



Established 1967

www.lucannewsletter.ie

Online only

Sunday 28th February 2021

The lockdown continues.....

There were no surprises in the Taoiseach's announcement on Tuesday evening last, the level 5 lockdown is set to continue until April 5th when it will be reviewed. Businesses already stretched to the limit must now face weeks more of closed doors and no earning potential. Families already stretched financially must continue to try and make do on the special payments in place. At least our schools will partially reopen, and for Leaving Cert students this must surely be good news.

For the Churches of all denominations the extended lockdown will mean empty pews right through Lent Holy Week and Easter. We would all dearly love a return to normality but the common good has to take precedence over all other considerations. Until the numbers signal that it is safe to do so we simply have to be prudent and follow the scientific medical advice.

The arrival of the vaccines heralds hope on the horizon and we can only pray that as more and more of the vulnerable receive their dosage the numbers will continue to recede and the death rate fall, so that our gatherings will no longer pose a danger to one another. In the meantime, the churches have their Internet presence, which while no substitute for our gathering in faith physically, does at least provide a point of contact for us all. In fact this week the clergy of the four main denominations in Lucan Village had a Zoom meeting to chat and pray together as we face the future.

In many ways these are stressful times which will undoubtedly have long term consequences in every area of our lives. It's unlikely that everything will return to the way it was, and that will mean some uncomfortable adjustment to the new realities that will inevitably emerge.

Cardinal Jean-Claude Hollerich of Luxembourg has written that the pandemic may have accelerated the secularization of Europe by 10 years. In an interview with the Vatican Newspaper L'Osservatore Romano the Cardinal said he believed that the number of Catholics going to church would decrease as a result of COVID-19.

Asked whether he thought the Church in Europe would emerge stronger or weaker from the pandemic, he said: "I think about my country: we will be reduced in number. Because all those who no longer came to Mass, because they came only for cultural reasons, these 'cultural Catholics,' left and right, no longer come. They have seen that life is very comfortable. They can live very well without having to come to church. Even First Communion, the catechism for children, all this will decrease in number, I am almost certain." "But it's not a complaint on my part. We would have had this process even without a pandemic. Perhaps it would have taken us 10 years longer."



It's difficult to know with any certainty the long-term effects of what we're going through on the life of the churches; but it does seem certain that it won't simply be a case of 'As you were.' It will be down to the choices of individuals.

*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

Online safety

The internet and our computers, smartphones and other devices are crucial to our way of life. Although the internet has many benefits, it also has some risks. Online safety is essential for both children and adults.

How to keep your child safe online

If your child spends time online, you should understand the risks that could put them in danger. Online dangers include:

Loss of privacy: Sharing information in public that should be kept private (after information is posted online, it is outside your child's control).

Inappropriate content: Adult material, hate speech, violence, dangerous dares or challenges

Cyberbullying: Bullying in the form of abusive and threatening texts or emails, messages on social media and chat rooms, or the posting of photos or video clips

Online grooming: Individuals targeting children through sexual coercion or extortion, usually on social media or gaming platforms.

The most important thing is to communicate with your children about what they are doing online. Familiarise yourself with the apps and websites they are using.

Talk to your child about the important features and settings they can use, including:
How to adjust the security and privacy settings.

How to block or unfriend someone.

How to delete their own profile and account.

How to deal with inappropriate content (such as: turn off the screen, use the back button, tell a trusted adult, or report the content to the website or app where they found it).

There are also practical ways to safeguard your child online. These include using:

Parental controls: Allowing you to manage your children's use of online services and devices.

Filters: Restricting access to specific content by using services such as SafeSearch on search engines.

Time tracker tools: Keeping track of your child's social media use through tools available on social media apps.

Learning about the internet is the best way for you to protect your child from online dangers.

You can get lots of information and advice on online safety at:

The Irish Society for the Prevention of Cruelty to Children (ISPCC): Has information on its

parenting hub about online safety and children's exposure to inappropriate content

The Children's Rights Alliance: published A Guide to Children's European Rights to Online Privacy and Safety

CyberSafeIreland: Works to educate children, parents and teachers in online safety and has a dedicated advice page for parents

Webwise.ie: Gives you access to expert advice, information on the latest apps and social networks, and a how-to guide on setting up parental controls – on its parents' hub

Hotline.ie: Provides safety advice for parents and children using the internet

National Parents Council Primary (NPC

Primary): Has a helpline for parents on internet safety issues and also provides online and face-to-face training courses

Safer Internet Day (SID): Is an EU-wide initiative to promote safer internet use for all, and is promoted in Ireland by PDST Technology in Education and Webwise

Spunout.ie: Provides information on online privacy, safety and security – enter 'online safety' in its search box

How to protect yourself online

Adults should also be aware of potential threats and take measures to stay safe online. Cybercrime is increasingly common and comes in many different forms, so it is important to protect yourself.

More information is available on https://www.citizensinformation.ie/en/consumer/consumer_laws/online_safety.html

Right of Reply

Dear Editor,

In last week's Newsletter you published a letter that contained inaccurate statements regarding a proposed development at the top of Esker Hill and implied a link between this development and the entirely unrelated removal of damaged trees along a section of the Lucan Road between St Joseph's school and Lucan village.

The author of the letter wrote '*...the full details of the permission sought is on a pillar...*'. This claim is seriously inaccurate as there is only a very brief description of the proposed development in the notice on the pillar; just 75 words with no details of the myriad reports, drawings and maps that make up the planning application.

The author further wrote '*Bad enough magnificent trees are being felled, but houses being put in place of them on such an impressive stretch of road that some may have taken for granted!*'. This is a bogus suggestion. The current planning application for 8 houses at Esker Hill does not encompass any of the forest land, it involves a wholly separate section/folio of land and even a cursory inspection of the planning application file would have shown this. It is seriously misleading to imply that houses might be erected in place of recently felled trees along the Lucan Road.

The forested land along this stretch of Lucan Road had not been maintained for at least 50 years up to 2020 and many of the trees were/are in poor condition. Following arborist's tree survey of a section of this land a significant number of trees that posed a hazard to people and vehicles walking or driving along the Lucan Road were felled & removed last year. Other trees were reduced (i.e., reduced in height) as their condition required. The arborist's survey report was copied to the Council's Parks and Roads departments and they supported its conclusions. There has been a reduction in the number of trees in this section of the forest but more importantly there has been a huge improvement to the safety of pedestrians and vehicles using this section of the Lucan Road.

Lastly, it is disappointing that inaccurate statements and bogus suggestions were published when even a modicum of checking on the internet could have provided the facts.

E. Brennan.



Housing Advice and Supports for Renters in Lucan

Under 'normal' circumstances the doors to Threshold's Dublin office would be open to anyone needing advice and support when experiencing difficulties.

However, with Level 5 restrictions remaining in place, Threshold would like to remind anyone renting in Lucan and surrounding areas, that if you are experiencing difficulties in renting your home, Threshold continues to provide free, independent, and confidential advice and support to individuals and families via our new webchat service available on our website - threshold.ie or our freephone helpline which is 1800 454 454.

If you have a query about rent increases, arrears, standards and repairs or ending a tenancy, contact Threshold for advice and support.

Threshold's webchat operates Monday to Friday, 9:30am to 5pm via threshold.ie.

Threshold's freephone helpline remains available Monday to Friday, 9am to 9pm at 1800 454 454.



**Liffey Sound
96.4FM
Takeover
Thursdays!**

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 was last Thursday and featured Ina Lorber's playlist. 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



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.

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 **Brian Mohan**, Lucan Heights. *May he rest in peace.*

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 Esker/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.

Lent is positive!

There will be two more services online during Lent:

Wed 3/3 at 7pm: 'That joy may reign in our hearts'

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.**



Acknowledgement



BUGGLE (AIDAN)

Julette and family would like to express their sincere thanks and appreciation to all their friends and neighbours who sympathised with them on the death of their beloved Aidan (Aido) R.I.P.

To all who lined the Avenue, sent cards and flowers, we can't thank you enough.

To the staff of Redwood Ward, Blanchardstown Hospital, for the wonderful care they took of Aidan. We can't thank you enough.

The Holy Sacrifice of the Mass will be offered for your intentions.



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

Anniversaries



BOLAND (MARTIN)

24th Anniversary - 25th February

Our lips cannot speak how we loved him
Our hearts cannot tell what to say
But God knows how we miss him
In our home that is lonely today.

*Sadly missed by his Dad Martin, Mam Elizabeth,
brother Micheal and extended family*

MULDOWNEY (NEILL)

5th Anniversary - 26th February

We miss you now
Our hearts are sore
As time goes by
We miss you more
Your loving smile
Your gentle face,
No-one can fill your vacant place.

*Love always, Mam, Dad, Paula, Nicola, Liam and
families xxxx*



Palmerstown Camera Club

**Renowned Professional Photographer
Presentation**

Palmerstown Camera Club invites all adults to our monthly Wednesday meetings. Our next meeting is using Zoom on **Wednesday the 3rd March 2021 at 8.00pm.**



Marek Biegalski will be presenting and he is a renowned professional photographer. He specialises in landscape, travel and nature photography. Marek has won many awards and his work has been published in magazines including National Geographic.

For more information and a link to Palmerstown Camera Club Zoom meetings please contact secpcc@mail.com

See you on Wednesday.

Reminder!

Section 40 of the Wildlife Act prohibits any person to cut any hedges/trees/shrubs from **1st March until 31st August** to protect our nesting birds – so gardeners get busy now before the 1st March.

From a reader





Bet you held on to your hat this week!

Many of us suffered power outages on Tuesday last, as winds gusting up to 54 knots brought down trees and cables in the area. Thankfully we didn't experience the

flooding which other parts of the country did.

Lucan Newsletter celebrates its 54th Birthday this Sunday.



In 1967, the population of Lucan was just over 2,000 souls! Electric Typewriters were just coming into being! The World Wide Web and Mobile Phones were unheard of, and very few locals had land lines.

Man hadn't even landed on the moon, for heaven's sake, and what would we have thought of the Covid pandemic, had we a window into the future?

We're still here however, thanks to all our Readers and Contributors, and modern technology!

Great to see schools re-opening at last! It will be good for all to get back on the road to normality. Our thoughts are constantly with the Leaving Cert students, who have not had a good year so far. Hopefully things will improve rapidly for them.



Lucan is being coloured in these days, in no small measure due our Tidy Towns Group's efforts. Lovely to see the bright yellow daffodils arriving all over the place, and if you look closely at those grey skeletal trees, most of them are budding at the moment.



St. Catherines carpark and some other places were closed at the request of An Garda Síochána on Sunday last as too many people were not able to resist the opportunity to get out in the lovely fine weather, and some may have travelled more than 5km to get to various parks and beauty spots. It's hard to blame them, but we must plod on with the restrictions in the interest of safety.

Its unsettling to learn of so much anti-social behaviour, particularly around our parklands and shopping centres. Its very unfair when ordinary people, both young and old are intimidated for no reason whatsoever. Our parklands and playing fields are also being used as dumping grounds by people who should know better.

A Star is born

Many of you will remember Lucan's delightful **Eva Norton** on the Late Late Toy Show, as she sang Gary Barlow's *Rule the World*. We have another chance to see the talented starlet this weekend.



Tune in to the first show in the new series of **Donncha's Two Talented**, this Saturday on RTÉ1 at 5.15pm, when Eva and her mum Frances will give us another treat.



Some filming for their part of the show was done in our lovely Lucan Demesne which should provide a fabulous backdrop.

Watch out for Granny Rita in the background too!

Have you ever wondered how big is the SDCC area?

South Dublin County Council covers an area of about **223 square kms**. It is bounded by Dublin City to the northeast, the Dublin mountains and County Wicklow to the south, the River Liffey to the north separating it from Fingal and Co Kildare to the west.

Six Nations! Hopefully Ireland will get a win under their belt when they face Italy in Rome on Saturday. That's the main sport we have for the moment.

Last week's Dublin Places answers:

Dolphin's Barn, The Five Lamps, East Link Bridge, Temple Bar, Foxrock, Finglas, Lucan, Cabra, Rathmines, Chapelizod, Clongriffin, Harold's Cross.



SCHOOL NEWS

Lucan Community College

Remote Extracurricular Programme

Ms. Brooks is delighted to announce the start of our online extracurricular programme starting Monday 1st March. There is a great range of clubs/activities for all year groups to get involved in. Thanks to the teachers who are volunteering their time.

Extra-Curricular Online Programme		
Day	Time	Activity
Monday	1.15-1.50pm (Lunch-time)	Zumba (Ms.Geraghty)
Monday	1.15-1.50pm (Lunch-time)	1 st Year Homework Club (Ms.Gibbons)
Tuesday	1.15-1.45pm (lunch-time)	Abz Blast (Mr. McAnerin)
Tuesday	1.15-1.45pm (lunch-time)	Geography Club (Ms. Flanagan)
Wednesday	8.15-8.45am (Early morning)	Career workshop for 6 th years (Ms. Brooks)
Wednesday	8.15-8.45am (Early Morning)	Pilates (Ms.Sexton)
Thursday	1.15-1.45pm (lunch-time)	Chess Club (Mr.Doyle & Finn Tuohy TY student)
Friday	8.15-8.45am (Early morning)	Fitness Roulette (Ms. Dowling &Ms. Coghlan)
Important Note: Any students that would like to take part in an activity, please email the teacher in charge and they will add you to the meeting		

Transition Year News

Congratulations to the Transition Year students who applied for the Royal College of Surgeons online programme of events running this week, this is a fantastic opportunity for them and will give them a fascinating insight into all things medical.

The Transition Year Law students are about to embark on a schedule of modules drawn up by The Law Society of Ireland, Lucan Community College is delighted to be part of this initiative and students will receive certification of their involvement in this new adventure.

Phased Reopening of School from 1st March 2021

The following dates have been announced by the Department of Education and Skills on 23rd February 2021. An online information meeting will take place for 6th years and parents on Friday 26th March. Updates are available on our website www.lucancc.ie

Planned return of classes

1st March: 6th year students return to school for full timetable. This decision prioritises students preparing for their Leaving Certificate and Leaving Certificate Applied assessments and exams.

Further details at 6th year online meeting at 2pm on Friday 26th March. Link to meeting will be circulated to students and parents

All other years continue with remote learning. Teachers may need to make some changes to scheduled times for remote classes.

15th March: Subject to public health advice, 5th year classes will resume their full timetable from this date.

12th April: Subject to public health advice, all classes will return to school to resume their full timetable from this date.

Believe you can,
and
you are half way there!

St Joseph's College

TY Subject Choice: Next month our Transition Year students will choose the subjects they wish to study for the Leaving Certificate. To help them in their decision making, students received a presentation by Ms Allen from our Guidance Department about subject choice, the Leaving Certificate and College Entry requirements. This was followed this week, by teachers giving online talks to the students about the Leaving Certificate subjects that are on offer in our school. An information video for parents by Ms Allen was made available on the school website for parents to view. Next week the Career Guidance department will meet remotely with each Transition Year student to discuss with them their subject choices and to offer them advice.

In-school tuition will resume for 6th years on Monday. We are very pleased that the school will be opened again and look forward to seeing them there!

Careers Talks Series: Our Parents' Association's very successful series of Career Talks continued with three more online talks for students on Wednesday. All of our students are encouraged to watch the talks and ask questions. 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

Pancake Competition: Our school's Wellbeing Committee organised a Pancake and Crepe making competition for students and staff over the midterm break. Students submitted an 'action' photo of themselves flipping their pancake and a photo of the finished product. Our Judge, Ms Regan, was blown away by the standard of the entries! Well done everyone who contributed and massive congratulations to our winners!



St. Joseph's Transition Year Students taking part in the **Student Enterprise Competition** are getting ready to pitch their products to the judges over the next few weeks. The TY Enterprise competitions will take place on March 12th and the girls are finalising their Booklets and products at the moment. We wish them all the very best!



Students displaying their Student Enterprise products at the Christmas Fair

School website <https://stjosephslucan.com>
Follow us on Twitter: @STJosephs3



POLITICAL NOTES

Cllr Vicki Casserly – Fine Gael

Lucan Peace Commissioner

W www.cllrvickicasserly.com Ph +353858317982

Ballyowen Park: I have recently asked council management for upgrade of footpaths and improved maintenance of hedge cutting and littering in the area

Griffeen Dog Park: Following representations, I'm looking forward to upgrade of Griffeen Dog Run to include more accessible features for persons with reduced mobility to gain easier access to the facility

Children's Hospitals: Having a child in hospital brings so many challenges on top of the ever present worries of illness. I live this, as does my colleague Jennifer Carroll-McNeill TD. We are committed to continuing to advocate to make tough times easier for parents and guardians. If you would like to share your experience, please email me

at vcasserly@cllr.sdblincoco.ie to ensure your views are represented.

Cllr. Shane Moynihan – Fianna Fáil

Email: smoynihan@cllr.sdblincoco.ie

Ph: 087 7840898 www.shanemoynihan.ie

Facebook: facebook.com/cllrshanemoynihan

Twitter: @shanemoynihan

Instagram: cllrshanemoynihan

Cluain Rí Park: I welcome the work that has been done by the Council in improving the park.

Following my representations, there is a commitment to repair the entrances and to assess how to minimise anti-social behaviour. If you use the park, I would love to hear from you about you would like to see.

Ballyowen Park: I was pleased to learn the Council intend to install a local drain in Ballyowen Park to prevent the build-up of rainwater on footpaths. This was in a response to a motion I jointly tabled. It is intended to do these works in the coming months.

Footpath repairs: I have received a commitment from the Council that footpath repairs scheduled for last year will be completed as soon as weather permits. If you wish to query footpath repairs in your area, let me know.



Gino Kenny TD – People Before Profit

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

Health Committee on Vitamin D Deficiency

During the Pandemic: A consortium made up of senior clinicians, researchers and academics in the areas of respiratory medicine, immunology, geriatric medicine, endocrinology, clinical biochemistry, public health, nutrition and dietetics will from universities and hospitals across Ireland agree that there might be a role for Vitamin D in the treatment of Covid 19. Some of the evidence was this week discussed at the Oireachtas health committee. It is Important to note it does not prevent people from contracting C19, however, the evidence that Vitamin D can impact the severity of C19 for those who contract it is fairly conclusive.

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 mail eobrien@cllr.sdblincoco.ie

Signage at Willsbrook Park: SDCC have agreed to my request to replace signage at Willsbrook Park which has for a long time been vandalised and in need of updating. I am asking that the same be done with other park signage.

Lucan Village Improvements: I am delighted to welcome confirmation of €2million in funding for the long-awaited village improvements. This will go hand in hand with plans for a Greenway through the village.

Tree Maintenance: SDCC has confirmed its tree maintenance schedule for this year and the details of estates which will be visited is available on my Facebook Page

Clinics: I am available for Zoom meetings Tuesday to Thursday. Please contact my office for an appointment

Emer Higgins TD – Fine Gael

78 The Orchard, Lucan

01 401 3416 Emer.higgins@oireachtas.ie

Increased Garda Resources in Adamstown: There were two serious incidents in the Adamstown in the past two weeks. Both are believed to be connected and a Garda investigation is ongoing. Additional Gardaí will be detailed in the Adamstown area and approaching areas.

International Women's Day Virtual Event- Mon March 8pm 11am: This International Women's Day take 30 minutes out for you. A special online event will focus on wellbeing. More details next week! To pre-register email IWD to Emer.Higgins@oireachtas.ie



We are delighted to announce that Kathleen Roche has agreed to continue to serve Lucan Sarsfields as Club President during 2021. With 2020 behind us we hope that 2021 will allow Kathleen much more opportunities to represent us proudly as she has done over many years as a leader of many fundraising initiatives.

Club Membership

Club Members are reminded that membership for 2021 is now due. We expect that training and games will resume very quickly when restrictions are lifted, and to make sure that all our mentors and players are covered by the insurance schemes, we need to register everyone on the new Foireann system, and this can only be done when membership is renewed/taken out. For all queries regarding membership, please contact lucan.sarsfields.registrar@gmail.com.

As we will be using the **ClubForce App** to manage our return-to-play questionnaires and for attendance tracking, all members are urged to download the app from the Google Play or Apple App store. Sign in using the same username and password that you use to renew your membership and make Lucan Sarsfields GAA your favourite club!

Coaching Forum

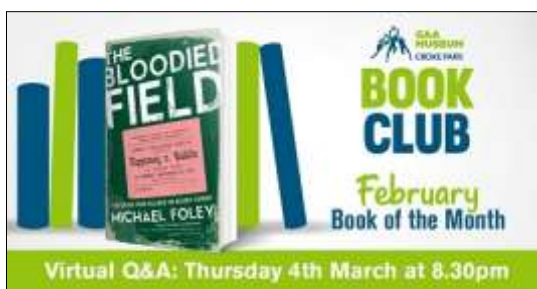
At 6:30pm on Friday 26th we are hosting a coaches forum facilitated by Club GPO David Moran. This will be a VERY informal event for mentors within our club with no preset agenda. Registration in advance is required and closes at 3pm on Friday.

<http://bit.ly/LucanSarsfieldsCoachingForum>

The Gaelic Games family have launched '**Be Ready to Play**', a Coaching and Sport Science programme in association with UPMC, official healthcare partner of the GAA and GPA, that will be delivered via webinars, website programmes, instructional videos and live online sessions. The programme is a holistic coaching and performance plan that will be of great benefit to all club coaches and players, male, female, adult, and youth alike. It will help them return to training post- COVID-19 in a way that will hopefully increase enjoyment, performance, and participation, while simultaneously reducing the



risk of injury. Full details at <https://www.gaa.ie/news/ground-breaking-be-ready-to-play-coaching-programme-launched/>



Getting Ireland's Adults COVID-Vaccination Ready

The Irish Gerontological Society held a public lecture last Wednesday the 17th of February in an aim to boost uptake and increase the efficacy of the HSE COVID-19 vaccine rollout. They are asking that people spread the word about this event among older family members, friends and networks which is available to view here: COVID Vaccination Ready | Irish Gerontological Society (irishgerontology.com)

Our condolences to the Flanagan family on the death of Carmel (née Tierney), mother in law of Jackie (adult camogie management team), grandmother of Emma & Rebecca (adult camogie and ladies football), and Alan (adult hurling). May she rest in peace.

Lucan Sarsfields GAA Club Lotto Jackpot €3000. There was no winner of the Club Lotto held on 18 February 2021 sponsored Lucan Village Pharmacy. The numbers drawn were **12, 14, 15, 18.**

Lucky Dip winners of €30 each: David Keenan, Ann Greaney, Sharon Hickey, Maeve Maguire and Gerry McAndrew.

The Jackpot for the next draw, to be held on Thursday 25th February, is €3000, and is sponsored by Clandillon Motors. 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.



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 a bheas ag tarlú ar an 27 – 28 Feabhra le hairgead a thiomsú d'fhorbairt an chumainn. Is dúshlán atá ann do dhaoine feiscint cé chomh tapaigh is gur féidir leo 5km a rith agus iad i mbun ruathar aonair nó solo (iomáint, camógaíocht nó peil). Le achar 1km & 2km i gceist do pháistí 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 Chula 4 Ar Scoil, Caitlín Nic Aoidh ó TG4 agus go leor leor eile.

Tá bréis agus €6,000 baillithe 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 €6,000 so far, get your tickets or donate now at ansolofada.eventbrite.ie

Spraoi sa Bhaile: Moladh mór don 150 paiste atá ag glacadh páirte sa chómortas Spraoi sa Bhaile. An tseachtain seo bhí an dúshlán ag diriú ar chúrsaí peile.

Comhghairdeas mór le Cillian Ó Maotháin, Emily Nesbitt, Ronan de Paor, Caoimhe Ní Raghallaigh, Grace Ní Mhurchú, Jake Nesbitt, Seán Anderson agus David Aherne a chuir scóranna móra suas sna dúshláin eagsúla.

Sna comórtas eagsúla tá buachaillí Chill Chainnigh agus Gaillimh chun tosaigh i gcomórtas na mbuachaillí, foireann Chill Dara ag cruthú go maith i gcomórtas na gcailíní agus tá buachaillí an acadaimh i mbarr réime sa chomórtas dona páistí is óige.

Leanfaidh an comórtas an deireadh seachtaine seo le dúshlán iomána. Más maith leat do pháiste a

chlarú don scéim Spraoi sa Bhaile, cuir scéal chuig Dean ar +353 86 333 7739. Tá fáilte roimh pháistí nár imir cheana leis Na Gaeil Óga.

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

Congratulations to Cillian Ó Maotháin, Emily Nesbitt, Ronan de Paor, Caoimhe Ní Raghallaigh, Grace Ní Mhurchú, Jake Nesbitt, Seán Anderson and David Aherne who put up great scores in the various challenges.

In the competitions the Cill Chainnigh and Gaillimh boys are leading the boys competition, the Cill Dara team are doing well in the girl's 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 enroll 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.

Foireann Chamógaíochta: Tá an foireann chamógaíochta ag tosnú traenáil ón 23ú Feabhra. Beidh siad ag traenáil le chéile tríd ranganna aclaíochta thar Zoom ar feadh tamaill. Má tá suim agat imirt, seol téacs chuig Caoimhe ar 0858440105. Fáilte roimh imreoirí nua i gconaí.

The camogie team is starting training from February 23rd. They will be training together through fitness classes over Zoom for now.

If you are interested in playing, text Caoimhe on 0858440105. New players are always welcome.

Foireann Peil na mBan: Tá Peil na mBan ag tosú ar ais an tseachtain seo agus beidh na mná ag obair le chéile le dúshláin seachtainí mar chuid dá gcuid oibre don séasúr atá le teacht. Cuirtear fáilte roimh imreoirí nua i gconaí, cuir scéal chuig Máire ar 0877935266 Má tá spéis agat.

Women's Football is starting back this week, and will be working together virtually with weekly challenges as part of their work for the upcoming season.

New players are always welcome, send a message to Máire on 0877935266 if you are interested.

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

Lucan Library

**Manga Art Teens
with Jaime Lalor
Saturday 6th March
at 12 pm**



Join us for this insightful workshop on comic creation and visual storytelling from illustrator Jaime Lalor.

About this Event:

Please note: Preference for this workshop will be given to those who have not attended a previous similar workshop with South Dublin Libraries. Jaime Lalor, trained illustrator specialising in comics and character design, has created a workshop focused on Comic creation and visual storytelling.

During this workshop you will learn the basics of storytelling and constructing a comic. This will include the essential questions to ask yourself when creating your story, for example 'genre' and 'the hero's journey', and then how to start constructing your story outline and script. It will also touch on the important elements of visual storytelling including 'show don't tell', 'shape theory', 'colour theory' and more as well as how to create your characters and the worlds they live in.

You will learn how to use panelling, explore character group dynamics, the infinite possibilities of stylistic expressions you can use to express and enhance your story and more. This will also be a short tutorial on how Jaime personally creates her comics full of tips to make creating your comic a little easier.

This talk will be delivered online via Zoom.

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.

One ticket per device, only 1 device per household.

Bioengineering Workshop with Anyone4Science. Saturday 6th March

Join Anyone4Science for an exciting workshop where participants will build an artificial hand to meet the specification provided.

About this Event:

Please Note: Preference for this workshop will be given to those who have not previously attended an Anyone4Science or similar workshop with South Dublin Libraries.

Join Anyone4Science for an exciting bioengineering workshop to celebrate Engineers Week and International Women's Day.

Bioengineering is where engineers work with doctors to design and make devices that make people's lives better. Imagine if you were born without a hand or if you lost one in an accident and you needed an artificial hand. What would you want it to be like? What would you want to be able to do? At this workshop we will discuss these questions, draw up specification and each participant will build an artificial hand to meet our spec.



Packs will be posted out to the participants. Suitable for ages 10+, adult supervision is required.

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

Did is a word of achievement.

Won't is a word of retreat.

Might is a word of bereavement.

Can't is a word of defeat.

Ought is a word of duty.

Try is a word each hour.

Can is a word of what's possible.

Will is a word of power.

Our attitudes are like crayons that colour our world.

Constantly colour your picture a dull grey, and your world will always be bleak.

Try adding some bright colours to the canvas in the form of humour, smiles, and bright ideas - and watch your world begin to brighten up.

St. Mary's Camera Soirée



So we are locked down until early April, at least! Despite being limited to a 5km radius members of the group continue to prove that there are still some beautiful and original photos to be taken around Lucan.

One photo that appealed to me especially was taken by Irene. Her photo of a misty river with a person in red on the bank reminds me of the paintings by the British artist Thomas Gainsboro (1727 – 1788). Bird wildlife continues to feature strongly in our photos.

You would think from the apparent ability of our photographers to get close in some of the photos taken that lockdown has affected our birds and that they are lea afraid of us humans. To be honest some of the photos may have been taken with zoom lenses!



The weekly on-line meeting of members of the group is proving very popular. As I said after the first online meeting it is turning out to be a reasonably satisfactory substitute for our meetings in the bungalow and the participating members are enjoying chatting to each other digitally face to face and viewing each other's photos on screens larger than those of our mobile phones.

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. Next week we'll show a number of these and you can see if you can identify their locations.

Until next week stay safe.

