

Laragh & Glendalough News

Issue 214 – August 2015

Sponsored by W. McCoy, Laragh

Glendalough Festival 2015

Preparations for Glendalough Festival 2015 are now at an advanced stage. It will take place on Saturday August 29th in the same venue as last year (on the green at the back of the Glendalough Hotel). As well as an even bigger selection of arts and crafts stalls, Glendalough Arts Network plans once again to have our 'Huge Community Drum', music with Traditional Arts Collective and guests both local and visiting, also the ever popular Healing and Wellbeing Centre with massage, yoga, Reiki and meditation. A few new faces are expected with displays of unusual or scary art! The programme will include a short guided walk in the Monastic City and hopefully a talk on recent archaeology works in the area. The children's area will feature the dream-catcher, face-painting and children's craft-making which is always a big hit. Food and refreshments will be available to help you make a day of it, and a picnic of it!

We will advertise further details as we get them; we will be looking for volunteers to help with tents and organisation in the week before and on the day of the festival. We look forward to both getting your help and seeing you there on the day.

Heritage Week 2015

Heritage Week takes place this year from 22nd to 30th August. Entrance to many attractions around Ireland will be either free or at a reduced rate. See below for some of the events taking place locally. Note that a full list of events and further information can be obtained by visiting www.heritageweek.ie

UCD Archaeology Excavations

UCD staff are offering free guided tours of the UCD School of Archaeology excavations at Glendalough. Tours take place daily between 2pm and 3 pm from August 24th to August 27th inclusive. There is no need to book.

Pilgrim and Miner Path to Glendalough

Come along to the Glendalough Visitor Centre car park at 10 am on Saturday 29th August if you would like to join a three-hour, 11 km medium-difficulty walk along the ancient pilgrim path to Glendalough, passing through glorious landscape and the miners' village. There is a €5 charge for

the bus to the starting point at Ballinagee. You must book in advance to get a place on the bus. The event is being organised by the Friends of St. Kevin's Way. To book or for more details, phone 086-8594333 or email eilokinch@hotmail.com

Glendalough's Silver

Rare native silver was once produced in Glendalough. This geological field trip (along the main path of the Upper Lake from the car park up to the old mine sites) will explain how this silver got there. Meet at the Public Toilet Building, Upper Lake Car Park at 1 pm on Sunday 30th August if you would like to participate in this free event. Booking is not required.

Silver-Lead Mines of Glenmalure

Some of the earliest silver-lead mines and smelt sites currently documented in the Wicklow Uplands are in Glenmalure. Drawing on extensive documentary research and site surveying, the mining history and heritage of this valley will be brought to life on a three-hour guided walk led by Sharron Schwartz and Martin Critchley. Meet at 2pm in Ballinafunshoge car park, Glenmalure on Sunday 30th August. The event is free and booking is not required (however, donations to the Mining Heritage Trust of Ireland will be appreciated).

Saint Kevin's Cross at Glendalough

Solid squat stubborn
Your granite face stands silent
Well your Monastic Masons carved
Your message of the old and new
Together, the Cross of new Salvation
The Sun Circle of the old
Old and New in one

This hard granite page
bore a subtle soft message
as if written on calf skin Vellum
by a goose given quill
in dark berry blood
written softly in a Saintly hand
The Celtic Cross
The message of was
And is, and will be
Together

Martin Swords, April 2015

The Brockagh Resource Centre

Bootcamp

Boot Camp takes place at 8.15 pm on Monday nights and is suitable for all levels of fitness. However, for the rest of the summer (due to holidays, etc.) it will take place on a week-by-week basis. Please let Paul know on a Monday morning if you are coming along – you can contact him on facebook (www.facebook.com/Healyschostkd) or text him on 087-2484570.

Yoga

YogaTree yoga with Viva will continue on Wednesday nights (7 to 8.30 pm) during the month of August. Yoga can restore vital energy and leave one feeling calm, yet at the same time strong. This class is suitable for all ages and abilities. One can take up yoga at any age – anyone from cool teenagers to active seniors can benefit. Yoga is non-competitive – all that is necessary is to work wholeheartedly to the best of one's ability. To find out more, call 0404-40000 or check out yogatree.ie

Dancercise

Dancercise will continue weekly during August at 7 pm on Wednesday nights. A great mix of ages and abilities come along to this really fun hour (the music and movements are infectious).

Car Boot Sale

The next Car Boot Sale will take place on Sunday 2nd August. You will find great new and nearly new clothes and accessories, food items and much more. Vans must be booked in. Car park spaces for the next month or so continue to be limited 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.

Brockagh Fun Dog Show and Market

The Brockagh Centre Fun Dog Show and Market in aid of Ash Animal Rescue will take place on Sunday 16th August at 2 pm. Please come early to register your dog. Phone Michelle at 0404-45600 for more information.

Wicklow Mountains National Park

Nature Explorers

Nature Explorers is an outdoor programme which aims to teach children (aged 5 to 11 years) to identify and appreciate the natural world. Meet at the large National Park sign in the corner of the Upper Lake car park on Thursdays during August, starting at 2 pm. Most activities will take place off track, so please dress accordingly. Adults and children are welcome. Note that an adult must stay

with the children, and be prepared to help! No dogs are allowed. Booking is essential and will be taken from 9 am one week prior to each session on 0404-45656 (Monday to Friday).

Family Bat Talk and Walk

All are welcome to join us for a Bat Talk in the Education Centre at 7.30 pm on Wednesday August 19th before heading out on a Bat Walk at 8.30 pm. Aimed at both children and adults, this talk should dispel some of the myths about bats and entertain you with the true facts. Booking is not required. Participants should bring insect repellent and a torch. No dogs are allowed. For more details, please phone 0404-45425.

All above events are free to attend but the Upper Lake car park (Wicklow Co. Co.) has a €4 charge.

Tidy Towns

Our next Tidy Towns Clean up takes place on Tuesday 4th August at 7.30 pm. Meet opposite Lynhams.

We would like to ask people who leave their household rubbish at a central point for collection to check that their bags have not burst.

Weddings

Many congratulations to Patrick Casey and Sonia Shortt who were married on 9th July in St. Kevin's Church, Laragh.

We also extend our very best wishes to Stephen Smyth and Finola McEvoy on the occasion of their marriage in St. Kevin's Church on 11th July.

We wish both couples a long, happy and healthy future together.

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. The next clinic will take place on Tuesday 4th August. No appointment is necessary for this free and confidential service.

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.

Sponsor an issue – please contact Nuala at 45167.

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.

Laragh GFC

Senior Team

We travelled to Kilbride for a league game in bad need of 2 points. We started off well and took some great scores but Kilbride hit us for a late goal in the first half to send them in winning at half time by 1-04 to 0-06. We fought back well in the second half and with a couple of minutes to go the scores were level. However, Kilbride got two frees in the last two minutes to finish the winners on a score line of 1-12 to 0-13. This was, nevertheless, a good performance from our team and everyone kept going all the way to the final whistle. The scorers were Steve Olohan 04, John Nolan 05, Jack Dunne 01, Christy Merrigan 01, Keith Lawlor 01 and Liam McEvoy 01.

We played Newcastle in the championship in July in Rathnew. This was a big game for both teams. After a slow start, both teams took some great scores and at half time were level 1-04 to 0-07. Newcastle started stronger during the second half and quickly went three points up. Although we kept coming back at them point for point, they were always able to keep a point or two ahead. The final result was Newcastle 0-14 to Laragh 1-08. Scores came from C. Merrigan 1-00, J. Nolan 04, J. Dunne 02, D. Power 01, and K. Lawlor 01. We would like to thank all who supported us on the day and Rathnew for providing great facilities.

We need our players to pull together (and attend all training sessions) until the end of the season as we still have a chance to reach the play-offs in the championship. We also have four league games left in which we need to get some points.

Juveniles

We have plenty of kids playing under age on permission with Avondale and An Tóchar and these are doing very well in all their games. Hopefully all their efforts will lead to something by the end of the season.

Well done to all who participated in the recent Féile – especially our own players who played with Avondale. A big thanks to Avondale for all their work over the last few weeks (they had the place looking great). Thanks also to our members who housed some children from Kilkenny over the Féile weekend. It was a very successful event and to see thousands of people in Ballinakill on the

final day augurs well for the future of GAA in Co. Wicklow.

Our club player, Andrew Nolan, played in the Féile with An Tóchar, winners of the Division 3 Shield. Well done to Andrew and An Tóchar for this excellent achievement.

Juvenile training continues from 6 to 7 pm on Wednesdays and it is great to see so many boys and girls in the field. We won't be running the Cúl Camps this year but children who are interested can attend camps in An Tóchar or Avondale.

Table Quiz Fundraiser

Please support our Table Quiz fundraiser which will be held in the Glendalough Hotel at 8 pm on Friday 14th August. Entry costs €40 for a table of four and you can just turn up on the night. There will be excellent prizes to be won. If you would like to donate a prize for the raffle please contact Fergal on 087-2107876.

Club Membership

Membership fees for both adults and juveniles are now overdue and must be paid immediately. We are getting tops for all paid-up players. Payment can be made to any committee member.

County Development Draw

We would like to say a big thanks to all who bought a ticket for the county development draw. We had a €150 winner in the first draw and a winner of €2,500 in the second draw.

Best Wishes

The club would like to wish Kyle Merrigan a speedy recovery from the injury he picked up playing minor for An Tóchar.

Harmony Works Trust

The organisers of the worldwide event, *The Peace Run* (the world's largest torch relay with an Olympic style torch around seven continents) chose the Brockagh Centre to host a meditation weekend for the musicians of the Peace Concert entitled *Songs of the Soul* which was held in Dublin recently. The musicians came from all over the world and they were delighted both with Glendalough and the facilities at the Brockagh Centre. We hope to welcome them back in the future for their next Peace event in Ireland.

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 Thursdays 6th and 20th August and Thursday 3rd September.

Annamoe Centre

Bowls Games are back at 8 pm on Tuesday nights. Everyone is very welcome.

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

Tennis Fun games take place on Saturdays from 11 am to 12.30 pm.

Active Retirement

Visit to National Stud and Japanese Gardens

On 7th July twenty-eight people headed over the hills to Kildare to the National Stud and Japanese Gardens. The great weather added to the wonderful day. First, the group had a guided tour of the National Stud which hugely impressed them. We were very interested to be told that Queen Elizabeth II came to the Irish National Stud to see for herself where the winners of five Classics for her family were produced. A delicious lunch was then enjoyed by all before we explored the Japanese Gardens in the afternoon.

Go for Life

The Tuesday morning *Go for Life* sessions at the Brockagh Centre are finished until 8th September.

Thanks

The Active Retirement group would like to thank everyone for their support during the last year with a special thanks extended to Lynhams, Glendalough Hotel, Wicklow Heather, Glenmalure Lodge and Jacobs for their wonderful food and hospitality. Very many thanks also to the staff of the Brockagh Resource Centre for all their encouragement and help.

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. Our next Tranquillity Sunday will be on 2nd August. Phone 087-9356696 or just drop in.

Art and Crafts Classes for Kids

Almha Roche will be running her popular *We Love Art* classes in Laragh on Mondays from September (these classes have been taking place in Roundwood since 2014). Almha is a professional artist and qualified art teacher (with a degree in Fine Art and a H.Dip. in Art and Design Education from NCAD) who loves sharing the thrill of art-making with children.

Creative kids will have the opportunity to experiment, explore and learn with a wide range of techniques and materials. From painting and print to sculpture and crafts of all kinds – the options are limitless! Classes are for children of primary school age. If your young artist is interested please contact Almha on 086-3897732 or message on Facebook at weloveartroundwood.

Baptism

Welcome to Jamie Marie McCoy Ward Ryan, daughter of Sean and Natasha, who was baptised on 5th July in St. Kevin's Church.

Death

We extend our most sincere sympathy to the family and friends of Liam Hawkins who departed this life on June 23rd. Liam will be sadly missed by all who knew him. May he rest in peace.

Dragon Day with Val Young

If you love dragons or would like to learn more about them (and yourself) come along to the *Dragon Day with Val Young* which will take place in the Brockagh Centre on Saturday 3rd October (10 am to 5 pm). We will be connecting with the Dragons of Ireland and the Beings of this sacred land. We will be working with the Dragons of the different elements and assisting them in what they do for the Earth. We will also go on journeys for our own insights and growing awareness. We will be using the "Dragons Ho!" set of unique cards that I co-created over 11 years with many different and amazing Dragons. For more information about the Dragons and the cards please see www.oneheartweb.com

The cost of the *Dragon Day* is €35. You can bring your own lunch or there are places to eat close by. Light refreshments will be provided. Accommodation is also available nearby. Please bring along a bottle of water – not to drink, but to make an essence with! Feel free to bring along any special or sacred items to add to the central altar. Don't forget to bring your sense of humour too! To book your place or for further information, please contact Val at oneheartweb@hotmail.com

St. Kevin's Parish

Please note that the parish office will be closed until Monday 17th August.

Please leave articles for the next issue into W. McCoy's by **20th August**; alternatively email them to laragh_glendalough_news@hotmail.com.