



RST

Community
Newsletter

RATHFEIGH/SKRYNE/TARA

25th March 2023 • Issue No. 22



TO ALL
OUR
READERS

Easter in the Church

Holy Thursday

Mass of the Lord's Supper - Skryne at 8pm

Good Friday

The Passion of our Lord - Rathfeigh at 3pm

Holy Saturday

Easter Vigil Mass - Skryne at 8pm

Easter Sunday Masses

Skryne 9am and 11am - Rathfeigh 12 noon



This issue is sponsored by

MAGUIRES HILL OF TARA

Skryne Community Alert

In light of recent burglaries in the RST area, we are reprinting this notice from a previous incident as a reminder of the importance of looking out for your neighbours.

Do you have a burglar alarm? Do you always set it? Do you check your neighbour's house if their alarm goes off? Have a read of the following which was sent in to us by a local resident. There's an important lesson here about looking out for your neighbours:



Please inform all that we were burgled last Friday at about 19:10 whilst we were away on a holiday. Our monitored alarm system alerted the monitoring company [name removed], ourselves & local Garda. Our neighbours, on hearing the alarm, entered our drive as the intruders fled without taking anything. They did break into the garage & used a ladder to remove the external alarm bell as well as breaking in a panel in the front door to gain full entry into the house. They damaged multiple parts of the alarm system. It was the early arrival of our vigilant neighbours that prevented greater loss & damages.

Time for a Spring clean?

People used to have an annual 'Spring clean' when they would clean the house from top to bottom. Perhaps it was a way of marking the new season or because the longer days and increasing sunlight rays made the dust stand out. Certainly, the coal fires used all winter before central heating would have made the houses dusty!



If you do have a clean-up, why not have a clear-out as well? Some of us are not good at throwing things away. Even if we don't use the thing, we can have a sentimental attachment to it, and not want to let it go. But what do you do with the stuff you no longer want, without simply adding to landfill? There are online places to sell second-hand goods and local online organisations that advertise things people want to get rid of.

You could also have a garage sale (called a yard sale in America) where you sell stuff, or even go to a car boot sale. Another way of passing things on is via a charity shop. But charity shops are particular about what they can accept. Many reject items that do not have a safety label, and items that could be potentially dangerous, such as electrical goods.

RAPTOR PEST CONTROL



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The Schools Collection, 1937-1939

National Folklore Collection

This month's Dúchas article on Food in Olden Times was written by Maureen Gaffney, who attended Rathfeigh School

Food in olden times

In olden times people used to eat four meals each day, breakfast, dinner, tea and another one late at night before they went to bed. They generally had oatmeal porridge for breakfast. They ate potatoes for dinner, bread and butter and tea at tea time and potatoes again for supper.

People used to get up very early and go out and work before breakfast for an hour or two. There was a good deal of new-milk and buttermilk drunk in those times and men and women were much stronger then than they are now.

Some of the tables were attached to the wall on hinges under-neath to keep it up and

when meals were over the table was turned down again.

Maureen Gaffney
Loughinstown,
Tara,
Kavan.

Image and data © National Folklore Collection, UCD

Night Sky April 2023

by Tony Canavan

Phases of the Moon:

Full moon: 5th April, **Last Quarter:** 13th April, **New Moon:** 20th April,

First Quarter: 27th April Best nights for observations 17th - 28th April 2023.

1st March 2023

Sunrise: 0713 am

Sunset 1802 pm

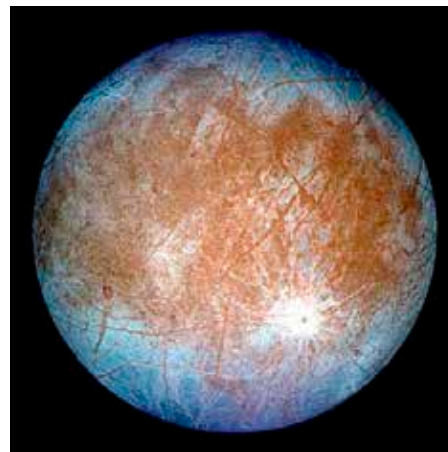
Beginning of April: In the evening sky after sunset, we have the following planets following the sun over the horizon, **Jupiter** (close to the sun), followed by **Mercury**, followed by **Uranus**, the latter closely followed by **Venus** and further back over Orion is **Mars**. Venus has the same phases as our moon and is a three-quarter lit planet now. Venus will be bright in the west in the evening sky throughout April.

April 10th: In the west **Venus** is bright with altitude 30° with the orange coloured star **Betelgeuse** just to the left of it. **Mercury** has an altitude of 13° following along behind the sun. **Orion** and all his troop are in the SW. **Mars** is above Orion in the SW, with its distinct reddish colour and close to the **Heavenly Twins, Pollux and Castor**. Star **Regulus** is in the SE altitude 45° brg. 147° , with the star **Spica** just popping above the horizon in the East.

April 21st 22nd 23rd: A lovely small **crescent moon** can be seen in the west between **Venus** and the **Pleiades (Seven Sisters)** and **The Hyades Cluster** marked by the orange star of Betelgeuse. Orion is low in the sky to the left of these celestial objects with Mars in Gemini close to **Castor and Pollux**, altitude 60° and bearing 240° .

April 23rd: In the predawn sky you can see the impressive **Lyrid meteor shower**, named after the constellation Lyra. The crescent moon sets early in the night, leaving dark skies for viewing. It will radiate close to the star Vega (20 shooting stars per hour). Vega is in the ESE altitude 66° bearing 120° .

Throughout April: In Northeast the star **Vega** in Lyra will continue rising during the night with its close companion **Deneb** in Cygnus. In the North is the constellations **Perseus, Cassiopeia** with the galaxy **Andromeda** low on the horizon. **The Plough** is high in the northern sky, and this is a great time to observe its stars and to follow the last two stars to **Polaris** and continue the curve of the handle down to **Arcturus** in Bootes in the Southwest and on to **Spica** in Virgo



Ganymede, Calisto and Europa: Europa is thought to be the most likely to support life. Life could exist in its under-ice ocean, perhaps in an environment similar to earths ocean where life is abundant around thermal vents. The latter can be caused by the huge gravitational squeezing of the moon by Jupiter. Previous expeditions indicated that salt from the under-ice ocean was coating some geological features on this moon. If the ocean is too cold or too salty then only extreme halophiles (a micro-organism that can tolerate high saline conditions) could exist.

Worlds First 3D printed Rocket 'Terran 1' is set for debut launch.



This is the first 3D printed rocket, **Terran 1**, sitting on its launch pad at Cape Canaveral in the United States. It was built by a Californian start-up '**Relativity Space**' and is a novel strategy of cutting costs. It is made of a metal-aluminium alloy. It is powered by a mix methane and oxygen, which is more environmentally friendly, similar to that used by Elon Musk's **Starship**.

The 35-metre-tall rocket is 85% made from a 3D printer.

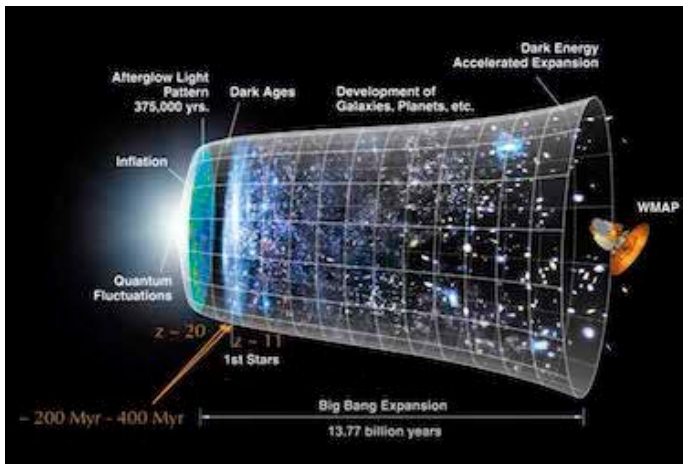
The rocket is nicknamed **Good Luck, Have Fun (GLHF)**. The expendable Terran 1 is built to carry 1250 kg of payload to low

earth orbit, and larger rockets are being planned. This rocket is due for launch on 22nd March 2023 having been delayed by weather last week.

Japanese Rocket Failure:

After more than two decades developing the new H3 rocket, it was destroyed during a failed launch. The second stage ignition did not fire properly rendering the Japanese rocket useless. The hydrogen fuelled main engine performed well during launch. But it was the more traditional second stage engine failure after take-off that doomed the mission. This was a bitter disappointment for the Japanese. 'Space is hard'.

JWST (James Webb Space Telescope)



The image shows the development of the universe from the beginning 13.77 billion years ago, as it is understood today. The Afterglow pattern represents the CMB (Cosmic microwave background) and a few hundred million years later the formation of stars and later galaxies with heavier elements.

The JWST telescope has looked deeply into empty space, similar to Hubble's Deep Field Image, and has started to examine six candidate galaxies in the very early universe (a few hundred million years after the Big Bang). The expectation was that these early galaxies would be small, mainly made of Hydrogen, and over time would build to large galaxies, with heavy elements, like our Milky Way. So far, the evidence is to the contrary, with mature galaxies existing at an early stage of the universe. These early galaxies were beyond the reach of the Hubble telescope because their light was stretched over time from visible to ultraviolet to infrared, and Hubble does not have that infrared capability. But JWST has. That shift into the infrared also tells us the age of those galaxies. If the findings are correct, then some serious thinking will need to be carried out regarding our understanding of the origins and evolution of the early Universe.

550th Anniversary of the Birth Of Copernicus

Nicholas Copernicus was born on the 19th February 1473 in the Polish city of Torun. An outstanding Polish astronomer, mathematician, economist, lawyer, doctor, astrologer and translator who formulated the **heliocentric theory** and authored '**On the Revolutions of the Heavenly Spheres**'.

He was also a Catholic Canon. He was described by Martin Luther as 'a fool who will turn the whole science of Astronomy upside down'. He is famous as the man '**who stopped the sun and moved the earth**'.

In the 16th century the **Ptolemaic system** prevailed with the earth motionless at the centre of several rotating concentric spheres that bore celestial bodies, the sun, the moon, the known planets, and the stars. However, Copernicus formulated a model of the universe that placed the sun, rather than the Earth, at the center. In 1543 it was a major scientific event that triggered the **Scientific Revolution**.

It continued through **Kepler, Galileo and Newton** among others, who developed and popularized the Copernican Theory and so transformed our understanding of the universe.

His book was published the year of his death.

Centuries after his burial in an unmarked grave beneath the floor of a Cathedral in Frombork, Northern Poland, Copernicus' remains were identified from DNA analysis (hair samples from his books) and he eventually received a hero's burial in 2010.

Skryne GFC

by Rowan Dardis

Football Matters

The weather played havoc with fixtures in March with rain and snow forcing pitch closures across the county. Skryne's adult men played only 2 games in March.

Skryne kicked off their A League Division 1A campaign against Wolfe Tones on Saturday 4th March in Kilberry. The game proved to be a low scoring affair. Goals from Cian Ward and Saran O'Fionnagain proved costly to Skryne but a late point, in the 29th minute of the second half, saw Skryne draw level and ensured they left Kilberry with a share of the spoils. Skryne 0-09, Wolfe Tones 2-03.

Skryne's second team suffered a heavy defeat against Ratoath in the opening round of their A League Division 2B campaign in Ratoath. Skryne will hope to bounce back when they play Castletown in Castletown next Friday 24th March 2023 at 8pm.

LADIES

Congratulations to our Skryne girls Ava, Laura, Ciara and Steffi and Loreto Secondary School, St. Michael's, Navan on the fantastic semi- final win today. Final score

Loreto Clonmel 2-07 (13) Loreto Navan 4-08 (20).

Lidl All Ireland Post Primary School Senior 'A' Championship Semi Final.

Well done girls.

Div2 Rd2

Skryne division 2 ladies seem to have found their groove on Wednesday night: Skryne ladies played Boardsmill at home on Wednesday in their second match of the league and to say the outcome was much different to their first game would be an understatement. Even with horrific weather conditions they started the match strong and were able to work up their score at a steady pace while those in defence were able to keep Boardsmill's scoring to a minimum. The first half ended with Skryne in front with the score being 0-8 to 0-3.

In the second half Skryne, never seemed to lose their rhythm and were able to keep the scoreboard ticking over. They then extended the gap with two fine goals. The girls in defence were on their A-game the final score was 2-13 to 0-6 which was a great result for Skryne.

Div 2 Rd 1

The Skryne division 2 ladies got the ball rolling with their first match on Saturday against Navan O'Mahonys. The Skryne ladies played away to Navan O'Mahonys on Saturday 25th Feb for their first league match. In the first 15 minutes Skryne struggled to find their footing against the strong O'mahonys side, which is to be expected in their first game back. Although O'Mahonys led throughout the game Skryne weren't far behind at half time with the score being 3-3 to 1-4.

In the beginning of the second half Skryne seemed to have found their rhythm but a yellow card threw a spanner in the works, with 14 players on the pitch O'Mahonys took advantage of their extra player and were able to keep Skrynes Scoring at bay while working up their score. Skryne showed resilience and never gave up but it just wasn't in their favour on Saturday and the final score was 4-10 to 1-9

Blotto

Blotto Results

19th February 2023

Jackpot: €1,800

Numbers drawn: 08, 17, 26, 28

Lucky Dip winners: The Tobin Family, The Synnott Family, Ross Phillips and Schira Mullen

26th February 2023

Jackpot: €1,900

Numbers drawn: 07, 11, 16, 21

***** WINNER NO. 3 for 2023! *****

The winning continues with the Skryne GFC Blotto - our 3rd jackpot winner of the year is Samantha McCaughey.

The old phrase of 'if you're not in you can't win' came to mind - Samantha bought her ticket just before the draw in O'Connells on Sunday night and 10 minutes later was celebrating a jackpot win of €1,900 with friends and family. Congratulations Samantha and enjoy your winnings.

05th March 2023

Jackpot: €1,500

Numbers drawn: 04, 16, 20, 25

Lucky Dip winners: Ruby Beggan, James Murphy, Grace Finnerty and Geraldine McQuaid

Blotto Results – 12th March 2023

Jackpot: €1,600

Numbers drawn: 04, 08, 09, 16

Lucky Dip winners: Shane O'Brien, John Cooney, Noel Moran and Grace Finnerty(2nd week in a row!!)

Div7 Rd1

Skryne Junior Ladies grab a super win in first game of league

It was a bitter cold Sunday morning, but that didn't stop the girls making the journey over to Carlanstown for their first match of the season. The game got off to a bit of a rocky start as the girls adjusted to the pitch, while the wind was against them. There was a lot of back and forth with the ball between the teams but superb work from Skryne's defence kept the scores to a minimum. Brilliant working of the ball up the pitch led to a few great points for the Skryne side. The teams were tied but an unfortunate goal just before the halftime whistle let St Michaels take the lead in the first half: 1-04 to 0-04

This didn't dampen the girl's spirits though as they took to the second half with even more strength. They took full advantage of the wind in the second half kept the ball in their half for the majority of it, adding another 1-07 to their score. A penalty that despite Skryne keepers valiant efforts unluckily went in was the only score Michaels got that half, leaving a final score of Skryne: 1-11 St. Michaels: 2-04

U17 Div 2

Skryne 3-16 Dee Rangers 5-10

Draw match

Brilliant game. Girls gave a super performance. Scored 3-16, 2 midfielders scored & 5 of our forwards. We were unlucky they got a penalty at the end & we got a point to draw.



Scoil Cholmcille, Skryne

Tom Brennan

As we approach the Easter holidays, the children have spent the last number of weeks reflecting on Lent. We have also celebrated the feast of St Patrick on March 17th. At the end of February, the boys and girls in 6th Class were confirmed by Bishop Tom Deenihan along with the 6th Class pupils of Scoil Mhuire, Rathfeigh. It was a hugely enjoyable and spiritual day for all involved and congratulations to our Confirmation candidates on reaching this important milestone in their lives. A special thank you to Caroline Giles for coordinating the choir and music ably assisted by Caoimhe, Aisling and Isabel. Their contributions really added to this special occasion. Our thanks also to the Parents Association of both schools for the refreshments provided in the hall afterwards – a great opportunity for families and the community to come together on a very special day.

Sport

It has been a busy month on the sporting front. Our girls competed in the annual Cumann na mBunscol mini sevens competition in Kentstown where they narrowly missed out on a final appearance. Our boys' team will take to the field later this month. Liam O'Grady, our GAA games promotion officer, has also been taking our 3rd-6th Class boys and girls for Gaelic football skills development.

Our intrepid Orienteering teams headed for Trooperstown Wood in Co Wicklow last week for the Leinster Schools Orienteering Championships. There were strong performances from our boys and girls. Well done to Cuan, Amelia, Louis and Katie who won their respective divisions.

Seachtain na Gaeilge

Ó Márta 1-17, bhíomar go léir ag celiúradh Seachtain na Gaeilge sa scoil. Bhi tráth na gceist, cluichí teanga, obair ealaín agus a lán rudaí eile ar siúl tríd an scoile. Rinne gach dalta a dhícheall caint as Gaeilge freisin. Ar an Déardaoin, bhí Lá Glas agus Ceilí Mór againn. Bhi gach duine gléasta in éide glas o bhun go barr. D'Fhoghlaim na páisti dhá rince: Preab an Asal agus Ballaí Luimní. Bhí spraoi iontach ag páisti, múinteoirí agus tuismitheoirí go léir.

Green Schools

As a precursor to achieving your green flag, usually your school must have a visit by one of the Environmental officers or a Green schools Officer to see your work, talk to the committee and make sure that you have covered all the steps necessary to be awarded your flag. Our visit was held by Zoom on Tuesday 14th of March. Our green committee were amazing, and each member had to relay details of our action plan over the last 2 years. They were composed, articulate and full of enthusiasm and knowledge and really blew her socks off.

On Thursday 16th March we held our Action Day to coincide with our Lá Glas. Parents were invited to drop into the hall from 1pm-2.20pm to view our junk kouture that all the classes have been working on over the last while as well as some of the many projects the green committee have worked on over the last 2 years on the theme of 'Litter and Waste Management'.

Many thanks to all the classes for their hard work on our green flag and especially to the wonderful pupils on the Coiste Glas committee: Chloe, Christopher, Jane, Oran, Clodagh, Paddy, Amelia, Aisling, Ethan, Isabel, Erin, Ruby, Ben and Darragh.





World Book Day

On March 2nd, we celebrated World Book Day. The children great fun exploring the magic of books and reading. The school was a hive of reading activity with visiting authors, show and tell and buddy reading. We also had our extreme reading wall full of pictures of our pupils reading in strange, wonderful and sometimes dangerous places! Pictured below are Senior Infants who shared some of the books they love and dressed up as their favourite characters. Also pictured below is our very own debut author, Isabel, signing copies of her book which will be used as a class novel in the school.

Lots of Socks

On Tuesday, March 21st, we celebrated Lots of Socks day. This initiative is to raise awareness and funds for Down Syndrome Ireland. In Scoil Cholmcille lots of teachers, parents and students arrived to school wearing bright, fun, odd and /or colourful socks. Children also contributed a small donation to The Down Syndrome Centre North East.

St. Colmcille

Fourth Class have been busy learning about St. Colmcille. Check out Ethan's poem below.

St. Colmcille

There was a young lad
Called St. Colmcille
He was born in Donegal
Upon a great hill

He went to Clonard
To have a look
At this glorious thing
Which was St. Finnian's book

He loved this book
Like nothing else

Then a war began
Which he started himself

A war over a book
What a silly thing
Many men fought
Even the king

He was ashamed
So he put himself in exile
He sailed to Iona
One of Scotland's great isles

He made an abbey
Upon its land
They made many books
And they were all by hand

One in particular
Was very special
So when the Vikings came
It fled by vessel

It was brought to Kells
To a glorious abbey
It was finished there
And it wasn't shabby

The book was made
To record people's knowledge
It rests in a place
Called Trinity college

Rathfeigh National School

Seamus Tansley

Meta Grant

We are delighted to announce that for the second consecutive year we have been successful in our Meta Community Action Grant application. Last year we purchased interactive whiteboards for all classrooms, twenty-five chrome-books and a chrome-book charger with the €21,500 grant from Meta. We have just been informed that we will be receiving €20,142 from Meta this year which will be used to purchase interactive multi-sensory equipment for our existing sensory room. We thank Meta again this year for looking so favourable on our application which will benefit the children in the Rathfeigh school community and parish for years to come.

Snow Day

Since the 'Beast from the East' in 2018 we haven't seen much snow. On March 10th the children got a nice surprise with the arrival of a decent amount of snow. The children in Rathfeigh are tough and resilient so we got all the children outside first thing in the morning for an overdue snowball fight as Met Eireann were forecasting a very quick thaw before mid-morning. I think it's important to avail of these moments as the children don't always remember Gaeilge or Maths lessons etc but will definitely remember special moments like the giant "snowball fight" !

World Book Day

World Book Day was organised in the school this year by Ms. Reynolds. The children came to school dressed as their favourite characters from a variety of books. It was an exciting day as the children in all classes spoke very eloquently about their favourite books and characters. Pictures of World Book Day have been uploaded to the school website (rathfeighns.org).

First Aid

We were delighted to welcome the local First Aid Responders to the school on March 10th for invaluable First Aid lessons for the children in all classes. The First Responders engaged really well with the children and gave them great practical advice for times of emergency. It's important for us as parents/guardians to ensure that our children know their eircode in cases of emergency.

International Women's Day

International Women's Day was celebrated in the school on March 8th This was a great opportunity to celebrate women's accomplishments and advocate for greater gender equality. The children researched a variety of women, past and present, that inspired them and presented their work to the children in other classes.

"Human rights are women's rights and women's rights are human rights" (Hilary Clinton).

Saint Patrick's Day Céilí

Definitely one of the highlights of the school year is the annual Céilí in the school hall. All children participated in the group dances with smiles on their faces on March 15th. The dances were interspersed with individual performances from a variety of children – Irish dancing, poetry, singing, tin whistle etc. Well done to everyone for making the day so special and to Mrs Vaughan for teaching the children the dances.

Dogs Trust

We were visited last week by the local Dogs Trust. The children got great information and advice on how to take care of their pet dogs. The Dogs Trust is Ireland's largest dog welfare charity and their mission is to bring an end to the destruction of stray and abandoned dogs in Ireland. The Dogs Trust website is worth viewing if you are planning to adopt or foster dogs.

Zeeko Education

We were visited on Monday by 'Zeeko'. 'Zeeko' gave the children very informative advice and information to improve their safety online and with technology. As parents/guardians it is our responsibility to ensure our children are safe online. Zeeko.ie has very useful and helpful information for parents/guardians about online safety. They have a 'Parental Advice Hub', also, which may be worth logging into.

Confirmation

The children in sixth class received their Confirmation on February 28th. A lot of work went into making it a special day for the children - Ms. O'Donoghue and Mr. Newman for preparing the children so well, Bishop Deenihan and Fr. Thomas for the lovely ceremony, the choir who sang beautifully, the Parents' Associations of Rathfeigh and Skryne for the refreshments in the hall after the ceremony. A special thanks to Caroline Giles, Ms. Sheridan, Caoimhe Giles, Isabel Reuter and Aisling O'Connor for all their great work with the choir.

Cash for Clobber

A big thanks to our Parents' Association for once again organising a very successful fundraiser for the school. All the money received from the 'Cash for Clobber' will be used for the benefit of the children in the school.

Visit to Fairyhouse Racecourse

Our Fifth and Sixth class pupils visited Fairyhouse Racecourse on Friday and got a behind-the-scenes look at the home of the Irish Grand National. They got to walk a part of the track with the racecourse manager and got to speak to one of the local jockeys. They also received a demonstration from the Racing Academy and Centre of Education (RACE) racehorse simulator. Thanks to everyone at Fairyhouse Racecourse for making the day so memorable for the children.



Here at Cornstown House we have a unique concert venue where listeners can hear wonderful music in the presence of our wonderful animals. When concert goers arrive they can avail of our organic barrista coffee before proceeding to the concert through our animal barn where they can meet and greet some of our entertaining animals. Our new venue for the concerts is an 18th. century stone building on the farm which is full of character and steeped in history.

Fiona Gryson, (Curator)

Fiona Gryson curates the **Music on the Farm** series at **Cornstown House**, Ashbourne, County Meath.

Fiona is an award-winning harpist based just outside Ashbourne, on the border of Meath and Dublin. Fiona enjoys a varied career as a freelance harpist and teacher. As a soloist and member of ensembles, she has performed extensively nationally and internationally, both live and on television and radio. She is in demand as a teacher of both Irish lever harp and concert pedal harp and is director of the Fingal Harp Ensemble and co-director of the TU Dublin Conservatoire Harp Ensemble.

Fiona recently received funding from the Irish Research Council to pursue PhD research at TU Dublin Conservatoire.

Fiona has been actively involved in many of the harp initiatives in recent years and has access to a strong professional and collaborative network. Some of these connections include being an advisory member of Cruit Éireann/Harp Ireland and committee member of Cairde na Cruite as well as having an international network from my participation at international masterclasses and courses such as the 14th World Harp Congress, Wales and the International Harp Summer Academy, “HarpMasters” PRO, Switzerland.

Fiona has performed as Principal Harpist with the National Symphony and Concert Orchestras, the Irish Chamber, Lyric and the Ulster Orchestras.



Harpanno

is a band fusing Handpan, Harp and Piano to create a fresh, new sound.

Harpanno’s sound can be described as tranquil, soothing and energetic. Dale McKay (Handpan), Aisling Lyons (Harp) & Conor Broderick (Piano) all met while studying at The Irish World Academy at The University of Limerick. The music of Harpanno takes the listener on a relaxing journey through newly composed handpan melodies, layered percussion sections, blissful harp riffs and vibrant piano passages.

Their debut album “Finding Calm” will be released on March 31st. 2023 and Cornstown House is the first venue on their national tour.

Remembering Joan Gallagher RIP

Three years have gone since our Mam, Joan, passed away at home on Thursday 2nd April 2020.. A diagnosis of non-Hodgkins Burkitts Lymphoma in November 2019 was followed with chemo and radiation...then a rapid deterioration three weeks prior to her death.

Compounded by Covid, my brother Noel and I looked after her in her sitting room at home with amazing neighbour Barbara, a recently retired theatre nurse, who was an unforgettable support and lifeline. All the nurse-training came into play as the Home Team could not attend. Managing pain was the main goal and we were blessed to be able to step off the treadmill -like old times, just the three of us as Dad had died in 1976. Her GP, Dr Owen Clarke, Pharmacist Joe Staunton in Navan and Emily Coldrick (Public Health Nurse) ensured we had what we needed despite the lockdown.

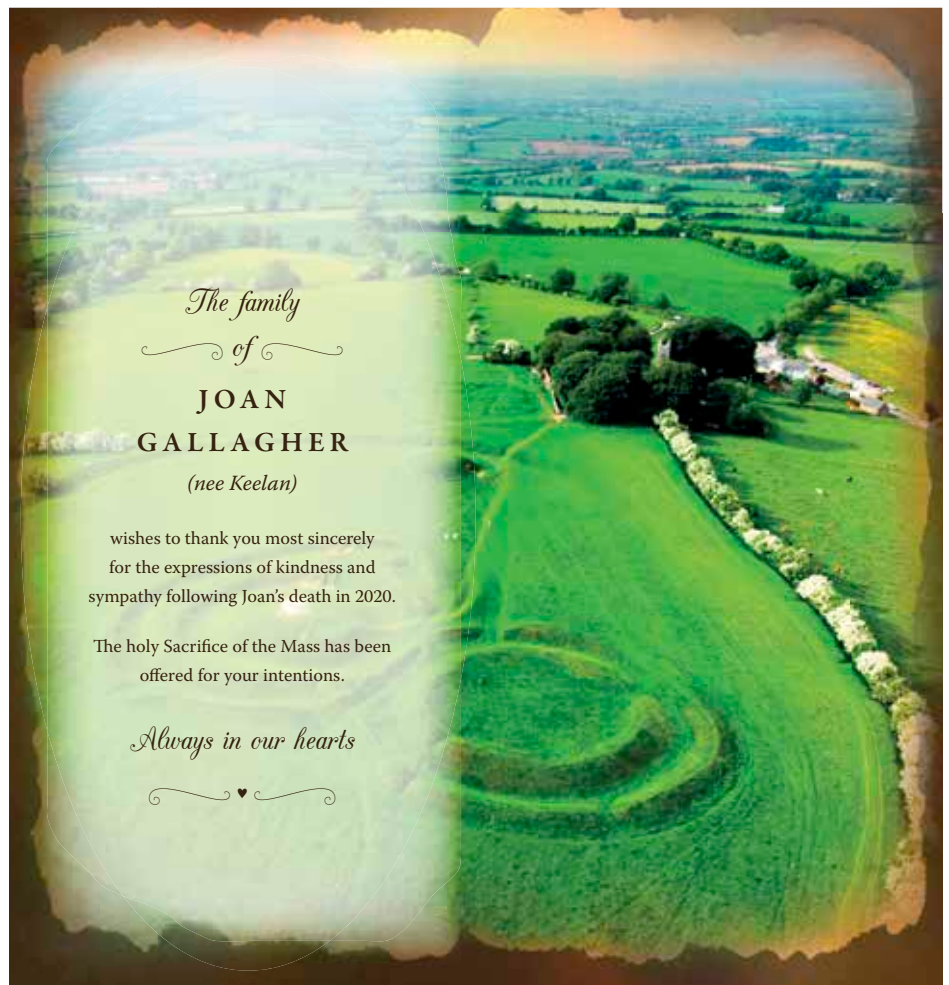
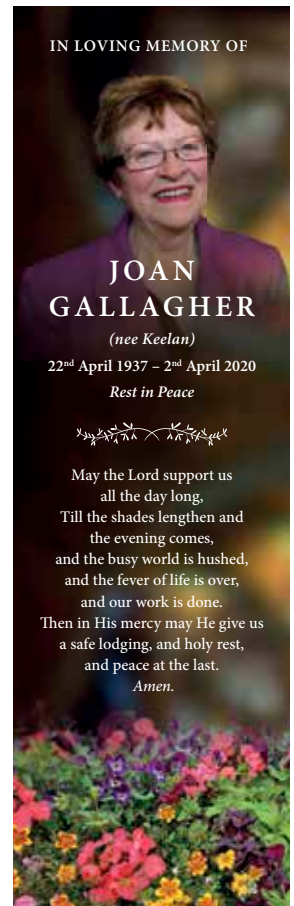
It was incredibly peaceful at the end, and surreal arranging all the other elements in midst of the world pandemic. But Joan was a powerhouse throughout her life.

Before she got married, Mam worked as a seamstress with Richard and Alan Clarke (Richard Alan's in Grafton St) and Sybil Connolly. When we were children, Mam drove a school bus, then the day I started at the Richmond Mam started training for a new job doing Farm accounts. About five years later, the local post office asked if she would cover a holiday leave to deliver post. She then became the Post Woman for 15 years. I often helped her on days off leading up to Christmases. In 'retirement' there was a teacher's strike and she went into Ashbourne Community College (1000 pupils) as a supervisor during breaks. She covered classes for 5 years. A keen gardener, she built a beautiful garden by hand from rough ground which was her pride and joy. She was a founder member of the local pitch and putt club with Dad in the 70's, then the local Historical Society in 1980. Local history was her passion, having been born a mile from where she lived all her life. She loved her home, and loved having Noel next door, with AnneMarie, George, Hazel and Brian. And Alan and myself 4 minutes away.

Mam was the most independent person with a wicked sense of humour -my cousin Michele describes her best as "a legend and the original girl-power".

The funeral was surreal -we were allowed 10 in the church, but as we drove the neighbours lined the road outside their houses and clapped her as the Hearse passed by her home, and her original home a mile further up the road - so we were emotional wrecks before we got to the church at all. Her grandson George is a musician, brought guitar and sang two hymns and we had the most surreal yet perfect personal service.

A deep and spiritual couple of weeks (with moments of panic and fear to gets things right)...but we knew we were the lucky ones to be able to care for and be with her. Many did not have that privilege...to care for her to the end. RIP Mam. x



The Traditional Sunday Dinner

Anne Frehill



Back in the late sixties, when I was a child, there was always a big fuss made about the Sunday dinner. Words such as Sunday lunch or brunch were not in popular use in Ireland. And contrary to what you may think, the word brunch did not originate in America but in England. Guy Beringer is credited with coining it back in 1895. Although food historians often disagree with this. He envisaged brunch as a type of late breakfast that could be enjoyed with family and friends on a Sunday. It was lighter than a dinner so was kinder to people who might be suffering from a hangover.

In our house the ritual surrounding Sunday dinner, began on a Saturday night. Batchelors marrowfat peas had to be prepared. I loved the routine of opening the cardboard packet of peas, placing them in a bowl along with a tablet of sodium bicarbonate. And under the watchful eye of my mother, who poured boiling water over them, I stirred and stirred again until the tablet had dissolved. Then they were left to steep overnight. Next morning after a few rinses with cold water they would be placed in a saucepan with boiling water, to simmer on the range until they were cooked.

My friends complained about having to eat them, as the same ritual occurred in their houses. However, I confess that I loved them! Nowadays, marrowfat peas have gone out of fashion but the ubiquitous “mushy peas” that we find on every menu is not far removed from them. It just goes to show what marketing can achieve!

The other chore on a Saturday evening was making the jelly. The two slabs of strawberry jelly had to be cut into small squares with a tiny kitchen scissors that my mother kept especially for this task.

I could scarcely wait for the kettle to boil. And if I got her back turned I usually managed to swallow a few delicious pieces. Then the water was poured over the jelly, and I stirred for a few minutes until it had all melted. Mother always checked to see that there was nothing stuck to the bottom of the bowl. Then it was put away in a cool spot to allow it to set overnight. She occasionally splashed out and bought jelly in different colours: raspberry, orange, lemon or my favourite green. It seemed the epitome of extravagance to my five-year-old mind.

The next day, the whole family sat around the big table. We enjoyed roast beef, roast potatoes and the marrowfat peas. All smothered with my mother’s gravy. She always eschewed using gravy powder from a packet and jealously guarded her own secret recipe. Her gravy was second to none and I suspect had a few teaspoons of brandy added to enhance the taste! Dessert consisted of jelly, with home made custard and dollops of whipped cream straight from Dad’s herd of Friesian cows. Most Sundays, Mother added helpings of tinned pears or peaches in syrup to complete this sweet treat.

Sometimes, I smile cynically when I visit certain restaurants and read their pretentious menus. Their food never tastes as good as those Sunday dinners, all those decades ago. You may choose from Aberdeen Angus beef cooked on the stone, Wicklow lamb (it is always Wicklow, what’s wrong with lamb from other counties?) the freshest of fish from west Cork (what about supporting local suppliers) and wait for it: pulled pork. This one really gets my goat! And talking of goats, what about the staggering selection of goat’s cheese now on the menu in one guise or another at the poshest of restaurants? The cheeses may have a sharp taste and a pungent smell, but the prices are astronomical!

All this talk of food has made me hungry! So, I am off to the kitchen to enjoy a thick slice of home-made soda bread, straight from the oven, dripping with butter and covered in damson jam. There is simply nothing nicer!

A very happy Easter to everyone!

The End



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COOK CAMPS 2023 for Kids & Teenagers

Easter Camp

- Teenagers 11 & 12 April
- Primary School Children 13 & 14 April

Summer Camp

- Teenagers 20-23 June
- 5th - 6th Class 4 - 7 July
- 3rd - 4th Class 11 - 14 July

Cost

Easter Camp: €90 or €82 if booked before 15th March
Summer Camp: €190 or €180 if booked before 15th March

Time

10am - 2.00pm (including lunch) each day

@lismullincookerschool

Can you solve this Dingbats challenge?

Answers to the wingdings are directly below the quiz

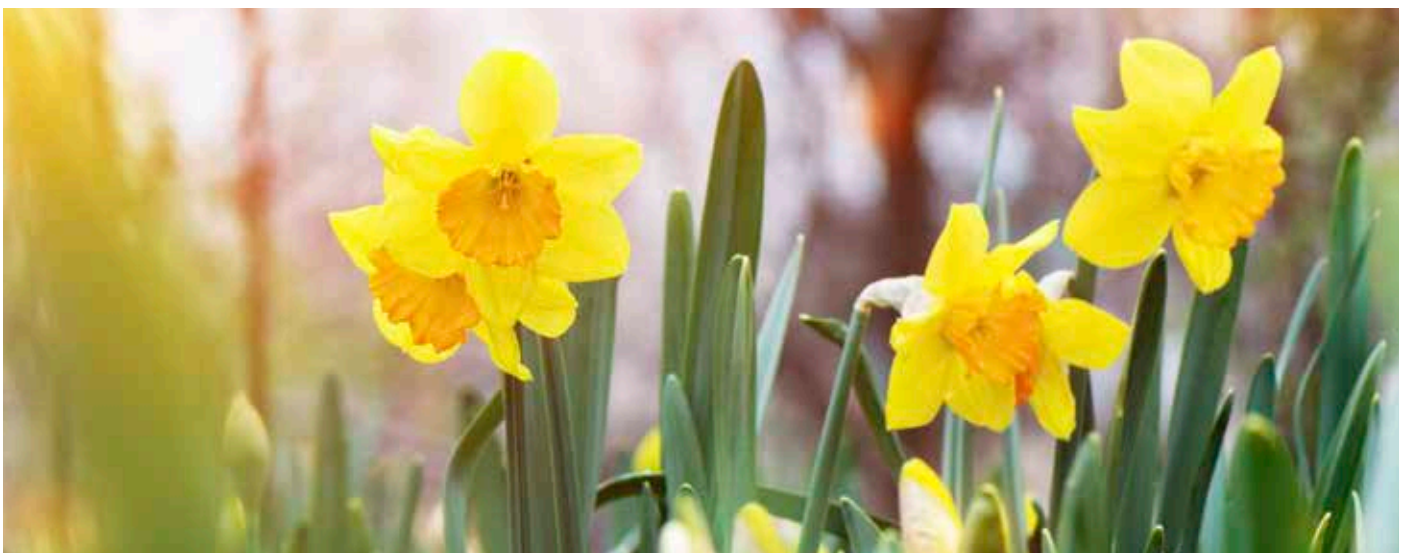
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Answers to Dingbats challenge

1 Blind Ambition, 2 Easy Come, Easy Go, 3 By And Large, 4 Repeat After Me, 5 Water Hose, 6 A Large One, 7 One Foot In The Grave, 8 A Stitch In Time, 9 Bad Debts, 10 Painless Operation, 11 In Close Harmony, 12 Red In The Face.



FIND THE 8 DIFFERENCES hidden in these two seemingly identical pictures





AWFUL JOKES

A woman was found guilty in court for a motoring offence and when asked for her occupation she said she was a schoolteacher.

The judge rose from the bench.

“Madam, I have waited years for a schoolteacher to appear before this court.”

He then smiled with delight. “Now sit down at that table and write ‘I will not jump a red light’ one hundred times.”

A police officer called the station on his radio. “I need back up here. The Vicar’s wife shot her husband for stepping on the floor that she had just mopped.”

“Have you arrested the woman?”

“Not yet, Sarge. The floor’s still wet!”

I’ve bought myself some fancy new electric garden trimmers... They’re cutting-hedge technology!

I left my wife because she was obsessed with counting... I wonder what she’s up to now?

My wife said she’s leaving because I’m obsessed with supermarkets... “Do you want any help with your packing?” I said.

Skryne Cycle Club 2023

**Club Membership now due, €20;
New Members Welcome.**

Intermediate Group:

Saturday mornings from Swan's carpark – we’re taking out a group of past/previous cyclists (racer bikes only) who might be thinking of getting back into it.

This will be a get-back-into-it cycle of approximately 35 km (coffee at 20km) at an average rate of 20 to 22 km/h; a nice steady slow pace to get going.

If enough interest, we’ll try and keep this going over the next 6 to 8 weeks to get everyone back into cycling. Spread the word!

Weekly spins:

Wednesdays at 7pm from Fox’s;

Sundays at 9am from Swans/Rathfeigh School (alternates depending on wind direction!)



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Thank You in Advance, Zara Brady

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Condolences

We offer our condolences to the following:

- To the Hora Family, Painstown on the death of P.J.
- To Seán & the Fox family, Skryne on the death of Anne.
- To James & the Monaghan family, Oberstown on the death of Olive.
- To Maura and the Swan Family, Skryne on the death of Jimmy
- To Michael Newman, NT Skryne National School on the death of his father.

If you have suffered a bereavement recently and we have missed the opportunity to convey our condolences please accept our apology and be assured of our sympathy.
RST Committee.

SPONSORSHIP OF THE RST NEWSLETTER



BECOME A SPONSOR

We require sponsors for future editions of RST Newsletter.

The cost of sponsorship is €100 which will include a half page advertisement. Interested sponsors please contact Therstnewsletter@gmail.com or telephone Patricia 086 838 8017.

Same contact details apply for advertisements and cost

€25 per half page or €20 for regular repeated half page advertisement.

Smaller advertisements cost €10.

All money raised from this source will be spent to the benefit of the community. Our initial project is to help the RST Community Centre update and further develop their website.

We take this opportunity to thank those who continue to support us through their sponsorship and advertising.

Notices

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Editorial Notice

The Rathfeigh, Skryne and Tara newsletter (RST) is published by the RST committee supported by submissions from the local community.

It provides a community news and information service to the people and organisations in the area as well as people from further afield.

The RST is provided digitally, free of charge, to anyone who provides their e-mail to the RST committee. E-mails are not shared with anyone outside the committee. Anyone or any company who would like to sponsor the RST are welcome to make a request to the committee.

Anyone who wishes to advertise anything in the RST are asked to make a small contribution to have their advert published.

The RST committee reserves the right to alter, abridge, or omit material, including advertisements submitted, if in its opinion such submissions are seen to affect the Newsletter's function to the community as a whole.

The RST is open to all Articles, letters or other submissions from contributors and are always welcome. However, such published contributions do not necessarily reflect the views of the RST committee. The RST committee are committed to trying to ensure only accurate and legal articles are published.

Next Issue Saturday 29th April

Submissions on or before
Sunday 23rd April 2023

Contact:

Jim: (086) 383 7436

Patricia: (086) 838 8017

Email: therstnewsletter@gmail.com