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Issue 107

Summer 2018

South Docks Festival Edition



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WE ARE FAMILY!

That was the title of a hit song from a long time ago, still played by wedding bands. The sentiment is still a powerful one. Belonging to a family is what gives us our identity and provides us with our roots. They say that family is where, when you show up, they have to take you in!

Families come in all shapes and sizes. Some are blessed with life and happiness. Others seem to experience much more than their fair share of tragedy. Many enjoy the richness of strong links that stretch across the generations. Others prove all too fragile when the stresses of life intensify. The ideal that, day by day, we try to live is love made visible – in tender care, patient support, respect and forgiveness, the nurturing of children and the inclusion of the elderly.

We try to live as a family on a wider basis, too. We recognize that people have natural rights based, not on their income or status or identity, but simply because they belong to the human family.

As a Community, we reach out to support each other. Families who've grown up beside each other instinctively support each other in troubled times, sharing what they have or just their time. Our area has seen lots of changes and many new families from very diverse backgrounds now call Pearse Street home. The way we live now makes it harder to get to know new neighbours as well as the old. It's a challenge to all of us to extend the hand of friendship – and mean it.

The parishes of Westland Row and City Quay, our local schools and St. Andrew's Resource Centre have been to the forefront of extending a welcome and reshaping their work to be inclusive. On Sundays in Westland Row, Mass is celebrated in Lithuanian and Chinese as well as English, and the altar servers reflect the international range of the parish population.

It's appropriate that Dublin this summer is hosting the World Meeting of Families. Welcoming families from around the world is the reality for Dublin, and our area in particular. When Pope Francis comes in August he will be welcomed by a city that is more diverse, more international, more questioning and, in some ways more troubled than it has ever been. Pope Francis has urged us to rejoice and be glad, because we are the bearers of Good News.

As parish communities at the heart of the city we rejoice in our identity and our heritage. During the South Dock Festival we are one family celebrating all families. Time to rejoice and be glad!

EDITOR: PATRICK McGAULEY DEPUTY EDITOR: BILLY RYAN.

PHOTOS: PADDY GIBSON COVER DESIGN: NOEL WATSON.

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I Don't Know Much About Art..... Rhonda Hill

It's one thing being an established artist, where you create, hand over your works to an agent and show up for the preview evening. It's quite another to be at the beginning of your career eager to showcase your work. The art team, as part of the South Docks Festival (SDF) provide an outlet to promote artistic creativity and would like to invite all our community artists to participate in this year's show. All ages and artistic levels are welcome to submit works to us here in St Andrews Resource Centre, 114-116 Pearse Street on or before July 10th. (Please see poster)

Those of you who have displayed works in previous SDF exhibitions will know that the show captures some of the joy and pleasure of the South Docks Festival as experienced through our pop up gallery, with our awards ceremony acknowledging some of our great community artists. Experiencing creative expression enriches our lives and provides a way for our vibrant community to express itself by empowering and encouraging one another through the practice of art. Our annual expo has become a source of pride for residents (participants and nonparticipants alike) in our community, increasing a sense of connection that draws people together who would otherwise not engage.

This year there are big changes with an exciting new venue courtesy of Bank of Ireland, 1 Grand Canal Square. A super big thank you to manager Gareth and to BOI who as a corporation have a huge commitment to the arts, in particular, local artists. Bank of Ireland, 1 Grand Canal Square has a designated gallery space and their customers really appreciate the ever-changing work on their walls.

We welcome all along to the South Docks Festival Art Expo launch/ awards ceremony on Friday the 13th of July at 3.00pm where we will celebrate our community based artist.

South Dock Festival 2018

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ART EXPO

Calling all aspiring artists

New Venue: Bank of Ireland, 1 Grand Canal Square

Launch and Awards Ceremony at 3.00pm Friday the 13th of July
Wine Reception

Contact: Rhonda and Team on 01 677 1930

Please print clearly name, address and contact number for the safe return of works which will take place on Monday the 23rd of July. All artworks, to be received at St. Andrew's Resource Centre, 114-116 Pearse Street on or before 10th of July 2018. By submitting your artwork you agree to allow it to be displayed and photographed as part of the South Docks Festival 2018.

One submission per person



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Above: some of our judges and winners at last year's SDF Art Expo 2017



Townsend Street Memories 1950 by Sonny Kinsella

Jespy

His proper name was Jimmy Durnin, but to everyone else he was known as Jespy Doran and his mother was also known as Ban Doran. He was an only child and they lived in 25 Townsend Street. And when this house was condemned they moved to 24 Townsend Street to the buildings. As it was known at that time, which was on the corner of Luke Street and Townsend Street. He lived in the bottom flat, just off the Street. The building consisted of eight tenants which was very modern in its day. It is still standing there but has been idle for many years now. When I was ten years of age Jespy was about thirty years old, from what I know about him he never seemed to have a job, but his mother worked all her life as a char woman etc. He seemed to have been pampered by her as she always made sure that he was well clothed for the weather and always with a scarf around his neck. He was a gentleman in his own way, very friendly and quietly spoken, where he got his education from I don't know, he was very intelligent in all subjects whether it was politics, sport or history and always had a book or a newspaper in his pocket and was never boring. But as time went on his mother died and for the first time in his life he was left on his own. For some years he lived in 24 Townsend Street after his mother's death, but it seemed without her he couldn't manage and ran into arrears in rent and was evicted from the flat. Now he was homeless for the first time, but I believe he often stayed in the night shelter for men in Tara Street but he never left Townsend Street, I was in my twenties at this time and working and whenever I would see him I would give him a few shillings, in a way that wouldn't embarrass him and some clothes ever so often as his was getting very shabby as time went on, but he was always clean in appearance. I'm sure other neighbours looked after him too, he would never impose himself on anybody and always had a friendly greeting for you. Eventually it came the time when Jespy began to look down and out, and was looking the worse for the wear until the Committee of Liffey Wanderers Football Club who had opened up the basement of 27 Townsend Street as their club rooms. This was in the late 1950's and Mickey Courtney who was a near neighbour of Jespy helped to get him a caretaker

and Odd Job man of the Club. (I think they might have let him sleep there). He did this for some time but eventually his time came to an end and when he died the Street lost a loveable character, I believe the Parish of City Quay helped to bury him. If his mother hadn't pampered him so much and with all his intelligence he could have been a contender for any job. In today's world Jespy could have been equal to the best, but perhaps he was born at the wrong time. It's many years since he passed away leaving no relations but only memories of what he might have been to those of us that knew him.

What is Love

"Compiled from Song Titles"

Love is not the many splendoured thing that young lover's think it is. It's just an infatuation that gathers momentum as time goes by. Once in a while I feel like falling in love and I would like it to be in Paris in the Spring time, but I'll get by because I have all the time in the world and as those three little words that means I Love You it is as false as throwing Three Coins in the Fountain, falling in love is like falling into the river of no return, if I close my eyes I find this is all only make believe true love is only a myth, you think you hear Mission Bells Ringing and feel like you're in heaven, but you're not, you are just having a beautiful dream, and as you know dreams don't always come true and they don't last as memories do, love in some cases can cause jealousy between good friends and that's another reason for it not being a many splendoured thing. When you fall in love you hope it will be forever and not just one more for the road, so give your word and come fly with me to far away places, we could even go sailing with our red sails in the sunset, while the golden sun sinks in the west, so should I fall in love I'd like it to be when I dance with you. This foolish thing called love is only for the dreamers, there is a possibility that the old black magic could bring me my melancholy baby that I could give all my loving to. You never know what love is like till it hits your broken heart, but it is a many splendoured thing or is it a form of madness, I'll leave it to you?

Sonny wishes the Community a very Happy South Dock Festival and Summer Activities.

*The route to Dad's funeral
brought back so many memories.*

Even with so much going on on the day of a funeral, we believe that small details can make a big difference. Whether it's taking a funeral route that brings back memories, or suggesting that a family member takes home a flower from the wreath, we pride ourselves on thinking of everything, as even little things can mean so much.

When your thoughts are with them,
ours are with you.



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Gus Nichols

PAST NICHOLS – THE UNDERTAKERS – Part 6

SIX GENERATIONS OF A DUBLIN FAMILY BUSINESS

It was common practice then for undertakers to hire horses, hearses and other vehicles to one another. Nichols' daybooks record them hiring to and from such firms as Fanagans in Aungier Street, Miller & Co. of Bray, Kerrigans in North Strand, Corrigan's in Camden Street and Wallers in Denzille (Fenian) Street. The use of these rented motor hearses gradually increased during the 1920s, especially for occasions when the funeral and burial of Dublin residents took place a distance from the city.

Realising that it no longer made commercial sense to continue hiring motor hearses, Charles Nichols, probably encouraged by James and Dick, finally bowed to the inevitable and bought a motor hearse and several motor cars. This hearse entered service on 22 March 1930. It was driven by P. Murphy, who had been working as a driver in the yard for the past 15 years or so. As time went by, most of the other men joined him, and learned how to drive motors as well as horses.

thought was right, and was delighted by the arrival of each of his grandchildren. In return, he was truly loved and greatly respected by all his family.

Less than two months later, on 2 November, James Nichols also died. He too was buried in Mount Jerome, in the same grave as his wife, Lizzie, who had died in 1924. This left Dick in sole command of J & C Nichols, which had been to him by Charles.

Throughout their lives, Charles and James had been the best of friends. They had each reared their children to know and care for one another, and for all their cousins. When their sister, Charlotte Ellen Gregg, fell upon hard times, they helped to house and support her and her family. They both had other business interests besides J & C Nichols; they were shareholders in the General Cemetery Company of Dublin (Mount Jerome) and held other shares, mostly in various railway companies. They also embarked on a new venture building houses in the Rathmines area, on roads such as Beechwood Avenue, Moyne Road and Annesley Park. Some of these they then sold on, others they kept and rented out, several at peppercorn rents to other members of the family, including in-laws – the Nichols; definition of family was an all-embracing one.

Religion played an important part in the life of both brothers, and manifested itself in different ways. James had been a faithful parishioner of St. Ann's Church in Dawson Street for his entire adult life; all his children were baptised in St. Ann's; his funeral service took place there, as did that of his son, Joseph. His eldest daughter, Annie, attended St. Ann's until her death in 1965, and her funeral service was also held there. Over the years, James had held various positions in the parish, serving as a Churchwarden and on the Select Vestry at different times. His service to his parish is commemorated in the oak lectern in St. Ann's Church.



Photo of Massey's men and old hearse (1930s). Shows cross-over period from horse-drawn to motor hearses. Horse-drawn hearse in the background with horse-drivers (buttoned jackets and top hats), motor-hearse drivers (coats and peaked caps) and coffin-makers (in overalls). (Courtesy of Rom Massey).

END OF AN ERA

Charles Nichols died in his own home on 20 September 1933. He was buried with his first wife, Mary, in Mount Jerome. Despite the disparity in their ages, Madeline was devoted to her husband and was distraught at her loss. His children, from Nan down to the 12-year-old Norma, were heartbroken and his numerous grandchildren were also saddened at his passing. Charles had been a loving father, grandfather and husband, always gentle, kind and patient to all the children in the family. Unusually for someone born in the nineteenth century, he never raised a hand to a child and rarely raised his voice. As his children grew to adulthood, he supported and helped them in every way he



The lectern in St. Ann's Church in Dawson Street, showing the inscription by James Nichols. St. Ann's Church figured later in the life of J & C Nichols. Gus Nichols was married in the same church in 2006 and his son, Samuel Nichols, was baptised there the following year.





The Diabetic Foot by Angela Ferris, Podiatrist

Diabetes can cause nerve damage and blood vessel damage in the feet. This can mean there is reduced sensation (feeling) in the foot. This may cause skin breakdown, which can develop into non-healing wounds. This may even result in limb amputation.

Throughout the world, it's estimated that every 30 seconds one leg is amputated due to diabetes. (Yazdanpanah et al., 2015). Here are some tips for looking after your feet:

1. Check your feet daily: Check the soles, heels and in between the toes. If needed, ask someone for help or use a mirror.
2. Do not walk barefoot: walking barefoot could cause you to step on something sharp. Even the smallest cut may cause a problem. Have your shoes beside your bed to start a habit.
3. Moisturise: Diabetes can cause dry skin, which may result in fissuring or cracking. Be careful not to put moisturizer in between toes as this may cause fungal infection.
4. Blisters/cuts: Do not burst blisters. Clean cuts by bathing your foot in freshly boiled cooled water (not hot) and apply an antiseptic cream. Use a sterile dressing and tape (from a pharmacy) to cover
REMEMBER: Change the dressing and check for healing each day. If not improving, contact your GP, nurse or podiatrist.
5. DO NOT sit with your legs crossed as this could damage the blood vessels in your legs. This may reduce the blood supply to your leg.
6. DO NOT use over the counter corn or verruca remedies. Your podiatrist will treat any hard skin or corns on your feet.
7. NEVER USE Hot water bottles.
8. NEVER USE Foot spas.
9. DO NOT sit too close to fires or radiators. (Hse.ie 2018)

For more tips see and information see:

<https://www.hse.ie/eng/health/hl/living/diabetes/>

By Angie Ferris, Podiatrist.



(New England Journal of Medicine 2015)

The Fit Feet Programme for the Special Olympics Ireland was held recently in Blanchardstown National Sports Campus, Photos Angela and participants.



MIGRAINE

It's a safe bet to say everyone gets headaches at some stage in their lives. We wake up one morning with a sore throat and within 24 hours we have a full blown head cold which includes a thumping head ache. We take a few paracetamol and a few days later we feel better.

The other common cause of headaches is stress or anxiety and this is what we call tension headaches. This pain can either be described as a tightness across the forehead or else a thumping pain in both temples. This pain is caused by tension in the muscles of the scalp or the neck and everyone gets this type of pain sooner or later of they are putt under stress.

The next most common cause of headaches is migraine and this is what I want to describe in detail. About 10% of all people going to their GP with headaches will have migraine so it is very common. On the other hand a lot of people say they have migraine when in fact they are getting tension headaches.

The key to diagnosing migraine is the description of the pain along with a number of questions that can give clear clues as to the diagnosis. This is what GPs call a clinical diagnosis – that means there is no blood test or scan to make the diagnosis. In fact any test you can think of will be normal in someone who is having severe migraine.

Up to 10% of the population get migraine and it is three times more common in women than men. It is an episodic condition which means it comes in bouts, the average being about twice a month. This is one of the first questions a doctor will ask and it is not possible to diagnose migraine if the answer is that it is the first time a person got his headache.

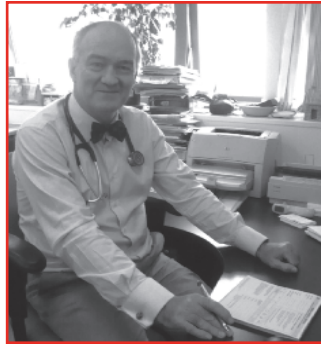
One of the clear features of a migraine headaches is that it may be on one side of the head only. If the patient puts his hand up to his eye and says he gets a severe pain around that area of the head once or twice a month then the diagnosis is almost definitely migraine. Some of these people will get visual symptoms such as a blurring of the vision or some flashing lights or sparkles in the eye. These are classical symptoms and they make the diagnosis easy. Unfortunately the opposite is not the case – if they have none of these symptoms you cannot then say they do not have migraine.

Another clue to look for in migraine is a thing called an Aura. This means a kind of a warning that the person gets that they are about to get a migraine. There is a similar aura that occurs in epilepsy. The person may get a warning like a smell or a taste, and then they get an epileptic fit. With migraine it can be a change of mood, some irritability, tiredness, poor concentration, yawning or craving certain foods. It can also be some blurring of the vision that we mentioned already. When these happen for the first time, they only confuse patients because they never link these

Doctor O' Cleirigh

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

YOUR COMMUNITY DOCTOR



with migraine, but later on these symptoms can help a patient because once they get the aura, they know to take medication to stop the headache coming on.

The next question to ask is about trigger factors. People will eventually get to know their own trigger factors that will lead to a migraine headache but sometimes it is difficult to avoid them completely. The biggest one by far is stress, and no matter how hard you try, it is impossible to avoid this completely. A peculiar aspect of this is that migraine can strike in the down time after stress. Therefore a person may be under huge stress during exam time and then they get a severe migraine the day after the exam finished.

Other triggers in the environment can be very bright lights or loud noise, lack of sleep and excessive tiredness. For women the time around onset of periods can be a high risk time. Then there are the various diet triggers and especially red wine. Dairy products are well known to trigger migraine and especially chocolate and cheese. There is a whole list of food additives that are triggers and at the top of the list is monosodium glutamate (MSG) which is the thickener used in most sauces and most fast foods.

As I said already we have no test to confirm migraine but you can see from all the information so far that you can have a fair idea that a person has migraine if they answer yes to many of the above questions. The first line of treatment is to use painkillers to treat the headache. Start with paracetamol and if no ease move on to Brufen (Ibuprofen) or Ponstan (Mefenamic acid). It is very important to avoid taking morphine based pain killers because they increase the chances of going on to chronic migraine. Beta blockers are not pain killers but they can reduce migraine because of their effect on blood vessels. Amitriptyline is an antidepressant but again it can reduce migraine by other actions it has on nerves. Also epilepsy have been found to work in some cases of migraine.

When painkillers no longer work we then move on to a group of medications known as the Triptans. These are called 5HT receptor agonists which mean they lock on to a part of the brain known as 5HT. when you are about to get a migraine speed in getting medication into you is very important and these tablets are available as a quick melt tablet to put under the tongue. They are also available as a nasal spray to squirt into your nose. Both methods mean you do not have to wait for the tablets to dissolve in your stomach before it reaches your blood stream. Through the stomach can take 15-20 minutes to reach the brain whereas through the nose or under the tongue takes a maximum of 5 minutes when a severe migraine is on the way that difference seems like an eternity.

Dr. O' Cleirigh wishes the Community a very Happy South Dock Festival and Summer Activities.

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LADY CATHERINE'S RING by Ann Losty Byrne

Lady Catherine listened to the wind rattling against the window panes and remembered the night Jack Murphy and Tom Duggan broke into the family vault in the little church on the estate. All day long she had been conscious that it was the anniversary of her funeral. The first of September, the twenty-fourth anniversary; she had succeeded in keeping ugly memories away by busying herself all day long but now as she relaxed by the fire in a comfortable armchair, memory mastered resolve.

Henry, her husband, was away on business and her children were thoughtless. She was alone on the one night when she wished for company but her relations and friends thought that she had forgotten the bad memories or should get over them. Only she couldn't, not on this day.

As she drifted into sleep, jumbled memoirs came flooding back, things that she had learnt later mixing with her own memories. She had discovered that Jack Murphy and Tom Duggan had attended her funeral and had heard from her maid, Maureen, about the row that had broken out when a cousin had tried to take the antique gold and emerald ring from her finger, a valuable ring that had been passed down through the generations of the Fitzgerald family.

"It should have been taken off at the time of death, now we will never get it off unless ..."

Helen Fitzgerald never got to finish the sentence for Lord Henry shouted, "She goes to God the way she is, leave her be, leave her be".

After that, nobody dare object to anything that Lord Henry said or did. They knew he was in deep shock at the early death of his beautiful young wife. There had been no indication of illness, Lady Catherine's sudden death had been a shock to all her relations and friends. Still, Helen thought as she hugged her cloak closer for comfort, there had been no need for Lord Henry to shout like that at her and she began to wonder had the marriage been a happy one. And she wasn't the only attendee at the funeral who wondered at the sudden death of the lovely young wife. In death Catherine looked like an enchanted princess waiting a kiss from a handsome prince but as everybody walked back to the Castle for lunch the sound of the vault being locked echoed in their ears. Lady Catherine was dead and those who loved her were devastated by the fact.

"When an old person dies, it's sort of acceptable", one old lady remarked. "But when a young person dies, it's harder to accept, it seems such a waste".

Jack and Tom thought that it was a great waste to have buried Lady Catherine with the valuable ring on her finger. As estate workers they had been expected to both attend the funeral and afterwards help carry the coffin to the family vault. The idea of a valuable ring been left on the finger of a dead body appalled them; the price of that ring would enable them and

their families to live in comfort for years and on their way home that evening they decided to pay a visit to the vault that very night. Best to act sooner than later.

The two men waited until the Castle was in darkness. The only light shining in the gloom was in Lord Henry's rooms and they reckoned that he was probably drunk. The raging storm would keep most people indoors even grieving husbands.

Tom had the key to the vault which he had never returned to the estate office and so they gained access to the vault without any trouble and then they placed a sack over the only window.

"Put the lantern on that hook and come help me. We have to lift her coffin down and break it open on the far side, that way any damage won't be noticed until ..."

"The next funeral?"

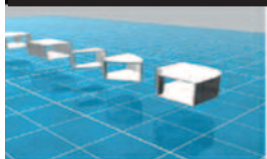
A grunt greeted this remark and the pair set to work. Jack brought the lantern nearer and held it high while Tom prised the lid off the coffin. The stones on the ring reflected the light from the lantern as Jack passed a knife to Tom in order to cut off Lady Catherine's ring finger, then to the horror of both men the flickering lantern light was suddenly reflected from Lady Catherine's eyes.

At first, they were in such deep shock that they doubted what they were seeing but by the time the eyes flickered open twice more, they knew that the corpse was not a corpse and just as the thought entered Tom's head that it might be best if the corpse was a corpse, his companion dropped the lantern and ran out of the vault and into the storm shouting, "She's alive, she's alive".

"Come back, you fool. Come back, come back", Tom raced to the vault door but Jack had too good a head start. He was far down the Avenue, his shadow broken every few seconds by the swaying branches of the trees. It was a dirty stormy night and he had been about to commit a dirty deed. Tom stepped back into the vault and approaching the open coffin stared in disbelief at Lady Catherine's open eyes. She was looking at him!

Tom realised that there was no way he could cover up his and that dumb fool Jack's, crime, not with Jack spreading the news all over the place, therefore he approached Lady Catherine and touched her nearest hand, her fingers felt cold and he decided that he had better make the best of the situation. He wrapped his overcoat around Lady Catherine and lifting her out of the coffin proceeded to carry her towards the Castle, thinking that he even though he had been about to commit a crime if it weren't for him and Jack, Lady Catherine would have died in dreadful circumstances. Surely that would have to be taken into consideration? There was hope but Lady Catherine never forgave the evil intention she had seen in Tom's eyes that night. If Jack hadn't fled the scene she knew that she would have been murdered in her coffin. That's what she always remembered on stormy September nights and sometimes on other stormy nights too.

**Wishing the Community a very Happy South
Dock Festival and Summer Activities.**



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Dream Girl by Tony Rooney

They didn't believe me, and they made it plain they didn't believe me. "You're either a chancer or a head case," Joe Foley said with a glare. By his side Pat Nolan nodded his head in vigorous agreement. "So you have reservations about my story?" I suggested. "Reservations by dammed," snorted Joe, "I wouldn't believe it if you paid me." Jem Boy Kenny joined our group, carefully easing his sixteen stone bulk into a chair and placing his pint gently on the table. "What's the problem?" he asked. "This fellow wants us to believe a cock-and-bull story." Joe snorted. "Here, tell Jem Boy." Jem Boy nodded his willingness to listen and for a second time, I told my tale.

In the mid nineteen fifties I received a football injury that left me with a sore hip. The doctor told me exercise was advisable and suggested I take a daily walk. So, most days, but not every day, I left my home in Oliver Bond, walked along the quays, up Parkgate Street, along Conyngham Road as far as Islandbridge, turned right into the Park walked to the main road and then straight home. Now I've always had a habit of day dreaming and so it was on that day. I was walking near the Wellington Monument when I decided to cross the road; without thinking I stepped from the path; there was a loud screech of brakes, I glimpsed a large black car; tried to step back and received a blow on my shoulder that sent me staggering onto the grass verge where I collapsed on my face. I was lying there stunned when I was gently lifted to my feet by a tall well-dressed man; I realised he was the driver of the large Rolls Royce standing nearby. He began to speak to me, but was diverted by a call from his passenger in the back seat. He led me by the arm and, to my surprise I was assisted into the rear seat beside a beautiful woman.

When I looked at her face I realised with astonishment I was sharing the seat with Grace Kelly. Now to me and I'm sure to every other fellow my age, Grace Kelly was a paragon of feminine beauty. I first saw her in that famous movie "High Noon". I remember sitting in the cinema enjoying the western when this vision of beauty appeared on the screen. From that moment I was totally smitten; I lost interest in the story; I didn't care if Gary Cooper shot the baddies; all I waited for was the appearance of this blonde goddess. And now, by some extraordinary twist of fate, here I was sitting literally inches from the girl of

my dreams.

She leaned towards me. "Are you alright?" she asked. I nodded dumbly, running my left arm. "Is your arm sore" she pressed a look of concern on her beautiful face. "It's probably just a slight fracture," I said, trying to appear casual. "Let me take you to hospital," she said. "No thank you," I replied, "That won't be necessary." She seemed to relax when she saw I wasn't seriously hurt. "I wanted to meet some ordinary Irish people, but not this way. How old are you?" "Twenty two." "Are you married?" "No." "Is there a girl?" she asked with a lovely smile, "Someone you love?" I nodded. "What's her name?" I blushed, "I can't tell you." "Why not?" "She's too far above me," I stammered. Grace looked puzzled, "You're in love with an air hostess?" I shook my head in denial, "Please, I'd rather not say." "Forgive me," she said, "I've no wish to embarrass you; if you've no wish to go to hospital, where can we bring you?" "Oliver Bond," I said regaining my composure. "Is he your G.P.?" she asked. "It's where I live." "Very well," she said, "Direct James and we'll have you home in no time."

Following my instructions James drove down Parkgate Street, across Kingsbridge, up Steeven's Lane, left into James's Street and finally pulled into the kerb in Bridgefoot Street. "This is it," I said pointing to the flats across the road. Grace stared at the flats in wonder. "My! What a large residence you have; so many windows." "We have a large domestic staff." I said in desperation. James walked around the car and opened my door, Grace extended her hand. "It's been a pleasure meeting an ordinary, insignificant Dubliner," she said. "Goodby," I said, "it's been a honour; and tell Prince Rainier I was asking for him."

I stepped onto the path and watched the Rolls move off smoothly. It travelled down Bridgefoot Street, narrowly missed a stolen car and turned left onto the Quays and disappeared from view. I sat back and waited for Jem Boy's reaction. Joe Foley couldn't restrain himself; "Did you ever hear such rubbish?" he said, turning to Jem Boy. "I believe him," said Jem Boy calmly. Joe, looked at him in astonishment, "You believe a tall story like that?" "I do," said Jem Boy folding his arms across his ample midriff, "And I'll tell you why I believe him; because I had a similar experience with Ava Gardner."

Tony wishes the Community a very Happy South Dock Festival and Summer Activities.



*Jim O'Callaghan T.D.
would like
to wish the
Community
a very Happy
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FIANNA FÁIL
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THE HEART OF ST. LAURENCE O'TOOLE

Assistant Garda Commissioner to Present Heart of Patron Saint of Dublin to Archbishop of Dublin Christ Church Cathedral, Dublin on Thursday 26 April 2018 at 6pm

The Heart of St. Laurence O'Toole, Dublin's patron saint, was returned to its rightful home in Christ Church Cathedral, Dublin, on Thursday April 26th, at 6pm. The relic was stolen from the cathedral in March 2012 and after a six year absence has been recovered undamaged.

A long running investigation by An Garda Síochána led to the recovery of the Heart. That investigation is ongoing.

The Heart was presented by Assistant Commissioner Pat Leahy to the Archbishop of Dublin, the Most Revd Dr. Michael Jackson, at a service of Choral Evensong in Christ Church Cathedral, at 6pm that evening.

Archbishop Jackson said that the return of the heart is of huge significance to the people of Dublin.

"The return of the heart of Laurence O'Toole to Christ Church Cathedral brings great joy to the people of Dublin as Dubliners. For those of us associated with the life of the dioceses, it brings again to the fore the close relationship between Glendalough and Dublin, a relationship of more than 800 years. Laurence left the monastic city of Glendalough of which he was Abbot to become Archbishop of Dublin, hence cementing a vibrant relationship that continues unabated to this day," he stated.

"Our deep thanks and warm appreciation go to all who have worked tirelessly to make this day of restoration possible, particularly the Garda Síochána," he added.

The Cathedral's Dean, the Very Revd. Dermot Dunne, said he was delighted that the relic had been recovered.

"I am delighted that the heart will be back in the cathedral. I am grateful to the Gardaí for all the work they have done in recovering it. I said at the time it was stolen that the relic has no economic value but it is a priceless treasure that links the cathedral's present foundation with its founding father, St. Laurence O'Toole. It gives joy to my



heart that the heart has been returned to the city," the Dean stated.

Assistant Commissioner Leahy said it was a privilege to be able to return the relic.

"As Assistant Commissioner for Dublin it gives me enormous pleasure to return such a valuable relic to its rightful place among the people of Dublin. It is not very often that we get an opportunity to engage in such a positive activity that affects the citywide community and in that regard I am acutely aware of the privilege that has been bestowed upon An Garda Síochána on this occasion. It is appropriate to acknowledge the great work of individual Gardaí who kept their radars on and their minds open in this ongoing investigation and I commend them for their commitment and diligence on this matter. I am personally delighted to return the relic to Christ Church Cathedral where it can again provide a most important and tangible link to our past," he commented

Following the theft of the Heart, Dean Dunne appealed to the person who stole it to return it and he would ask no questions. He said he is happy now to let the Gardaí continue their investigations.

A proper shrine to St. Laurence will be instituted in Christ Church Cathedral where the people of Dublin can come to honour the memory of the patron saint of the city. Following the theft of the heart, security at the cathedral was reviewed and regular security reviews continue.

The preserved heart was stolen from the cathedral in March 2012. It was kept in a wooden heart-shaped box sealed within a small iron barred cage which was on the wall of St. Laurence's Chapel in the Cathedral. It was recovered by Gardaí who have been investigating the theft ever since.

By Lynn Glanville.

Laurence O'Toole is the Patron Saint of Dublin and is closely associated with the early years of Christ Church Cathedral. His feast day falls on November 14.

He was born at Castledermot, County Kildare, in 1132, the youngest of four sons of Maurice O'Toole, a Leinster chieftain, who was engaged in rivalry with the powerful Mac Murchada family. When he was 10 years old, Laurence was handed over to Diarmait Mac Murchada as a hostage for his father's loyalty. When his father was suspected of treachery, Laurence was imprisoned and became very ill. He was eventually rescued and cared for by the Bishop of Glendalough and decided to join the church. He was ordained a priest and became abbot of the monastery at Glendalough at the age of 25. In 1161 he became Archbishop of Dublin and was consecrated the following year at Christ Church Cathedral.



Bono in Paris

by Billy Ryan

I'll tell ye all a little story.... in 2002 I was in Paris in the early March of that year - I was with my mother - we had a lovely time - Ma felt the city was too posh though!..... more to follow... Is Paris too posh? – Suggestions in French only please!!

One day we went to the Père Lachaise Cemetery in Paris to see all famous people buried there. To see their headstones anyway! And what tombstones they were – houses more likely; mansions really. Among the famous people buried or should I say residing (I'll settle for reposing) there are Edith Piaf; Jim Morrison; Frederic Chopin; Baudelaire; Edith Piaf; Jim Morrison; Oscar Wilde; Moliere; Abelard and Heloise; Marcel Proust; Collette; Gertrude Stein and many, many more French / European geezers and geezerettes.

When we got there we gawked and gazed like all tourists at the amazing sculptured monuments to the dead that are in Père Lachaise. I had heard that Oscar Wilde and Jim Morrison were buried there but finding their graves was proving difficult. Eventually we came across Jim Morrison's resting place – it had an armed guard near it to prevent souvenir hunters from robbing bits of it or maybe bits him! If they could get their hands on him that is! His grave is rather an ordinary affair compared to some of tombs in the cemetery. After duly paying our respects to the late Jim we headed off to try and find Mr Wilde's place of repose. On the way we came across Edith Piaf's grave and as we were admiring it, an irate woman came over to us from nowhere, berating us for ignoring the nearby grave of another French singer buried nearby. This woman was a much better singer than Edit Piaf ever was and never got the recognition she deserved she seemed to be saying, actually shouting if my memory serves me. My knowledge of French is

of the Inter cert school variety and I assume that's what she was going on about! We dutifully agreed, being tourists and not wanting to cause offence.

After that little episode we headed off again on our travels determined to find the bould Oscar. When we did eventually find it, it was worth all the effort! What a headstone he has – a massive block of marble hewn into the shape of an angel; the whole edifice covered in vivid red lipstick and graffiti. What can you say only stare in wonder. As we were admiring the Oscar's edifice a young couple (from Italy or Spain I think) approached us and asked boldly where we were from, and when we informed them that we were from that same teddy bear shaped isle that Oscar was from the man announced in a booming voice to the crowd assembled "so you are from the land of Bono!"

A deafening silence greets this exclamation – my mother and I were speechless as were most of the other tourists who were present. At this point dear reader I hope you don't mind if I make some of this up as I'm trying to remember events that happened in 2002, so there may be some exaggerations here and there. Some things defy explanation and are best left to themselves. To put the tin hat on our adventures for our day in Père Lachaise we were locked in by to the cemetery by the curators and how we managed to get out is an episode for another story!.... or maybe not!

Footnote.... On another day over there we went looking for the Eiffel Tower – couldn't find it even though we were nearly underneath it – was outside our field of vision... has that happened to anyone else in Paris I wonder?

Bye for now.....

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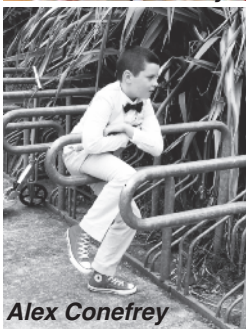
Kate Conefrey



Tomas and staff



Carer's Day at Conefreys



Alex Conefrey

**Tómas Conefrey,
Superintendent Pharmacist, Conefreys
Care Plus Pharmacy wishes the Community
a very Happy South Dock Festival
and Summer Activities
Tómas, Family & Staff**



Nadine Miley and Mrs. Conefrey

Huntington's Disease

Huntington's Disease (HD) is a hereditary neuro-degenerative illness which causes cells in certain parts of the brain to malfunction and die. As brain cells die, changes to movement, thinking and emotion occur and gradually worsen over time. Symptoms can begin at any age; but for most people with HD symptoms usually start between 35 and 50 years of age. About 5 -10% of people with HD have symptoms before age 20 (Juvenile HD) and 10% have onset after age 60 (Late onset). Each child of a parent with HD is said to be at risk and has a 50% chance of inheriting or not inheriting the disease.

HD usually progresses slowly over a period of 15-25 years. Symptoms vary from person to person and at different stages of the illness and may include: weight loss, involuntary movements (chorea), difficulty with walking, talking and swallowing, impaired insight, problems with focusing, planning, recalling information and making decisions, depression, apathy, and anxiety. While there is no cure for HD at this time, symptoms can be treated. Psychological support and rehabilitative therapies such as: physiotherapy, occupational therapy, speech and language therapy and diet and nutrition expertise can help manage symptoms. HD is a relatively rare condition,

it is estimated that there are around 750 people with HD in Ireland. However there are a further 3000 at risk and many families have more than one person affected. Significant progress has been made by researchers worldwide to develop potential therapies. In December 2017, the HD community celebrated positive news from the first gene-lowering research trial to target the root cause of the disease. The trial showed that the drug was safe and lowered the harmful protein in the nervous system. A much larger and longer trial is now being planned.

The Huntington's Disease Association of Ireland (HDAI) is a national voluntary organisation dedicated to supporting people impacted by HD. Practical assistance includes: a national helpline, counselling, HD seminars and Information talks, support meetings, newsletters and publications, aids and appliances and other support as required. HDAI is very grateful for the wonderful support received from volunteers. In 2017 Ann Maher and her colleagues at St. Andrew's Resource Centre held a Coffee Morning and sold HDAI charity Christmas cards and raised a fantastic €848 to help us in our work.

For more information contact the HDAI, Tel: 01 872 1303, www.huntingtons.ie

THANK YOU

Late last year Ann Maher and Joe McElliott ran a coffee morning in aid of Huntington's Disease in St. Andrew's Resource Centre. They would both like to thank all those who attended, gave a donation or prize for a raffle. We would also like to say a big thank you to Noel Clarke, Rhonda Hill, Patty Rogers, Paddy Callery, Marty and Michael Ryan for helping to set up everything on the morning. Your support was very much appreciated.

You will be happy to know in total we raised €848.57 for this worthy cause. And we hope to run another Coffee Morning for Huntington's in about 4 – 6 weeks.





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"TALK ABOUT YOUTH PROJECT" WISHES YOU ALL A VERY HAPPY SOUTH DOCK FESTIVAL AND SUMMER ACTIVITIES.

1: SUMMER PROJECT:

This year's project runs for 4 weeks, including the South Docks festival week. It will run from the 30th



June, starting with a 4 day residential in Larch Hill to the 27th July. It is open to young people from the age of 8 to 16 years. On offer this year, we have trips to Lullymore, Newbridge Farm, Dublinia and Rainforest Adventure Golf plus a cruise from Dublin to Dun Laoghaire. We also have Mystery trips, kayaking, coastering, a sports day in Irishtown stadium, the talent show in the Google theatre, a garden party and a host of other events.

Registration is in the youth office on Tuesday 12th June and Thursday 14th June. A parent or guardian must register their child. Bookings for all events, except the South Docks festival

incur fees, which must be paid in full when booking. There is also a registration fee of €5 for each child with reductions if you have more than 1 child registering.

2: INTERNATIONAL EXCHANGES: Under 18's

International program youth exchange to Finland .

30 young people from Ireland, Finland, and Russia took part in the first leg of a Multinational, three leg youth exchange program in February of this year. The young people explored the theme: Make Your Voice Heard.

The second leg will be in Russia in October, and the third leg in Dublin in 2019.



3: INTERNATIONAL EXCHANGES: Under 18's



In March we brought young people to Stroheim in Northern Norway, along with groups from Croatia and Norway.

This is also a three legged Multinational youth exchange with "Connecting People Through History" the main theme explored. The first leg was hosted by Norway, the second will be hosted by Ireland in July and the third next summer in Croatia.

10 YP from each country took part.

4: RESPECT PROGRAMME:

In April of this year, we finished the Respect Programme, which was run in conjunction with CBS Westland Row, for First year students. It aims to support young people transition from primary to secondary school. It is a vulnerable time for them and the programme helps with their personal and social development, through a series of team building activities and projects.

"TALK ABOUT YOUTH PROJECT" WISHES YOU ALL A VERY HAPPY SOUTH DOCK FESTIVAL AND SUMMER ACTIVITIES.

5: GIRL TALK:

This group was set up to provide health education, advice and support to young girls aged 10 - 12 years. They are provided with information to help them make healthy choices and to help with their own personal development. Fun and challenging activities are the name of the game, with lots of group work, discussions, trips out and learning along the way.



6: IT'S NOT OK:

The "It's Not Ok" Programme strives to create a greater awareness of bullying amongst young people in clubs / groups, schools and the local community. Parents are included from the beginning. In conjunction with participants, an anti-bullying policy is being developed by the young people. It provides a safe space for young people to talk to youth workers in confidence (subject to child protection guidelines)

7: YOLO PROGRAMME:



The YOLO programme was piloted this year and was a great success. The Aim of the YOLO (you only live once) programme is to clarify information, dispel myths, challenge attitudes and provide factual information about relationships, sexuality, sexual behaviour, tobacco and alcohol and drugs which are relevant to the age of the young people involved. YOLO provides young people with a safe environment in which they can discuss their opinions and attitudes about issues which affect their lives, develop and enhance their life skills to deal with situations in the future and make decisions which will improve their overall health and well-being. Using interactive approaches like small group discussions, role play, quizzes, walking debates and case studies makes it more interesting for young people to participate in the programme.

8: LIFE TIME TOURS:

This term a group of young people in the project participated in the life tours programme. The programme, which was run in conjunction with the J.L.O., Community Policing Unit Pearse Street Garda Station, gave participants the opportunity to take a closer look at positive and negative life experiences. The group visited services like the Pearse Street Garda Station, Ringsend and District Response to Drugs, Merchants Quay Homeless service, The District Courts, Dublin Fire Brigade Training Centre Marino and Mount Joy Jail. We would like to thank all of the organisations involved for giving their time to the programme. Without their inputs and insights it would not have been such a hit.



**"TALK ABOUT YOUTH PROJECT" WISHES YOU ALL A VERY HAPPY
SOUTH DOCK FESTIVAL AND SUMMER ACTIVITIES.**

9: LIFE CHOICE PROGRAMME:

By now I'm sure you are aware that the Talk About Youth Project is home to 5 simulator babies. Over the Easter Mid-term break the babies were handed over to local young women, who cared for them for four nights. Taking home a baby is a beneficial experience for our young people, however the work which precedes it is of even greater benefit. It is a sex and relationships and life skills programme. It addresses issues like the affects of drugs and alcohol in pregnancy, peer pressure, contraception, STI's and the financial, aspirational and emotional consequences of having a baby.



**10: SPECIALIST CERT IN YOUTH HEALTH
PROMOTION:**

Congratulations to Orla who completed the above course, which aims to encourage and facilitate youth organisations to become effective settings for health promotion and to address the health needs of young people.



11: VOLUNTEER OF THE YEAR AWARD:

Huge congratulations to our invaluable volunteer Louisa Murray, who recently received a Lord Mayor's Volunteer of the Year award, at a ceremony in the Mansion House. The award was richly deserved for the huge amount of work that Louisa does for the Talk About Youth Team.

12: WELL DONE AND THANKS:

Thanks to all the Talk About Youth Project team, young people, parents and guardians, volunteers, St. Andrew's, Funders and Partner organisations for all the hard work to date this year.





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SAVVI CREDIT UNION CLOSING TEMPORARILY

Savvi Credit Union in Ringsend will be closing temporarily over July for a quick upgrade of your local branch. We have lots of exciting plans in store for the local residents of Ringsend community during our relaunch week in August 2018, so keep an eye on our Facebook page for updates and news. In the meantime, your closest Savvi branch will be in Pearse St, where we've extended the hours to accommodate all of our Savvi members (see details on page 22).

Even though the Ringsend branch is changing, our roots here in Ringsend go back decades, from our beginning at the Catholic Young Men's Society (C.Y.M.S.) Hall to the old schoolhouse in Thorncastle St and now our current home on Irishtown Road.

The first Credit Union formed in Ringsend was held in the C.Y.M.S Hall in Ringsend on July 24th, 1968. In 1968 it was decided that members of the group should start subscribing to shares of the Credit Union. The total shares collected from the members of the study group amounted to fifty pounds twelve shillings and six pence this was the start of Ringsend & District Credit Union.

In March 1969 the Ringsend & District Credit Union opened for business and moved into the old school house on Thorncastle St Ringsend. This was our home until in

1984 when it was decided to purchase 5 Irishtown Road, Dublin 4.

In April 1990 Ringsend & District Credit Union went computerised and by 1993 it had reached One MILLION Euro in shares.

In 1995 the old Credit Union building at 5 Irishtown Rd was demolished and a new Credit Union was built in its place. Our new Credit Union building was officially opened by President Mary Robinson in August 1996.

In June 2016 Ringsend & District Credit Union merged with St. Patrick's (E S B) Credit Union, which in turn became Savvi Credit Union. At Savvi, we see things differently. We bring people together and help everyone go further. Its one of the big differences between us and a bank. With a name like ours, our mission is simple: to make saving and borrowing easier for everyone.

We're also 'not-for-profit' which means all surplus funds earned are re-invested towards a better and fairer financial future for everyone. We also regularly sponsor local community clubs like Ringsend Rovers and we're also sponsoring the upcoming Cambridge Football Club Anniversary Ball.

So we'd like to invite everyone in Ringsend to call in to see us once our new-look Savvi branch has been reopened, and in the meantime remember to call us on 01 6325100 or visit Savvi.ie for information on all our great services like Personal Loans, Car Loans, and Home Improvement Loans

ST. ANDREW'S CHILDCARE NEWS

Hi Everyone

Our Graduation Ceremony took place in the Hall of St. Andrew's Resource Centre on Friday 29th June at 1.30pm. We had refreshments after the Ceremony in the Hall. This was a lovely day for the children, staff and families and a lot of hard work went into the preparations.

I would like to take this opportunity to thank all our parents for their support during the year. A lot of our children are going to school in September we are really going to miss them. We wish them well. We are looking forward to our new term with the children that are here presently and also looking forward to welcoming our new children for September. Enjoy the Summer and the good weather!

Kind Regards, Moira and all the Childcare Staff.

CHILDCARE PLACES

We have limited availability for ECCE places in September

From 9.00am to 12.00pm – Mornings

From 1.30pm to 4.30pm – Afternoons

Please contact Bernie Heapes at 01 6771930 for further information.

DUBLIN PORT

DUBLIN PORT COMPANY COMMITTS TO IRISH DIVING STAR OLLIE DINGLEY

Dublin Port Company has announced it is supporting Irish Olympic diver Ollie Dingley for the next two years. The announcement sees Dublin Port Company become the first corporate sponsor to commit to Ollie as he embarks on an exciting phase in his diving career. The company's commitment includes a fully expensed car and financial bursary to support the 25-year old as he bids to qualify for the 2020 Tokyo Olympics while continuing his studies at Dublin Institute of Technology (DIT).



The announcement comes after Ollie competed in the 3m individual springboard at the Canada Cup, – part of the FINA Diving Grand Prix – and ahead of June's FINA Diving World Cup in China and August's European Championships in Glasgow.

The diver made a strong start to 2018 taking gold for Shamrock Diving Club at the British Diving Championships and earning a score of 447.10 – a new Irish record, improving on the mark he set at the Rio Olympic Games in 2016. This standout performance meant the DIT student qualified for the FINA Diving World Cup. Building on this, Ollie collected three gold medals just weeks later at the Senet Diving Cup in Eindhoven, The Netherlands.

Focused on improving on his 8th place in the final at the Rio Olympic Games, Ollie is now working on the technicality of his dives as he turns his focus to Tokyo 2020.

The partnership with Dublin Port Company will also see Ollie lend his skills to a range of initiatives in the port's communities, including summer outings to the National Aquatic Centre for young people from the inner city, mentoring for Dublin Port's scholarship programme which helps to facilitate access to third level education, and as a new ambassador for mental health charity Aware. Aware's 16-mile Harbour2Harbour Walk between Howth and Dun Laoghaire is supported by Dublin Port Company, with more than 2,000 walkers turning out annually to raise vital funds and awareness for the charity.

Ollie Dingley said: *"I would like to thank Eamonn and Dublin Port Company for their ongoing support. Having access to a car has made a significant difference to me on a personal level, as it has given me stability. It has also allowed me the flexibility to start a course in DIT. This has helped in my overall development outside of the diving pool which has led to better performances and a great start to 2018. I am also really looking forward to supporting Dublin Port's community work."*

Eamonn O'Reilly, Chief Executive, Dublin Port Company, said: *"Dublin Port is proud to support one of Ireland's most talented athletes and we wish Ollie every success in his preparations for Tokyo 2020. Dublin Port Company's support aims to make a real difference to Ollie's training at such an important time in his career and we look forward to seeing him progress even further. We're also thrilled to have him as a role model on important issues in our community, including access to third level education, and minding mental and physical health. I know his contribution will be a fantastic addition to Dublin Port's long-standing commitment to local communities across a host of sports, education and arts programmes."*

**Dublin Port wishes the
Community a very Happy
South Dock Festival
and Summer Activities.**

DUBLIN PORT

“ROYAL PRINCESS” CROWNS RECORD CRUISE SEASON



Friday, 4th May 2018: The 330m *Royal Princess* cruise ship arrived in Dublin this day carrying more than 3,000 passengers and crew. Her arrival kickstarts a record cruise season for Dublin Port with 151 cruise calls confirmed for 2018, bringing just over 270,000 visitors to the city.

The *Royal Princess* will hold a commanding presence in the city's port with her size more than two-and-a-half times the length of Dublin's Spire (which stands at 121 meters) and her 66-meter height making her taller than Liberty Hall. The ship also holds the prestige of being christened by The Duchess of Cambridge, Kate Middleton.



2018 CRUISE SEASON HIGHLIGHTS

Among the 151 cruise calls confirmed for 2018, there are nine maiden calls. This year 23 cruise calls will feature ships longer than 300m including the 330m *Regal Princess* on September 13th. Dublin Port is increasingly attracting the largest ships in the world's fleet emphasising Dublin's attraction as a popular destination on the itineraries of all the largest cruise line companies.

New for 2018 is a mini-season of five full turnaround cruises that will see more than 14,000 people start and end their cruise holiday in Dublin Port on board leading luxury liner *Celebrity Eclipse*. Beginning last Sunday (April 29th), *Celebrity Eclipse* became the first major cruise ship to call Dublin a “home port”. Underscoring the growing trend towards home-porting, this year's cruise season also features 17 further partial turnarounds, meaning cruise passengers can either start or end their journey at Dublin Port.

ECONOMIC BENEFIT

Growth in home-porting brings added economic benefit to Dublin City and the surrounding counties, as turnaround passengers typically extend their stay by three to four days either side of their cruise departure or arrival date. The five full turnarounds and 17 partial turnarounds will bring an additional €10 million boost to the City's tourist earning as passengers seek out luxury hotel accommodation, dining, retail and visitor experiences. Combined with port of call passengers, the overall economic contribution of Dublin Port's 2018 cruise season to the local economy will surpass €50 million.

ROYAL PRINCESS IN OVERVIEW

May 4th, the *Royal Princess* was welcomed into port by the sights and sounds of entertainment from Irish dancers and drummers as passengers disembarked for a day's sightseeing and shopping around the city.

Having arrived from Cobh, the *Royal Princess* will depart for Belfast at 6pm (Saturday 5th May) before spending nine days at sea and arriving at her final destination of Southampton. It is all part of a 28-night crossing originating in Fort Lauderdale in Florida.

On board, guests enjoy luxury accommodation, a choice of restaurants, cafes, bars and nightclubs, as well as a spa, solarium and fitness centre, rock climbing wall, running track, basketball court and a driving range, in addition to swimming pools, cinemas, art gallery, theatre, shopping mall and casino.

Pat Ward, Cruise Business Manager, Dublin Port Company, said: “We are pleased to announce a record cruise season for Dublin Port, with 151 cruise calls and more than 275,000 visitors confirmed for 2018. We are seeing growing demand for Dublin Port on passenger itineraries from the world's leading cruise lines, with more requests to accommodate larger ships and strong demand for turnarounds. An estimated 90% of turnaround passengers will fly into Dublin Airport to begin their cruise holidays, and these passengers alone account for one-fifth of the €50 million boost to the local economy from cruise tourism this year. As our cruise business evolves, Dublin Port Company remains firmly focused on future-proofing our infrastructure to accommodate the next generation of super-sized vessels, both cargo and cruise.”

DUBLIN PORT

“DAVID McWILLIAMS IDEA OF MOVING DUBLIN PORT MAKES NO SENSE”, SAYS EAMONN O'REILLY OF DUBLIN PORT



“Whatever else Dublin Port is, I have come to realise that it is a magnet for daft notions and opportunism.

In 2006, the PDs suggested selling the port for between €25 billion and €30 billion and building a new port at Bremore. That is between €39m and €47m per acre. The Irish Glass Bottle site sold for €17m per acre in 2006.

Starting in December 2016, James Morris and Alan Moloney said that 18 acres of port land on the Poolbeg Peninsula was the only place for their €80m Dublin Bay Studios project. This was after they had targeted the Irish Glass Bottle site and been rebuffed.

And now David McWilliams returns to the PDs' notion and puts a price of €8m to €10m per acre on port lands. Throwing a casual extra €1 billion in, Mr. McWilliams puts a value on 640 acres of port lands of between €6 billion and €7 billion.

For Morris and Moloney, Mr. McWilliams' €8m to €10m per acre inconveniently suggests a land value for their €80m project of between €144m and €180m.

Not to worry though, there is always the hope that their appeal of the Poolbeg West Planning Scheme to An Bord Pleanála will result in their coveted 18 acres being zoned exclusively for film studios, thereby pushing the land value down to a level that would work within their budget.

Never mind that the lands aren't for sale, a bit of lobbying (66 Designated Public Officials, including nine government Ministers, in the 24 months to December 2017) and a supportive column by an economist (none other than Mr. McWilliams in the Irish Independent on 20th May 2017) might change that. Just check the returns for Dublin Bay Studios on www.lobbying.ie.

And now we have Mr. McWilliams' column in the Irish Times on Saturday 10th February 2018, almost identical to a column of his in the Irish Independent on 19th August 2017. I responded to Mr. McWilliams in the Irish Independent four days later. I dealt there with the inaccuracies in his original Irish Independent column which he now repeats in the Irish Times. Most notably, I pointed out that there are more than 3,000 people employed in Dublin Port, far more than the 140 Mr. McWilliams suggests.

Some people struggle to differentiate between a notion and a vision. One of the main differences is a lot of hard work. We are doing this in Dublin Port and we invested €75m in infrastructure in 2017. In 2018 we will spend €132m and, over the ten years to 2027, we need to spend €1 billion.

It would take between 10 years (if you are optimistic) and 20 years (if you are realistic) to build Port McWilliams. In the meantime, volumes through Dublin Port will continue to grow and will reach about 77m tonnes by 2040. They rose by 30.1% to 36.4m tonnes in the five years to 2017.

By 2040, Dublin Port will have reached full capacity. In three years time we will begin the 20 year project to build new and additional port facilities elsewhere on the east coast informed by our own Masterplan 2012-2040 and by the National Planning Framework, also to 2040.

There is a lot of numbers in this column and an awful lot more in the analysis behind our development plans in Dublin Port. Mr. McWilliams, unrestrained by facts, analysis or by overarching imperatives such as proper planning and sustainable development, comes far too easily to a conclusion which should go the same way as the PDs' notions of 2006.”

With the National Planning Framework just about to be launched, Mr. McWilliams finishes his column with:

“If moving Dublin Port is not in the Government's latest national plan, surely it would be a great vote-winner for someone thinking of running for the directly elected mayor of the capital?

I had hoped we had learned important lessons from the crash. It seems I am wrong. As elsewhere, the favouring of fantasy over facts is alive and well in Ireland.”

**Dublin Port wishes the
Community a very Happy
South Dock Festival
and Summer Activities.**

DUBLIN PORT

2,000 PEOPLE WALKED FROM HOWTH HARBOUR TO DUN LAOGHAIRE HARBOUR (OR REVERSE ON ST. PATRICK'S DAY)

13th annual Harbour2Harbour Walk to raise vital funds for mental health organisation Aware Dublin, Ireland: Dublin footballer and Aware ambassador Bernard Brogan and RTÉ presenter Mary Kennedy today announced the 13th annual Aware Harbour2Harbour Walk which took place on St. Patrick's Day, Saturday 17th March. Over 2,000 enthusiastic walkers were expected to take on the 16.2 mile/26km challenge, with the option of starting from Howth Harbour or Dun Laoghaire Harbour.

Suitable for most fitness levels, the walk took participants along the scenic Dublin Bay route with a 'Halfway Hooley' hosted at Dublin Port Company's newly opened public plaza. Participants registered at aware.ie/events at a cost of €25 per person. All funds raised will go towards Aware's nationwide support, education and information services.

Gerry O'Brien, Head of Fundraising at Aware commented: "The Harbour2Harbour Walk offered the perfect excuse to get friends and family together to mark St Patrick's Day in a fun and healthy way, while also raising money for a great cause. As a result of this and other fundraising efforts, Aware is able to provide support services for individuals and families impacted by depression or bipolar disorder, as well as delivering free mental health education programmes to adults and senior cycle students throughout the country."

Dublin Port Company sponsored the Dublin event for the fourth year running and again hosted the 'Halfway Hooley' at their recently opened public plaza.

Speaking about their involvement, Eamonn O'Reilly, CEO at Dublin Port Company commented: *"Dublin Port are delighted to support Aware's Harbour 2 Harbour Walk again this year. It's a very special event that brings together people, ports and harbours, river and city for an important cause.*



I'd encourage everyone to sign up and step out for a great day out that raises vital funds and awareness. The team at Dublin Port is looking forward to welcoming walkers to Port Centre for plenty of refreshments, entertainment and encouragement along the way."

The Aware Harbour2Harbour Walk 2018 is proudly supported by Dublin Port Company and Dublin's 98FM.

Water Animation Strategy



Dublin City Council has prepared a Draft Water Animation Strategy for the Docklands as part of its role as the lead agency in delivering the North Lotts & Grand Canal Dock SDZ. The document gathers and defines the roles, policies and planned actions of the key agencies responsible for the rivers, ports, canals, harbours and quays in the Docklands area. The document gives clear information on how the wonderful water amenities of the Docklands area are managed and used and how we hope to further increase the use of these areas.

For more information or to view this document, please visit our website www.dublindocklands.ie.

Féile na Gaeilge



Féile na Gaeilge, a celebration of everything Irish, took place on George's Dock, Customs House Quay, on Sunday 20th May. This free family fun event offered a great day out for all ages – no matter their level of Irish.

There was a range of activities and fun for the whole family including; a bodhrán workshop, traditional dancing, live musical performances, live Irish story-telling and Irish films as well as face painting, a vintage carousel, art zone and a very special Fairy Q&A for the kids!

Tall Ships Regatta 2018



Over the June Bank Holiday Weekend, Dublin welcomed the Tall Ships Regatta 2018. An international fleet of tall ships were moored at Sir John Rogerson's Quay and Grand Canal Dock as part of the Three Festivals Tall Ships Regatta. The Regatta was focused on maritime activities, sail training opportunities, permanent visitor attractions and water based activities. As bank holiday Monday marked the end of the event, a Parade of Sail left Dublin to continue the race south for the finale of the Three Festivals Regatta in Bordeaux, France.



For the second year in a row, Dublin City Council's Dublin Docklands Office was delighted to host Career L.E.A.P, an innovative, tried and tested work readiness programme for young people aged 17-25 from marginalised backgrounds. Uniquely developed through partnership the programme brings together Swan Youth Service and East Wall Youth Community Groups, Businesses and Trinity College Dublin to tackle youth unemployment in local communities in Dublin's North East Inner City.

Participants complete a three-week personal and work readiness training followed by a three-week work placement, where they get one to one mentor support in one of Career L.E.A.Ps Business partner companies. They then receive follow on support to pursue their career journey.

For more information on the Career L.E.A.P Programme contact:

Aimee Harding
Coordinator of Career L.E.A.P Program and Youth Employment Worker
Swan Youth Service
Tel: 087 098 0953
Email: aimee@swanyouthservice.org



Career Leap Business Partners

- | | | | |
|-------------------------|-------------------|-------------------|------------------------------------|
| ▪ A & L Goodbody | ▪ Ulster Bank | ▪ Green Room | ▪ Transdev |
| ▪ Walls Construction | ▪ Bank of Ireland | ▪ Bar | ▪ 3 Ireland |
| ▪ Dublin Port | ▪ Lolly & Cooks | ▪ Momentum | ▪ The Central Bank |
| ▪ John SISK & Sons | ▪ Diageo | ▪ Arnotts | ▪ Urban Picnic |
| ▪ Compass Group Ireland | ▪ Deloitte | ▪ Tesco | ▪ Accenture |
| | ▪ Drop Chef | ▪ Marks & Spencer | ▪ Club Vitae Health & Fitness Club |



Since the official launch in February 2018, the Smart Docklands Team have been working to bring together diverse groups within the Docklands area with the aim of introducing themselves and their work on smart city technology, and to collect ideas for pilot projects that could be run in the Docklands this year.

These groups included representatives from the Youth and Employment Services, the Docklands Business Forum and Hospitality Industry, DCC Planners and Engineers, Dublin Port - and crucially - residents from the areas of North Wall, Sheriff Street, Grand Canal Dock and Spencer Dock.

Through workshops, meetings and events the Smart Docklands team have engaged with nearly 200 people so far. The conversations with these groups have highlighted a number of challenges in the area that can be used as 'test cases' to develop solutions that can hopefully then scale out around the city.

For example, it was highlighted that a number of Life Buoys along the Liffey going missing regularly. This problem could potentially be solved with a sensor based system using a Low-powered Wide Area Network connection (LPWAN). Poor mobile phone coverage in certain areas of the Docklands was also highlighted, to address this Smart Docklands is working with a company called Dense Air to trial a new technology which should improve coverage and enable 5G deployment in the Docklands, when it is launched.

As a next step, the Smart Docklands team have started conversations with community leaders in Ringsend, East Wall and St. Andrew's / Pearse Street to hold similar workshops with residents in these areas after the summer, as well as continuing to scope out pilot projects for the Docklands that will address issues around flooding, litter and air pollution."

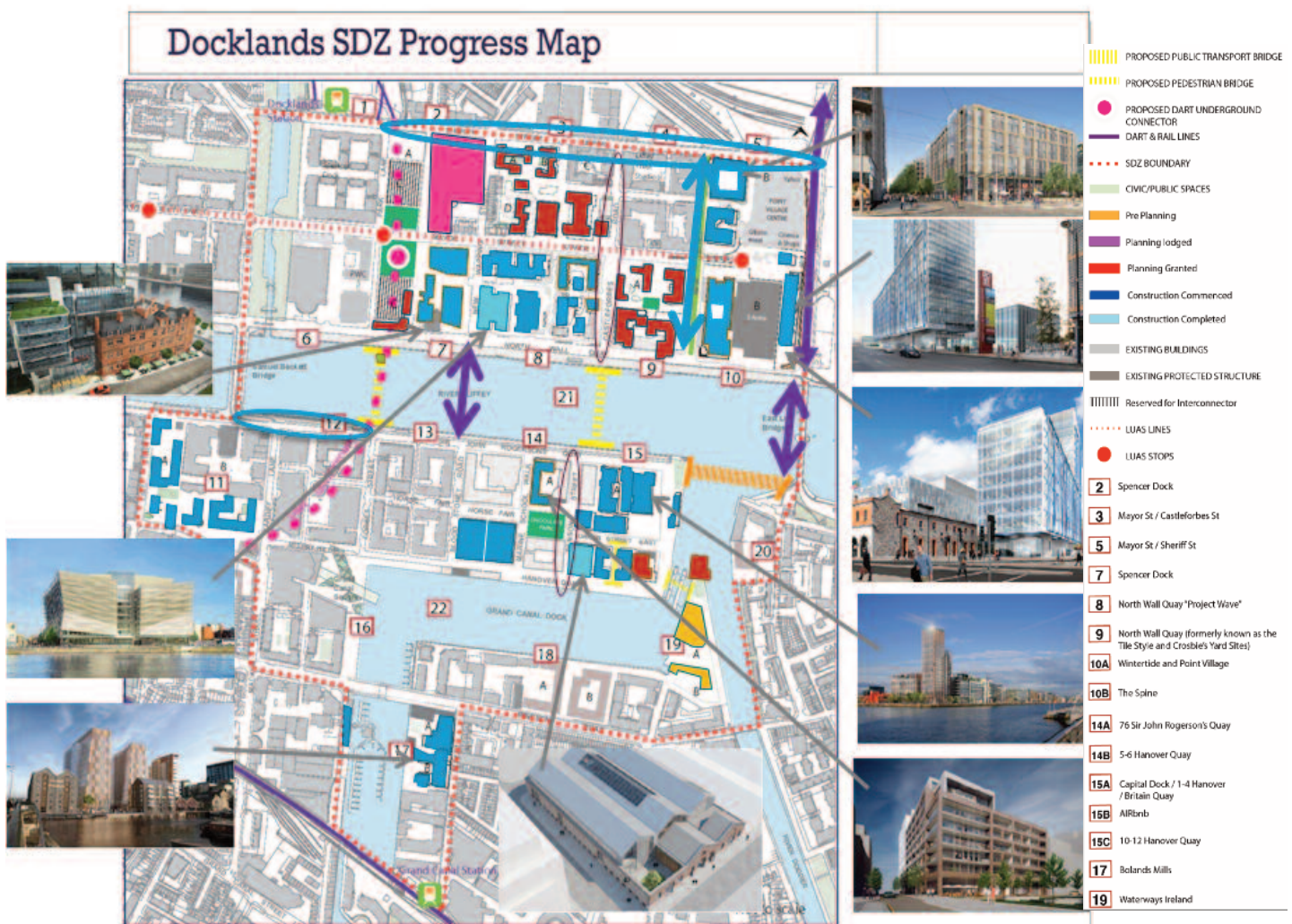
Docklands Oversight and Consultative Forum

The Docklands Oversight and Consultative Forum from its inaugural first meeting on 13th of March 2017 has convened eight times to date.

In this period the Forum members have met with and discussed the ongoing developments taking place within the Docklands with representatives from NAMA, Dublin Bay Studios, Waterways Ireland, Dublin City Council Planning and Housing, Dublin City Council's Smart City, Dublin Port, Docklands Community and Housing Trust.

The Forum members are currently drafting an annual report based on their findings and will include recommendations to Dublin City Council on issue relating to the development of the greater Docklands area.

Planning Progress June 2018



Georgian Cleaners

69 Pearse Street. Tel: 671 0747

Dry Cleaning • Alterations • Launderette

DRY CLEANING

Cost per Item

Trousers	€6.50
Jacket	€6.50
Suit 2 Piece	€13.00
Suit 3 Piece	€18.00
Skirt	€6.50
Overcoat	€12.00
Dress	€12.00
Jumper	€4.50

Cost per Item

Tie	€4.00
Shirt	€3.00
Service Wash	
5kg	€11.00
8kg	€16.00
10kg	€21.00
15kg	€31.00
Duvet (Double)	€14.00
Duvet (Single)	€14.00
Duvet (King Size)	€16.00

Open: Monday to Friday 8.30 a.m. – 6 p.m.
Saturday 8.30 a.m. – 5 p.m.



**ASK ABOUT
OUR
NEW
LOYALTY
CARD**

Wishing the Community a
Very Happy South Dock Festival
and Summer Activities
from Albert, Family and Staff



Adult Counselling & Child Counselling through Art Therapy.

This confidential service is provided by fully Accredited Counsellors in St Andrew's Resource Centre.

Adult Counselling suitable for:

- Depression
- Anxiety
- Panic Attacks
- Adjustment to serious/chronic Low illness
- Self-Esteem
- Bereavement & Loss
- Relationship/Marital Breakdown

The death of someone you love can have a detrimental effect on your mental, physical and emotional wellbeing. Apart from the initial shock it can leave you numb and unable to function with your day to day life. Bereavement and the feelings associated with it can rock you to your core. It is a major life crisis where you can experience different and very difficult emotions from fear, guilt, denial, anger, and even depression to name but a few. Counselling can help with this process of dealing with these very painful emotions.

BEREAVEMENT GRIEF AND LOSS

Art Therapy

Art therapy is a type of psychotherapy, therapy or counselling that uses art-making to open the channels of communication. As with other forms of therapy the therapist facilitates the patient/client in becoming aware or conscious of what may be largely unconscious with the purpose of improving self awareness, resilience, relationships and overall mental/emotional well being. It is considered a safe and non-judgemental way of exploring any mental health issue. Sessions are held privately where client confidentiality is a priority. Materials like paint, pastels, markers, charcoal, clay, found objects... can all be used. There is no emphasis on making a 'good' piece of art. The therapist and client focus on what the piece of work might be communicating. Talent or artistic experience is not required and all ages are welcome.

Referrals

Children and adults can be referred for art therapy/art psychotherapy or counselling in St. Andrew's for a range of reasons including anxiety, emotional and behavioural difficulties, or experiences of bereavement and loss.

Appointments can be through family support – Dara Terry on 01 - 677 1930.

SOUTH DOCK FESTIVAL PROGRAMME

Once again its time for the South Dock Festival, below is a sample of the events you can look forward to in the coming weeks. Look out for our full colour brochure and information posted locally or alternatively contact St. Andrew's on 01 677 1930 for more information.



WALKING TOUR DUBLIN

A walking tour of the South Dublin Docklands Exploring the new and the old. Including a visit to the Google Tower to see Dublin Docklands from over 200 feet up, and then onto the launch of the Photographic Expo.
BOOKING ESSENTIAL.

BUILD SDF

Brand new this year. In partnership with Dublin Port and CIT work with experts and construct furniture from pallets at a dedicated centre in Dublin Port. Something New Something Different, work on the Chopsaw, Anvil, Lathe. Men and Women welcome. Booking Essential
Contact Jim Hargis on 01 677 1930.

ART EXPO

The art of the Docklands on Display in the Junction. Converted for the week into a Gallery. Open all week, just drop in.

PEARSE STREET'S GOT TALENT

The now infamous Pearse Streets Got Talent is making a return this year. Changing our venue to St. Andrews. This year we have the wonderful Aonghus McAnally hosting. Tickets available from St. Andrews. Booking for this event is essential.
More information from the Ticket Office 01 677 1930.

EXPLORING DUBLIN

12 years +

A wonderful opportunity for young people to explore the cultural sights in their home city, including visits to the EPIC Emigration centre, Dublin Castle and so on.

Contact Talk About Youth for more information on 01 677 1930.

SENIORS BIG DAY IN

This year a change. Moved to the Wednesday Daytime the Big Day in promises to be the biggest yet. Booking is essential the demand is huge.
The Big Day In now one of the must attend events at the South Docks.

OPEN TOP BUS TOUR

This popular event year has a small change. There is a €5.00 deposit payable when you book which will be refunded on the Trip. This is to ensure that the Bus Trip leaves full.

SOUTH DOCK FESTIVAL PROGRAMME

TRIP TO BRAY

10:30 to 3:00 pm. – Sea Life and Bray beach.
8 years + A trip to the National Sea Life Aquarium in Bray along with fun and games on the Bray seafront. Contact Youth Office to book.

JACK WRIGHT MEMORIAL QUIZ

Pub quiz that every year almost everyone claims to win.
Come along and join the fun.

NEWBRIDGE FARM

8 yrs +

Newbridge farm is a working farm and home to a vast array of animals, including Shetland ponies, piglets, goats and chickens and many more. A fantastic fun and educational day awaits.

TEDDY BEAR'S PICNIC

♪ If you go down in the St. Andrews Today
You're sure of a big surprise, If you go down to St.
Andrews today You'd better go in disguise ♪

And bring your Teddy. Fun and games for the young ones and parents.

SENIORS TRIP TO CINEMA

This year's trip to the Cinema is going to visit Google who have generously donated their huge theatre space to this event. Booking is essential.
Contact St. Andrews on 01 677 1930.

VIKING SPLASH TOUR

We all love the Viking Splash Tours. Why not book a place on this years SDF Splash and ride the one and only Viking Tour.

DOCKLANDS DIP

12 yrs + Max of 14 young people
Swim Ireland host a number of water based activities in Spencer Dock, including, water safety, water polo and diving. Contact Youth office for more information.

YOUNG PEOPLE'S TALENT SHOW

Showtime. We return to the incredible Google Theatre, in Barrow street, for the ever popular talent show. An incredible opportunity to give young people the chance to sing, dance, act, recite, and so on.

Contact youth office for more information.

BOUNCY ZONE

Huge Obstacle Courses and this year surprises.
Ages 4-7 Just show up. Ages 8+.

TOUR OF DUBLIN PORT

Dublin Port, our neighbour and one of the largest industries in Ireland. This unique tour held for the first time last year its back by popular demand. BOOKING ESSENTIAL.

SDF GRAND 31st PARADE

Thirty one years is a long time to organise a festival. This anniversary Parade is going back to where it all started. Reclaiming our Streets with every section of our community attending what will be the biggest ever parade. This year a new route including the Grand Canal Quay.
Contact Eddie or Jim for more Information.

FAIR IN THE SQUARE

The highlight of the week as we meet for a fun filled afternoon in our local park Pearse Square.
Huge slides obstacle courses ball pools wellness area kiddie's park. It's all at the matchless South Docks Fair In the Square.



Wishing the Community a very Happy South Dock Festival and Summer Activities.

PRICE LIST

DRY CUT.....	€12
HEAD SHAVE	€10
STUDENTS	€9
O.A.P.	€6
BEARD TRIM	€5

OPENING HOURS

MONDAY – 10am - 6.30pm
TUESDAY – 10am - 6pm
WEDNESDAY – 8.30am - 6.30pm
THURSDAY – 8.30am - 6pm
FRIDAY – 8.30am - 6.30pm
SATURDAY – 9.30am - 4pm

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