



Established 1967

www.lucannewsletter.ie

Sub. €1

Sunday 3rd March 2024

Under Pressure!

It is wonderful to hear open discussion about mental health in current times. The openness of sharing by prominent sports people has made a difference. However, perhaps the openness relates more to admission when at the stage of breakdown rather than at the stage of what would be the tickling cough or sneeze at the onset of physical illness when preventive measures may be taken to halt progression. Do we react to the sneeze of mental health that might manifest in being agitated, feeling constantly under pressure, have aching shoulders or withdrawing in an uncouth manner, etc.? Do we put ourselves under constant mental pressure in a manner that would be akin to ripping our physical tendons and still continuing? Must we go to the point of crashing before we listen to the mental overload that might be crushing?

When the laptop is under pressure we go to reset, closing everything down and restarting to clear the decks. It helps to tidy and organise the desktop and file items in some form of decent order. The size of each file determines what takes priority in our system and how storage is consumed. We don't leave the battery on permanent recharge or it will burnout.

If we were to apply the same approach to our lives:

What would it feel like to really switch off? How do we switch off? How much time do we need to be in switch off mode in order to be able to restart and to function well and productively?

In the 70s and 80s we often gave the TV a thump to get rid of the white lines and gain refocus! (A concept outside the experience of anyone under the age of fifty.) Thumping the TV did work for some reason, perhaps to shake some relatively obvious and simple electrical component back into place. Thumping the laptop is not a good idea! However, we do thump ourselves into action unforgivingly even though we are more fragile than any laptop when low in all that we need to keep us mentally healthy. Ouch!

If we were to turn to the desktop or filing system of one's life, mind and attention: where is the greatest overload in terms of time, energy, place of being? If we were to open the files labelled **Family, Friends, Relaxation, Work, Fun, Prayer, Time to be**.... How much is stacked in each one?

If we were to open a file called **Feelings**, what are the predominant feelings in there – are the feelings energising or draining? What is stored in the **Thoughts** file in terms of how we think about ourselves, our lives and our resilience to deal with the shape of our lives? What feelings are being manufactured by particular thoughts? Is there a particular line of thought that is causing us harm? What are the highest priorities based on evidence? Are they in the preferred order?

Talking, listening and just being are vital in knowing how we really are. They are the home blood pressure monitors and thermometers of our mental wellbeing. They can catch mental health issues at the sneeze and cough stage so that timely diagnosis may be made or a suitable preventive respite may be applied. Let us stop thumping ourselves! Talk, listen and be before a crash is in close vicinity!

Cathy Burke

Catechist to the Lucan Partnership of Parishes

Lucan Citizens Information Centre

Our telephone number is **0818 07 5090**

www.citizensinformation.ie

Email – lucan@citinfo.ie

Our office is located in the Ballyowen Castle Youth and Community Centre, Ballyowen, Lucan



Opening hours

Walk-ins to see an Information Officer

Tuesday: 10am – 12pm and 2pm to 4 pm

Wednesday: None

Thursday: 10am – 12pm and 2pm to 4 pm

Reception open

Tuesday: 10am - 1pm and 2pm - 4pm

Wednesday: 10am - 1pm and 2pm - 4pm

Thursday: 10am - 1pm and 2pm - 4pm

We are closed on Mondays and Fridays.

Citizens Information Phone Service (CIPS) is open Monday to Friday 9 am to 8pm on 0818 07 4000

MABS – the Money Advice and Budgeting Service is the State's money advice service, guiding people through dealing with problem debt for over 20 years. MABS phone service is open Monday to Friday 9 am to 8 pm on 0818 07 2000

Assisted Decision Making

The Decision Support Service is a new service established under the Assisted Decision - Making Capacity Act, 2015. They are part of the Mental Health Commission but have a separate role. The Decision Support Service exists to promote the rights and interests of people who may need support with decision-making. They register decision support arrangements and supervise decision supporters.

The Decision Support Service is available by phone on 01 – 2119750, email queries @decisionsupportservice.ie

Their website has Guides and leaflets on the resources on the assisted decision making law.

Decision Support Arrangements

Decision support arrangements are legally recognised arrangements for people who need support to make certain decisions, they provide information about the types of arrangements and supports that will be available.

At different times in our lives, we all need to make decisions. We make important decisions about our finances, property, employment, accommodation, healthcare and social supports.

There are five different decision support arrangements for people who have challenges with their capacity and who may need support to

make certain decisions. These arrangements are based on the different levels of support that a person requires to make a specific decision at a specific time.

There are three types of support arrangements for people who currently, or may shortly, face challenges when making certain decisions:

- Decision-making assistance agreement
- Co-decision-making agreement
- Decision-making representation order

There are two types of arrangements for people who wish to plan ahead for a time in the future when they might lose capacity:

- Advance healthcare directive
- Enduring power of attorney

An Advance Healthcare Directive tells healthcare professionals how to care for you according to your specific wishes, when you can't accurately tell them yourself. Advance Healthcare Directives also give clarity to your family about the care you wish for.

You do not have to make an Advance Healthcare Directive if you don't want to.

An enduring power of attorney (EPA) is a legal device that can be set up by a person (the donor) to allow another person (an attorney), to look after their financial or personal affairs, in the event that they no longer have the capacity to do so themselves.

You can find out more about all of these arrangements on the Decision Support Service website or on the CIC website.

THINK AHEAD is part of an initiative by the Irish Hospice Foundation. Think Ahead aims to help people think about, discuss and record what their preferences are in the event of emergency, serious illness or death.

You can download or order a Think Ahead Planning Pack on the Irish Hospice Foundation's website which includes a template Advance Healthcare Directive.

The Decision Support Service (DSS) promotes the rights and interests of people who may need support with decision-making. The DSS can review and investigate complaints about an appointed Designated Healthcare Representative. You can read the DSS information on Advance Healthcare Directives.

Irish Hospice Foundation

4th Floor, Morrison Chambers, 32 Nassau Street Dublin 2. Tel: +353 (0)1 679 3188

Homepage: <http://hospicefoundation.ie>

Email: info@hospicefoundation.ie

LUCAN TOASTMASTERS

Lucan Toastmasters is a friendly, vibrant club which offers a safe environment to develop public speaking and communication skills. At our next meeting on 7th March we will hold our annual contest where we will select representatives from the club to represent us in the International Speech and Evaluation Contests. This is an opportunity to come along and see some fantastic competition speeches. Guests are welcome on the night. Please arrive at 7:45pm at the Springfield Hotel, Leixlip as the contest will start at 8pm sharp. Come along on the night or contact vpmlucantostmasters@gmail.com to register your interest.



Thursday 7th March 2024, 7:45pm
Springfield Hotel, Leixlip, W23 W280

- Do you want to **finally** conquer your fear of public speaking?
- Do you have a speech or presentation coming up that you need help with?
- Do you want to make new friends?

If so, then Lucan Toastmasters is the place for you.

We meet on the 1st and 3rd Thursday of each month in the Springfield Hotel, Leixlip at 7.45 p.m. Admission is free for new guests – don't worry, you won't be asked to speak! Come along on Thursday next, March 7th, where a warm welcome awaits you.

For further details, check out Lucan Toastmasters on [Facebook](#), [Instagram](#) or [LinkedIn](#) or contact vpmlucantostmasters@gmail.com

Esker Active Retirement Association

We are looking forward to two trips at present, a 4 day trip to Buncrana on 19 March and a week in sunny Spain in April. Recently we did a guided coach tour of Dublin, taking in St Patrick's Cathedral as well as other famous landmarks. We are planning a theatre visit to Bord Gais in July.

So if you would like to join in the fun, do come along any Wednesday at 1.30. You will find us in St Andrews Parish Hall, Main Street Lucan. We play bowls, whist, scrabble every week. Some weeks we have chaerobics, dancing, guest speakers. And of course meeting new friends over a cup of tea/coffee. Any queries Ph 087 6427746.



Lucan Senior Citizens

Wednesday 6th March: Social Morning in St. Marys Parish Centre 10.30 – 12.30.
New members always welcome.



Lucan ICA

Monday 4th March: Our Crafty Ladies will be busy working on their various projects.

Thank you to Fiona for teaching us how to make a bracelet and a necklace in her jewellery class.

Tea Hostesses: Patricia Harding and Mary Rudden



WHAT IS DEMENTIA?

DEMENTIA CARE
INFORMATION & SUPPORT

Our monthly sessions are intended for all people Interested in or Affected by Dementia

**THURSDAY
7TH MARCH 2024**

EDUCATION CENTRE
MARYMOUNT CARE CENTRE
7:00 PM TO 9:00 PM

BOOK NOW

+353 1 820 4500
Westmanstown, Lucan, Co. Dublin
foh@mmcc.ie

Lucan Active Retirement Association

We meet in St Andrew's Parish Centre, Main Street, Lucan, on Thursdays at 11.30am. New members always welcome, come and join us in a friendly atmosphere and meet new friends. No charge for your first meeting. Lots of activities to enjoy. Bowls, scrabble, cards, drama and choir. Coffee break at 1pm. Organised trips in Ireland and abroad.

Parish Notes

St Mary's, Lucan

www.lucanparish.com

Sunday Mass Times: Vigil: 6.30pm

Sunday: 10.30am, 12 noon and 7pm.

Weekday Masses: Monday to Friday 10am and

7.30pm. Saturday 10am.

Masses live-streamed on www.lucanparish.com



Confirmation



Best wishes to the girls from **Scoil Mhuire GNS** who will receive the Sacrament of Confirmation next Thursday 7th March.

Please keep them in your prayers

Adoration of the Blessed Sacrament: Adoration of the Blessed Sacrament will be held on Saturdays. (funerals permitting) from 10.30am to 11.30am. *All welcome.*

Christian Meditation: We meet every Tuesday night at 8pm in the Parish Bungalow. *All welcome, Sr Geraldine.*

St. Mary's Readers' Roster March

The roster for readers at the Saturday vigil, 12 noon and 7pm Masses on Sundays in St. Mary's for the month of March 2024 has been sent to all readers by email. If any reader has not received it a copy is available for inspection in the sacristy.

Bethany Bereavement Support Group: We meet on the 2nd Monday (at 10.45am) and the 4th Thursday (at 8pm) each month, in the Parish Centre. We are available to listen or just be there for anyone who is feeling lonely or lost following the death of a loved one. *If you would like to attend a meeting, please contact Sr. Geraldine.*

Divine Mercy Devotion: Every Wednesday morning in St. Mary's Parish Church after the 10am Mass until 11am (unless there is a funeral), the Divine Mercy Chaplet is prayed during exposition of the Blessed Sacrament. This devotion, revealed to St Faustina by Our Lord, is necessary to defeat evil, for peace in the world and for our journey to eternal life.



Deepest Sympathy to the wife, family and friends of **William (Willie) Corr**, Ardeevin and to the family and friends of **Luke Morley**, Roselawn. *May they rest in peace.*

Confessions – Nuns' Chapel: After Saturday 10am Mass and Saturday Evening 6.30pm Mass.

Legion of Mary: Meeting every Thursday 5.30pm in the **Parish Bungalow** for Rosary and Prayers. *All Welcome.*

Lectio Divina: *John 14:6: I am the Way, the Truth and the Life; no one cometh unto the Father except through me.*

It's important to remember there is a message behind every Gospel. The message behind the Gospel is that we are to change the way we are living.....it's not just about listening to the message. At the same time, it's not about analysing the message but finding out what resonates with our hearts. Hopefully, we are spurred on to change how we are living, maybe just in small ways to begin with but change, nevertheless. **Lectio Divina meet in the bungalow every Monday evening at 7.30pm. All are welcome.** *John McCrory*

St. Patrick's Esker/ Dodsboro/Adamstown

www.stpatrickslucan.ie

Sunday Mass Times: 9am, 10.30am, 12 noon.

The 10.30am Family Mass is aimed at younger parishioners and their families.

Weekday Masses: Monday to Saturday at 10am.

All Masses livestreamed at stpatrickslucan.ie

Confirmation

Best wishes to all the pupils from **Scoil Áine Senior N.S., Esker Educate Together, Adamstown Educate Together, Scoil Mhuire, Airlie Heights and St John the Evangelist N.S.** who will be confirmed this coming week.

Please remember them all in your prayers.



Adoration: Adoration is held every Saturday morning after the 10am Mass from 10.30am to 11.30am. All are welcome.

St Patrick's Prayer Meeting: Meeting every Monday night in the Pastoral Centre, (Side of St Patrick's Church) from 7.30pm to 8.15pm.

Confessions: Confessions after Saturday 10am Mass and after Thursday 10am Mass.

Tea/Coffee: Every Wednesday Morning 10.30am in the Parish Centre. *All are welcome.*

Divine Mercy, Lucan South

www.lucansouthparish.net

Sunday Mass Times:

Saturday Vigil: 6pm.

Sunday Masses: 10.30am and 12.00 noon.

Weekday Masses: Mon.-Fri. 9:15am. Sat. 10am

All Masses will be livestreamed on

www.lucansouthparish.net

Mass of Thanksgiving for the Fruits of

Medjugorje: Every Thursday, in the Church of Divine Mercy, Lucan South.

7.00pm: Rosary and Confessions. **7.30pm:** Holy Mass. **After Mass:** Adoration, Divine Mercy Chaplet, Benediction. *All welcome*

Adoration and Holy Hour Exposition of the Blessed Sacrament:

Mon: 7.30pm: Divine Mercy Adoration. **Fri:** 1.15pm: Adoration MMPH Cenacle. **Fri:** 2-3pm: Divine Mercy Devotion/Adoration.

Prayers of the Church: Mon. to Fri.: 8.40am.

The Church is open Monday to Friday from **10am to 1pm** for private prayers.

Sacrament of Reconciliation: Confessions every Saturday 5.15pm and after the evening Mass.

Legion of Mary: The Legion of Mary meets every Tuesday evening at 7.30pm in the Confessional Room in the church. Their works include home visitation and outreach to the poor.

St Joseph's Young Priests Society: St Joseph's Young Priests Society has been set up in Divine Mercy Church, Lucan **for all the Lucan parishes.** We meet up on the first Wednesday of each month for one hour at 10.40am.



Bingo: Bingo takes place every Wednesday in the St. John Paul II Room. Doors open at 7.00 for 7.30pm. All welcome to play for big prizes.

Wednesday tea/coffee morning: There is a cup of tea/coffee and a slice of cake after 9.15am Mass every Wednesday in the St. John Paul II Room (room with tables and chairs to the right of the porch at the main Church entrance).

Medjugorje Mass

In St Mary's Church

4th March at 6.15pm.

(Rosary and Confession at 5.45pm)

Win a free trip to Medjugorje on 15th May 2024.

Light refreshments after Mass

Pat 087-2238911



Anam Cara South Dublin, the organisation that supports bereaved parents,

is holding it's monthly Parent Evening for bereaved parents on **Monday 11th March at 7:15pm in the Maldron Hotel, Whitestown Way, Tallaght.**

This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether their death was recent or not.



Home Visits Holy Communion: If anyone who cannot come to Mass would like to receive Holy Communion at home from Fr. Aidan or a Minister of Holy Communion, please contact the Parish Office 01-4572900.

St Mary's Church Car Park - Chapel Hill Barrier Closed:

It has come to our attention that some people are driving, very dangerously through our church car park, taking a short cut to get down Chapel Hill. In the interest of Health and Safety, the barrier at the entrance to the carpark from Chapel Hill is closed permanently now.

Because of the problem with all day parking, and parishioners having difficulty in parking, the parish is currently exploring all options in relation to having the carpark managed and monitored. (including clamping of cars parked after 11am each day i.e. within 30 minutes of daily Mass.)

Acknowledgement

HELEN KAVANAGH

"A Heartfelt Thank You"

The Family of Helen Kavanagh would like to thank you for all the prayers, kindness and sympathy shared after the passing of Helen, cherished wife of Pat, loving mother of Anthony and Carmel and adored grandmother to Kyle and Zack.

Forever in our hearts

Anniversaries

BRIDGET (CISS) BEHAN

12th Anniversary - 1st March

Late of Dodsboro Cottages.

Memories are forever Mam

To treasure all life through

Ours are very special

Because they are of you.

Missed and always loved by Mary and Ann and all the family xxxx



KEN FARMER

Late of Sarsfield Park.

Dad, although the years pass by

It's never the same with you not here

We love and miss you so very much

The slight comfort we get

From believing you are looking down on us

And hope you know we miss you every day.

Forever in our hearts and minds love Helen,

David, Linda, Mick and grandchildren

NEILL MULDOWNNEY

8th Anniversary - 26th February

Our hearts still ache with sadness

And many tears still flow

What it meant to lose you

No one will ever know

We hold you close within our hearts

And there you will remain.

To walk with us throughout our lives

Until we meet again.

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



Birthday Remembrance

PADDY MARTIN

100th Birthday - 7th March

Late of Dodsboro/Sarsfield Park.

Always remembered

Happy Birthday!

Philomena, Gerard and all the Martin family

Paddy will be remembered at 12 o'clock Mass on Sunday 3rd March in St. Mary's, Lucan.

St. Francis Hospice

**Walk Your Own 5K
Spring Memorial Walk**

Supported by Eileen Dunne

**Any time, any place in the months
March/April!**

Raise funds for Hospice

Registration Fee €25

Call 01-8327535

or visit www.sfh.ie

**for T-shirt / Bookmark / Poem /
Sponsor Cards**

Thank you!

Online Advent Retreat

**The Priory Institute, Tallaght Village is
Delighted to offer a FREE OF CHARGE
Easter Triduum Retreat**

**Bright Sadness and Solemn Joy:
The Easter Triduum**

Retreat Giver|: Conor McDonagh OP, a
Dominican Friar of the Irish Province.

Visit our Website: prioryinstitute.com or click on
this link here to register/find out more.



Leap Year's Day as we go to press, and we're wondering if there are any ladies proposing! Also if you are one of those young people whose birthday falls on the 29th February, we send you very special greetings.

On the Sports front we are delighted to see Lucan man, **Daire Newcombe** back in the blue shirt, and wish him all the best for the year ahead. Dublin footballers are finding their feet at last....

The 6 Nations is shaping up in Ireland's favour at this stage – bring on next week's event v England.



LUCAN



St Patrick's Day Parade

Volunteers Required

Please contact
lucanparade@gmail.com or
Caroline Brady 085 2551602



Sunday 17th March
Starting at
3.00pm





Follow us on
Facebook




Printed by Print & Promotions

Minder & Toddler Group

Thursdays
in **St. Mary's Parish Ce**
from **9.30am to 11.30am.**

All Welcome!



Drink Tea for MND

Tea Morning

to raise funds for
Motor Neuron Disease Association

St. Mary's Parish Centre
Thursday 14th March
10.30am – 2pm



Raffle on the day....

Prizes include Vouchers for Carroll's Pub/Restaurant 2 x €25, Kenny's Pub / Restaurant 2 x €25, Sabatini Restaurant €50, Karen's Beautician €40, and so many more great prizes.

Come along for a great day and support this worthy cause!

Community Connect

Drive & Drop Event 10th March 11- 1 pm
St Mary's Church Car Park

DONATE TO HELP FAMILIES IN NEED!

Help us to gather much-needed essential items for pregnant mothers and families with new babies around the country – just pick up a few extra items in your weekly shop!

Items that can be accepted (new items only):

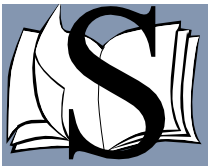


Nappies – size 1 to 6, Baby wipes, Nappy Sacks, Baby Wash/Shampoo, Nappy Cream, Baby Sponges, Baby Cotton Wool, Packs of babygros and vests (newborn to 6 months), Packs of baby hooded towels, Baby blankets, Packs of baby bibs, Baby bottles. Hospital bag items - dark towels, maternity nightdresses, slippers, toilet bags, sanitary towels, breast pads, nipple cream, new packs of dark underwear. Unopened Gift Items for Mothers: hand cream, lip balm, body lotion, body wash, fluffy socks/slippers, etc. (no candles or glass items please)

Financial donations also accepted on the day.

For more information

see: www.communityconnect.ie/driveanddrop/



SCHOOL NEWS



Lucan Community College

Festival of Music: Lucan Community College put on an amazing performance as part of the Festival of Music in the National Concert Hall on Tuesday night. Led by their music teacher Mr Jordan Murphy, the choir and band performed a selection of songs alongside other choirs within the DDLETB. It was a fantastic event and the students should be very proud of their wonderful performance.



TY trip to Paris: This week Transition Year students travelled with their teachers to Paris to visit the French capital in order to get a flavour of the French culture and to practice their language skills. Students and teachers had a wonderful trip visiting the Louvre, Disneyland, the Sacre Coeur, the Eiffel Tower, and Stade de France. Students enjoyed a great trip and made memories to last a lifetime!



Past Pupil enjoys Athletics Success: Lucan Community College would like to extend a huge congratulations to past pupil Dara O'Donoghue who brought home a silver medal for the Men's 800m in the National Senior Indoors 2024 competition last week. Well done Dara! Current students Saoirse Fitzgerald and Maggie Jez also won silver in the relay race. Congratulations to the athletes!

Gaisce Students earn Bronze and Silver

Awards: Our Bronze and Silver Gaisce students undertook their Gaisce Adventure Journey last week by completing walks such as the Spinc and Glenealo Valley Hillwalk last week. Well done to the students and many thanks to the teachers who accompanied the students to support them in completing their awards.

First Year Parent Teacher

Meeting: Our First Year Parent Teacher Meetings take place on Thursday 7th March from 16.00-18.30. Year Head Mr Carey and the First Year teachers look forward to welcoming the parents/guardians of our First Year students to Lucan Community College.

St. Joseph's College

Sewing Club: A new sewing club has started in the school with Ms. McElwain. Day one saw some first years being shown how to use the sewing machine. The students who attended designed and made their own scrunchies.

Minor Camogie: Hard luck to our minor camogie team who were beaten in their first championship game last Wednesday. The girls put up a great fight against St. Wolstan's, Celbridge but ultimately came out on the losing side. They are out in championship action again next Tuesday when they play St. Mary's, Naas.



Song Writing Workshop: Transition year students were busy on Wednesday and Thursday last week in a song writing workshop. The students were given the task of writing their own lyrics to a song and shooting and making the video. The students made videos at various locations around the local community and edited the videos back in the workshops.



Fundraising for Peamount Hospital: Some of our students spent the day in Liffey Valley on Friday fundraising for the local Peamount Hospital. Peamount Hospital focus on transforming lives through innovative and compassionate care. Although school finishes at 1pm on a Friday many of the students stayed fundraising until the evening time. The students were a credit to both themselves and their school.



TY barista workshop: On Friday morning the Dublin Barista School visited St Joseph's to show and teach students how to make the perfect hot chocolates, cappuccinos and lattes. The students really enjoyed learning the skill and science behind coffee making and also serving up some hot coffees to their friends and teachers. This is a great skill for the students to learn as it will assist many of them getting part time and weekend jobs over the next few weeks and months.

Internet safety: Members of An Garda Siochana from Lucan were in the school on Friday morning speaking to all first and second year students. The talk focused on and gave the students advice on how to protect themselves online and internet safety. Siochana gave a great presentation and enlightened the students about the dangers

Intercounty honours:

Over the weekend, many of our students past and present were wearing the blue jersey representing Dublin camogie at various age groups. These include Laura Sharkey, Aoife McKearney, Emma Flanagan, Amy Gorman, Mia Farrell, Juliette Harford, Grace Birch, Aoife McKenna, Caoimhe Buckley, Holly Whelan

and Ella Sliney. Well done to all!

Hockey: On Monday our junior and senior hockey teams were in action against Mount Temple. Our juniors won 2 – 0 and the seniors were unfortunately beaten 3 – 2.

Follow Us on Twitter: @StJosephsLucan

Instagram: @stjosephscollegelucan

Website: www.stjosephslucan.com

Coláiste Phádraig CBS

Soccer: Our **TY team** advanced to the 1-4 finals of the TY Leinster Cup after defeating a strong CBS Kilkenny on penalties in their last 16 clash last Thursday. They will play the winners from Patrician College, Newbridge/ Gorey CS/ Palmerstown CS so they have to wait a few weeks until these teams catch up and play their games. Our **Senior team** advanced to the next rnd of the Leinster Shield after also winning a penalty shoot-out against Monkstown CBS last Tuesday. Will Smith (2) and Kai Keogh scored the Lucan goals in an exciting and dramatic encounter. Tyler Doherty, Eoin Maher, Will Smith, John Donohue and Kai Keogh all held their nerve in the shoot-out as they all successfully converted their penalties to secure a 5-3 win for the team. They will now face Borris Vocational School, Carlow in the 3rd rnd.

Our **1st yr team** were beaten 5-0 by a strong Naas CBS in the 1st rnd of the Leinster 1st yr Shield on Tuesday. Naas raced into a 4-0 lead inside the 1st 20mins and although Lucan improved greatly in the 2nd half, Naas scored their 5th goal in the last minute to seal a comprehensive victory.

Student awards: Congratulations to 5th yr students Abhinav and Aniruddh Sriram who were selected for “Student of the Year” awards by the Confederation of Indian Communities in Ireland last week. They were presented with certificates and a trophy by Mr. Venkat G, the peace commissioner, in a ceremony held in Dublin. The two students, who represented the school with such distinction at the BT Young Scientist Exhibition last month, are fantastic ambassadors for the school and we are extremely proud of them.

English: Two of our 1st yr classes attended a very productive writing workshop with esteemed author Denise Deegan in the Study Hall on Monday. Denise, best-selling author of young adult and adult fiction and also an acclaimed screenwriter, did practical exercises with the students to help them gain a better understanding of characters. The students worked in pairs on creating a character and a setting in a story. They also looked at how to bring in all the senses to help bring a piece of writing to life. Denise had many careers before becoming a writer so was also really encouraging about not giving up on your passions in life. She is also currently in talks with a production company about having one of her novels adapted to a film.

The students of 1Achill and 1Lambay had an hour-long workshop each, and the feedback was very positive. Denise was very impressed with the

lads' enthusiastic interaction, attentiveness and engagement with the exercises. We thank her for her 2nd visit to the school in the past 10 months and hope to have her back again soon.

Basketball: Our 1st and 2nd yr basketball teams completed the group stages of their East Boys League campaign last week with matches against Adamstown CS. Our 2nd yrs fought hard but were eventually beaten 49-22. Omer Muran Omer (2), Jamal Nahimana (2), Hasan Al Maini (10), Troy O' Sullivan (4) and Daniel Godson (4) got the team's scores. Our 1st yrs were beaten 25-15, with Aaron Farrell impressing with 8 points, including two superb 3 pointers. Both teams will now participate in the Plate Competition.

Football: Hard luck to our u16 football team who were beaten 3-13 to 1-05 by St. Paul's Raheny in their Dublin League semi-final on Tuesday. Lucan were without a number of key players, including the very influential trio of Michael O' Brien, Alex Leonard and Ciarán Deegan, and the team particularly missed the pace in transition these players invariably provide. Aidan Doyle, playing in the corner-forward position, scored a terrific goal in the 1st half and later added a point in an all-action display, full of effort, energy and intelligence. Dara Garrigan (0-1), Killian Costello (0-2) and Derry Ware (0-1) got the other Lucan scores while Adam Young saved a penalty for the 2nd game in a row. St. Paul's proved to be more clinical on the day but Lucan can take comfort in the fact that this was a very young team, with most players still eligible to play again next year for the u16s.



Staff news: As part of their teacher training, Mr. Emerson and Mr. O' Neill (who was with us last year), organised a social event between Coláiste Phádraig and Lucan CC (where Mr. O' Neill is currently teaching). They arranged a table quiz for teachers in both schools in Courtney's last Friday, and Coláiste Phádraig took home the inaugural Lucan Schools Table Quiz Trophy!

Lucan Library – March Events

Please note:

1. All events and activities are free of charge.
2. All events are subject to change, but we will endeavour to keep any changes to the absolute minimum.
3. To register for events via Eventbrite, a valid email address is required.



Ireland Reads - Libraries all over Ireland are asking people get lost in a book on Saturday 24th February as part of the national celebration Ireland Reads! Come to the library, check our Staff Recommends display and use your library card on Ireland Reads Day.

CODEMA Home Energy Kit - Hands on Demonstration. Wednesday 6th March at 7pm

Staff from CODEMA will visit Lucan Library to demonstrate how to get the best use from the Home Energy Kit. This kit helps you see where you can make savings in your home energy expenses. Kits can be borrowed at the library. Please register at desk or book via Lucan Library Eventbrite:

<https://www.eventbrite.ie/e/home-energy-saving-session-tickets-828656161887>

Poet's Perch

Poetry Circle for Adults - Tuesday 5th March, 7pm. Led by amateur poet Natalie Ryan, the theme this month is "Happiness". All levels welcome. Feel free to bring along a poem you like or that you have written, to share with the group.



STEAM Saturday with Helen - Celebrating Engineers Week: Make a Car. For 8-12 year Olds. Saturday 2nd March, 2pm. Booking Essential from Saturday 24th February at 2pm: <https://www.eventbrite.ie/e/steam-saturday-with-helen-make-a-car-tickets-828869219147>



Seachtain na Gaeilge - Celebrating the Irish Language and Culture. Wednesday 6th March, 3.30pm. The Story of St Patrick with Irish History Live. All welcome though booking advised from February 28th at 3.30pm: <https://www.eventbrite.ie/e/irish-history-live-and-the-story-of-st-patrick-tickets-845920138907>

Wednesday 13th March, 6pm

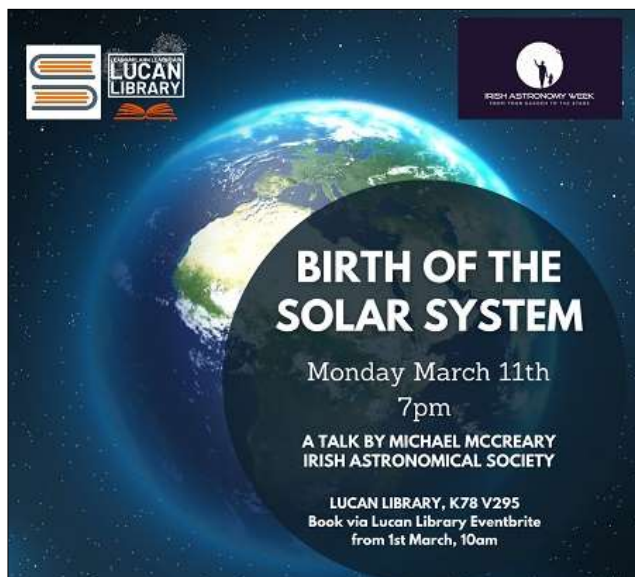
Scannáin / Film Showing: An Cailín Ciúin (The Quiet Girl), an award-winning Irish movie with English subtitles, based on Claire Keegan's novella Foster. Refreshments will be served. All welcome / Fáilte roimh chách.

Threading the Tower and Crochet Workshop

Threading the Tower. This wonderful model of the Clondalkin Round Tower created by the Irish Crochet Lace Revival Group will be on display in Lucan Library from 4th to 19th March.

To celebrate this we have a Crochet Workshop for Adults (2-part, please ensure you can attend both sessions). Saturday 2nd March 10am - 12noon & Saturday 9th March 1.30pm - 3.30pm (please only book if you can attend both sessions) Crochet Workshop for Adults with Scheider Gwei Booking essential via Lucan Library Eventbrite from Saturday 24th February at 10am:

<https://www.eventbrite.ie/e/crochet-workshop-for-adults-with-scheider-gwei-tickets-828879459777>



Astronomy Week Colouring Competition for Children. 2 Categories: 3-5 year olds / 6-8 year olds Ask at desk for an entry sheet and good luck!

Thursday 14th March, 3.30pm

Art and Creativity with Elena Buttner

For 9-12 year olds. Booking essential via Lucan Library Eventbrite from 7th March at 3.30pm:

<https://www.eventbrite.ie/e/art-and-creativity-with-elena-at-lucan-library-for-9-12-years-tickets-847109957687>

Information Stands: DDLETB Adult Education Courses - Wednesday 6th March, 12noon - 2pm South Dublin Volunteer Centre - Thursday 21st March, 2pm - 4pm.

Exhibitions:

Threading the Tower: model of Clondalkin Round Tower created by Irish Lace Crochet Revival Group. 4th to 19th March

Seanfhocail / Old Irish Sayings – celebrating Seachtain na Gaeilge. 4th - 23rd March

Cllr Derren Ó Brádaigh – Sinn Féin

Email: dobradaigh@cllrs.sdublincoco.ie

Ph: 087-2136345

Griffeen Road – Road Safety Audit Findings:

Results of the independent Road Safety Audit in relation to issues arising from the Cycle Track Upgrades Pilot Project along Griffeen Road have made recommendations that will see 5 key actions. Included are improvement measures at entrances to estates and at the bottle bank.

Lucan Community College – Campaign:

Thanks to the Lucan Community College Parents Association for reaching out yet again to public representatives to try progress the long-awaited school extension to the next stage of construction. Please support this important campaign by signing the petition on their Facebook and Twitter pages.

Airlie Heights/Griffeen Glen – Resident

Engagement: The past 2 weeks have involved further door knocks by the team and I – now in Airlie Heights and Griffeen Glen. We continue to listen to residents and action issues. If I can be of any assistance to you, please contact me.

Cllr Vicki Casserly - Fine Gael

P.C. Tel: 0858317982. Twitter: @vickicasserly

W www.cllrvickicasserly.com

At this month's area committee, I requested the manager flail the hedgerows that are obstruction road linage before legislation preventing maintenance enacts in March. In addition to this, I secured agreement for road signage directing locals and visitors to our new parks, Tandy's Park and Airlie Park and the facilities they have to offer.

Westbury: I secured agreement from South Dublin County Council to repair the footpath adjacent to the 7168 Bus Stop which creates severe flooding rendering the footpath impassable. This will be examined urgently.

European Elections: It was my honour to propose Senator Regina Doherty to Convention to contest the European Elections in June representing Fine Gael. I look forward to continuing my support over the next few months.

Cllr Shane Moynihan - Fianna Fáil

(Palmerstown-Fonthill) Ph: 087 7840898

Email: smoynihan@cllrs.sdublincoco.ie

[facebook.com/cllrshaneMoynihan](https://www.facebook.com/cllrshaneMoynihan)

Twitter: @shanemoynihan

Castle Road: I have asked the Council to reinstate the yellow boxes and road markings on Castle Road as soon as possible, following the recent resurfacing work. I have been informed that it will be performed once weather conditions permit.

SME space: We have great locations in South Dublin County that are really successful in incubating and promoting start-up businesses. However, we need more space for new SMEs that have moved on past the start-up stage. I'm pleased that the Council have taken this on board and look forward to the publication of the County's economic strategy in the coming weeks that will address this issue.

St Loman's Road: I raised the need to clear the vegetation from the footpath on St Loman's Road and to fully connect the cycle track from the Liffey Valley Roundabout to the R136 junction at this week's Area Committee meeting.

Emer Higgins TD – Fine Gael

01 401 3416. Emer.higgins@oireachtas.ie

Lucan Community College: I've been supporting the LCC Parents Association in highlighting, once more the need to progress the school extension project. The tender for the work has been under review by the Department for several months now. I raised this matter on the floor of the Dáil on many occasion and asked several Parliamentary Questions. I will continue to liaise with the school, the parents and the Department in an effort to get this build to Stage 4 – Construction.

Year Four Report: This month four years ago I was elected as a TD for Lucan. Every year since, I've circulated an annual report on my work locally and nationally. If you haven't received yours and would like a copy please call my office.

Cllr. Paul Gogarty P.C.

"Not just at election time" Tel: 087-2752489

Web: www.paulgogarty.com

Litter/Illegal dumping: This week I tabled yet another motion regarding clean-ups of particular blackspots as SDCC was not meeting its customer care levels in responding to queries from local residents. The Council pointed to thousands of clean-ups over the last while and constant investigation of multiple transgressions. I understand it's a hard job and the culprits are the ones to blame, but people get constantly frustrated when areas are left filthy for ages. A lot of work done, but never enough to bridge the gap.

Theatre space: Acknowledging separate pushes for a theatre space in the north of our administrative county (potentially as part of the 12th Lock Canal area redevelopment), I also had a motion passed at Area Committee recently seeking multifunctional space for theatre/arts in the upcoming design for the new Adamstown Library.

Political Notes continued after Sport.....

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Cumann na Sáirséalaigh Leamhcáin



Notice

Lucan Sarsfields has recently moved from ClubForce to ClubZap. Going forward it can be used for club communications, to pay and renew membership and to play the lotto. It will also provide our members with both match fixtures and results. We encourage all our members to download ClubZap. It can be downloaded through your app store on your phone and make sure to turn on the notifications in your phone settings.

Hurling

This weekend saw the start of the competitive adult hurling season with the opening rounds of the leagues. Lucan fielded six teams in the leagues for the first time and four wins and two narrow defeats represented a decent start to the year. The Seniors got the action underway at the 12th Lock with a 6-point win over Raheny in Division 1. The Intermediates made the long trip to Skerries and came home with two Division 4 league points, winning 2-15 to 1-14. The Junior As then started their division 6 campaign with a good win at home to Naomh Fionnbarra. In Division 10, our Junior C North team lost out by just 2 points to Naomh Barrog in Airlie Park, while in AGP3 the Junior C South also lost out narrowly to Kevins. The Junior Bs rounded off the action with a big win away to Oliver Plunkett's in Division 9.

AHL 1: Lucan Sarsfields 2-17 Raheny 2-11. 12th lock, 25/2/24.

AHL4: Skerries Harps 1-14 Lucan Sarsfields 2-15. Skerries, 25/02/24.

AHL 6: Lucan Sarsfields 2-17 Naomh Fionnbarra 1-8. 12th Lock, 25/02/24.

AHL 10N: Lucan Sarsfields 2-7 Naomh Barrog 1-12. Airlie Park, 25/2/24.

Juvenile

The U10 girls took part in a mini games in the Connaught Centre of Excellence on Saturday 24th of February. It was a very exciting day, and they now join the few that can say they played a match in the Connaught Dome!

The U13B ladies' footballers had their first official fixture over the weekend. Best of luck to the girls going forward.

Well done to the U15C hurlers on a good win in the opening match of their Féile campaign. Thank you to the sponsors who provided the gear and best of luck to the lads in the rest of their games.



Academy. Our Academy is on every Saturday morning from 9-11am and provides a great opportunity to get involved in Gaelic, Hurling and Camogie. It is open to children born in 2017, 2018, 2019 and 2020. Training times are age dependent, please contact our club Games Promotion Officer, Alan O'Neill - 0871213587

County. We had four players representing the club over the weekend with the Dublin Senior Camogie team against Wexford. Emma Flanagan, Amy Gorman, Laura Sharkey and Aoife McKearney (Senior Debuts). Well done girls. We also had several Juvenile players who represented Dublin Camogie over the weekend. Mia Farrell, Minor, Sadhbh Lynch (U16), Eva Collis, Juliette Harford, Cara Coffey & Réka Kiss Kalo (U16), Grace Birch, Holly Armstrong, Aoife McKenna & Kate O'Brien (U15) and Caoimhe Buckley, Holly Whelan, Sofia Dowdall, Mia Donohue & Meabh Maloney (U14). Well done to all involved.

Social. Neil McKelvey was honoured with our Hall of Fame Award 2023 and Tracey Walsh was honoured with our Club Person of the Year Award 2023 at our Annual Awards Night on Saturday. A huge congratulations to the two worthy recipients who are pictured below with Chairperson Mary Flannery. Thank you to Tim Crowley for doing a great job with the photos again this year. Full list of winners can be found on club website.

There will be a Table Quiz in the club on Friday the 8th of March in aid of Nagarhope Ireland, an Irish charity that supports the work of Nagarhope Basic School (NBS) in Nagarkot, Nepal. The cost of a table of four is €40. Please contact 0872189960 / 087066891 / 0894220302.

The club has recently introduced **Honorary Life Membership**. Club Members over the age of 70, who have been members of the club for at least 20 years, can be nominated for approval by the Executive for this Membership of the club. Such nominations can be made by any full member of the club by emailing lucan.sarsfields.registrar@gmail.com

Lotto. No Winner of last week's lotto jackpot of €5,000. The Numbers were **11, 15, 17, 24.**

The lucky dip prizes go to Dylan Walsh, Pat Keane, Barry Doherty, Jackie Foley and Iain Cunningham This week's Lotto will be for a jackpot of €5,400. The draw is sponsored by Newcastle Golf Centre and will be led by Frank Fleming.

Thank You for supporting Lucan Sarsfields GAA Club.

SPORTS

LUCAN HARRIERS A.C.



National Senior Indoor Championships.

The biggest weekend of the Irish Athletics Indoor season took place on February 17th and 18th for the National Senior Indoor Championships. A record of 11 athletes from Lucan Harriers toed the line alongside 8 Irish Olympians.



Dara Donoghue

On February 18th Dara Donoghue raced superbly to get up for an unbelievable silver medal in the 800m. Kate O'Connell came 5th in the 400m and indoor pb. Eve Noctor- 6th in the 800m Aoife Coffey- 8th in the 3k, equalling her pb. Benjamin Caullier- 12th in the 1500m Dyan Wright - 3rd in race 2 of the 3k running a massive pb of 8:36. The day was finished on a high with the women's 4x400m taking a fantastic silver, well done to Kate, Sadhbh, Eve & Saoirse. A huge achievement for Lucan Harriers to have so many competing at this level.

BHAA Cross Country Kiltipper Park Wet, windy, hilly Cross country for the Central Bank BHAA race at the base of the Dublin Mountains in Kiltipper Park, Tallaght on Saturday February 17th. Conditions were tough and not for the faint hearted. 3 and a half laps tested even the most hardened of cross-country runners.

The 4-mile mixed race was mentally and physically tough. Gary Farrell 30.08, Emmet Quinn 30.34, Derek Tomney 33.11. Colin O Gara 33.26, Brian Lamon 35.35, Rob Brannigan 31.24.



Colin O Gara, Rob Brannigan, Brian Lamon, Derek Tomney.



Walk and Talk Lucan

Mondays @ 7pm
Meeting @Lucan Harriers
Clubhouse

For more information contact
Liona @ 087 279 5274

Walk, Talk & Connect.

Proudly supported by 

Lucan Golf Club 2024

**Applications for
Tee Box Sponsorship
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If interested, please contact:
Paul Hennessy, Sponsorship Secretary
Telephone: 087-1892478
Email: sponsorship@lucangolf.ie

LUCAN PITCH & PUTT CLUB

Winter League: Week seven of the Winter League was played in very dry but cold weather conditions. Thank you to the supporters for coming out in your numbers – it is great to hear the banter on the veranda. The weekend was all about the semi-finals and who would get over the line to qualify for the final. First up was the Phillippos versus the Flynn's Fliers and after this ended 6 points each. We then had a nine hole-playoff with the Philippos just winning on the last hole. We then had the Dream Team taking on the Tractormen and the Tractormen came through this to qualify for the final. Again this was another very close semi-final with the outcome only decided on the final hole.

Next weekend sees our Final taking place at 11.00am - Phillippos v The Tractormen

Best of luck to the two teams – please come along and support the teams. The ladies secured only one scalp this week with Philo Condron beating Johnny Price and again this came down to the last hole – well done Philo.

Thank you to Halpenny Golf for continuing their sponsoring of this competition.

Membership Fees: Membership Fees can be on a Sunday morning at the club house to an committee member or you can pay on line ensuring you quote your and registration number.

TV 3 Ireland AM: Congratulations to our members for such a great turn on Thursday 22nd February last in hosting TV3 AM together with Deric and Conal. We are delighted with the PR received from this televised event – the promotion of our Club and the history of our Club came across very well indeed. To all our helpers on the day – thank you. The course looked very well with our members practicing their putting and chipping skills and wearing their club colours. The inclusion of our club as one catering for all family members was highlighted by the three generations of the Blake family competing in the putting competition with grandfather Patsy his son Billy and Billy's two children Lennon and Luke – well done Lennon.

New Members Welcome – Adults and

Juveniles: Our Club is now open for membership. If you would like to join our Club please download an application form from the website and fill in the relevant details and return same – or email the secretary at info@lucanpitchandputt.com. Indeed you are more than welcome to call into the Club House and ask for any committee member who will be only too willing to discuss your enquiry – best time to call is on a Sunday from 10am



Full Zip Tops / Jackets / T-Shirts: Members please note that Dora Keane is the contact for the stock of our club zip tops / jackets and t-shirts.

Function Room for Hire: Please note that we have a function room for hire in the evenings from circa 5pm. Contact the secretary or email info@lucanpitchandputt.com for details of same – T&C apply.

Wishing you Well: The members send their best wishes to Marie O'Toole and wish her well in her upcoming treatment.

POLITICAL NOTES *cont'd.....*

Caroline Brady - Fine Gael – P.C.

- 085 2551602 info@CarolineBrady.com

Health: Improving patient care and access.

Reminder plans to enable pharmacists to extend the validity of prescriptions from the current maximum period of six months to 12 months, becomes effective from 1st March 2024. This is a welcome improvement for patients managing repeat prescriptions making it more convenient for them. Importantly it will also help reduce the need for GP appointments thereby improving patient access.

Lucan Demesne: Further to our representations to SDCC in January, I can update that the request for fencing repairs at Lucan Demesne has been forwarded to our Area Roads Engineer for investigation and report.

Liona O'Toole - Independent

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

Allotments: I proposed a motion for a comprehensive report on allotments in the county. Focused on Lucan, I advocated for strategic plans, including rooftop designs due to space constraints. Graydon's Lane, Newcastle, is set to introduce 30 plots. While rooftops aren't ideal for public use, they could flourish in private developments. Register at Allotments - SDCC or call 01-4149000. Applicants must reside in South Dublin County Council's area, with waiting lists managing allotment allocations.

Bus Shelters: I have raised concerns about the slow response to broken bus shelter lights reported to the NTA. While one issue was addressed, timeliness is being questioned. I have requested the Chief Executive's intervention for prompt resolutions and proposed an audit of new bus stop locations. Efficiency in the repair process will significantly enhance public amenities. NTA funding in 2024 for additional bus shelters is welcomed.

St. Mary's Camera Soirée

By the time you read this the Camera Soiree's photographic exhibition in Lucan Library will have been taken down. Once again thanks to the Library Staff for facilitating the exhibition.

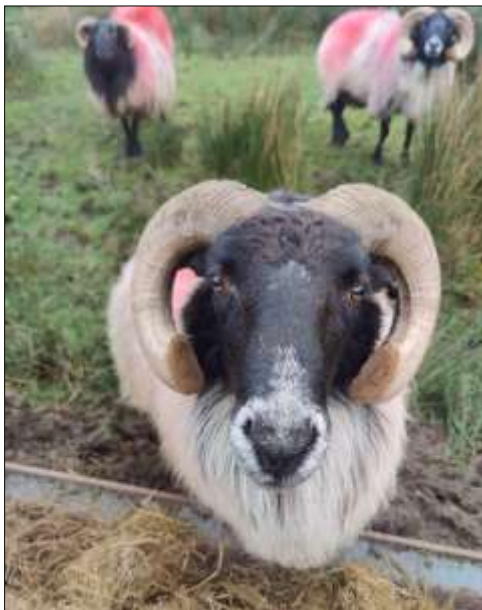
Last Friday the group was treated to a most interesting presentation on the process involved in turning still photographs into audio-visual works. The presentation was given by Rita Nolan and Liam Haines who are both members of the East Leinster A.V. Group which meets every second Saturday in Lucan Library. On foot of this presentation who knows – maybe there will be an audio-visual element to our next exhibition!



This week, in keeping with our new/old theme for the month Kay submitted a photo of a cottage outside Leixlip with part of the Intel campus in the background and Kay got to Dun Laoghaire to photograph the new library there against the background of the town.



Anna captured some red-faced rams in Mayo.



Conor gave us a photo of the Bailey lighthouse from an unusual angle and out of the many photos of birds he submitted I liked, in particular, one called the Treecreeper which is a bird that is generally unobtrusive and is often indifferent to humans. It is found widespread in wooded regions of the Northern hemisphere. The bird gets its name from foraging on the trunks of large trees. It flies to the bottom of a tree, then climbs in a spiral fashion searching for bugs and insects in the bark. It can easily be mistaken for a mouse.

Until next week stay safe!