

Tree Stumps Removal: As part of our Tree Maintenance Programme, I requested an update on stump removals in Ardeevin, Hillcrest and Woodview Estate. This is being reviewed.

Covid 19 Community Call: For those isolating and restricting movements, don't forget you can contact our community call support desk on 1800240519 or email covidsupport@sdblincoco.ie

Cllr. Ed O'Brien – Fianna Fáil

Mayor of South Dublin County Council
8A The Village Centre. Lucan. Ph 01 6105811
Mob 087 7997609. Facebook.com/edobrienlucan
Twitter @EdOBrien1. E: ebrien@cllrs.sdblincoco.ie

Demesne Wall: I have made contact with the Italian Ambassador to discuss the ongoing issues in relation to the damage to the Demesne Wall at the Leixlip Road, we are both anxious to have the matter resolved and I hope that we can advance matters during our conversation.

Sports Capital Grants: The deadline for submission of requests for sports capital funding closed on the 1st of March. I was delighted to assist a number of clubs in the Lucan area with their applications and will continue to monitor progress.

King John's Bridge: I have again questioned SDCC in relation to progressing work on the bridge and their response can be seen on my Facebook page.

Emer Higgins TD – Fine Gael

78 The Orchard, Lucan
01 401 3416 Emer.higgins@oireachtas.ie

International Women's Day Virtual Event- Mon March 8pm 11am: Take 30 minutes out for yourself this International Women's Day. Join us for a virtual coffee morning on Monday 8th March, featuring: Physio tips & simple exercises with Physiotherapist Karen Roberts. Styling advice with style consultant and presenter Laura Jordan. Relaxation techniques with Mary Browne of The Holistic Lodge. This free half-hour event will run from 11-11.30am and all are welcome. Contact Emer.Higgins@oireachtas.ie to register now or register on <https://www.eventbrite.ie/e/143296460571>

Caitriona McClean

086-3898327, cmaemcclean@hotmail.com, twitter: @cmaemcclean

Pension Commission: The commission is open for public consultation up to the 9th of March which is fast approaching.

(Email ConsultPC@pensioncommission.gov.ie) and I have made a submission based on representations to me during the election and since. The commission is encouraging people to write, please consider sharing your own views on this which affects us all. I have addressed the pension age, question of carers and others, and the right to work after 65, as well as qualifications for the State pension.

Covid 19 restrictions: It has been a very difficult year for most with some hit very badly indeed. We have lost so many of our community, and haven't been able to say goodbye in traditional ways. Please bear with it and do what you can to help others by lifting the phone for a chat when you can.

Liona O'Toole – Independent

0872795274. lotoole@cllrs.sdblincoco.ie
www.lotoole.com

Community Clean ups: National Spring clean takes place during the month of April and you can register online at nationalspringclean.org, check website for details. You can also request clean-up materials, bags, litter pickers and dog litter signs for your area from South Dublin County Council by emailing info@sdblincoco.ie or you can contact me directly for assistance.

Adamstown Tandy's Lane/Airlie Park: Tandy's Lane Park opening date is planned for March 2021, Airlie Park opening date is February 2022. Possible delays due to Covid19 and weather conditions are expected. Pitch facilities in these parks will be available to clubs for hire if you are interested and like to make enquiries you can contact me for assistance.

Cllr Shane Moynihan - Fianna Fáil

(Palmerstown-Fonthill) Ph: 087 7840898

Email: smoynihan@cllrs.sdblincoco.ie
facebook.com/cllrshanemoynihan

Twitter: @shanemoynihan

Back to school: Well done to teachers, principals, caretakers, SNAs, secretaries and Boards of Management on facilitating the phased return of in-person teaching this week. It was a great boost to see many happy faces (parents and pupils) making their way to school this week.

Seachtain na Gaeilge: Is iomaí imeacht atá ar siúl do Sheachtain na Gaeilge i mbliana. Bímse sásta i gcónaí glacadh le cumarsáid as Gaeilge.

Ballyowen Park: Thanks to South Dublin County Council for the works that have taken place in Ballyowen Park (Balgaddy Park) including maintenance of tree and hedging. This is something I requested following requests from park users.



Cumann na Sáirséalaigh Leamhcáin



Lucan Sarsfields GAA Club is delighted to announce a new sponsorship partnership with Keeling's. Having previously sponsored the 2004 U14-U16 football and hurling teams, in this new partnership, Keeling's will be sponsoring all 6 minor football and hurling teams for the next 3 years. A big thank you to Mick Kilduff, Lucan Sarsfields and Keeling's COO, in helping to forge this partnership.



Operation Transformation, in collaboration with DCU School of Health and Human Performance, have developed the Minimum Fitness Tests to demonstrate the minimum fitness standard for your age group. These tests are designed to show you where you sit within the minimum standards of physical fitness and give you a target to aim for within your age bracket and gender. You can find the details of this via the RTE website <https://ot.rte.ie/>

HSE/Healthy Ireland Health & Wellbeing Information Alcohol during COVID: Alcohol during COVID – concerning trends emerging – HSE Health and Wellbeing (hsehealthandwellbeingnews.com)

Health and Wellbeing support for older people during COVID-19: Health and Wellbeing support for older people during COVID-19 – HSE Health and Wellbeing (hsehealthandwellbeingnews.com)

TAKE CONTROL WITH STRESS CONTROL
 March 2021: Commencing Monday 8th March

EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:

	What is Stress?	9am, Monday 8th March (available until 11pm Wednesday 10th)
	Controlling your Body	9am, Thursday 11th March (available until 11pm Sunday 14th)
	Controlling your Thoughts	9am, Monday 15th March (available until 11pm Wednesday 17th)
	Controlling your Actions	9am, Thursday 18th March (available until 11pm Sunday 21st)
	Controlling Panicky Feelings and Getting a Good Night's Sleep	9am, Monday 22nd March (available until 11pm Wednesday 24th)
	Controlling your Future	9am, Thursday 25th March (available until 11pm Sunday 28th)

www.stresscontrol.ie

HSE Stress Control Online

This is an evidence-based programme that teaches practical skills to deal with stress. It will help you to recognise the signs of stress such as how stress affects our bodies and our thoughts and help to develop skills to overcome panicky feelings and how to get a good night's sleep. The course runs for three weeks starting on the 8th of March, further details at:

www.stresscontrol.ie

Step Challenge

The GAA & Irish Life's MyLife app 'Healthy Club Steps Challenge' will come to an end on March 3rd. The results and winners of the gift vouchers will be announced on March 11th once all data has been collated. In addition to the Irish Life prizes the GAA have added some extra prizes into the pot to acknowledge all your hard work. Keep Stepping!

Minimum Fitness Test

GAA Museum Book Club

There has been a brilliant response to the launch of the GAA Museum Book Club and this week they are hosting their first live event. Michael Foley, author of 'The Bloodied Field' will be joining us for our virtual Q&A this Thursday at 8.30pm. Further details at following link: The GAA Museum Book Club - Croke Park.

Lucan Sarsfields GAA Cont'd.

Take the 28-day #TheLastStop no smoking challenge this March: Take the 28-day #TheLastStop no smoking challenge this March – HSE Health and Wellbeing (hsehealthandwellbeingnews.com) HSE/Healthy Ireland Health & Wellbeing Information Alcohol during COVID: Alcohol during COVID – concerning trends emerging – HSE Health and Wellbeing (hsehealthandwellbeingnews.com)

Frásaí na coicíse - Ag obair sa bhaile (Working from home). Here are some phrases you could use with your family members during seachtain na Gaeilge if you're working from home.....

Tá mé ar ghlaoch - (I'm on a call)
Tá mé ag obair - (I am working)
Fan nóiméad - (Wait a minute)
Ní bheidh mé ró-fhada - (I won't be long)
Tá seo tábhachtach - (This is important)

Lucan Sarsfields GAA Club Lotto Jackpot €3400. There was no winner of the Club Lotto held on 25 February 2021 sponsored Clandillon Motors. The numbers drawn were **8, 9, 17, 23.**



Lucky Dip winners of €30 each: Deirdre Sadlier, Rian McGann, Brendan Donohoe, Jim Mulqueen, Mary Freeman.

The Jackpot for the next draw, to be held on Thursday 25th February, is €3400, and is sponsored by Henley Forklift Group. 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

Please see our website www.lucansarsfields.ie for more information on these articles.



Lucan Library

**International Womens Day
An Evening with Author Louise Philips
Monday 8th March – 7.00 pm – 8.00 pm**



One of Ireland's most successful crime writers discusses growing up in South Dublin and how her immediate environs both past and present have both inspired and

influenced her work.

To celebrate International Women's Day, South Dublin Libraries are delighted to present, 'An Evening with Louise Philips'.

About this Event. This online Zoom talk will take place on Monday 8th March at 7pm.

**Seachtain Na Gaelige – Mobile Music School
Tuesday 9th March at 3.30pm.**



About this Event.
Seachtain Na Gaeilge Mobile Music School Workshop – Ages 7-11.

A fun loving music workshop through the medium of zoom that will use the "Cúpla Focal". The music workshops will enable children to learn about the world by music as they take part in interactive activities and fun musical games. Please note your email address will be passed to the facilitator to send you on the Zoom codes for the live workshop. An adult must be present throughout the workshop.

Please Note: 1 ticket per device. A valid email address is required. Zoom links to the event will be emailed to the supplied address by the facilitator.

Mood Foods, shaping your brain with essential nutrition. Presented by Paula Mee, Dietitian and Author Via Zoom. Monday 15th March – 19.00 20.00. Join dietician and food consultant Paula Mee for this talk to understand how your diet and lifestyle impact brain function, mood and memory.



Please Note: A valid email address is required as the Zoom links to the event will be emailed to the supplied address by the facilitator.

1 ticket per device, 1 device per household. This talk will be delivered online by Zoom.



Na Gaeil Óga CLG

Fáilte ag notaí an chumainn Na Gaeil Óga, áit a gheobhaidh tú an t-eolas is déanaí faoi gach rud atá ag tarlú inár bpobal bríomhar.

An Solo Fada

Comhghairdeas agus buíochas d'achan duine a ghlac páirt sa Solo Fada ag an deireadh seachtaine. Míle buíochas don fhoireann eagraíochta - Louise Nesbitt, Lisa Ní Loinsigh, Kevin Barry, Ian O'Donoghue, Aindriú Mac an Rí, Caitríona Ní Chinnéide, Daithí de Buitléir, Kate Ní Chonfaola, Sorcha Ní Ghallachóir, Louise Ronan, Katherine Power, Nickola Foley, Michelle Ryan, Eugene Fee, Siobhán Warren, Maria McCormack, Ciara Freid, Colleen Aherne, Annette Reilly, Amanda Barrett, Nora McCarthy, Alyson Brady agus Máire de Staic. Buíochas chomh maith leis na urraitheoirí Nesco Electrical Services, Armoured performance agus Cllr. Shane Moynihan.

Tá €9,961 bailithe againn anois don chlub agus bhí breis agus 400 rannpáirtí ann.

Comhghairdeas mór leis na buaiteoirí ar fad - Annamarie Farrelly, Anna Nesbitt, Conán Glas, Cathal Ó Maolalaigh, Barróg Mac Giollarnáth, Gretta Mohan, Kate Hynes, Cáit Ní Dhubhgain, Damo de Búrca, Keelan Mac Carthaigh, Paidi O Dubhgain

Congratulations and thank you to everyone who took part in 'An Solo Fada' over the weekend. A special thanks to the organising committee - Louise Nesbitt, Lisa Ní Loinsigh, Kevin Barry, Ian O'Donoghue, Aindriú Mac an Rí, Caitríona Ní Chinnéide, Daithí de Buitléir, Kate Ní Chonfaola, Sorcha Ní Ghallachóir, Louise Ronan, Katherine Power, Nickola Foley, Michelle Ryan, Eugene Fee, Siobhán Warren, Maria McCormack, Ciara Freid, Colleen Aherne, Annette Reilly, Amanda Barrett, Nora McCarthy, Alyson Brady agus Máire de Staic and our sponsors Nesco Electrical Services, Armoured performance and Cllr. Shane Moynihan.

We have raised €9,961 for the club and over 400 people took part, maith sibh!

Congratulations to the winners of the various categories - Annamarie Farrelly, Anna Nesbitt, Conán Glas, Cathal Ó Maolalaigh, Barróg Mac Giollarnáth, Gretta Mohan, Kate Hynes, Cáit Ní Dhubhgain, Damo de Búrca, Keelan Mac Carthaigh, Paidi Ó Dubhgain

Ceardlann Chóitseála

Ar an 9ú Márta, beidh an cheardlann chóitseála is deanaí ar siúl a bheas Steve Donohue linn ag plé 'Spregadh Páistí le níos lú suime nó cumas'.

Seol téacs chuig Dean ar +353 86 333 7739 má tá speis agat ann.

On the 9th March Steve Donohue will be hosting the next coaching workshop on the topic of 'Encouraging children with less interest/ability'. Send Dean a message on +353 86 333 7739 if you are interested.

Grúpa Tuistí + Leanaí

Beidh an grúpa tuistí & leanaí ag bualadh le chéile arís ar an 5ú Márta ag a 2 a chloig leis an dtéama suaimhniú leanaí a phlé. Fáilte roimh baill nua i gconaí, cuir scéal chuig Michéal ar +353 85 786 7929.

The parent & baby group will be meeting again on March 5th at 2pm to discuss the theme of Soothing a baby. New members are always welcome. Send a message to Michéal on +353 85 786 7929.

Feachtas Lidl

Tá feachtas nua tosaithe le Lidl agus a n-aip Lidl Plus. Bheimis buíoch dá roghnóidh sibh Na Gaeil Óga ar an aip, is deis tiomsíú airgid iontach é seo don fhoireann le duaiseanna iontacha don fhoireann. Tá an feachtas seo ar siúl ón Luan, 15ú Feabhra go dtí an Domhnach, 11ú Aibreán.

1. Íoslódáil aip Lidl Plus agus lean na treoracha
2. Roghnaigh Na Gaeil Óga
3. Scan d'aip Lidl Plus agus tú ag íoc. Nuair a chaitheann tú níos mó ná €30, gheobhaidh tú stampa amháin, €60 = 2 stampa, €90 = 3 stampa, etc.
4. Bailigh 6 stampa agus cuir isteach é ar d'aip faoin Domhnach, 11 Aibreán.

Má tá ar a laghad 300 stampa bailithe againn, beidh duais ar fáil.

Má tá breis is 3000 stampa bailithe againn, tá deis deontais ann dúinn!

A new campaign has been launched with Lidl and their Lidl Plus app. We would be grateful if you would choose Na Gaeil Óga on the app, as this is a great fundraising opportunity with for the team. This campaign runs from Monday, February 15th to Sunday, April 11th. This is to help ladies football in clubs across the country.



St. Mary's Camera Soirée

As I said last week Anna has been going around Lucan photographing the art work that has appeared on many communications boxes dotted around the place and that brightens our environment.

This week we are showing a selection of these photographs. How well do you know your Lucan and how observant are you while you walk around the area. Can you name the locations of the photographs published – Answers next week.



In the meantime, a competition seems to have developed between the members in relation to the photographing of robins. We will have some examples next week.

I'm glad to say that the Friday morning online chat between the members is really taking off. Last week we had something approaching a full attendance and enjoyed very much



viewing and commenting on each other's photographs. While the restrictions on meeting others are hard to bear the internet is easing the burden significantly. It is amazing, and frightening, how easy it is to dispense with the need for physical contact as a result of the pandemic! One must wonder what we will be like when we are let out again!

Until next week stay safe!