

# Laragh & Glendalough News

Issue 209 – March 2015

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## Czech Twinning Project

Many of you will have seen the notices in this newsletter regarding the twinning of Laragh with a village in the Czech Republic and asking for people to join us. We would now like to “whet your appetite” to find out more about this.

The twinning is in its tenth year and wonderful friendships have been made that will last a lifetime. The people of Otrocineves are so welcoming, kind hearted and generous. We are welcomed into their homes like long-lost friends. They cannot do enough for us while we are there. We spend the days seeing nearby Prague and the Czech countryside through their eyes while the evenings are spent being royally entertained by them. They are generous to a fault insisting that they pay for everything we do while we are their guests; they give freely of their time also, taking us to places that the normal tourist wouldn't get to see. What better way to understand a country than to spend time living with the people?

The people of Otrocineves have stayed in our homes here also. They are so easy going and love to get the true flavour of Irish living. Their young people are interested in improving their English and in learning about Irish culture. This is not like having strangers in your home; this is like having friends to stay and although there is sometimes a language barrier, sign language usually solves the problem! In fact, most of our friends have quite enough English to get by.

We would really like to bring some new blood into our group and would truly welcome anyone who wishes to find out more. This project provides the opportunity to travel, to see a country through the eyes of those who live there, to share their daily living and to make new friends. Why not come along to the Brockagh Centre at 8 pm on Tuesday 10<sup>th</sup> March and find out how you too can be a part of this experience. Contact Denise Nolan at 0404-45272.

## Spring Garden Course

A 6-week garden course facilitated by Suzie Cahn will cover subjects such as growing in a polytunnel or greenhouse, starting plants for

summer crops, willow frames for climbing plants, soil health and composting, container planting, garden layout and design, and rainwater harvesting. The course commences on Friday 6<sup>th</sup> March (10 am to noon) in Glendalough-Laragh Community Garden and costs €20 for the full course. Contact 086-3469114 or see facebook: Glendalough-laragh garden. Information is also available by phoning the Brockagh Resource Centre on 0404-45600.

## IHF Cycle Challenge

Hi all. I am off on my cycle travels again for the fifth year with the Irish Hospice Foundation (IHF). This year, all roads lead to Rome as we move to Italy and cycle from Genoa to Rome. Amazingly, over the past four years we have raised in excess of €10,000 and I am hoping we can exceed this year's target of €1,690. As usual, I pay my own costs of €1,050. All funds go towards the 'Nurses for Night Care' service which supports families who are coping with terminal illness in their own home.

First up is my annual Fun Table Quiz on Friday 6<sup>th</sup> March in the Glendalough Hotel (a team of four costs €40). The fun aspect will be to the fore; don't worry, it is not *Mastermind*. I look forward to your continued support for a cause which is close to all our hearts.

*Tom Miley (087-4178741)*

## Start Your Own Business

Wicklow Local Enterprise will run a *Start Your Own Business* course in the Brockagh Centre over 10 consecutive weeks starting on Wednesday 13<sup>th</sup> May (7 to 10 pm). The course aims to assist participants to assess the viability of business ideas and to understand the essential elements required to start up and run their own business. To book, or for more information, check out Wicklow Local Enterprise Office on [www.localenterprise.ie](http://www.localenterprise.ie) or phone 0404-30800.

Please leave articles for the next issue into W. McCoy's by **13<sup>th</sup> March**; alternatively email them to [laragh\\_glendalough\\_news@hotmail.com](mailto:laragh_glendalough_news@hotmail.com)

## **The Brockagh Resource Centre**

### Car Boot Sale

The next Car Boot Sale will take place on Sunday 1<sup>st</sup> March. This event always provides a great opportunity to find a bargain (either new or used). Vans must be booked in. Remember we have limited car park spaces for the next few months so please pre-book indoor spaces early. Contact the Brockagh Centre on 0404-45600.

### Tuesday Night - Dance Night

Tuesday night is dance night from 9.30 pm till late with the Wicklow Man.

### Dancercise

Dancercise with Adam is back in the Brockagh Centre on Wednesday nights from 7 to 8 pm. It is proving to be very popular with young people and it is a really great workout.

### Bootcamp

Bootcamp (for total body conditioning) takes place every Monday night at 8.15 pm. For further information call Paul on 087-2484570.

## **Operation Transformation in Laragh**

Well done to everyone who took part in Operation Transformation. Be sure to keep up the good work for the rest of the year.

## **Footfalls Step Out**

Continue or begin your weight loss journey with 'Footfalls Step Out'. Our walking and back-to-basics weight loss program continues at 6.30 pm every Monday and at 7 pm on Thursdays. Last year our members built up their fitness and endurance levels and completed a 27.5km *Moonlight Challenge* in October.

Why not join us on our walks; it is a great way to get fit, lose weight and to enjoy our beautiful surroundings. The cost is €5 per week.

Phone Sarah on 087-6235510 or email [ffstepout@outlook.ie](mailto:ffstepout@outlook.ie) for more information.

## **Laragh IT Courses**

### Get Yourself On-Line

*Get Yourself On-Line* continues to be very popular with many participants in our small classes moving on to a more advanced level. This step-by-step course helps those with little experience of the internet. It introduces email attachments, search engines, on-line transactions such as motor tax, podcasts, playbacks, on-line safety and security, Skype, on-line banking and buying on-line. The 4-week course (2 hours per class) is free

to those over 65 and costs €10 to all others. A contribution towards tea/coffee is also required. Classes for beginners take place on Monday mornings while classes for those at a slightly more advanced level are on Tuesday evenings. Please register your interest as soon as possible by calling Laragh IT on 0404-45600.

### Tablet Course

Have you grasped the basics of using your tablet but would like to find out more? This course will take place over 10 weeks on Thursday nights in April from 7 to 9 pm (start date to be confirmed). Items covered include: connecting to other devices including tvs; downloading apps; Dropbox/Cloud; YouTube; managing files; Google documents; Playstore; security. Call 0404-45600 for more details (*note that this is not a beginner's course*).

### One-to-One Tuition

One-to-one classes are suitable for people who feel they would benefit from individual tuition or find it difficult to learn in a class environment. They are also suitable for those who want to learn specific skills which a class might not cover. The cost of a one-hour lesson is €15.

## **Comhaltas Music & Dance Classes**

Learn traditional Irish music and dance with an award-winning Comhaltas branch (guitar, fiddle, flute, tin whistle and grupa ceoil). Classes are held at 7 pm on Tuesday nights in St. Laurence O'Toole N.S., Roundwood – the first term runs from September to January while the second term runs from January to May. Performances, sessions, workshops and outings take place throughout the year. For more information, please email [roundwoodcce@gmail.com](mailto:roundwoodcce@gmail.com) or, alternatively, phone 087-2841604.

## **Indian Head Massage Workshop**

Would you like to learn how to give a relaxing massage to family or friends? Could you help someone you know to manage pain, stress or anxiety? If so, this one-day workshop may be of interest to you! Discover how a combination of relaxation techniques, massage and traditional pressure points can contribute to your overall wellbeing. This experiential workshop will be run from 10 am to 5 pm (with a break from 1 to 2 pm) on Saturday April 18<sup>th</sup> in the Brockagh Resource Centre. The cost is €50. For further information or to book your place for the workshop, please contact Carol on 087-6172950.

## **Annamoe Centre**

*Bowls* Games continue on Tuesdays at 8 pm. All are very welcome.

*Family Fun Ceilí* Our next event will take place at 8 pm on 21<sup>st</sup> March.

*Pure Mile* We will soon be back at work on the Pure Mile and will be looking for your support.

*Tennis Court* The tennis court is open. The cost per hour is €4 for two people or €8 for four.

*Tractor/Car Run* This event will take place in April – the exact date is still to be finalised.

*History Evenings* Come along to our historical evenings which take place at 8 pm on the third Monday of each month.

## **Annamoe Handball Club AGM**

We had a great turnout at our recent AGM despite the bad weather. There was some good discussion on how to get the club re-established and on its future development. It was agreed that we should meet other clubs to learn from their experience of establishing and running a club and their approach to coaching. Kit Byrne and Liam Hawkins agreed to undertake a project to document the history of the game in Annamoe as there is a long history of the sport being played locally.

To increase participation of playing adult members we will be looking at running an initiative for people who may not have played previously to introduce them to the sport from a fitness and fun point of view. We have registered the senior club with the Irish Handball Council which will allow us to participate in the All-Ireland Championships. There was also an update on the progress of juvenile coaching which has been a great success so far with over 10 kids training in Annamoe Centre every Wednesday night at 6.30 pm.

The following officers were elected for the coming year (a Children's Officer will be appointed at a later date)

- Chairman: Oliver Donelon
- Secretary: Jason Heatly
- PRO: Kit Byrne
- Treasurer: Sheila Donelon

If you would like more information about the club please contact Oliver Donelon at 087-9040535 or any of the other committee members.

## **Get Fit the Fun Way?**

Are you tired of trying to get fit but can't; of running miles on a lonely treadmill and getting

nowhere? If you are this person, then try handball. The fun way to get fit – fast – with no experience necessary. If you are looking for an effective way to a fitter you, while meeting like-minded people and having a fun time then join Annamoe Handball Club. We meet every Thursday night from 8pm in Annamoe Community Centre. Contact Jason Heatly on 086-0215920 or Oliver Donelon on 087-9040535 for more details.

## **Adult Guidance Service**

Don't forget about the Adult Career Guidance Service available at the Brockagh Centre. This careers/education service is free, friendly, confidential, supportive and available to all adults over 18 years of age. For more information or to book an appointment please contact Irene Hayden on 086-8061569.

## **5Rhythms Movement Meditation**

Use it or loose it...We are all getting on...Some of us are moving through the mental pause, others are having a mid-life crisis! 5Rhythms Movement Meditation offers you a place to 'grow' with the changes by accepting your body and making necessary changes that support you, instead of falling into the pit of doom and gloom.

Through movement and dance we are cleaning house, letting go of that which no longer serves us as we dance our way into the golden years with grace. Fortnightly classes are held in the Annamoe Centre on Thursdays (7.30 to 9 pm). The next class is on Thursday 26<sup>th</sup> February. So *Come and Be Moved*. For further details see [www.sherronstclair.ie](http://www.sherronstclair.ie), facebook Sherron St Clair or phone 086-8788311.

## **Classic Cinema**

An introduction to 'Classic Cinema' comprising four interactive and anecdotal sessions led by life-long film buff George Fleeton will take place in the Brockagh Centre on Thursdays 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> April from 7 to 9 pm. The cost is €15 per session or €50 for all four sessions. Check out [www.georgefleeton.com](http://www.georgefleeton.com) or contact George on 01-2818228 for further information or to enrol.

## **Bible Meeting**

A bible meeting takes place in the Brockagh Centre every Thursday night from 8 to 9 pm. All are welcome to attend.

## **Tidy Towns**

Our first litter clean-up for 2015 will take place on Saturday 7<sup>th</sup> March while the following month the clean-up will be on Saturday April 4<sup>th</sup>. Meet opposite Lynham's at 11 am. Help would be very much appreciated – we need new volunteers very badly. If you have one hour to spare come along and bring gloves. Bags will be provided.

## **Laragh GFC**

### 2015 Committees

We welcome Philip Bracken as Chairman of the Senior Committee and wish him good luck in his new position. The following are the other Senior Committee officers: Vice-Chairman – Christy Merrigan; Treasurer – Pat Cullen; Secretary and PRO – Fergal Olohan; Fixtures Secretary – Seamus Nolan.

The officers for the Juvenile Committee are as follows: Chairman – Liam Conway; Secretary – Marie Cranley; Treasurer – Pat Cullen; PRO – Fergal Olohan.

Additional committee members are Richard Cullen, Liam McEvoy, Christy Merrigan, Tommy Cullen, Andrew Nolan, Paul Carter, Liam Kearney, Brian Doyle, Peter Merrigan, John Merrigan, Sean Nolan and Andrew Nolan.

### Senior Team

John Begley and his selectors are back in charge this year and we wish everyone all the best in both league and championship. Training has commenced and texts will be sent to the panel regarding times and venues. Our first match is scheduled for 7<sup>th</sup> March. Keep an eye out for club fixtures in the local press.

### Good Luck

The club would like to wish John Nolan good luck with the County U21s in the Championship.

### Juveniles

We had a very successful registration day in the school with most children joining up for the year. If you missed out, you can still sign up by contacting Marie Cranley or Fergal Olohan. Managers will be in touch with all parents shortly regarding training starting dates.

This year we have some juveniles playing with neighbouring clubs (on permissions); we wish all these boys and girls, and the mentors heading with them, the best of luck for the season ahead.

### Club Membership

Membership fees must be paid in full by the end of March (payment can be made to any committee member). If you are interested in playing or in

helping the club in any way please contact a member of the committee.

### County Development Draw

There will be extra prizes in this year's County Development Draw. A ticket for 3 draws is €50.

## **Baptism**

We would like to welcome Lily-Mae Smyth (daughter of Alan and Elizabeth) who was baptised in St. Kevin's Church recently.

## **St. Kevin's Ladies**

St. Kevin's ladies soccer team will be registering soon with DWSL (Dublin Women's Soccer League). If you would like to join the team please call Michelle on 086-1225786 or email michmccoys.mm@gmail.com (you must be over 15 to register). Training will be starting soon in Roundwood. Anyone who would like to help out or join the committee is more than welcome.

## **Thanks to Noel Kenna and his Team**

The Board and Management of the Brockagh Resource Centre wish to thank Noel Kenna and his team for their excellent work and generosity in taking down the trees at the Centre.

## **Glendalough Mountains AC**

Glendalough AC meets in the car park of Lynham's of Laragh at 7 pm every Thursday evening for hill running sessions (if you are late we will be in the car park for the first 10 to 15 minutes doing a dynamic warm-up so you can still join in). The sessions currently take place in the dark and involve 5 to 6 km of running with just over 200m of climbing and descending up the Green Road in Derrybawn woods (the zig-zags). The terrain is rocky fire-road.

Each workout starts with the warm-up, a 2 km easy trot, then the hill running session followed by a 3 km easy trot back to Lynham's and a bit of mobility work to finish off. The format is suitable for beginners as we ensure the group never spreads too far; it is also time-based so you can measure your efforts. For more details visit <https://www.facebook.com/glendaloughac>

## **AA Meetings**

Closed AA Meetings are held in the Brockagh Resource Centre at 8.30 pm. every Monday night. If you think that you may have a problem with alcohol please come along.

## **Scoil Chaoimhín Naofa**

### The Laragh Trail Run

The Laragh Trail Run is organised by the Parents' Association of St. Kevin's National School. The event is a celebration of the beautiful environment of the Wicklow uplands and promotes Laragh as a mountain village ideal for healthy and active lifestyles. This trail run brings together the community and the walkers, runners and visitors who spend time in this scenic part of County Wicklow. The event takes place on Saturday 14<sup>th</sup> March and is open to all. It is suitable for all levels of fitness provided you can walk or run a hilly 6 km or 11 km trail. You can register online at [www.laraghtailrun.com](http://www.laraghtailrun.com)

8 am	Parking opens in the Brockagh Centre, Laragh
9 am to 9.50 am	Sign-on in Scoil Chaoimhín Naofa, Laragh, Glendalough, Co. Wicklow
10 am	Race Briefing (start and finish lines)
10.15 am	Race Start
12 noon	Celebration! Enjoy the legendary Laragh spread of cake, sandwiches and coffee at Scoil Chaoimhín Naofa after the race finishes

### School Website

In February a hugely improved and upgraded [www.stkevinsnglendalough.ie](http://www.stkevinsnglendalough.ie) was launched. The website and twitter page will provide a clearer window into life in the school, as well as having many interesting features to keep you entertained including a "Weekly Past Pupil – Guess Who?" It is worth a visit to see the blogs, galleries and events as they unfold daily. Keep in touch by sending us a tweet now and again. We will constantly be adding to the site, so please visit us and have us as one of your favourites.

- Website: [www.stkevinsnglendalough.ie](http://www.stkevinsnglendalough.ie)
- Twitter: @ScoilChaoimhin

### Sponsored Walk

The school sponsored walk will take place on Friday 27<sup>th</sup> March. This is an important fundraiser for the school and any support is most welcome.

### National Book Week

National Book Week takes place from 1<sup>st</sup> to 8<sup>th</sup> March. The children will take part in a reading challenge as well as a book quiz and will dress up as their favourite book character. We are also

holding a second-hand book sale and any donations of children's or adult's books would be extremely welcome.

### First Confessions

First confessions for Rang 2 will take place on Tuesday 10<sup>th</sup> March. Please keep them in your thoughts and prayers as they prepare.

### The Wicklow Ways

*The Wicklow Ways* by Vincent Kennedy will be presented in the Mermaid Arts Centre in Bray at 3pm on Sunday 22<sup>nd</sup> March with a second performance at 4.30 pm. This newly-written work will feature a group of 75 young musicians from Lacken National School, Saint Cronan's National School Bray, Saint Laurence's National School Greystones and Rang 3 playing ukuleles from Scoil Chaoimhín Naofa Gleann dá Loch. Composer Vincent Kennedy was inspired by the sights and sounds of Wicklow past and present when writing this piece. Tickets for *The Wicklow Ways* can be purchased online or over the phone from the Mermaid Arts Centre.

## **Laragh Cardiac First Responders**

Laragh Cardiac First Responders needs more volunteers. At present we have six active members and cover every night plus most weekends. We would love to cover 24/7 but without the extra volunteers, it is impossible. To become a Cardiac First Responder (CFR), you will be asked to commit to the following

- One full weekend's training
- A commitment to go on a weekly call-out rota to suit you
- A one-hour training session each month to revise your skills

Our next training course will be held in the Glendalough Hotel over the weekend of 18<sup>th</sup> and 19<sup>th</sup> April. If you are interested or would like some more information before committing yourself to anything, please contact the Laragh co-ordinator Sheila Kavanagh on 087-2121522 or any of the existing members.

## **Tranquillity Sunday**

Tranquillity Sundays offer an opportunity to celebrate the Sabbath in silence, prayer and rest. All are welcome to the Glendalough Hermitage Centre between 10.30 am and 4.30 pm on the first Sunday of each month from March to November inclusive. Our next Tranquillity Sunday will be on 2<sup>nd</sup> March. Phone 087-9356696 or just drop in.

## **St. Kevin's Way**

Ireland's second annual National Pilgrim Paths Day will take place on Easter Saturday, April 4<sup>th</sup>.

The 'Friends of St. Kevin's Road' invite everyone who would like to take part in a walk along this medieval path to meet at the Visitor Centre car park in Glendalough at 10 am. A bus (cost €5) will drop participants at Ballinagee Bridge to commence the 11 km, 3-hour long walk (participants can also arrange their own transport). People can walk at their own pace or walk in a group with leaders. Some areas are quite boggy, so be sure to bring waterproof shoes. Bring also a packed lunch, water, sun-screen (if optimistic), wet-gear (if realistic), an open heart and an intention for the walk.

Those who would prefer a shorter walk can take St. Kevin's Road from Glendalough, past 'God's Cottage' and walk up towards the Mining Village. Please contact Niamh on 087-9185143 or nnidhonail@gmail.com to book a place. Visit [www.facebook.com/GlendaloughPilgrimage](http://www.facebook.com/GlendaloughPilgrimage) for more information.

## **Deaths**

We extend our most sincere sympathy to the family and friends of Sally Miley who departed this life on January 28<sup>th</sup> and to the family and friends of Maureen Gaffney who went to her eternal reward on February 24<sup>th</sup>.

Our heartfelt condolences go also to the family and friends of Jim Kennedy who passed away on 12<sup>th</sup> February and to the family and friends of John O'Neill who died suddenly on January 20<sup>th</sup>.

We would also like to commiserate with the family and friends of Eileen Cantwell who was laid to rest in St. Kevin's Cemetery recently.

May they all sleep in eternal peace.

## **Kirikee Drama Group**

Kirikee Drama Group will perform *The Curious Savage* by John Patrick at the Brockagh Centre on Friday 24<sup>th</sup> and Saturday 25<sup>th</sup> April at 8 pm.

*The Curious Savage* tells the story of Ethel Savage who has been left 10 million dollars by her late husband and wants to put it to good use, in spite of the efforts of her grown-up stepchildren to get their hands on it. The latter, knowing that the widow's wealth is now in negotiable securities, and seeing they cannot get hold of it, commit her to a "sanatorium" hoping to "bring her to her

senses". But Mrs Savage is determined to establish a fund to help others realise some of their hopes and dreams.

The self-seeking stepchildren are driven to distraction by their vain efforts to browbeat Mrs Savage, but she preserves her equanimity and leads them on a merry chase assisted by the new-found friends that she has met in the sanatorium.

This is a heart-warming story and the audience is left with a feeling that the neglected virtues of kindness and affection have not been entirely lost in a world that seems motivated at times only by greed and dishonesty.

## **Citizens Information Centre**

The Citizens Information Centre at the Brockagh Resource Centre is open for information relating to your rights and entitlements from 10 am until noon on the *first Tuesday of each month* (please note change of dates). The next clinic will take place on Tuesday 3<sup>rd</sup> March. No appointment is necessary for this free and confidential service.

## **Mobile Library**

The mobile library visits Laragh every second Thursday from 12 noon to 12.50 pm. The first ten minutes are spent outside the Brockagh Centre and the rest of the time is spent outside Lynhams. The next visits will take place on Thursday 5<sup>th</sup> and Thursday 19<sup>th</sup> March.

## **Community Alert Personal Alarms**

If you have a personal alarm, do remember to check in regularly with the monitoring centre (by pressing your panic button) to ensure that your alarm is in good working order.

If you would like to find out more about getting an alarm (for you, a relative, friend or neighbour) please phone 086-2423980. An alarm could save your life in an emergency.

## **Glendalough Arts Network**

Don't forget to check out the Glendalough Arts Network site [www.glendaloughartsnetwork.com](http://www.glendaloughartsnetwork.com) to see any forthcoming events and information on the Fireside Sessions. Send in your email address if you would like to be added to the mailing list and get information sent directly to your "inbox".

Sponsor an issue - please contact Nuala at 45167.