

THE NEW LINK

Issue 97

Easter 2013



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Very Happy Easter
from Albert, Family and Staff

THE NEW LINK CONTENTS

	Page
Celebrating Easter Hope.....	3
Ghosts of the Lancaster by Denis Ranaghan.....	4-5
The Accident by Tony Rooney.....	7
Dr. O'Cleirigh Medical Matters.....	8
Christy Bolton's Retirement / Homelessness by Ann Curran.....	9
Horoscopes for Easter.....	11
South Docks Festival 2013.....	12
The Floating Chapel in Ringsend by George P. Kearns.....	13
St. Andrew's Resource Centre / Cyber Links.....	15
Liffey Wanderers History Part 5 / 1913 Lockout Centenary by Tom Crilly.....	17
Townsend Street Memories by Sonny Kinsella / My Favourite Things by Michael McDermott.....	18
Childcare News.....	20
CBS News.....	21
Ringsend College News.....	22-23
Words to the Wise.....	24
Notice Board.....	25
Sir Patrick Dunn's.....	26
Talk About Youth.....	27-29
Gloucester Street Sports and Recreation.....	30
Easter Picture Special.....	31
Springtime Endeavours by Monica Moffat.....	33
Teen Parenting by Dara Terry.....	35
Training at St. Andrew's.....	36
St. Andrew's Adult Education.....	37
Rapid News.....	38
Free Fitness NCT.....	39
Tributes / Loving Memory.....	40
Memories.....	41-42
Yoseikan News / Ringsend Village by Lyrics Murphy.....	43
Ark of the Covenant by Glenn Reilly / Jack Tuite (Football Supremo).....	45
Information Services.....	47
St. Andrew's Day Centre / Greenore Rostrevor News.....	48
Seaman's Mass.....	49
Farewell Fr. Paul St. John.....	50-51
Westland Row Parish.....	52-53

The New Link is published by St. Andrews Resource Centre. Extracts from the magazine may be quoted or published on condition that acknowledgement is

CELEBRATING EASTER HOPE

As you read this, Lent is drawing to a close and we look forward to the hope and assurance of Easter. The name Lent comes from the old word to lengthen, because the approach to Easter is marked by longer days and brighter evenings. As Easter comes early this year, the longer days are particularly noticeable and welcome.

This year the post-Christmas gloom seemed longer and more miserable than usual. Apart from the dark mornings and evenings, the continuing economic and employment difficulties have been pressing down on many people. Often, it is only the encouragement of family and friends, and the benefits of a strong community, that keep people going.

It's the same here in St Andrew's Resource Centre. The cuts in grants and employment programmes have had a real impact and have severely tested our ability to meet the needs of those who depend on our services. It is mainly the commitment, stamina and creativity of our staff and volunteers that has enabled us to rise to the challenge.

The truth is that it is sometimes in the darkest of days and the most unrelenting of challenges that we experience the strength of true commitment and genuine solidarity. They say that necessity is the mother of invention, but faith, hope and love are pretty powerful too! That's how we see so many people go to extraordinary lengths to support their loved ones at times of crisis.

Channelling that goodwill into concrete measures can produce impressive results. We may have to do things differently, to change our priorities and challenge our own attitudes. But if we do, we are capable of great things. Recognising these achievements – however small – gives us encouragement to keep going.

For Christians, that encouragement comes not from our own efforts, but from the knowledge that no matter the difficulties, or how dark the day, or how long the wait, the presence of Jesus and the work of the Spirit that He sent us will never see us abandoned. Our desert experience may go beyond the 40 days of Lenten fasting, but we go through nothing that Jesus did not experience in his trials, suffering and death.

The joy of the resurrection, symbolised by the spring weather of Easter, is about the triumph over death. But it is also about the power of love in this life, expressed in the community of family and neighbourhood. Easter renews our hope as it deepens our faith, and encourages us to grow in love.

Happy Easter!

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GHOSTS OF THE LANCASTER by Denis J. Ranaghan



Denis J. Ranaghan

Many of you may have sailed on the old *Duke of Lancaster* from Dun Laoghaire to Holyhead in the 1970's and for most of that time she would have been back-up ship to the crowded *St. Columba*. And she can still see her if you are on the train from Holyhead to Chester lying forlornly on your left hand side near Mostyn Docks just before you get to

Chester. Painted white with rust streaks running down her sides she does look somewhat ghostly as the evening sun goes down. But she wasn't always the dowdy old lady she appears; she still has some dignity about her.

When I joined her as a pantry boy in 1956 she was newly built out of Harland & Wolff's ship yard in Belfast and sparkling inside and out. Her keel was painted red, her hull black, her upper works were a brilliant white and her funnel was buff with a black top. She had beautiful lines and colours that suited her. And I had the great honour to be one of the crew chosen to sail on her Maiden Voyage with passengers on a return trip from Heysham to Belfast on a bright September day and wearing the Royal Mail postal pennant. I left her in 1957 but after some years on foreign going passenger ships I rejoined her in the mid 60's, I felt a little like a prodigal when I returned to her. I only intended to sail on the *Lancaster* for the Scottish Cruises, Continental Cruises and the Summer Season when I would earn very good money, much of this I intended to take with me back on another trip to New Zealand via Miami, Curacao, Panama Canal, Pitcairn Island and Tahiti and have a good time as a single man! A summer season that was to last twenty five years with the same ship owner!

When the *Duke of Lancaster* began as backup vessel to the *St Columba* I was asked to transfer from the *St Columba* to her as a supervisor, this was another promotion for me and it couldn't have been better for me than to return to my old ship as such. I had previously held a similar rank aboard her some years ago. In fact, as a catering man, I had worked in every part of that ship and in every position from pantry boy upwards during my ten years aboard her on the Belfast/Heysham mail run and all her cruises. So you can imagine the many, many happy years I spent aboard her especially the last two years. I was two years back on board her in my new job when in September 1979, twenty four years since I first joined her, we were all informed that in a week's time we would sail her with a skeleton crew from Holyhead to Fishguard in South Wales where she was to be sold. The newer members of the crew couldn't have cared less but quite a lot of us old hands were devastated. To the older crew members and me, this old crew and the ship were our other family and home. We were now to lose our home and the "family" broken up.

We completed our last round trip to Dun Laoghaire from Holyhead, and on that last night in Dun Laoghaire we had a great farewell party on board. The Purser, Catering Officer and I were presented with silver tankards suitably inscribed, mine read "*Duke of Lancaster 1978/79*". Underneath that was *Denis Ranaghan* and below that for two years the best 2nd Steward. *1978 & 1979 from "A" Watch*". We sailed that last morning with just a few dozen passengers and as we arrived in Holyhead we were greeted by the sounding of all the horns from the ships in the harbour. It was a thrilling few minutes but tinged with such sadness.

"Her keel was painted red, her hull black, her upper works were a brilliant white and her funnel was buff with a black top. She had beautiful lines and colours that suited her."

Two days later after all unnecessary stores etc. had been put ashore the ship sailed in the evening on her last trip under Sealink colours, we sailed at slow speed so that we would arrive in Fishguard the next morning after the Fishguard/Rosslare car ferry had sailed. When the ferry was well clear the Captain of the *Duke of Lancaster* rang full ahead on both engines and the old *Duke of Lancaster* was young again as she surged ahead and she sailed in a wide circle, followed by her long white wake, for thirty minutes before slowing down and coming alongside her berth without a bump. She had showed what she could do and that she was still a sprite old lady. Most of the crew were on deck and heard the captain ring "Finished with engines" for the last time. It sounded like her death knell.



Past Duke of Lancaster.



Present day Duke of Lancaster.

GHOSTS OF THE LANCASTER by Denis J. Ranaghan

I took one last walk around my beloved *Lancaster*. From the Boat Deck down to the bars, dining saloon, cafeteria, all the lounges and back to the 1st Class Bureau where I had issued many an order and made thousands of announcements on the tannoy system. I thought of many of the old hands especially those from the Heysham years like Bobby and old Harry the Purser in the bureau where I now sat. Jim B who sacked me three times but I was reinstated within hours. I thought of Hughie O'Callaghan my very good shipmate and mentor for more than ten years and Eddie Morrow for nearly as long, we helped each other out of many a scrape. Charlie, Joe and I worked in the 1st Class Bar when we docked in Vigo in Spain. A Spanish chap called Joe "Jose", Joe loved this new name and for quite a while after that we all called him Jose. Then there was the Jolly Green Giant (only about five foot high) and his mate the Galloping Gourmet who thought he could cook but couldn't (his wife barred him from the kitchen!). And Frankie who had been a hoodlum but later became a 1st class steward. He was to be killed by a terrorist in Belfast whilst on leave from his new ship that had been sailing to Vietnam with munitions and commodities for the Americans etc. Old Tommy J from Heysham had a wife who was in the Temperance League but he used to go ashore every day in Belfast and get his fair share of alcohol. There were the Big Seven (me included) who did the crosswords, not letting anyone see our answers, after breakfast every morning and the two gangs who did nothing but back horses or talked football endlessly. I know that six of that lot have Crossed the Bar. And so my memories flowed like a river. Like when I was a rating and we would all line up before sailing in our best uniforms to receive passengers or the time Royalty came aboard in Heysham to officially open the new ferry terminal. Then there were the Terrible Twins, both married men, who were always chasing women and after a wild Saturday night/Sunday morning would get the bus up to Morecambe to attend Mass! One of them have gone now, I bet his smiling ghost looks down on our now empty tables and chairs. We never could figure them out. And who could forget Billy the night watchman? He used to make a huge load of sandwiches and an urn of tea, this he would bring down to the 2nd Class Bar, now closed. There was always someone there who had been playing an accordion or some other musical instrument earlier. Billy would give him a couple of bottles of beer and ask him to play a few tunes. This woke up every one and Billy would sell out of tea and sandwiches, this was his little perk. I'd say he is now trying to sell sandwiches at Fiddler's Green. There was Raymond who would mutter under his breath when he would see Salvation Army personnel come on board every Friday night, "There is going to be fog at sea tonight". And there usually was! Perhaps he is now part of their band now. It would take many pages to put down the names of all these shipmates and acquaintances but then that would become boring. And I cannot forget the crews from the Holyhead and Fishguard ships who used to come up for the cruises for the extra manning. One who used to spend the night ashore when we were in Continental port and would be seen running along the quayside shortly before breakfast to the cheers and catcalls from us. I knew all those Holyhead and Fishguard men's surnames. But later was to learn that that was their

local names to distinguish them from the many Evans, Williams etc. I also paused for a minute or two at the place where I had my bad accident during a full gale in the Irish Sea in 1968. Though I still suffer from it I never blamed the old girl, it was the weather.

I had joined the *Lancaster* as a boy rating more than twenty years ago and now I was leaving her as a Leading Hand/Petty Officer. All too soon it was time for us to go ashore from the *Lancaster* for the last time, I lingered a while on "B" Deck Square where the gangway was situated thinking of the thousands of times that my shipmates and I had gone up and down it, now the ghosts of hundreds of crew members. I can see Henry beside the Bureau who when asked by a lady if she could borrow a newspaper said "Yes Ma'am you can borrow my Daily Mirror" to which she airily replied "Thank you, I do not read comics". And I wondered if the ghost of "A" Deck aft would stay with her or dissipate with the smoke from the funnel. Captain Evans was the last man down the gangway to join our coach to bring us back to Holyhead and as he stepped off the gangway onto the quayside the Officer of the Watch on the *Duke of Lancaster* gave three, long, sonorous blasts on the ship's horn, the traditional ships' farewell. I felt that odd feeling at the back of my neck and perhaps there was a tear in my eye. The old *Duke of Lancaster* lies at a lonely berth in North Wales, far from her old trading routes and so alone. I wonder if a part of many of us who loved her and sailed in her still wander her cold, silent decks along with part of my heart protecting her as we did for so many years.

Wishing the Community a very Happy Easter.

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The Labour Party wishes the Community a very Happy Easter.



THE ACCIDENT

by Tony Rooney

It was a quiet stretch of a secondary road between Balbriggan and Laytown. To the south, the road turned sharply to the left, ran straight for about three hundred yards before dipping down into a series of s-bends, and continuing on its way towards Balbriggan and Skerries. To the north it ran straight for three quarters of a mile before it turned to the left. On either side, behind thick hedgerows, the land was poor, with long patches of scrubland. Telegraph poles dotted the left side of the road, and on the right stood a lone yew tree. It was early April, and a warm day was giving way to a frosty evening. Mist was gathering in the fields, in the sheltered places, shadows were gathering to assert their dominance over the facing day. A flock of starlings swept in from the east; their excited chirrupings and their fluttering wings filled the air as they circled above the solitary tree. An occasional car passed, but gradually night took possession, and the only sound was the measured booming of the distant sea.

I parked my car and entered the pub called "The Beach House". I'd followed Noel's instructions and found it at the northern end of Skerries main street. They were sitting in a corner facing the television. "How ye Mick, any trouble finden' us?" Noel said. When I assured him I hadn't he pointed to his companion, "ye know Quinner?" Quinn and I nodded to each other. He had close cropped hair, and he stared at me with cold blue eyes. He stood up. "What'll I get ye?" "I'll have a 7-Up" I said. A sneer spread across his fat face, "Are ye study'n for the priesthood?" he said. "Ye asked him what he bleedin' wanted, didn't ye?" Noel said. Quinn walked up to the bar. "Did ye get the clothes?" Noel said. "I have them in the boot." "Who was there?" "Your mother". "Did she say anything?" "She said you weren't home last night, she asked me when you were coming home." "Yeah, I bet she's breakin' here bleedin' heart."

Quinn returned with three drinks. He placed mine down roughly. I could see I'd gone down in his estimation. "Are you the bloke that works for the government?" he asked. "The Social Welfare" I said. "Tell them I never got me calendar last Christmas" he sneered. "Any news?" Noel asked. "The Credit Union was robbed last Thursday night." "God, what's the country come'n go" Quinner said, with mock horror. "One of the staff was beaten up, he's in hospital, unconscious." Neither of them answered.

The bar was filling up, most of the men crowding around the television for the coming match. "Where are you headed now?" I asked Noel. "Belfast, maybe." he replied. "And then." "We'll probably cross to England." "What's wrong with Dun Laoghaire?" I asked. "We wanted to take the scenic route" Quinner said. They both sniggered.

Noel's face was pale, and there was tiredness in his eyes I knew of old. He was twenty years old now, and though he'd grown tall, his body had not filled out. Quinner's bulky body had an animal vigour. Noel still had that vulnerable look he'd had as a child. His house had been across the street from mine, and we'd been childhood friends. His father worked in the Corporation, but the family seemed to live from hand-to-mouth. Both parents drank, and the mother had the reputation of being a great singer. She was middle-aged, but her hair was dyed blonde and she wore youngish clothes. She frequently came to our door to borrow milk, bread and such stuff.

Once I heard my parents quarrel about her calls: My father said "If that pair stayed out of the County Bar they be able to feed their children." My mother replied, "I don't like to think of the kids going short."

I used to envy Noel because he could stay out late. I was always brought in early, but Noel even at ten or eleven could run the streets till midnight. But there was one aspect of his life I didn't envy. One day, when I was about twelve and Noel a year younger, I called to his home. **The front door was open, and from within I heard screams of rage from Noel's mother, I saw Noel crouched at the front of the stairs while his mother rained blows on his head.**

Experience had taught him the best defence. His hands were clasped behind his head and his forearms shielded his face. Frustrated in her attack, she clenched her fists like a man, and I heard the dull thud of blows against his thin bod. Finally, she grabbed him by the hair and flung him into the garden. As we walked down the street I stole a glance at him; his lower lip trembled, and his face was pale, but there were no tears in his eyes.

When the weather was bad, we'd play in my house. My mother would ply him with treats, but he was so shy Ma would let us eat in the parlour. Once, when we were eating yogurts, he dropped his spoon on the floor. As

he stood up after retrieving it, he struck his forehead against the corner of the table. Mother held a wet cloth against his brow to keep down the swelling, she then applied an elastoplast to the slight graze. Standing back to admire her handiwork she said; "Now, me poor wounded soldier." Impulsively, she took him in her arms and held him close. I was used to Ma's sudden hugs so they didn't bother me, but a look of terror came on Noel's face, and he struggled like a trapped bird. But mother's clasp was firm and she pressed his head against her breast. Noel ceased his vain struggle, and closed his eyes while Ma gently stroked his head. She then gave us the price of some sweets and we set off for the shops. As I pulled the gate behind me. I saw Noel look back at our house; his face was red and in his eyes there was a strange sort of hunger.

Noel and Quinner had turned their attention from me and were conferring in low undertones. It seemed Noel wished to set off on their journey immediately, but Quinner wanted to see the match. Quinner had his way, and it was agreed to set off after the game. I bought a round of drinks and sat down. Quinner looked at me with barely concealed contempt. "I suppose you're a Man. United fan, are ye?" I've always loved soccer, but this was too good a chance to miss, "I've no interest in sport, I said. His cold blue eyes stared into mine, then he picked up his drink and walked over to the bar. Noel smiled, "You're pushing your luck." "Get away from that bastard, Noel, he'll get you into trouble." "I can look after myself." "If that Credit Union man dies you're in trouble." "What's new?" he shrugged. "Come back to the flat, you can stay there for a few days." "Cut the granny talk, will ye" "The northern police aren't fools." "Get off me back, who do you think you are anyway, mister bleedin' know all, you and yer big job yer snooty bird, miss law-de-daw, too stuck up to say hello to anyone."

I said nothing, I'd seen Noel lose his temper before and knew it was best to wait till the anger had spent itself. For a while we both stared with unseeing eyes at the tele, then he turned to me and said. "Thanks for bringin' the clothes." "I'd better go now," I said. I made my way out to the car park, while Noel collected his car keys from Quinner. Outside it was bitterly cold. My breath froze in the air and the cars were covered with frost. Noel caught up with me and we walked slowly to my car. He pointed to a silver Alfa Romeo. "D'ye like me new model?" I didn't answer. I took the black hold all containing his clothes from my boot and placed it at his feet. "I'm sorry what I said about yer bird, she's alright," he nodded like an embarrassed child. "No harm done." I said. I waited while he put the hold all into his boot. He came back and faced me "I'll be in touch, okay?" "Sure, take care." He turned to go, then he paused "Mick, I never laid a finger on that man," he nodded towards the bar. "he likes that sort of thing." Before I could answer, he turned and walked away.

It was still gathering speed as, ignoring the turn right, it smashed into the telegraph pole. The explosive impact transformed the grey, streamlined car into a tangle of twisted metal and shattered glass.

The yew tree kept its lonely vigil by the quiet country road. The icy road was a carpet of glittering diamonds. Spider webs draped the hedgerows, their delicate patterns enhanced by the magic of the frost. The sound of an approaching car disturbed the ghostly silence; it's headlights probed the night before as it dipped into the s-bend. As it emerged from the bend, it's speed increased. It was still gathering speed as, ignoring the turn right, it smashed into the telegraph pole. The explosive impact transformed the grey, streamlined car into a tangle of twisted metal and shattered glass. In the distance, a barking dog was answered by an excited rival. Their shrill duel ended, and silence reclaimed the whitened landscape. The world slept on under it's frosty mantle, and above it, the sky was studded with the bright indifferent stars.

Tony wishes the Community a very Happy Easter.

If you ask anyone what the main function of the nose is, it is likely they will mention first that it is our organ of smell. While this is true, most illness that affect it are more related to the respiratory system. Most doctors therefore refer to the nose and the throat as the upper airways while the lungs are the lower airways.

The lining of the nose is called mucous membrane and its main function is to produce loads of this liquid called mucous. This adds moisture to the air going in through the nose so that when it gets down into the lungs, it does not damage them in any way. The mucous also acts as a filter because any particles of dust or dirt will tend to stick to the mucous, and again this stops it going down into the lungs. This also applies to viruses and other types of infections that are spread through the air.

If you look up the nose with a torch you will see that the lining is not flat against the sides. It actually fills the entire space with big folds of membrane. This has the effect of increasing greatly the entire surface area of the nose. This means that the air going through the nose is never any more than a few millimetres away from the mucous membrane with every breath we take and so it is very efficient at filtering dirt and dust out of the air.

As an added protection there are two balls of tissue at the back of the nose. Think of two balls of cotton wool through which the air must travel. Again these balls are protective and are there to filter out various things. These balls are known by the more common medical name of the adenoids. They are actually part of the lymph system which is packed full of white cells. Their job is to seek and destroy the various infections that the air brings with it into the nose. If these infections were allowed to progress on to the lungs, they increase the risk of bronchitis and pneumonia.

While the adenoids are there to protect us, they can on some occasions become part of the problem. In children the adenoids can produce a constant stream of mucous, otherwise known as the snotty nosed kid. The mucous is constantly streaming out their nose, driving mothers mad, and increasing the annual sales of Kleenex tissues. Because the adenoids are at the back of the nose, a lot of the mucous will our down the throat. As soon as this mucous hits the wind pipe, the child coughs. This is a reflex action designed by the body to protect the lungs from this mucous. Think of what happens if you happen to "swallow some food the wrong way". The food has gone into the wind pipe by mistake and you react by this violent and explosive cough that tries to get that food out of your wind pipe. This is exactly what happens with the mucous – you cough to clear it away.

This explains the class rooms full of snotty nose children and the surgeries full of coughing kids during our winter. Parents come in desperately seeking cough bottles, anything for a peaceful night. Most well known cough bottles are available over the counter without prescription. You also see them advertised on TV showing a cute child sleeping without a care in the world. The reality is that anything available without a prescription for a cough has very little by way of effective medicine in it. Another way of saying the same thing is that any medicine that is effective in stopping a cough would be far too toxic to give to a young child. Therefore the majority of cough bottles

Doctor O' Cleirigh

M.B., D.C.H., D.O., M.R.C.G.P., M.I.C.G.P

YOUR COMMUNITY DOCTOR



for children are little better than coloured water. As long as people are prepared to part with money for them, they will remain available.

When the adenoids are busy keeping all these infections

away from the lungs, they become large and swollen. They block the airways through the back of the nose and lead to very nasal or blocked nose speech. At its most extreme this can interfere with a child developing normal speech.

Also the eustacean tube is at the back of the nose, just beside the adenoids. When they are swollen they can block this tube, which goes up to the ear. This can be one of the reasons why a child gets recurrent ear aches or ear infections. These are some of the reasons why a child might eventually be advised to have the adenoids

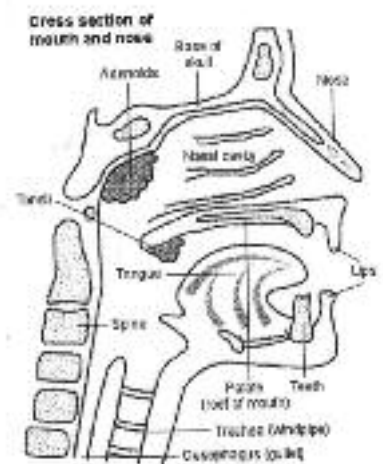
removed. However it is important to say that this rarely happens today. In the past adenoids were removed on a very regular basis but it gradually began to dawn on us that adenoids shrank with age so if you left those kids alone, they simply got better as they grew older.

Also attached to the nose is the sinuses. It has been estimated that if the bones of our head and face were dense bone like our spine or pelvis, the head would be too heavy for our neck support it. Mother nature can be a bit of a genius at times, so to avoid this happening she hallowed out the bones of our face, making them lighter. A perfect solution you might say. However these hollowed out bones can sometimes be the cause of other troubles.

The hollowed out space is what we now call our sinuses. They are also lined with mucous membrane and so there is a flow of mucous from them out into the nose. The entrance into the sinus is relatively small - think of a small passage way opening out into a big cave and you get the idea. When we get a cold the mucous membrane swells up and this can block off the small entrance hole. The sinus continues to fill up with mucous because it cannot flow out – hence the congested or stuffy feeling we get in the head. When the sinuses are full of mucous pressure builds up and then they get sore. Finally all the mucous gets infected because bugs grow very well on human body fluids that are at a stand-still. Then you have rip roaring sinusitis.

Most GP's will tell you they spend the entire winter months checking kids with a cough and snotty nose.

It is important to check the ears and listen to the chest but if they are clear then the treatment is T.L.C. – tender loving care. Antibiotics are rarely needed. Give Paracetamol or Ibuprofen for pain along with plenty of fluids. Things like Vicks rub, Kervol or Olbas oil can be used as a decongestant for the nose. Eucalyptus oil also help to ease congestion and kill viruses and is a great option to burn as a candle or as an essential oil in a burner.



CHRISTY BOLTON'S RETIREMENT

Congratulations to Christy Bolton on his 37 years employment in the Eye and Ear Hospital. A party took place in Doolans to celebrate this historic event. Family and friends, workmates all attended.



Ann Curran

HOMELESSNESS by Ann Curran

Homelessness is living rough and sleeping out in all kinds of weather. It is not being loved or wanted and being pushed out from society.

Not having a roof over your head and constantly moving from place to place. Having no money for your everyday needs and having to beg some kind of support. It's a downgrading and immoral situation and can be brought on by self infliction or by other people.

It is a lonely life and sickness and ill health can come from living homeless and your only friend can be a dog. You are at rock bottom and the only way out is up. You feel you have no identity and can be a burden on other people. You have nowhere to go, no job no future no sense of responsibility and not being able to cope with everyday living having no confidence in yourself and being very sensitive to what other people might say You don't want to hear yourself being put down all the time, you just want

to get away from it all. It could be caused or brought on by other people. You may have had an unhappy childhood or either one of your parents may have been an alcoholic never any money except for drink with constant arguments and no one cares. The things that happen in your childhood can stay in your mind forever I think living homeless would lead to a short life as it can cause a lot of ill health and hardship. You need to be strong to cope with outdoor life if we all gave a trial test three months in winter and three in summer I am sure it would be worthwhile listening to our stories as we would have experienced it for ourselves.

There is help out there and it can take courage to ask for help and accept it. Sometimes our pride can get in the way of a lot of things. If you can tell your story of why you became homeless it could be the start to helping yourself and that is a good thing. Let us hope that homelessness is only a temporary thing and not for ever. As I would like some ones story with a happy ending.

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Wishing the Community a very Happy Easter.

Horoscopes for Easter



ARIES - March 21 - April 20

Christmas is over, it wasn't as bad as you thought! Santa came through. Now that the summer beckons, you'll find that the weather will be great and that holiday that you were planning will be more of a success than you think. Love is in the air!!



TAURUS - April 21 - May 21

Your new friend is proving to be a good listener, be careful that the advice you're being given is balanced. Don't jump the gun, get a second opinion. Although things seem a little frustrating an improvement is on the cards, lucky number 41.



GEMINI - May 22 - June 20

Facebook is proving to be more than you imagined it would be. An old friend will make an appearance. It's just what your confidence needed. Share your happiness, shine that light and make everyone smile.



CANCER - June 21 - July 22

Your stars are in the ascendancy! If you want to make that purchase, be careful, remember the old saying; *caveat emptor - let the buyer beware*. It might be time to get rid of the clutter. You could find a good home for some of it. Blue could be the colour.



LEO - July 23 - August 22

It's always a relief when the problem you thought was never going to go away finally went! You might be tempted to tell that annoying friend to get lost, hold off for a while, there could be more there than you realise.



VIRGO - August 23 - September 22

A recent event might be a cause for concern. Don't let it get to you! Remember the night is darkest before the dawn. Confide in a friend, you'll find more understanding that you could ever imagine, remember shyness never filled presses.



LIBRA - September 23 - October 23

It's about time you manned up. That niggly little affair is only continuing because you don't want to hurt feelings. Maybe that person is better prepared than you think. Your lucky day is Friday.



SCORPIO

- October 24 - November 22

The sting is in the tale. The next time you hear that story, stop, look and listen, are you being told something that you don't want to hear?? The bigger the challenge the more determined you'll be to rise to the occasion.



SAGITTARIUS

- November 23 - December 21

People can be strange, and do strange things. But there's always a reason, someone close to you is displaying an unusual behaviour. Ask yourself why, and then, be patient and tolerant, give them time and you'll find some surprising news.



CAPRICORN

- December 22 - January 20

That little job your working on is starting to bear fruit. Spread some of the rewards and watch how you make others happy. Watch how they will enrich your life with some good news of their own.



AQUARIUS

- January 21 - February 19

Aquarians are incurable romantics. Trust that gut feeling. Go for it you could find that love is a lot closer than you think. Saturday nights are made for romance.



PISCES

- February 20 - March 20

You're right in telling your mate to be more independent. It's time for the bird to fly, you've taking it as far as you can, sit back now and watch. There's a lot of happiness on your horizon.

SOUTH DOCKS FESTIVAL 2013

It is in this edition of the New Link that we promote and the upcoming South Docks Festival. This year is no different however we are seeking your help and feedback. This year we want you to give us feedback and comments about last year's festival and to make suggestions for 2013. The South Docks is a long running community festival maybe the longest and we need your input to ensure that it stays relevant to the times and reflects the wishes of the wider community.

Everyone will be aware that these are not easy times and that families and communities are finding things difficult. This year the Festival has had to rise to that challenge and work hard with the friends of the festival our and benefactors. We are particularly pleased to be able to draw attention to the excellent support that the Benefactors give to the festival:

**02, Betfair, Dublin Port Company, Waterways Ireland,
The Pearse Hotel and Aviva Stadium.**

A complete list of the friends of the festival and the Benefactors are printed on all of our promotional material. As ever we will try to organise events for every age group and every taste. Events that require tickets will be publicised so look out for notices and posters in the area.

Finally a reminder that the South Docks is a unique Community Festival funded locally organised locally and delivered locally. It's an opportunity to get together with friends neighbours and family and celebrate our community our history and our future.

South Docks Festival Committee 2013

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***James, Clive and Alex wish the Community a
very Happy Easter.***



The Floating Chapel in Ringsend

by George P. Kearns

During my research on the history of Irishtown, Sandymount and Ringsend, I came upon mention of a floating chapel that catered to the spiritual needs of seamen in the Dublin Port area.

But despite my many efforts I could not uncover any positive proof or stories of this tale of times past that is however, until I came upon a rather large book called

"Seamen's Missions" written by Roald Kverndal PhD of Mercer Island, Seattle, USA in 1986 and from this book of over 900 pages, I learned of the history of the Ringsend Floating Chapel and how and why it came into existence.

I also made contact with Roald and obtained his permission to copy a picture of a floating chapel from his book and use same in this storyline. For the benefit of my readers, I also brought news of this book to Dr. Maire Kennedy-Dublin and Irish Collections-Dublin City Library and as it featured the Dublin Docks and Ringsend areas, she very kindly secured a copy of same for the reading room and it is now available to read (only) in the reading room.

From the contents of his book which took in 15 years of research, I learned of the following:

In the early 19th century the arrival of large numbers of foreign seamen in British and Irish Ports were a cause of great concern to the religious authorities of both Great Britain and Ireland who though they publicly bemoaned the serious lack of places of worship for these visiting seamen to attend prayer meetings, they appeared to fall behind in any effort to do something positive about the situation. By the end of 1825 no place of worship had been established by the National Church itself.

However, evangelically minded churchmen and dissenters came to the fore and as a provisional solution ministers of various religious groups began to visit these foreign ships and administer to their crews on the decks of same.

In Ireland the first such initiative took place aboard a ship named the "Joseph" in Dublin Port in October 1820 and in attendance were some 300 seamen.

The Bethel Union came into being in 1822 and received the Bethel Flag from the Parent Society who allowed Bethel Union ministers to preach sermons under the flag in places other than churches, etc. The word Bethel in the Old Testament signified a House of God and was deemed to be an appropriate symbol for the Bethel flag that would fly over premises, whether temporary or permanent, when religious sermons were in progress.

Following the birth of Bethel Union the Rev, George Lilly began preaching sermons among Dublin shipping under the Bethel Flag and in that same year the "Port of Dublin Society" for the promoting the religious instruction for seamen which was agreeable to the constitution of the established church, was founded on September 25.

In the meantime the "Port of London Society" had come into being in 1818 and immediately took on the task of converting and fitting out the HMS Speedy, an ex bomb ship of some 379 tons that had served in the Napoleonic War. This ship had been purchased at a cost of £700 for the purpose of converting it into a floating chapel.

The conversion was carried out expeditiously and on May 1, 1818 The Ark as it had been renamed, was towed up-river to her moorings at the London Docks Buoy, off Wapping Stairs where a sermon was held in honour of all those on board. As it made its journey up-river, crowds lined the banks of the Thames and cheered it along its way as did all the shipping crews and dock

workers etc. The Ark was said to be the worlds first appropriated seaman's church.

In 1823, a Danish ship of 250 tons, "The Prince Christian" was transformed by the "Port of Dublin Society" into a floating chapel that would accommodate some 400 persons. This ship was moored in the basin near Ringsend, which basin I must reasonably assume was the Grand Canal Docks basin which had officially opened on April 23rd 1796 by his Excellency, the Lord Lieutenant of Ireland.

THE GRAND CANAL BASIN IN 2012

This was said to be the first Seaman's Chapel for the Church of England and a Blue Bethel flag with an image of a dove painted thereon was hoisted on the uppermost mast as a signal of worship. A Rev Thomas Gregg was appointed Chaplin and he held that position for many years and the Floating Chapel flourished.

However, due to decay and very expensive maintenance this floating chapel was replaced by a Mariners Church in 1932. This church was built in Forbes Street, off Sir John Rogerson's Quay which lead almost directly to the Grand Canal Dock and was just about a stones throw from the berthing place of the Floating Chapel. The first stone of this land based church in the Port of Dublin was laid by Vice Admiral Oliver on July 18, 1832 and it opened for Devine services on September 15, 1833 to an attendance of some 800 persons. Although it's not known when it closed, the building was last listed in Thom's Dublin Street Directory of 1889, although it may not have been still in service at that time.

"In the early 19th century the arrival of large numbers of foreign seamen in British and Irish Ports were a cause of great concern to the religious authorities of both Great Britain and Ireland who though they publicly bemoaned the serious lack of places of worship for these visiting seamen to attend prayer meetings."

This was followed by a second Mariners Church that was built in 1836 Haigh Street, Dun Laoghaire, which at the time was known as the Port of Kingstown, a Harbour of Refuge for both naval and merchant ships that waited patiently for an opportunity to enter the Port of Dublin. Those delays were brought about by a shifting sand bar across the mouth of the Liffey and treacherous currents.

This Mariners Church remained in service until Easter week of 1972 when it held its last service. It re-opened as a Museum in 1976 and remains as such to this day in January of 2013 and its well worth a visit.

While this picture does not depict the inside of the Ringsend Floating Chapel, it does show the layout of a similar floating chapel that served in the Liverpool Docks area. As already mentioned, Roald Kverndal kindly gave me permission to copy same for use in my book. It is also credited to a M.R. Kingsford, the "Mersey Mission to Seamen" 1856-1956.

Again this story is an extract from a future publication of mine.

**G e o r g e
wishes the
Community a
very Happy
Easter.**



Councillor Jim O'Callaghan



*Jim
would like
to wish
the Community
a very
Happy
Easter*

37 SOUTH RICHMOND
STREET, DUBLIN 2.

TEL: 475 89 43

Email:

jim@jimocallaghan.com

Web: jimocallaghan.com



FIANNA FÁIL

THE REPUBLICAN PARTY

*Jim partying with
Greenore/Rostrevor
in The Lombard
recently.*



ST. ANDREW'S RESOURCE CENTRE EMPLOYMENT SERVICES

Mission Statement:

The mission of the Inner City Employment Service (ICES) is to provide an access point to the full range of options that are available to enable our local clients to return to work. These include career advice/guidance, training, education and employment supports. The four main components of our service are the following, it is locally operated, it is professionally delivered, it is adaptable to the needs of each individual client. It offers as far as it is now possible a confidential service to protect the clients personal and progression interests.

Our work will impact positively on our clients by enabling them ultimately to progress into the world of work.

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- Training
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Call us on 01 677 1930

St. Andrews Employment Services Team wish the Community a very Happy Easter.

Cyber – Links News

Medal of Honor

Easter Tournament

Thursday 28th March

2013

From 3 pm till 6ish

**All combatants must
register**

**with Lisa and Jay in
Cyberlinks beforehand.**

*A very Happy Easter
to all our Members.*



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Greenore/Rostrevor parting the The Lombard recently with Cllr. Jim O'Callaghan, Gabby, Anna and Betty Watson.

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- Weddings
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FAMILIES WELCOME

**THE LOMBARD
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for local Gathering
Relations Returning**



It had been a decade of divided loyalties, years of gun fighting in the Dublin streets and beyond them, the thunder of distant battles. But now the dust of faraway warfare began to settle. Many of the veterans – men who had fought in the trenches or who had defied the Black-and-Tans or who had gone down to the sea in ships – came drifting back to City Quay and the life of the Dublin docks. They came back to older, deeper loyalties. And for many of the sportsmen among them, it was a return to their first allegiance, Liffey Wanderers, a football club which had all but succumbed to the pressures of the previous decade.

Almost, but not quite ...

A few of the old crowd got together one evening, men like ‘Gull’ Kelly, John Fields, Willie Stone, Christy Kane and over a few jars fell to reminiscing



about the ‘good auld days’. Then, inevitably, someone came up with the question: “What’s the chance of re-organising the club and putting a team together? Maybe even enter it in the Junior Combination League? Why not?”

A committee was quickly formed – Willie Stone as Chairman, the capable John Fields as Honorary Secretary and with ‘Gull’ Kelly, Christy Mitten, Harry Harney, Christy

Kane and Jem Carpenter in support. Almost as rapidly, a strong, energetic and enthusiastic team was put together: Jack Cummins, G. Hanlon, R. Townsend, J. Fitzpatrick, W. Byrne, J. O’Beirne, Christy Mitten (captain), Alec Kane, J. Nevin and M. Malone.

The team commenced training, entered the League in the 1924-25 season – and went on to win it without defeat, having played 26 games winning 24 and drawing 2!

To be continued in Summer issue

1913 Lockout Centenary by Tom Crilly



The 1913 Dublin Lockout began when members of Jim Larkin’s Transport Union walked off the trams of the Dublin United Tramway Company, on strike for recognition of their union.

William Martin Murphy, the owner of the tram company and the Irish Independent newspaper not only wanted to purge his companies of ITGWU members, he formed a cartel of virtually all the employers of Dublin to do likewise. Larkin and the other unions in the city refusing to concede to a pledge to forswear union membership brought out over 20,000 men and women on strike.

After six months of bitter confrontation between workers and their bosses, what historians now see as a unique period of ‘class struggle’ in Ireland ended. The strikers

were up against a very hostile media, church and police force as portrayed in the book/drama ‘Strumpet City’. A union rally on O’Connell Street was violently broken up, in an episode referred to by the broad labour movement as ‘Bloody Sunday’. It was the sheer hardship that forced the union members resentfully back to work, taking a humiliating pledge not to belong to or associate with Larkin’s union.

The 1913 Lockout like the 1916 Easter Rising itself are seen as historical defeats but they did inspire people to struggle for a better society. This struggle continues today as thousands participate in marches and demonstrations against government cuts, so whose side are you on.

Lockout centenary events
www.1913committee.ie



Jim Larkin was born in Liverpool on 21st. Jan 1876, the son of Irish parents; he died 30th. Jan 1947

Townsend Street Memories by Sonny Kinsella



Sonny Kinsella.

Sonny would like to wish the Community a very Happy Easter.

THE RETURN JOURNEY HOME

As I walked down Shaw Street and recalled what had once been it. When we lived in Townsend Street our Granny Kinsella lived in a little cul-de-sac called Shaw Cottages and just across the road was Shaw Villas. Both now long since gone. Also in the street was a factory that made and repaired car and lorry radiators. Just down the street was St. Anne's Dairy where we often shopped and just beside it was Wilson's Forge, who shod many of the horses that walked the streets of Dublin town. All of these premises now rest in the memories of those who are still living since the years of the early forties (40s). Now looking towards Pearse House where many top class footballers came from including John (Jack) Berrigan, who played for Pearse Rangers, Liffey Wanderers and Bohemians in the League of Ireland. He turned down an offer to play for Hull City in the English League. My brother, Charlie recalled the memory of Jane

Berrigan's Vegetable Shop, almost opposite the Old Weigh Bridge. Hilton's Bed Factory and Monsell Mitchells, the Builders Provider was further on down the street. Next came Ruddell's Tobacco and Snuff Factory almost opposite Mark Street where Dicey Reilly lived in the back room of an old tenement house just around the corner off Townsend Street. Mary Anne Montgomery's Vegetable Shop was a few yards away from Ruddell's Factory. Barney Conway lived in the next house to Mary Anne's Shop for many years. The Kandee Sauce Company had either a factory or a store nearby and Francie Connolly who had a bottle store on the opposite side used to deliver their goods when necessary with his horse and cart. Lily Kelly had her Vegetable Shop just opposite Francie's Bottle Store. Just before you came to Moss Street, McKenna's Pub was on the corner and crossing the road on the other corner was Mohans Shop. A few doors away was a big gate when opened up led into the laneway of a Slaughter House where the sheep and cows were herded down into the yard and were eventually slaughtered by Jem Quinn who lived over St. Anne's Dairy in Shaw St. Malone Butchers Shop was close by as was Stafford's Boot and Shoe Repair Shop.

(To be continued in Summer Issue)



A view from Townsend Street 1986



The same view from Townsend Street – 2013

My Favourite Things Compiled by Michael McDermott



Michael would like to wish the Community a very Happy Easter.

There were a few changes to the words, to fit in with American Association of Retired Persons) theme. Here are the new words to this tune.

Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in

glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

When the pipes leak,
When the bones creak,

When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favourite things.

Back pains, confused brains and no fear of sinnin,
Thin bones and fractures and hair that is thinin,
And we won't mention our short shrunken frames,
These are a few of my favourite things.

When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

I hope your life is great and you are doing wonderful things.

Mr. & Mrs. STEPHEN O'CONNOR



*The Bride and Groom,
Stephen and Ciara*



*Both Families and the Happy
Couple*



Mam and Dad O'Connor



Baby Kiya O'Connor steals the show



The O'Connor Family

BABY CALLUM'S CHRISTENING



Callum's Christening.



Callum.



Chloe Downes.



*Thomas
with his
favourite
dog.*



Susan with Ava May.



Marion with her grandson.

ST. ANDREW'S CHILDCARE NEWS

Hi everyone ... Hope you had a really nice Christmas.

Our new term since Christmas is going really well. The children will be busy for the next few weeks with different activities for Mother's Day, St. Patrick's Day and Easter.

Numeracy Week was from the 11th to 15th February, this was organised by National College of Ireland and ourselves, our Parent's were involved in different activities which continued the learning at home.

We would like to welcome our new student's from D.I.T. They are doing their work placement with us one day a week until May 2013.

We would like to thank and wish Bernadette Boylan every success in her new job and future career.

We have places available for C.E. staff in Childcare. If you are interested please contact Martina McKenna, Childcare Manager at 01-6771930.



Wishing the Pupils, Parents and the Community a very Happy Easter.

CBS NEWS

Over the last number of months the staff and students of CBS have been busy engaging in a number of diverse educational activities.



SCHOOL WEBSITE

The school recently launched a website which is updated regularly with news of various events and activities taking place at CBS. Be sure to have a look at www.cbswestlandrow.ie!

MACBETH

In November our senior students attended a Second Age production of Macbeth in the Helix Theatre in DCU. Sixth year students are studying Macbeth for their Leaving Cert English exam in June. The vibrant and exciting production will be of huge benefit to aid students in their studies.



MEDICAL DAY

In November CBS Westland Row held a 'Junior Medical Day' in Pearse Street Primary Care Centre. Students from first, second and third year received a tour of the centre's facilities and were provided with lots of information about numerous health issues by the staff in the centre including a local GP, a psychologist and the centre's speech therapist.



To conclude the visit, a presentation of awards was held to honour the winners of our 'Mental Health Poster Competition'. Congratulations to the winners.

- **1st Place: Darragh Moran**
- **2nd Place: Hasshim Goopee and Choetsaksit Hatsim**
- **3rd Place: Leah Corcoran**

We look forward to our Senior Health Day which will take place in the near future.

TALENT SHOW

In December, the talented students of CBS Westland Row battled it out in an exciting talent contest 'The Rows' Got Talent'. Performed to a packed crowd in St. Marks Church, the competition showcased a variety of acts including singers, dancers, poets and rappers. Well done to all who took part and thank you to everyone who attended.



The winners of the competition were:

- **Serena Kelly (Overall winner)**
- **Nathan Batalla (Dance Category)**
- **Rebecca Bolger (Solo Category)**
- **Glen Roche & Chloe Ellison (Groups Category)**

FUNDRAISING

Also in December, several students across all year groups took part in the annual 'Sing for Simon' fundraising event. Students sang a number of Christmas carols on Grafton Street to a delighted audience. Footage of CBS students carolling was featured on *Winning Streak*.

Well done to all students who braved the biting cold to take part in this extremely worthwhile activity. All money collected goes directly to The Simon Community to help the homeless.

VISIT TO DÁIL EIREANN

Third year students recently visited Dáil Eireann as part of their CSPE action project. Many thanks to Kevin Humphries who facilitated the trip and made sure students had an enjoyable and educational tour.

ART TRIP

Second year art students visited the Botanical Gardens in early February looking for inspiration for their Junior Cert Art Projects. Well done to all students who completed some fantastic works of art!

APPLICATIONS WELCOME

We are currently enrolling for 2013/2014. All applications are welcome. The application form can be found on the school website at www.cbswestlandrow.ie or you can contact the school (**01 6614143**) to request a form.

OPEN DAY 2013

On 8th February CBS hosted an open day for local primary school students and parents/guardians who are interested in enrolling their children in CBS. During the open day primary school students were given a taste of the fantastic subjects and facilities that CBS has to offer. Parents/Guardians were given an opportunity to meet with staff and management in the school where they received detailed information about the school from our Home School Community Liaison and our Career Guidance Counsellor. The open day was a phenomenal success. Thank you to all who attended.

Wishing the Community a very Happy Easter.

RINGSEND COLLEGE NEWS

On Monday 28th January third year CSPE class visited the Mansion House in Dawson Street, Dublin. Following their Hospice Coffee morning in September 2012, the Lord Mayor Naoise O Muiri invited the class to the Mansion house. It was a very interesting and enjoyable visit.



REPEAT LEAVING CERT

On Monday the 28th of January students from Mr Nolan's Repeat Leaving Certificate Physics class paid a visit to the Dublin Institute of Technology, Kevin Street. They attended the renowned, yearly Tyndall Lecture for schools.

The Lecture entitled "Power the Future – Physics of Fusion" was presented by Dr Melanie Windbridge a



physicist and science communicator. The topics discussed at the lecture included, the physics behind the fusion reaction that powers the sun, how physicists are trying to replicate the fusion reaction on massive experiments at places such as JET, the world's largest nuclear fusion experiment. The potential for harnessing the energy produced in the fusion reaction as a future alternative to fossil fuels. The students found the lecture extremely interesting. They reflected on how they could relate to what Dr Windbridge talked about and its relevance to the Physics course.

JUNIOR CYCLE

1st Year students were invited to lunchtime workshops held in Mr Nolan's Science room to talk about Astronomy and watch the brilliant "Stargazing Live" programme about NASA's Mission to Mars and the Mars Curiosity robot as discussed by Professor Brian Cox and Dara O'Briain. They were all given an astronomy magazine with



loads of make and do activities, lots of fun websites to go to, as well as understanding the basics of Astronomy and what to look for in the night's sky. They uncovered the reason why Mars is such a dry barren planet, why scientists are exploring for water, and what to look for when looking for a Martian! There are hopes to bring the Sky Dome Academy to the College in the future. We hope to invite Astronomy Ireland to the college to talk to the students about their activities and becoming a member.

SCIENCE

The first years attended the BT Young Scientist Exhibition at the RDS. The student task was to choose their favourite project, investigate it and report back to the group on what they had experienced. The science presentations were exceptional, our students gained a lot from the experience and are now considering possible themes for their own science entries for next year!

We look forward to hearing from you and we would like to wish the Community a very Happy Easter.

RINGSEND COLLEGE NEWS



SPORT

This year to date has been very successful for Ringsend college. The school most recently took part in the 'Minor SCC Bouldering Meet'. Every student that took part in the meet performed extremely well, in addition to enjoying the Meet. The third years embarked on an orienteering endeavour out to Howth Head in less than desirable weather conditions and again the school was excellently represented by the students who travelled.

Ringsend College

Coláiste na Rinne

(Formerly Ringsend Technical Institute)

Wishing the Community a very Happy Easter.

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May McKeown's 90th Birthday Celebrations

Wishing May a very Happy 90th Birthday, as the pictures below show, family, friends celebrated May's very special Birthday recently in The Red Cow Hotel.



Seanfhocail – Words to the Wise

What follows is a selection of some old and very wise sayings, taking from the Gaelic. Like all old sayings they are open to interpretation, I hope that you'll find something that does it for you. I will include the English translation, but as I said, it's fluid enough, enjoy!

Dána gach madra ar a thí fein

Every dog is brave on his own doorstep

Níl aon leigheas ar an ngrá ach pósadh

Marriage cures love!! (one of my favourites)

**Is uaigneach an níochán nach
mbíonn léine ar**

A washing line is lonely with no shirt on it

**Is é do mhac go pósann sé ach is l d'híon
go bhfaighfidh sí bás**

*A son is a son till he gets a wife, but your
daughter is your daughter for life*

Ní chaidreamh gan haontíos

*If you want to know someone
came and live with them*

**Nuair a bhíonn an deoch istigh bíonn an
cíall amuigh**

When the drink's in, the sense is out

NOTICE BOARD

St. Andrew's Bingo!!!

114-116 St. Andrew's Resource Centre
Pearse Street, Dublin 2



Wheelchair Accessible!

When: Saturday Nights

Time: 8.30pm (sharp) – 10pm

Venue open from 7.30pm

Buses 1 & 47

and

56a & 77a from Ringsend Rd to Tallaght

Close to Westland Row & Grand Canal Dart Station

Great family night out

PLEASE SUPPORT OUR COMMUNITY BINGO

Contact Ann Maher 01 677 1930 for further information

Wishing all our patrons a very Happy Easter.

P.S. WRITERS GROUP
St. Andrew's Resource Centre.

Ph: 6771930

For further enquiries call to St. Andrews
Friday Mornings
(Well Recommended)

**NOW you can
read the New Link
on-line @
www.standrews.ie
or on facebook**

**Greenore Ladies Club wish the
Community a very
Happy Easter.**

ST. ANDREW'S RESOURCE CENTRE WELFARE RIGHTS INFORMATION

Tel: 677 1930 Extension 186

TUESDAYS, WEDNESDAYS, THURSDAYS –

9.30 a.m. - 1.00 p.m. & 2.00 p.m. - 5.00 p.m.

CLOSED MONDAYS AND FRIDAYS

Contact: **Christine Reynolds or Geraldine O'Brien**

SHELBOURNE PARK RESIDENTS ASSOCIATION LTD.

SWIMMING IN SPORTSCO

ON SUNDAY MORNINGS FROM 11AM TO 1PM

COST: € 40.00 PER PERSON PER 3 MONTH SESSION

OR €5.00 PER SWIM

CHILDREN UNDER 4 ARE FREE!

CHILDREN MUST BE ACCOMPANIED BY THEIR PARENTS OR GUARDIANS

FOR FURTHER INFO JUST CALL OVER TO SPORTSCO ON

SUNDAY MORNINGS FROM 11AM TO 1PM

PEARSE HOUSE PHOTOGRAPHY EXHIBITION

Due to the success and interest in the photograph exhibition "*The Flats: Memories; Perceptions; Reality*" held in a flat in Pearse House last year, the photographer Jeanette Lowe is continuing with the project and will hold an exhibition in August 2013. The exhibition will be held in a gallery and Pearse House.

It is also planned to hold a "*Gathering*" event during the exhibition to invite people back to the flats. You can keep up to date with events on the Pearse House Facebook page where there are hundreds of old photographs.

Jeanette is still looking for old photographs of the area and for people to tell their stories. You can contact her at:

jeanettelowephoto@ gmail.com

or phone 087 2164 366.

SIR PATRICK DUNN'S, Clonskeagh

Each year Rostrevor / Greenore Choir would visit Sir Patrick Dunn's to sing and visit old friends. Special praise must be given to Eileen Kilkenny, Tommy and all the nurses, whose dedication and commitment knows no bounds. Also praise must be given to the local choir for their talent.



"TALK ABOUT YOUTH PROJECT" WISHES YOU ALL A VERY HAPPY EASTER



"Talk About Youth Project" wishes everyone a Happy Easter and has lots of fun and get loads of chocolate eggs.

When and Where?
The Junction
Finland Exchange

Advanced Planning Visit
Christmas Celebration Show
Puzzle for your Thoughts



When and Where?

Golden oldies photos. We all need a giggle.
(WAHAHAHAHAHAHAHAHA)



THE JUNCTION

As you all are aware we officially have our youth café with is located on the junction on Pearse St and Macken St (hence the name "THE JUNCTION"). The Junction is for young people aged 14 years and over with the exception of Thursday evenings when it's aged 13 years and over. If you would like to know more information about the junction please drop into Scobie or Danielle in the "Talk About Youth Office" or call them on 01-6771930.

Day	Time	Age Group
Monday	7.00 to 10.00 pm	14 years & over
Tuesday	7.00 to 10.00pm	14 years & over
Wednesday	Closed	
Thursday	6.00 to 9.00 pm	13 years & over
Friday	Closed	
Saturday	Closed	
Sunday	Closed	

FINLAND EXCHANGE

The exchange to Finland started on 1st January 2013. We flew to Copenhagen first, then to Helsinki in Finland from there we had to get a train to Kookola which took 4 hours. Our accommodation was lovely, we stayed in cottages they were really nice. We met up with our Finnish host and awaited the arrival of the other group who were from Slovenia. We spent seven wonderful days in the snow doing some amazing things like snowboarding, skiing and some team building games. We also had traditional country nights. The Irish night was a great success, we had some Irish foods and done some Irish dancing and singing. It was a great experience for all that was there.



ADVANCED PLANNING VISIT – GEORGIA, NORWAY, AND IRELAND.

On the 10th of January 2013 the Talk About Youth Project hosted an Advanced Planning Visit in Dublin for the countries Georgia and Norway for the weekend.

The aim of the visit was to plan and organise a programme for the Youth Exchange that has happened in Dublin on the February the 8th. The Youth Exchange in Dublin was for 30 young people from Dublin, Georgia and Norway in which the young people will learn about social mobility, different cultures and participate in a number of games and activities in both Dublin City and in the Cavan Centre. This will be the first exchange of three, in which we hope, in August we will be doing an exchange to Norway and the following year to Georgia. We had a lot of fun, with our guests, planning the programme for the young people, and also showing them around Dublin. Both Maka and Katarina are full of energy and are excited to bring their young people to Ireland and to meet the Irish participants.



CHRISTMAS SHOW CELEBRATION.

Well December 2012 seen the Talk About Youth Project turn 18 years old, and to celebrate this young people in the project put on an amazing show for their friends and family in the community. It was a great success and would like to thank everyone who came out to see it and help get the show up and running.

TALK ABOUT YOUTH PROJECT WORD SEARCH.

CAN YOU FIND THE WORDS BELOW RELATED TO THE YOUTH PROJECT

Q	Y	O	U	N	G	W	O	M	E	N	S	W	T	I
Z	E	O	R	T	Y	U	I	O	P	A	S	S	H	N
F	D	G	U	H	J	K	L	Z	X	C	V	B	E	B
M	I	Q	W	T	E	R	T	Y	U	S	I	O	J	E
A	S	O	U	T	H	S	I	D	E	R	S	V	U	T
D	Y	N	F	G	H	J	K	A	L	E	Z	O	N	W
C	E	E	V	B	N	M	Q	N	W	B	E	L	C	E
T	F	D	Y	U	I	O	P	C	A	Y	A	U	T	E
D	F	I	F	G	H	J	K	E	L	C	R	N	I	N
X	I	R	C	V	B	N	M	M	Q	W	T	T	O	A
I	L	E	A	D	E	R	S	A	U	Y	S	E	N	G
O	P	C	A	S	D	F	G	N	H	J	A	E	C	E
A	Q	T	Z	X	C	V	B	I	N	M	N	R	N	R
Z	F	I	G	T	H	E	B	A	N	D	D	S	U	S
W	Z	O	B	Z	U	I	S	E	R	D	C	X	J	K
S	O	N	V	Y	T	R	I	N	I	Y	R	O	O	M
X	O	O	Q	D	A	N	C	T	H	Y	A	N	B	O
M	U	S	I	C	G	R	O	U	P	H	F	P	H	P
E	L	J	G	D	A	E	T	U	O	N	T	C	T	L
D	D	A	Z	E	L	L	E	T	T	E	S	G	Y	O
C	R	F	V	T	G	B	Y	H	N	U	J	M	I	K

YOUNG WOMENS
INBETWEENAGERS
TRINITY ROOM
VOLUNTEERS
DANCE MANIA
LEADERS
CYBERS
YOUTH

DAZELLETTES
MUSIC GROUP
THE BAND
ARTS AND CRAFTS
ONE DIRECTION
SOUTH SIDERS
LIFFEY SIDE
THE JUNCTION

ALL CORRECT ENTRIES WILL BE PUT INTO A HAT AND 2 WINNERS WILL GET 2 FREE WEEKS INTO THE NEXT CLUB ON THE YOUTH PROJECT.

JUST FILL IN THE FORM BELOW

Name: _____
 Address: _____
 Age: _____
 Phone number: _____



Gloucester Street Sports & Recreation Centre



ZUMBA CLASSES



One of more popular classes and a most enjoyable way of losing weight is our ever expanding Zumba class. As opposed to other types of programs and workouts, Zumba takes away the tediousness and boredom of exercise since the dance steps are very entertaining, introducing the likes of the merengue, salsa and belly dance. Zumba keeps your heart rate and breathing going steadily, and can burn as much as 450 calories in a single session. **Come join us every Tuesday night at 7.00pm with our ever energetic instructor Kelly. New class Thursday 6pm-7pm**

KETTLEBELL CLASSES

A kettlebell is hand held weight which can be used to train the whole body. It resembles a cannonball with a handle attached. Kettlebells can vary in weight and they have been used for centuries in Russia and surrounding countries. Kettlebells movements train the whole body, from the core to the bigger outer body muscles. Kettlebell training also trains your heart and lungs (Cardio respiratory system). Kettlebell training is one of the best ways to burn lots of calories because you use lots of muscle groups at the one time, you only need to spend a short amount of time during each session. **Come join us every Friday 12.40-1.15pm, a six week course costing €25.00 or €7.00 per class and every Monday 6.00-6.45pm, a six week course costing €45.00 or €8.00 per class, under the proficient instruction of Elaine. Places are limited and will need to be booked in advance. To register your interest phone the centre on 6779322 or e-mail info@gloucesterst.com**



HOUR OF POWER

Wednesday at 6pm - 7pm and Friday 6pm - 7pm 1 Hour full body cardio and resistance workout with hand held weights that will help to achieve any fitness goals that you desire. **Prices: 1 class – €10, 5 classes – €45, 10 classes – €80.**



IRONMAN

Best of Luck to our Sports Co-Ordinator Mark Lacey taken part in Ironman Lanzo he will undertake 4km Swim 190km Bike and a Full Marathon.

FOREVER FIT



Calling all ladies of 55 years young and over. Do you want to get fit? Meet new people and have fun? Then why don't you drop into our class on Wednesday mornings at 11:00 a.m. The class consists of some light aerobics, strength exercises, vibro plates and indoor walking. **The class is open to women from any area and only costs 2 euro. So make a date in your diary for next Wednesday and come down and join the class, you won't be disappointed!!**

FIND [GLOUCESTER STREET SPORTS CENTRE ON FACEBOOK](#)

PLEASE NOTE THAT PEOPLE UNDER THE AGE OF 18 YEARS OLD WILL NOT BE ACCEPTED



[GLOUCESTER STREET SPORTS CENTRE](#)

Also has a website



<http://gloucesterstreetsportscentre.webs.com/>

HOW ARE YOUR NEW YEAR'S RESOLUTIONS GOING?

Well January has been and gone but how are you getting on with your New Year's resolutions to get fit? If you feel like you're falling back a bit pop into the centre and have a chat with one of our instructors. They will help you find the best class for you to do and keep you motivated on your goals.

MINI MARATHON

We are currently looking for volunteers to participate in the Mini Marathon for this year. **Our chosen charity is the Suicide or Survive (S.O.S).** Last year we had 11 volunteers who walked, jogged and ran the marathon and we all had a great day out. Don't mind what you want to do it in as long as you do it for us! **Phone the centre on 016779322 or e-mail us at info@gloucesterst.com.**

BOXERCISE BODYATTACK BOOTCAMP

Local lads Kenneth Glennon and Colm Sheedy are now running **Boxercise BodyAttack Bootcamp** classes in the centre several times a week. The response to their classes has been great so if you want to do an all over body workout and get great results, pop down to one of their classes. **Check our time-table for class times.**

SPIN

Our Spinning classes are done in our fitness studio, with various light and music settings to create an energized atmosphere. **The classes are headed off by Tri-athlete Mark Lacey morning and lunch times and Spin and Core which is an hour long class is taught by Gary.** They are a great way to increase your fitness level and loose weight. **Due to the popularity of these classes booking in advanced is essential.**



Gloucester Street Centre Classes 2013

DAY	CLASS	VENUE	TIME	DURATION	LEVEL	COST
MON	Circuit Training	Hall	8:00 am	35 mins	(B)	€5
	Circuit Training	Hall	12:40 pm	35 mins	(B)	€5
	Body Attack - Boxercise	Fitness Room	12:40 pm	45 mins	(B)	€8
	Body Attack - Boxercise	Fitness Room	5:45 pm	1 Hour	(B)	
TUES	Kettle Bells	Hall	6:00 pm	45 mins	(B)	€8 Class
	Spinning Class	Fitness Room	8:00 am	30 mins	(B)	€5
	Spinning Class	Fitness Room	12:40 pm	30 mins	(B)	€5
	Baby Body Fit	Fitness Room	6 - 7 pm			
WED	Zumba Fitness	Hall	7 - 8 pm	1 Hour	(B)	€8
	Body Attack - Boxercise	Fitness Room	7:45 am			€8
	Body Conditioning	Hall	8:00 am	35 mins	(B)	€5
	Forever Fit (Over 60's)	Fitness Room	11:00 am	1 Hour	(B)	€2
	Body Conditioning	Hall	12:30 pm	45 mins	(B)	€5
	Spinning Class	Fitness Room	12:40 pm	45 mins	(B)	€5
THUR	Hour Of Power	Fitness Room	6:00 pm	1 Hour	(B)	€10
	Spin To Win	Fitness Room	6:00 pm	45 min Spin - 15 min Core	Inter	€7
	Spinning Class	Fitness Room	8:00 am	30 mins	(B)	€5
	Spinning Class	Fitness Room	12:40 pm	30 mins	(B)	€5
FRI	Body Attack - Boxercise	Fitness Room	5:45 pm	1 Hour	(B)	€8
	Zumba	Hall	6 - 7 pm	1 Hour		€10
	Body Attack - Boxercise	Fitness Room	7:45 am	45 mins	(B)	€8
	Circuit Training	Hall	8:00 am	35 mins	(B)	€5
	Kettle Bells	Hall	12:40 pm	35 mins	(B)	€7
	Body Attack - Boxercise	Fitness Room	12:40 pm	45 mins	(B)	€8

TO BOOK A PLACE PLEASE CONTACT THE CENTRE
01 677 9322 OR MAIL info@gloucesterst.com

Kettle Bells classes is a 6 week course costing €45 Or €8 drop in on a Monday
Bodyattack - Boxercise €8 drop in Or €80 for 2 classes a week for 6 weeks

Wishing the Community a very Happy Easter.

EASTER PICTURE SPECIAL



Doolan's

Bar and Lounge

01 676 2477

**Showing all
major
sporting
events**

- **EPL**
- **SPL**
- **Rugby**
- **GAA**
- **horse
racing
on our
large screen
and 2 large
plasmas**



Christy Bolton celebrating his retirement from The Eye and Ear Hospital with family and friends in Doolans.

• **Bingo
Tuesday
and
Sunday
nights**

• **Take Your
Pick every
Friday**

• **Play Your
Cards Right
!! Great
prizes !!**

**Live
Entertainment**
• **Friday • Saturday**
• **Sunday**

**Come celebrate
your Special Day!**
30 years - 90 years birthdays
Food available

Wishing the Community a very Happy Easter.

Springtime Endeavours by Monica Moffatt



“HAVE YOU NOTICED IN latter years how Spring growth seems to return earlier each time hopefully to brighten your lives after perhaps a harsh Winter” Emma Doyle remarked to her friend Liz. They were sitting in

Emma’s sitting room, having met by chance in the local supermarket. Moving towards the window Emma pulled back the plain net curtain to get a clear view of her spacious garden. Small green shoots from various bulbs sprouted out of the black moist soil, while several snowdrops sported their white tiny bell-shaped blooms. The hedgerow also showed signs of regeneration, as numerous tints of green were spread amongst its brown spindly branches. Birds fed from the recently installed bird table while Emma’s cat basking in the weak rays of the sun sat off on the windowsill eyeing the birds with half closed eyes.

“How about the other chores usually related to the season” Liz ventured warily. “Whatever do you mean,” asked Emma innocently. “Spring cleaning the house, of course,” Liz retorted boldly. Emma laughed out loud saying, “You are joking! That kind of work is never ending as you well know. Give me gardening every time.”

Liz sighed as she turned away from the window. Emma let the curtain fall back into place and joined her. “Let’s have lunch now and we’ll discuss things later. What would you like to eat?” Emma asked. “Perhaps you’ll help me rustle up a meal?” Both became totally involved in the fridge’s contents.

“Have you seen any films lately?” Emma broached the subject as they sat contentedly after a hearty meal. “I have. I saw *Les Miserables* in the Screen cinema last week. I enjoyed it, the music was lovely.” Liz reminisced for a few minutes. “I know,” Emma replied. “We learn music from the shows and the films in the choir.” “Do you” That’s nice. I can’t sing a note as you know but I love music,” Liz grinned, adding “of course I have my walking club. We start back against next week in Wicklow, our first spring outing.”

“That’s great”, Emma said and then, “there are a variety of organisations for people these days, no need to sit indoors on your own.” The two lapsed into silence for a time, each immersed in their own thoughts.

It was still early in the afternoon. A sudden darkening of the room brought them back to reality. Emma went over to the window where a heavy flurry of snow met her

gaze. The garden was covered in a blanket of white. The cat shook off some surplus wet whilst the birds still hovered around the food. Emma called Liz over to look at the attractive scene. Donning coats they went through the hall door. Emma suddenly remembered her mobile phone took photographs. Children were already out on the green revelling in the sudden weather change. Emma captured the scene of snowballs flying to and fro. She was sorry she couldn’t record the sound of their laughter and occasional screeches.

“Emma captured the scene of snowballs flying to and fro. She was sorry she couldn’t record the sound of their laughter and occasional screeches.”

With the sudden disruption in the weather, their earlier plans for a trip into town for the end of the sales was scrapped.

Emma lit the coal fire. She produced the gardening catalogue where they planned their up and coming gardening endeavours. That is, Emma did. Liz planned for window boxes and hanging baskets, plus a variety of herbs to grow on her kitchen windowsill. There was a large advertisement in the catalogue for the up and coming Spring Show in the RDS they noted with interest.

The gentle snowfall later changed to a relentless fall of hailstones. The pellets of hail beat roughly against the windows. By this time the cat sat purring near the hearth. The birds had taken flight. Emma invited Liz to stay overnight. She gladly accepted as a clap of thunder roared outside and lightening lit up the room. “Typical Springtime weather,” Emma remarked as she returned to the kitchen to start dinner. She called Liz to see if she had a preference for something special.

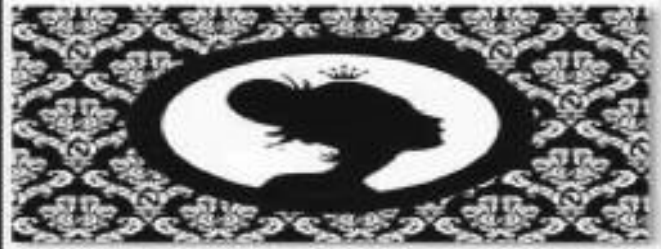
Liz glanced into the freezer. A large bag of chips caught her eye. She hadn’t had chips for months. But would Emma fancy them also? “A perfect choice,” Emma agree, “and I have the perfect accompaniment. She bent down and removed a packet of cod fillets from the freezer drawer.”

As they enjoyed their meal they chatted amiably about the past and expressed their hopes for the future. The fire spluttered and crackled emitting rays of warmth onto the faces of the two women as they settled down to watch a repeated episode of *Downton Abbey*.

Monica wishes the Community a very Happy Easter.

GIFT VOUCHERS
AVAILABLE

Find Us on Facebook



THE GIRLS ROOM

Quality Service @ Affordable Prices

UNIT 1, HYDE COURT, TOWNSEND STREET

PHONE : 085 880 7459

EMAIL: thegirlsroom1@gmail.com

GET
GLAM
ALL UNDER ONE
ROOF

Dry Cut
File n Polish
Eyebrow Wax
Eyebrow Tint
Eyelash Tint
Lip or Chin Wax
½ Eye Individual Lashes

Fiver €5
Friday

HAIR - MAKE UP - BEAUTY - NAILS



Full Head Highlights + Cut	only €70
Hair & Make Up	only €35
CND Shellac Nails	only €20
Make Up n Lashes	only €25



PRINCESS PARTIES - GIFTS & ACCESSORIES - WEEKLY DEALS

TEEN PARENTING

EAT, WALK AND TALK YOUR WAY TO BETTER HEALTH.

St. Andrew's are focusing on Healthy Eating and Heart Health for 2013. To this end we are running the The Healthy Food Made Easy course and the Healthy Hearts Programme and we are in the process of arranging 3k and 5K organised walks.



Photo of the first Men's Group.



Second group at the Healthy Food made of the Healthy Food Made Easy facilitated by Ciaran and Paula.



Photo of the second Men's Group.

The Healthy Food Made Easy course offers great advice on healthy food and practical tips to use on a daily basis. The course is free of charge to participants and is supported by Ballyfermot partnership and by the Health Service Executive and has been a great success in the area. The first programme was run for men only and there was excellent feedback, the next programme started in January and was for female participants and there will be two more programmes this year open to all. Each programme runs one day a week for six weeks.

Heart Health is another program and focuses on three aspects of Heart Health: cholesterol, stress and exercise. This is again a practical course and was very well received by the first group of participants who completed this programme at the end of January 2013. There will be another programme in April open to all.



We will be starting a walking programme in Spring with a view to improving fitness and to get people out walking and talking.

**PARENTING PROGRAMMES:
Next programmes starts after Easter for
parents of children aged 5-11 years
contact Dara Terry, 01 6771930**

DATE FOR YOUR DIARY

23rd April 2013

10.00am St Andrews Resource Centre

“Minding our Children’s Mental Health”

**Speakers, information and lunch
will be provided for
all those who are interested**

contact Dara Terry, Family Support

01-6771930

We provide computer training for people of all ages and abilities, regardless of experience or means.

Training@St.Andrews is both an Equal Skills and ECDL (European Computer Driving Licence) centre, facilitating the teaching of numerous courses leading to universally recognised certificates. The courses that we provide range from basic computer training, introduction to computers for the young and elderly, literacy through computers and the ECDL.

- ECDL classes are held @ 10am-1pm Mondays and Wednesdays
- Basic Computer classes are held @10am-1pm Tuesdays and Thursdays
- Silver Surfers classes are held @ 1.30pm-3.30pm Wednesdays and Fridays.

EQUALSKILLS

Equalskills is a fun and informal introduction to computers and the Internet. It is designed to increase skills in basic computer literacy. It introduces technology to all people, regardless of status, education, age or ability. Equalskills is a flexible learning programme with a proven track record in equipping people with the basic computer skills they need to become part of the information society.

The aim of the programme is to make people feel comfortable using a computer, and to teach them the basic skills necessary to communicate using the internet and email. It is well structured with excellent training resources, and it has the added bonus of providing certification to candidates who complete the programme.

WHO IS EQUALSKILLS FOR?

Equalskills is for anybody who wants to start from the beginning and learn some practical ways of using a computer. It is particularly aimed at people who might not normally come into contact with computers in their everyday lives. People who are accustomed to living in a non-digital world may feel intimidated by technology. By learning some simple computer skills, they can quickly understand how technology can improve their quality of life.

Equalskills is a very good starting point for inexperienced candidates who aspire to ECDL and test centres which offer Equalskills will have a cohort of motivated candidates who may wish to advance to the full ECDL programme.

Equalskills is run on Tuesdays and Thursdays from 10 a.m. to 1 p.m.

ECDL

The European Computer Driving Licence (ECDL) is the world's most successful IT skills certification programme.

To date, more than nine million people have undertaken an ECDL programme in more than 60 countries worldwide. In Ireland, the ECDL is administered by ICS Skills (<http://www.ics-skills.ie>).

SILVER SURFERS

Complete introduction to basic computer skills. i.e. e-mail, browsing the internet and general IT skills. Class will be given by other Silver Surfers.

10 week course Friday only 1-2 p.m.

For more information contact Josephine or Collette at training@st.Andrews.ie or telephone the Centre on 01-6771930.



St. Andrew's Resource Centre
114-116 Pearse Street
Dublin 2
Tel: 01-6771930



The ECDL course covers seven modules which are:

Windows Explorer, Word, Excel, PowerPoint, Internet, Access and Theory, in that order.

Outside of Europe the programme is known as the International Computer Driving Licence (ICDL), attesting to its phenomenal world-wide recognition and growth.

The ECDL establishes a standard for everyone who uses a computer in either a professional or personal capacity. It is a certificate that verifies competence in computer use, making the holder readily mobile within Ireland and internationally. Employers and job seekers all agree on the importance of this standard definition of practical competence in Information Technology.

St. Andrew's are very flexible with the ECDL course. If you wish to do for example Word but not Excel straight after it you could drop out and come back for PowerPoint. We also accommodate clients that are just interested in one or two of the modules.

ECDL is run on Mondays and Wednesdays 10am to 1pm.

PRICES:

ECDL

Theory	Module 1	Self Study	€70
Windows Explorer	Module 2	4 classes	€90
Word	Module 3	6 classes	€90
Excel	Module 4	6 classes	€70
Access	Module 5	8 classes	€70
PowerPoint	Module 6	4 classes	€110
Internet	Module 4	4 classes	€70

TRAINING@STANDREWS
IT Training

ECDL
Equal Skills
(Introduction to computers)
Silver Surfers

Fully networked system including:
Broadband Connection

Training Room available for hire by day or evening or for courses

For further information contact Josephine or Collette on 01 6771930 or email: training@standrews.ie

Discount cost of ECDL is €450 if all 7 modules are booked together. Theory Module is self study. Cost includes exam fees, official ECDL courseware and ECDL Skills Card.

EQUAL SKILLS

Equal Skills is a six and half week course and costs €150. All participants are given a workbook which they will complete during the course. On completion of this they will receive a certificate from the Irish Computer Society.



St. Andrew's Resource Centre
114-116 Pearse Street
Dublin 2
Tel: 01-6771930

Wishing the Community a very Happy Easter.

ST. ANDREW'S RESOURCE CENTRE ADULT EDUCATION NEWS

Looking for a second chance to do something different? Why not try one of our Courses.

Here's a list of what we have on offer:

COURSE TITLE	DAY	TIME
ENGLISH AS A FOREIGN LANGUAGE (ESOL)	MONDAY	10.30 - 12.30
ARTS & CRAFTS	TUESDAY	10.30 - 12.30
BASIC ENGLISH	WEDNESDAY	10.30 - 12.30
LITERACY THROUGH COMPUTERS	WEDNESDAY	3.00 – 5.00
IRISH CLASS	THURSDAY	10.30 – 12.00
ART CLASS	FRIDAY	10.00 – 12.00

OTHER SERVICES WE OFFER:

- VOLUNTARY TUITION PROGRAMME (VTP)
- TRINITY ACCESS PROGRAMME (TAP)



CONTACT US AT:

TEL: 01 677 1930 / FAX: 671 5734 EMAIL: betty.watson@standrews.ie

WEB: www.standrews.ie

HOW TO GET HERE:

Bus: 1, 47, 56A and 77A

Dart: Tara Street, Pearse Street & Barrow Street Stations

The City Of Dublin Vocational Educational Committee (CDVEC) fund the following courses:

ESOL; Basic English; Computers; Irish and Art

WHY NOT TRY ONE OF OUR UPCOMING COURSES IN JANUARY 2013!

Other Agencies We Work With:

- CDVEC: Ringsend Technical Institute (Literacy)
- Dept. of Social & Family Affairs
- Trinity College; Maynooth College and Liberties College
- DALC (Dublin Adult Literacy Centre)
- AONTAS (National Association of Adult Education)
- NALA (National Association of Adult Education)
- LEC (Local Education Committee)
- SCP (School Completion Programme)





RAPID News

**Carol Finlay SEIC RAPID Co-ordinator,
South East Area Office,
Block 2, Floor 2, Civic Office, Wood Quay, Dublin 8.**

South East Local Education Committee Presents
"Minding our Children's Mental Health"

Tuesday 23rd April 2013

St. Andrews Resource Centre, Pearse Street
for parents and people working with young people

Special Guest Speakers include:

MAUREEN BOLGER - Teen-Line Ireland

Teen-Line Ireland is a free-phone service open every day of the week from 7pm to 10pm. All calls are confidential.
Telephone: 1800 833 634 Website: www.teenline.ie

ELAINE GERAGHTY - Inspire Ireland

Inspire Ireland Foundation helps young people lead happier lives.
www.ReachOut.com an online service to help young people aged 16-25 get through tough times.

For more information contact: carol.finlay@dublincity.ie
Mobile: 086 8151507



Children's Storytelling

Tuesday
Mornings

10.45 am to
11.45 am

Pearse Street
Library

For more information
Contact: Carol Finlay
086 8151507



MOBILE PHONE THEFT PREVENTION TIPS

- Register your Mobile Phone with your Service Provider.
- Take careful note of your unique 15 Digit Mobile Phone IMEI number.
- (The IMEI number is located on the back of your phone underneath the battery, or you can locate it by dialling * # 06 # on your keypad).
- Enable the PIN Security feature and keep your Phone locked at all times.
- When out and about, keep your Mobile Phone out of public view, bestreetwise and always be aware of your surroundings.
- Never leave your Mobile Phone behind in an unattended vehicle.
- Property mark your Phone with unique personal letters or numbers.
- Avoid making calls or texting on your Phone while crossing the road.
- If making or receiving a Mobile Phone call in public, always do so with your back up against the wall or a shop window etc so that you can see around you and reduce the opportunity to be attacked from behind.
- If you have a SmartPhone, consider downloading a location finder App.
- If your Mobile Phone is lost or stolen, immediately report it to An Garda Síochána and contact your Service Provider in order to have your IMEI number blocked, so that it can't be used.

Carol wishes the Community a very Happy Easter.



Is it about time you had a Free Fitness NCT?

We are offering a
free fitness check
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advice to anyone
60 or over

All abilities welcome



Please wear
comfortable
shoes & clothing

Thursday April 11th
10am – 1pm
Gloucester Street Sports & Recreation Centre
Gloucester Street
Dublin 2

To book your place please contact David Phelan on 087 6525001



www.getirelandactive.ie

RINGSEND LIBRARY

Fitzwilliam Street, Dublin 4. TEL: 6880063

OPENING HOURS

Monday 12.45pm - 4pm & 4.45pm - 8pm
Tuesday 10am - 1pm & 2pm - 5pm
Wednesday 12.45pm - 4pm & 4.45pm - 8pm
Thursday 10am - 1pm & 2pm - 5pm
Friday 10am - 1pm & 2pm - 5pm
Saturday 10am - 1pm & 2pm - 5pm
Sunday Closed

The staff of Ringsend Library wish all a very Happy Easter.

PEARSE STREET LIBRARY

Opening Hours

Monday-Thursday 10 a.m. - 8 p.m.

Friday-Saturday 10 a.m. - 5 p.m.

Telephone: 6744888

The staff of Pearse Street Library wish all a very Happy Easter.

TRIBUTES / LOVING MEMORY

GERRY O'BRIEN R.I.P.

Late of D Block Pearse House, also Glin Road, Coolock

Died on the 6th of January 2013

Gerry was a window cleaner

People would remember him on

*His bike with ladder
Indeed his jokes were famous*

*Always remembered by his
Loving brothers and sisters
Terry, John, Joan, Doreen,
Angela and sons and
daughter
And grandchildren and
loving friends.*



**SEAMUS
BRADSHAW**

**10th
Anniversary**

In Loving Memory

*Always loved by your
loving wife, Marie, Family
and Friends.*



**JANE
DILLON
R.I.P.**

**Pearse
House,
Dublin 2**

Died on the 15th November 2012

*Loved with a love
beyond all telling
missed with a grief
beyond all tears,*

*Fold her O Jesus in Thine Arms
and let her henceforth be
messenger of love between
our human hearts and Thee.
Missed by Family and Friends.*



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UNIQUE PERSON



UNIQUE FUNERAL

MEMORIES



Liam, Frank, Patty, Michael Robinson and Donna Davis.



Paul Robinson and Gerry Grant 1970.



Patrick Kennedy



Nicole Robinson, niece of Anna (Davis) Robinson, circa mid 1990's



Front: Kevin, Cecilia Hopkins, Oddy Sherwin, Calvin Sherwin, Norah (now Sherwin).

Back: Jimmy and Anne Ennis, circa 1970.

MEMORIES



Shelbourne F.C.
runners-up for the Irish Cup 1904/05 season. From left to right, back row: Pidgeon, Penston, Doherty, Ronan (treasurer), Abbey, Kelly, Monks (trainer), Cunningham (secretary). Middle Row: Wimble, Jack Owens, Heslin, James Owens, Ledwidge. Front Row: Lawless and Cleary.



Sisters Peggy and Ellen 1960's.



Ann, Cyril, Peg and Mary.



Shelbourne F.C.
winners of the Irish Cup in 1911. From left, back row: ??, W. Watson, H. Owens, W. Rowe, J. O'Brien, P. Quinn (trainer). Middle Row: R. Merrigan (linesman), J. Stothers, J. Clarkin, J. Moran (captain), L. Devlin, J. Dunn, J. Westby. Front Row (sitting): J. Bennett and J. Murphy.



Pauline Boland, Pearse House Playgroup, 1986



Chrissie, Andrew, Sean and Siabh.



Back: Dennis and Alice. Front: Patricia, Brenda, baby Ger and Sean. 1991



YOSEIKAN/SHOSHINDO NEWS



Congratulations to Jamie Ryan who received his yellow belt from instructor Heather Downes. Indeed Jamie worked very hard for his belt and the best of look to him towards his next belt (orange belt). Our visitors from Tae Kwan Do, Tristan and his nephew Adam who are training very hard with us doing their own style. A special thanks to our friend Shane (The Windjammer) for his patronage of the Club. Also to all our members who are working very hard. Also our friend Pat Boucher. *A Very Happy Easter!*

Jamie with Instructor Heather.

Jerry and Heather, Instructor.



Ringsend Village

by Lyrics Murphy

There are different versions of the origin of the name Ringsend, but it is most probably derived from the Irish word "Rinn" meaning a point or spit of

land jutting into the sea.

The area seems to have been relatively uninhabited up until the 1620's when a fishing station grew up around the end of a point jutting into the estuary among mudflats and salt marshes where the Liffey and Dodder met the sea.

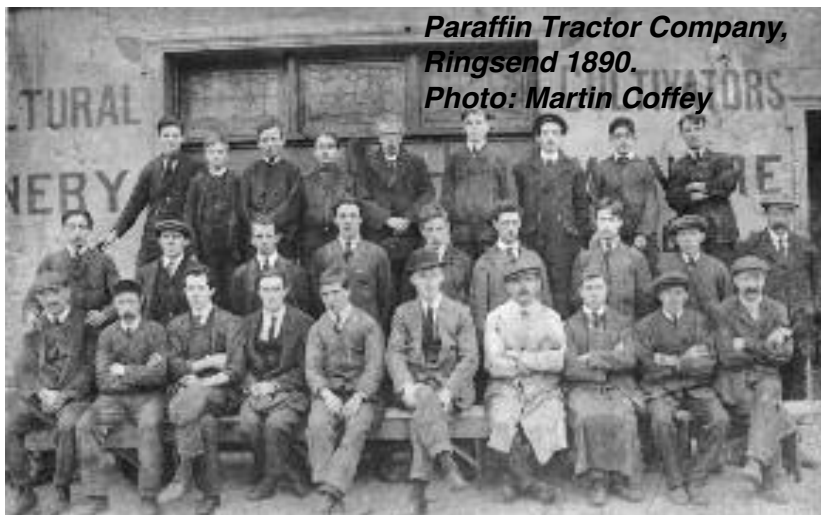
A harbour was developed at Poolbeg and Ringsend replaced Dalkey as Dublin's principal port.



Tony Jenkins, Robbie Shelley, and Boy Murphy

From the mid-17th century hotels and lodging houses began to spring up to cater for the many sailors, soldiers, port officials and travellers passing through the area. In 1654 the Chief Justice of Ireland, Henry Cromwell, ordered everyone of Irish blood to move two miles outside Dublin city and this led to the establishment of Irishtown. By the turn of the century the population had increased significantly and a floating chapel was moored nearby to cater for the spiritual needs of the Community. Work then began on St. Matthew's Church in Irishtown in the early 18th century.

For more information regarding the Floating Chapel check out George P. Kearns story on page 13.



Paraffin Tractor Company, Ringsend 1890. Photo: Martin Coffey

Wishing everyone a very Happy Easter.



**LUCINDA
CREIGHTON TD**
MINISTER FOR EUROPEAN AFFAIRS

**CLLR. KIERAN
BINCHY**

CONTACT LUCINDA: Department of An Taoiseach, Government Buildings,
Upper Merrion Street, Dublin 2. **Tel:** 01 618 4561 **Email:** lucinda.creighton@taoiseach.ie
Web: www.lucindacreighton.ie **Twitter:** @LCreighton

CONTACT KIERAN: 91, The Windmill, Lime St., Dublin 2.
Tel: 087 177 4365 **Email:** kieran.binchy@dublincity.ie **Web:** www.kieranbinchy.ie
Facebook: www.facebook/cllrkieranbinchy **Twitter:** @KieranBinchy

***Clinic times: Thursdays 6pm St. Andrew's Resource Centre, Pearse Street
Thursdays 7pm Ringsend Community Centre, Thorncastle Street, Ringsend***

WORKING WITH FINE GAEL TEAM IN DUBLIN SOUTH EAST
Eoghan Murphy TD, Senator Catherine Noone, Cllr Paddy McCartan & Cllr Edie Wynne

FINE GAEL 



Glenn Reilly

Ark of the Covenant by Glenn Reilly

In the summer of 1900 a group of men from an organization called the British Israelite council set about a large scale excavation at the hill of Tara in search of the Ark of the Covenant, the box said to have contained the tablets given to Moses with the Ten Commandments. Their organization, founded by Edward Wheeler Blyden, a retired judge; was a strange faction of Protestantism, with strong links to Freemasonry; who believed that the British, and the Irish, are descended from the ancient Hebrew tribes of Israel. This desecration of the most important historical site in Ireland grew out of this fanciful idea, based upon their interpretation of biblical scripture, and archaeological, or antiquarian as they would have put it at the time, evidence.

They believed that the biblical prophet Jeremiah travelled with the ark and some companions from Babylon via Egypt and Spain to Ireland in the third century.

The method by which they arrived at this idea is too diverse and subjective for me to go into, suffice it to say that they have drawn their conclusion from a myriad of sources, linguistic comparisons of Hebrew and Irish, interpretations of hieroglyphs in cairns at Loughcrew and other ancient sites, to name but a few. All of these things, they said, proved that the ancient Irish king Ollamh Fodhla, who was reputedly buried in cairn T at Loughcrew, was in fact the prophet Jeremiah; who was instructed by god to 'transplant Jerusalem' to Tara.

But let's put these erroneous, and now largely discredited, ideas aside for a moment, and concentrate on what we know for certain actually happened, at the hill of Tara from 1900. The British Israelites laid waste to the hill of Tara from the summer of 1900, unchecked until 1902, in their search for the ark. We will never know the true extent of the damage they caused or what we lost through their ham fisted excavation of

this sacred site. In a letter written to the editor of 'The Times of London' of June 24th 1902 signed jointly by W.B. Yeats, Douglas Hyde and George Moore; they stated that on a visit to Tara they saw gangs of labourers 'digging and shoveling without any supervision, hopelessly mixing the different layers of earth and altering the contour of the hill'. They had contacted the Commissioner of public works but there was nothing he could do as the 'owner' a Gustavus Villiers Briscoe, had given them consent. However, the letter had the desired effect of sparking public interest in the story, and it was then reported in Ireland. The public opinion was vehemently against this wrong minded and wrong practiced endeavour. Eventually the public outcry, which could be seen as the first swellings of the nationalist fervor that culminated with the Easter rising, was too much for the powers that be to ignore and an agreement was reached with G.V. Briscoe for him to put a stop to the vandalism. Unfortunately by then the damage was done, and the ancient seat of the High Kings of Ireland at Tara had been irrevocably damaged, but perhaps something good may have come from it. The media campaign instigated by W.B. Yeats et al, and continued by Arthur Griffith and Maude Gonne amongst others seemed to start, or at least contribute to, some kind of Interest in Irish Nationalism and the great heritage of our then subjugated country.

I myself fell for the story of Jeremiah and the Ark at first, who wouldn't want it to be true? It's such an amazing story, The Ark of the Covenant, lost through the mist's of time and ending up in our very own isle, but it's easy to weave such a broad and ambiguous range of sources into what you want it to be, if you want to believe something enough you'll make the pieces fit. For a more detailed version of this complicated story and its cast of characters, 'Tara and the Ark of the Covenant' a book by Mairead Carew is available in Dublin City Libraries.

Glenn wishes the Community a very Happy Easter.

Jack Tuite, Derby County Football Club



Turning 16 is a milestone in any young person's life, but for one Lucan lad it also marks the start of his professional football career with Derby County in England.

The young defender has already played for Ireland at Under 16 level and his time with Cherry Orchard means he has been given the best possible training to deal with a move abroad.

"I'm a bit nervous, but I'm looking forward to the move. I just need to settle in over there and get working and I should be fine."

The youngster will be in good company in Pride Park with former Cherry Orchard man Mark O'Brien already established at the club.

He is also hoping to be called up to the next Ireland Under 16 squad for a tournament in the Spring having played against Estonia in November.

Jack's mother, Lisa, is also hoping her son gets the call for Ireland again as it means that he will come home for a short time.

Tuite is the latest in a whole host of players from the Cherry Orchard club to make the big move across the Irish Sea and he will be hoping to quickly settle in and make his mark.

A special congratulations to Jack and his beloved family, mother Lisa, Gran Kitty Fields, you are making the Community very proud.



Mr. & Mrs. Hanifay, and their beloved family.

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MEMORY



From Left to Right: Pauline and John Paisley; Catherine Swaine and Susan Geoghegan

Shane and Staff wish their Customers and Community a very Happy Easter

INFORMATION/SERVICES/CONTACTS

If you need assistance regarding any of the numbers below please contact:
St Andrew's Welfare Rights & Information Service at **01 677 1930**

Health Service Executive Customer Service Freephone: 1800 520 520	Dublin City Council: Phone: 01-2222222
Health Board Executive Dublin South City Phone: 01-6486500	Rent Assessment & Accounts: Freephone: 1800 679 555
Medical/Chiroprody/Dental/ Optical Social Work Services Speech & Language Therapy District Care Unit for the Elderly European Health Insurance Card/E.H.I.C. Other Services available: contact above: Health Service Executive: Out of Hours Emergency Accommodation For Adults: Freephone: 1800 724 724	Housing Maintenance Free Phone: 1800 200 668 Phone: 01-2227579
Medical Cards – Finglas: Phone: 01-8343644	Estate Management Phone: 01-2222098
Ringsend & Irishtown Primary Care Centre Phone: 01-6608629 / 01 - 2320600	Bin Charges (Domestic) Phone: 01-2221000
Dr. Niall O’Cleirigh / Dr. Gilroy Pearse Street Primary Care Centre Mark’s Lane Off Lombard Street Dublin 2 Phone: 01-6427700	Community Development Phone: 01-2222231
Social Welfare Local Office: Apollo House Phone: 01-6369300	Housing Welfare Phone: 01-2222233
P.A.Y.E. Enquiries Dublin: Lo-Call: 1890 333 425	Dublin City Council: Phone: 01-2222233 Block 1 Floor 2 Civic Offices Christchurch Dublin 8 Allocations & Transfers Phone: 01-2223510
Pearse Street Garda Station: Community Garda Juvenile Liaison Officer Crimecall Freephone: 1800 405 060 Irishtown Garda Station: Community Garda Juvenile Liaison Officer Crimestoppers: Freephone: 1800 250 025 Garda Confidential Line: Freephone: 1800 666 111 Emergency: Phone: 999 or 112	Threshold: Housing Advice, Information on Housing and Homelessness Phone: 01-6786096
Parentline: Phone: 01-8733500	A.A. (Alcoholics Anonymous): Phone: 01-8420700 Al – anon / Ala – teen: Phone: 01-8732699
Victim Support: North Central Lo-Call: 1850 661 771 Phone: 01-8603877	St. Vincent de Paul: Phone: 01-8550022 F.L.A.C. : Free Legal Advice Centre/Contact for Referral Phone: 01-8745690
One Family: Training Programmes/Counselling Childcare Service etc. Ask One Family Phone: 01-6629212 Lo-Call: 1890 662 212	Office of the Ombudsman: Phone: 01-6395600 Lo-Call: 1890 223 030
AMEN: (Confidential advice line for male victims of domestic abuse) Phone: 046-9023718	Financial Services Ombudsman: Lo-Call: 1890 882 090
Family Mediation Services: (Free Service) to couples separating Phone: 01-6344320	The Pathways Project: Helping Prisoners & Ex Prisoners Re – educate and re – integrate Phone: 01-8726499
AIM Family Service: Phone: 01-6708363	Bereavement Counselling Service: Phone: 01-6768882 St. Ann’s Church Phone: 01-8391766 (Mon & Wed evenings from 6pm to 9pm, ring for appointment)
The Equality Authority: Lo-Call: 1890 245 545	CYC Catholic Youth Support Service: Phone: 01-8725055
Public Information Centre: Phone: 01-4173333	City of Dublin Youth Service Board: Phone: 01-4321100
Roscrea Co. Tipperary: Phone: 0505-24126	Crosscare: The Crosscare Programme operated in this area is based in St. Brigid’s Food Centre in Holles Row for Homeless people – also Meals on Wheels Phone: 01-8360011
CHILDLINE c/o ISPC: Freephone: 1800 666 666	Citizens’ Information Call Centre: Lo-Call: 1890 777 121
RAPE CRISIS CENTRE Freephone: 1800 778 888 Phone: 01-6614911	M.A.B.S. Money Advice & Budgeting Service Phone: 076 1072520
Focus Ireland: Emergency Accommodation advice to homeless People and anybody who needs advice regarding accommodation Phone: 01-6712555	Women’s Aid: Freephone: 1800 341 900
Barnardos: National Children’s Resource Centre Phone: 01-4549699	Homeless Persons (Oisín House) Freephone: 1800 724 724
	St. Andrew’s Parish, Westland Row: Phone: 01-6761270 Fax: 01-6763544
	City Quay Parish: Phone: 01-6773073
	HOSPITALS: St. Vincent’s Hospital Phone: 01-2214000 Dental School & Hospital Phone: 01-6127391 National Maternity Hospital, Holles St. Phone: 01-6373100 St. James’s Hospital Phone: 01-4103000 Childrens’ Hospital, Temple St. Phone: 01-8784200
	Samaritans (Dublin): Phone: 01-8727700 Samaritans Area Helpline: Lo-Call: 1850 609 090

St Andrew's Day Centre News

We have vacancies for Dinner each day (Monday to Friday) – Ladies and Gents
For Residents of the Westland Row / City Quay area

Contact: Alice Bregazzi at **677 1930**

We would like to wish everyone a Very Happy Easter

St Andrew's Day Centre Bingo

St Andrew's Day Centre has Bingo 4 days per week:
Monday, Tuesday, Wednesday and Thursday

Cost: €1.00 daily

Times: 2.15pm to 4.30pm

Afternoon Tea, Biscuits, Cakes etc

All are Welcome!

Come any day or all days!

Bus Stop outside St Andrews

Looking forward to seeing you!

Alice Bregazzi

GREENORE / ROSTREVOR



We would like to thank our sponsors and members for their continued support all year we welcome new members why not give it a try get you out of the house we are open two afternoons a week from 2.30 – 5. 15 why not give it a try.

The Committee of Greenore / Rostrevor Centre would like to wish all the community a Happy Easter.

Photos of our trip to the Meetings of the Waters in Avoca.



SEAMANS' MASS

November 2012 a special Mass was held in City Quay Parish, concelebrated by Fr. John Owen to remember heroes of the Sea. Present were the Dublin Lord Mayor, Irish Navy and Merchant Seamen.



Farewell Fr. Paul St. John by Paddy McGauley

For the past 20 years Fr. Paul St. John has been involved in the City Quay Community. 14 years of which as Administrator of City Quay Parish. He was the first member of The Divine Word Missionaries to grace us with his presence. Many more followed in his footsteps. Today Fr. John Owen is Administrator of City Quay Parish. Fr. Paul tells me that life in City Quay was very life fulfilling for him. To be in the Parish which his grandparents attended and married in. Fr. Paul's grandfather, Con Dalton, lived in Creighton Street. He was a very popular stevedore for the B+I Shipping Company. Although Fr. Paul is very sad to leave City Quay, he brings great memories and everlasting friendships. Fr. Paul, also brings a wealth of experience with him. In turn this will enrich his new mission in Balbriggan. We wish Fr. Paul God's blessing on his new journey and now he will always be part of the Community.



(Pictures of a special Mass for Fr. Paul).



Farewell Fr. Paul St. John



WESTLAND ROW PARISH

St. Andrew's Day, concelebrated by Archbishop Diarmuid Martin.



WESTLAND ROW PARISH



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Alex and Kate Conefrey

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*Tomas, family and staff wish the
Community a very Happy Easter.*

TIMES OF OPENING:

MONDAY TO
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8.30 a.m. –
6.00 p.m.
SATURDAY
9 a.m. – 1 p.m.
SUNDAY
Closed

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Watch our Board for Weekly Special Offers

Doyle Bros. celebrating 73 years serving the Community.

John, Maureen and Staff would like to wish the Community a very Happy Easter.

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Wishing the Community a very Happy Easter.