

Laragh & Glendalough News

Issue 217 – November 2015

Sponsored by Laragh GFC

St. John's Church

The Parish Supper Dance will be held in Lynham's Hotel, Laragh on Friday 20th November. Tickets are available from the Rector. This is always a great evening of good fun and entertainment, so please put the date in your diary.

Scoil Chaoimhín Naofa

Retirement

As we go to print, we have just said farewell to Kathy Kenna who has retired after over 20 years teaching in the school. Kathy was a wonderful teacher and her teaching skills and empathy for the needs of the children will be long remembered. Her presence amongst us will be hugely missed and we wish her many years of good health and much happiness.

Forest Schools

First Class pupils have just completed a Forest School Programme. Múinteoir Hayley co-ordinated and introduced this programme into the school and it had an amazing impact on the lucky class involved. For six weeks the children spent over two hours each week in the wood at the back of the school – with kind permission from Coillte. Múinteoir Hayley was ably assisted by Hugh McLindon (National Park), Elisha McGrane, Marie Kelly and Múinteoir Marian in delivering the programme. The activities undertaken really deepened their awareness and appreciation for their local natural environment.

Student Council

Twelve pupils representing each of the six classes in the school have come together to form the Student Council. Ciara Finn, Conor Merrigan, Christianna Delamere, Katie Buckley, Ben Farrell, Katie Lynch, Kornel Szovati, Scott Farrell, Fionn Hayes, Teagan Scott, Lee Canavan and Conor Byrne meet frequently to discuss and plan how they can help the school and its pupils. One of their first tasks was to plan and organise Múinteoir Kathy's retirement presentation and ceremony. They are currently working on ways we can improve the facilities in the school playground.

Donation

The Student Council, on behalf of the school, was delighted to receive a donation of €500 from Mrs

Audrey McGee, operator of the Glendalough Car-park. This was a most generous and unexpected gesture for which we are very grateful. The school, with the help of the Student Council, is now planning how best to spend the money.

School Attendance

Ryan Delamere who left us in June to go to secondary school had spent his entire primary school years in Scoil Chaoimhín Naofa. In those eight years he missed only one day. It is an incredible record and Ryan is to be commended on his achievement.

Prizes and awards are given in recognition of good and perfect attendance. Many children receive awards, medals and certificates. We are very grateful to Avon Motors Rathdrum who continues to be our main sponsor of these prizes.

Christmas with the Three Tenors

St. Kevin's Parish Church will host *Christmas with the Three Tenors* on Sunday 6th December at 8 pm. Come and hear Ray O'Hare, Dominic McGorian and RTE award-winning tenor Derek Moloney accompanied by star violinist Maria Mason. Tickets cost €30 and are available from St. Kevin's Parish Office (0404-45777), McCoy's Shop, Laragh (0404-45475), Roundwood Parish Office (01-2818384) and Rathdrum Parish Office (0404-46517).

Tidy Towns

Laragh/Glendalough improved by three marks over 2014 in the 2015 Tidy Towns Competition. Results will be displayed shortly in the Brockagh Centre and PO. Many thanks to the hard-working committee and all who helped out during the year.

We are delighted that we now have a Tús worker helping to maintain the area.

Deaths

We extend our deepest sympathy to the family and friends of May McCoy who departed this life on 7th October.

Our heartfelt condolences are also offered to the family and friends of Mary Mitchell who passed away on 23rd October.

May they both sleep in eternal peace.

The Brockagh Resource Centre

Christmas Gift Fair

Our Christmas Gift Fair will take place this year on Sunday 13th December. This event is extremely popular and is usually completely booked out very quickly. Please book as soon as possible in order to secure your place. Call Michelle on 0404-45600 for further information or email laraghit@eircom.net

Car Boot Sales

The next Car Boot Sale will take place on Sunday 1st November. Due to demand, we will be holding another sale on Sunday 6th December to provide you with an opportunity to pick up a bit of extra cash before Christmas. These sales provide a great chance to browse for a bargain amongst the antiques, and new and nearly-new offerings. Treat yourself to a cake or scones (and bring some home to share). 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 10 pm till late with the Wicklow Man.

Gymboree Play & Music

Teach your child a love of music through play in a fun and friendly environment. A new term of Gymboree Play & Music starts on Thursday 5th November at the new time of 9.45 am (until 10.45am). The class is suitable for all babies, toddlers and pre-school children aged between 6 months and 4 years. Come along and enjoy a free trial. Places are limited. Contact Rachel on 086-8330212 for more details.

Yogatree Yoga

Come and try Yogatree yoga – it is suitable for all ages and abilities from beginners to improvers to advanced. Enjoy your body and its abilities; become stronger and more relaxed while enjoying the friendly social atmosphere of Yogatree classes. Yoga is most helpful for recovery, recuperation, relaxation and de-stressing, whether you are young or not so young. The class takes place from 7 to 8.30 pm on Wednesdays. For more information call Yogatree on 0404-40000.

Fit2Fight

Fit2Fight is a fight camp which will take you through all the workouts that a real combat athlete performs in preparation for a fight. The 45-minute workout includes exercises such as bag-work, pad-work, skipping, medicine ball drills, plyometrics, abdominal conditioning, sandbag drills, kettlebell drills, battle ropes and push/pull sleds. You are guaranteed to get into the best shape of your life!

You will be provided with a generic diet plan and home workout plan to follow between classes; this includes the roadwork that a fighter will perform each morning to get in shape for a fight. Fit2Fight is a non-contact class – you won't be sparring, getting hit or hitting anyone – and is open to male and female participants! Classes take place on Monday evenings from 8.15 to 9 pm. Contact Paul Healy on 087-2484570 for further details.

Improve your Athletic Performance

Dr Susan Redmond will hold a one-day course on *Mindfulness and Sports Psychology for Athletic Performance* in the Brockagh Resource Centre on Saturday November 21st (9.30 am until 4.30 pm). This course is for athletes who would like to get more from their sport's performance, be more present and in the moment when training or competing, learn to modify their behaviour with awareness, overcome negative beliefs or thoughts that are holding their performance back, or achieve and realise their goals. To find out more, email info@sueredmond.com, phone Sue Redmond on 086-8102770 or check out www.sueredmond.com

Get Yourself Online

Time is running out if you wish to sign up for one of the popular *Get Yourself On-Line* courses, so take that step now to build your confidence online. There are currently waiting lists for these classes, so make sure to get your name down as soon as possible. You will cover the basics and learn how to email, Skype, shop online, pay car tax and much more. The classes are small and the lessons are taught in a relaxed and fun way with plenty of time for everyone. The 5-session course (2 hours per class) costs €20 but is free to those over 65. Book your place by calling Laragh IT on 0404-45600.

Masses of Remembrance

A Mass of Remembrance for those who died in the past year will be celebrated in St. Kevin's Church at 7 pm on Saturday 21st November.

Masses of Remembrance will also be celebrated in Roundwood on 7th November and in Rathdrum on 14th November.

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.

Sponsor an issue – please contact Nuala at 45167.

Annamoe Centre

Women's/Men's Shed There was a great turnout for our first 'Women's Shed'. Some men are interested in joining, so it will be a 'Women's/Men's Shed'. Activities include bowling, cards, etc. If you have a skill you would like to share, please come along! The next meeting will be on 2nd November at 10.30 am.

Fundraising Auction We are holding a fundraising auction on 15th November at 2 pm. If you have any saleable items we would be delighted to have them.

Barton/Childers Memorial We are working on the Barton/Childers project. If you would like to make a donation, please contact Martin Byrne on 45407, Breda Roche on 086-3220104 or Carmel Hawkins on 45297.

Bingo There will be a fun bingo event on 7th November at 3 pm; the prizes will not be great but the craic should be 90! It will cost €5 a book.

Fun Céilí We will hold a fun céilí on Friday 30th October from 7.30 pm.

Thank You

I would like to thank all my family and friends who came along to the Glendalough Hotel to celebrate my 60th birthday. Many thanks for your very generous donations amounting to €820 which I divided between Rathdrum Cancer Support Group and St Colman's Hospital, Rathdrum. Best wishes to you all.

Christopher

Adult Guidance Service

An Adult Career Guidance Service is 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 details contact Irene on 086-8061569.

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 be on 29th October and on 12th and 26th November.

Glendalough Trail

Join *Team Fighting Blindness* for the sixth annual Glendalough Trail on Saturday, October 31st (registration closes on 28th October) and take part in an off-road challenge along stunning forest trails. The event is open to everyone and suited to

all fitness levels, with a 15.5 km run or 10 km jog/walk options. Please sign-up at www.GlendaloughTrail.com

More than 350 people took part last year, raising over €17,000 to support research into finding treatments and cures for blindness. If you would like to support the event by volunteering your time or making a donation, we would love to hear from you. Contact Clodagh in the office on 01-6789004 or email fundraising@fightingblindness.ie

Best Will Week 2015

It is important to make a will, no matter what your age, as otherwise the law on intestacy decides what happens to your property and it may not be distributed in the way you would have wished.

During Best Will Week (2nd to 6th November) you can avail of an initial will consultation with solicitors across the country at a nominal or reduced fee (visit www.bestwill.ie for a list of participating practices). The solicitors will advise on the process of drawing up a will or updating an existing will. People will be asked to consider leaving a gift to their favourite charity once loved ones have been taken care of.

Active Retirement

We had a great trip to Well's House near Enniscorthy last month. We were lucky with the weather and had a great day to wander the gardens (and to look for fairies). We had a tour of the house and some fine food with plenty of choice for lunch. We hope to organise another trip before Christmas. Our next lunch will be in Glenmalure Lodge on Tuesday 3rd November.

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 3rd November. No appointment is necessary for this free and confidential service.

Tranquillity Sunday

Tranquillity Sundays offer an opportunity to celebrate the Sabbath in silence, prayer and rest. All are very 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 1st November (this will be the final one this year). Phone 087-9356696 or just drop in.

Comhaltas Irish Music & Dance Classes

Learn traditional Irish music and dance with an award-winning Comhaltas branch (guitar, fiddle, flute, tin whistle and grúpa ceoil). Classes are held at 7 pm on Tuesday nights in St. Laurence O'Toole N.S., Roundwood. Performances, workshops and outings take place throughout the year. For more information phone 086-8269964 or email roundwoodcce@gmail.com

Laragh GFC

Senior Team

We played Shillelagh on October 24th in the Junior 'A' championship relegation game. We needed to do well to keep our status for 2016. We began nicely and got some good scores but Shillelagh took all their chances and were leading by 2 points at half-time. They continued to increase their lead in the second half and ran out winners by 4 points. We have a big game ahead in the next week if we are to stay in the Junior 'A' championship.

We played Enniskerry at the start of October. We started off very well in the field and continued this until the end, keeping ahead all the time with some excellent play and well-taken scores. The final score was 1-16 to 1-07. Scorers: Jamie Cullen 1-00; John Nolan 06; Mark Miley 04; Keith Lawlor 02; Myles Conway 02; Damien Hanlon 02.

We played Bray Emmets at home in the league in the middle of October. We were missing a few players but still managed to field a strong team. Going into the break we were well ahead 3-12 to 1-06. At the start of the second half, Bray rallied and put a few more scores on the board but we got 2 more goals to finish the game off 5-17 to 2-13. Scores: J. Nolan 1-04; M. Conway 1-03; M. Miley 1-03; C. McCoy 1-01; C. Merrigan 0-02; D. McDonald 1-00; R. Doonan 0-02; S. Byrne 0-01; M. Connick 0-01. This result means we will be competing in Division 3 again next year.

We still have one game left (away to Barndarrig), so keep an eye on fixtures. The management team would like to thank panel members for their commitment throughout the year and hopes to see everyone back in February.

Juvenile Games

Juvenile games are finished for 2015. Many thanks to all mentors who volunteered for the season. We also say thanks to the parents/guardians and children for committing for the year and hope to see them back in 2016.

Well done to the players who went out on permission for the season with neighbouring clubs

- the feedback was excellent. Thanks also to our own coaches who helped out with these teams.

We thank all who helped out with the home blitzes. These games could not have gone ahead without this assistance. A special thanks to the referees who don't have an easy job but nevertheless keep turning up to help out.

AGM

Our AGM will be coming up in the next few weeks so keep an eye out for the date in the local media. We are currently looking for new committee members, so please don't hesitate to put your name forward for either our juvenile or senior committee.

Sympathy

The club sends its deepest sympathies to the Byrne, McCoy and Mitchell families on the sudden passings of Ena, May and Mary.

Dinner Dance

The club is holding a dinner dance in the Glendalough Hotel on Saturday 7th November. Tickets cost €30 each and can be obtained from any committee member.

Primal3 Weekend Workshop

Have you ever got confusing advice about how to train, what to eat or which habits you should adopt? In Primal3, local specialists Barry Murray, René Borg and Jason Kehoe take a step back and look at how we humans evolved to eat, move and live. This weekend experience provides a detailed crash-course on how to optimise these three factors in your own life for maximum well-being or athletic performance. The next event will take place in the Brockagh Resource Centre over the weekend of 14th and 15th November.

The workshop is available in a 1-day and 2-day version with 4 hours of movement and practice every day and 4 hours of class-room work. Everyone leaves with a template to go home and implement straight away. The workshop is suitable for people of all fitness levels and addresses both the needs of the high performer and those simply looking to improve their general sense of well-being and practical daily fitness.

As an optional add-on, a specially designed 2-course menu at the Wicklow Heather can be purchased for lunchtime every day. For more information visit www.primal3.org

Please leave articles for the next issue into W. McCoy's by **27th November**; alternatively email them to laragh_glendalough_news@hotmail.com