



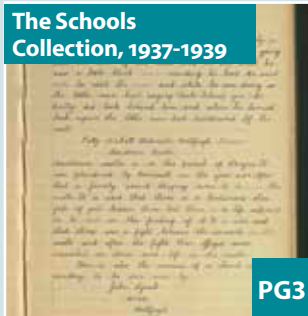
# RST Community Newsletter

RATHFEIGH/SKRYNE/TARA

26th June 2021 • Issue No. 4

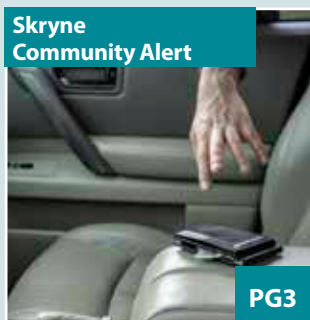


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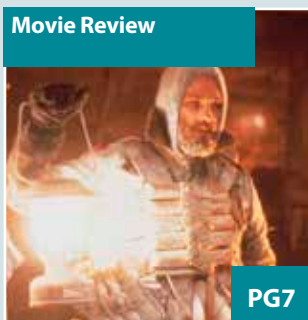
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**Tara Athlete Natalya Coyle officially selected for Tokyo Games**

PHOTO COURTESY OF MEATH CHRONICLE

**Tara athlete Natalya Coyle has officially been selected to compete at her third Olympic Games and she will be a serious medal contender in Tokyo.**

The RST committee and local community would like to wish Natalya the very best of luck and good wishes for the up-coming Tokyo Olympics.

**Continued on page 2**

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# Natalya Coyle confirmed her spot in the Modern Pentathlon event, which will be one of the last disciplines at the Tokyo Olympics, at the European Championships in Bath in 2019.



Photo courtesy of Meath Chronicle

Coyle finished ninth at London 2012 and sixth at Rio 2016 while she is also a two-time World Cup silver medallist and two-time World Cup Final winner in the mixed relay alongside Arthur Lanigan-O’Keeffe, who has declined his selection for the Games due to injury.

The 2016 Meath Sportsperson of the Year is a former member of Meath Hunt Pony Club, Coyle started competing in international modern pentathlon aged 16, having taken up horse riding before being introduced to the other disciplines.

“It is always special going to the Olympics, and with this being my third Games, I am still really excited to compete,” said Coyle after her selection was confirmed.

Modern Pentathlon is based on a variation of the military aspect of the ancient pentathlon, and focuses on the skills required by soldiers in the late 19th century. Athletes compete in swimming,

show jumping (on an unknown horse), fencing, and Laser Run (combined running and shooting).

In Tokyo the competition takes place in two different venues, Musashino Forest Sport Plaza for the fencing and Tokyo Stadium for the remainder of the competition.

Team Ireland Modern Pentathlon Performance Director, Martina McCarthy is proud of Coyle’s achievement in making her third successive games.

Team Ireland now consists of 45 officially selected athletes, with 98 athletes spots confirmed. The final team announcement is scheduled for the beginning of July.

The Olympic Games in Tokyo will run from the 23rd July to 8th August 2021, with Modern Pentathlon running between 5th and 6th August.

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# The Schools Collection, 1937-1939

## National Folklore Collection

Between 1937 and 1939, more than 50,000 children from over 5,000 schools nationwide, interviewed their parents, grandparents and neighbours, and recorded folklore, history and local tradition in their copybooks. Back in the days when the children would normally have been given essays to write in both English and Irish at the weekends, this task was a welcome break! Only a few children from each school were selected. Reading through them now, one of the things that strikes you is their beautiful handwriting. Perhaps this was part of the selection process!

Over the last few years, the collection has been digitised and made available through the Duchas website. Included are the full collections from our two local schools in Skryne and Rathfeigh.

Each month we will publish an excerpt from the collections. Starting this month, we have some local history researched by Patty Mitchell, Waterside, Rathfeigh, and John Lynch, Dorea, Rathfeigh, both pupils of Rathfeigh School. Their teacher was Mrs Rose Madden.

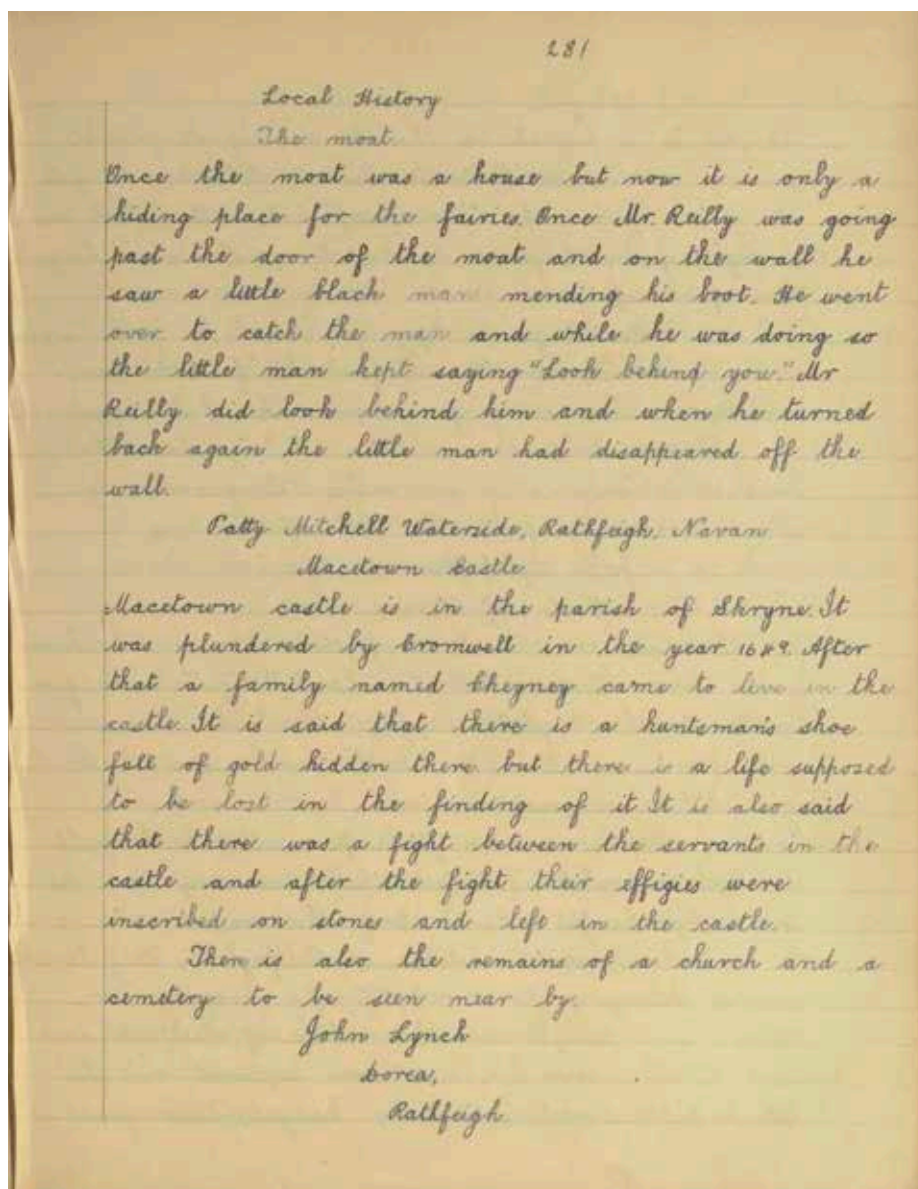


Image and data © National Folklore Collection, UCD

## Skryne Community Alert



### Theft from cars

Balrath Woods has reopened, and it's lovely to be able to get out for a woodland walk in the nice weather. Sadly, the carpark is still a regular target for those intent on making your possessions their own, as well as leaving you with a hefty bill and a lot of hassle getting your windows replaced! If you are driving to Balrath Woods, please do not leave any valuables unattended in your car, visible or not. The same advice goes for similar car parks such as Hill of Tara, Navan Ramparts, Stackallen, Hill of Slane etc. If you notice any suspicious activity in any of these car parks, please call the Gardai straight away with a description of the suspects and/or their vehicle.



### Antisocial Behaviour

We have received complaints from residents regarding antisocial behaviour from those that should really be old enough to know better. This involves revving engines and screeching tyres as they do their best to impress their mates with "donuts" at local crossroads. This happens late at night and is causing distress to those living near these road junctions. There is a place for this style of driving, but that is at private tracks and not on our public roads. Please take note of the registration numbers and call them in to the gardai if you come across this in our area.

# Skryne Tara - Double Champions

**Skryne Tara were crowned double Champions for the season 2019-2020 by winning their Sunday League section of the Athletic Union League and the Leinster Junior Shield.**



The Leinster Junior Shield victory has been well documented in previous RST Newsletters but due to Covid 19 restrictions the League win and the Presentation of the Cup and Medals for this competition had been put on the long finger. The AUL had promised that, when allowed, they would make the Presentation at one of our

Training sessions and, true to their word, earlier this month they arrived at the Track at Ross Cross to do just that. We were delighted to welcome representatives from the League to our home facilities on a beautiful June evening and they were full of praise for both our teams achievements and the condition of the pitch and the Grounds in general. With that in mind we want to thank all our club volunteers and those from Tara Athletic Club who have helped in having the place Spick and Span.

Unfortunately, in these strange times we were unable to offer any refreshments to our visitors either in the Clubhouse or any local establishment. But everybody concerned understood the situation we have found ourselves for more than a year now.

The season begins earlier than usual this year as a result of Covid and therefore the Senior team have played three Friendlies to date winning all three without conceding a goal. The Shield Competition is due to start in July but the main Season begins properly with the first League match in September.

The Underage Competitions have already begun and our Under 10s have played two games on Friday evenings against very strong teams from Kells and Summerhill. These games are being played in the MDL on the Trim Road in Navan and some of our boys had never even been in the MDL never mind playing there. So with this new experience and the strength of the opposition the lads lost the games but played really well on both occasions. As these are Coaching games the results are irrelevant and the idea is for the boys to enjoy the matches which they certainly did. Well done to the boys. Picture below.

The Under 14s have played two matches and have won both. Again this group of lads are enjoying their football and their Training on Friday nights. It's been a great start to the season for everyone concerned.



Skryne Tara Under 10s



Skryne Tara with Leinster Junior Shield and Sunday Division Cup



L-R: Tony Carolan Chairperson, Mark Jordan Captain, Dermot Carty Secretary receive the Cup from Terry Corbally AUL and Peter Lynch AUL Committeeefrom AUL Sunday Divisio Secretary Terry Corbally



The Management Team with the Leinster Junior Shield and Sunday Division Cup and Medals.  
L-R: James (Jack) Conroy Coach, Cyril Carty Joint Manager, Mark Jordan Captain and Robbie Thorpe Joint Manager



Mark Jordan Skryne Tara Captain receives the Cup from AUL Sunday Divisio Secretary Terry Corbally

# Gardening really is good for you

**A**ccording to a recent study conducted by the Royal Horticultural Society (RHS) and two universities, people who garden every day have wellbeing scores 6.6 per cent higher, and stress levels 4.2 per cent lower than those who do not garden at all. Dr Lauriane Chalmin-Pui, RHS well-being fellow and lead author says, “The evidence overwhelmingly suggests that the more frequently you garden, the greater the health benefits. “In fact, gardening every day has the same positive impact on your well-being as undertaking regular, vigorous exercise like cycling or running. “Gardening is like effortless exercise: it doesn’t feel as strenuous as going to the gym, but we can expend similar amounts of energy.”

## What does your lawn say about you?

**A** perfectly mown lawn may look beautiful, but it is also a sign of male control. So says Monty Don, the Gardeners’ World presenter. He is wary of what he calls the ‘male obsession’ to achieve a closely cut lawn which is of pure and perfect grass, without any other plants in it at all. Monty Don calls such an attitude to gardening “controlling rather than embracing,” and reckons it is based on a desire to get just one more “aspect of life under control”.

Instead, Don urges that at least part of our lawns should be encouraged to become wildflower meadows, which are much better for the environment. He explains: “Cutting grass burns fossil fuel, makes a filthy noise and is about the most injurious thing you can do to wildlife. Whereas, simply letting grass grow ... is probably the single most effective thing you can do in any garden of any size, to encourage, particularly, insect life, but also small mammals, invertebrates and reptiles.”

## Home alone, wanting a gnome

**D**o you yearn for a garden gnome? You are not the only one. Since last year’s lockdown, garden centres have been reporting a ‘massive upswing’ in ornament sales, due to people being forced to spend more time in their gardens. Gnomes top the list of most-wanted ornaments, with a near 100 per cent increase in sales over the past two years. There was even a gnome crisis a while back, when the Suez Canal got jammed, and thousands of gnomes on their way to gardens could not get through.

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# In praise of the Afternoon Nap

A short nap in the afternoon improves your memory and keeps your brain more agile. People who nap tend to speak more fluently, have greater mental agility, and remember things better than those who do not break up their day with sleep. Even a five-minute nap can offer your brain a chance to down-time and replenish itself, so that it is ‘good to go’ again. If you want longer than five minutes, try to stop at 40 minutes, before you enter the deepest stage of sleep. If you do carry on, sleep for two hours, which is a full sleep-cycle. The study was published in the British Medical Journal.

## Chocolate – food of the gods!

The botanical name for the cocoa bean is Theobroma – which means ‘food of the gods.’ Chocolate makes us feel better. The chemicals it contains trigger the release of endorphins similar to those we naturally produce when we fall in love.

But nutritionists warn against using chocolate as a pick-me-up, especially in the evening. Chocolate eaten before bedtime can cause blood glucose levels to plummet during the night, which will disrupt your sleep. Chocolate eaten in quantity every day can lead to mood and energy swings, weight gain and poor immunity. If you have mad cravings for it, you could have a problem with blood sugar, or a deficiency in magnesium, copper, zinc or iron. But occasional consumption of cocoa can provide medical benefits. Chocolate containing 60 per cent or more cocoa solids is rich in essential trace elements and nutrients such as iron, calcium and potassium, and many vitamins. Cocoa is also the highest natural source of magnesium. Good as all this may be – most of us enjoy chocolate simply because of its high sugar and caffeine content. Chocolate simply gives you an instant sugar hit, providing a sudden burst in energy, unfortunately followed by a slump and the desire for another sugar-fix.



# Midsummer

Anne Frehill

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Brightly the sun of summer shone  
Green fields and waving woods upon  
And soft winds wandered by.  
Above, a sky of purest blue,  
Around, bright flowers of loveliest hue  
Allured the gazer`s eye.

Anne Bronte.

I like to think that there is something magical about this time of the year. Maybe because it brings back memories of those carefree days of childhood when the school holidays arrived and I played in the golden fields, while the adults laboured to make as many cocks of sweet -smelling hay as possible before the weather changed. I can recall the light that suffused those fields, it seemed brighter and more intense than nowadays. And on those hot days, when I suppose that the temperature must have hit 30 degrees Celsius, the heat seemed to produce a haze that added to the sense of otherworldliness. I fancy that I can still hear the beautiful warbling song of the skylark and I can see in my mind`s eye the hedgerows

peppered with wild roses and honeysuckle. Some days when I lay on the loose hay and looked up at the sky I imagined that I had stepped into Paradise or some exotic land at the ends of the earth because the sky was not totally blue but had hints of bluish-grey, bluish-white and the faintest suggestion of yellow. Just like copies of bucolic paintings that hung in the parlours of many houses at that time, including my own home.

Last week on one of the hottest days of the year I took a stroll through those same fields now filled with green oats. And amidst the sense of poignancy for parents, neighbours and chain-smoking, jolly Agricultural Contractors` long gone, who once dotted those fields, other thoughts came to mind.

Initially, the beautiful Parable of the Sower in the bible which is only one example from among many references to seeds, including the tiny mustard seed (in the bible ) and of course all the vivid images of the harvest that we encounter in various chapters.

And then, as I ploughed my way through the dense, knee-deep oats, Kavanagh`s great poem filled my head.

## **In Memory of My Mother**

*I do not think of you lying in the wet clay  
Of a Monaghan graveyard ; I see  
You walking down a lane among the poplars  
On your way to the station, or happily  
Going to second mass on a summer Sunday-  
You meet me and you say ;  
“Don`t forget to see about the cattle –“  
Among your earthiest words the angels stray.  
And I think of you walking along a headland  
Of green oats in June,  
So full of repose, so rich with life –  
And I see us meeting at the end of a town.  
On a fair day by accident, after  
The bargains are all made and we can walk  
Together through the shops and stalls and markets  
Free in the oriental streets of thought.  
O you are not lying in the wet clay,  
For it is a harvest evening now and we  
Are piling up the ricks against the moonlight  
And you smile up at us -eternally.*

Patrick Kavanagh.

# Movie Review

Darragh O'Dowd

This time we're going to look at horror, a staple of the movie night with friends and a genre that has brought many to resort to hiding behind their hands. Here are my top three, must-see horror movies;



## The Exorcist (1973)

Often credited as the scariest movie ever made, what audiences remember from The Exorcist is often the terrifying moments such as the headspin and the spider-walk scenes, but what people forget is the almost Shakespearean story underneath about a priest wrestling with his faith following the death of his mother. The Exorcist brings together a terrific director, stellar performances from Jason Miller, Ellen Burstyn and Linda Blair, a brilliant script and masters of lighting, sound and special effects, to create a thoroughly entertaining, deeply emotional and always terrifying horror classic.

## The Thing (1982)

Following his 1978 horror masterpiece Halloween (which you should also check out), this film confirmed director John Carpenter as a master of the genre. Featuring a crew of scientists in an Antarctic research base, the film follows them as an alien infiltrates their numbers, which can take the form of any one of them. Featuring brilliantly calculated direction, great performances, masterful creature effects and iconic moments such as the blood test and the defibrillator scenes, The Thing is a tense, claustrophobic and scary thrill ride from start to finish.



## Psycho (1960)

Psycho's shower scene is what most people associate it with, but the rest of the film is just as thrilling and scary. What starts off as a crime caper takes a quick left turn into insanity, as Marion Crane stops off at the Bates Motel. Pushing the limits of what could be shown on screen at the time, Alfred Hitchcock created his masterpiece with Psycho, a disturbing, thrilling and scary classic.



If you're still brave enough, you should definitely check out Poltergeist, Alien, The Shining, Halloween, Jaws, Rosemary's Baby and The Silence of the Lambs.

# Rathfeigh National School

Seamus Tansley

## ■ Sensory Room

We are delighted to announce that our Sensory Room will be up and running by September. The idea was only in its infancy stage back in March but momentum behind the project has increased greatly over the last few weeks in particular. This is largely due to Nicola and Mrs Vaughan but the project wouldn't have been viable without the generous support of all the parents/guardians who contributed over 3100 Euro in the Parents' Association "Marathon Relay" fundraiser last week. This was an overwhelming amount to raise which indicates the positivity which is behind the project. A big congratulations to all our fantastic children who completed the relay with smiles on their faces in 2 Hours 36 Minutes. Their ice-creams after the relay were well deserved! Congratulations to Donncha who won a voucher for collecting the most money and to Niall for having the closest time in the "guess the time of the marathon" competition. A big thanks to Mary Mc Carron for marking out the pitch for the marathon. This was a big job and we thank Mary for giving of her time in the evenings to do this. Pictures of the Relay Marathon will be uploaded to the school website.

Our Sensory Room will be a quiet space dedicated to stimulating, developing and relaxing the senses. It will allow pupils the freedom and autonomy to explore the environment for themselves, in their own time, using all of their senses. A Sensory Room is a practical way to provide calming and safe places for pupils. **It should benefit ALL the children in the school and not just children with special needs.**

We hope to have an official opening of our Sensory Room in the first term of the new school year – if Covid-19 permits! Hopefully, at that stage, people in the Rathfeigh and Skryne community will be able to view the Sensory Room by appointment.

## ■ Rathfeigh School Crest Art Mural

The positivity behind Róisín Wade's Art Mural at the front of the school has been phenomenal. As I mentioned in last month's RST Róisín is a masterful artist. Her commitment and attention to detail during the project was a joy to behold. We have lost count at the amount of people passing the school and stopping to take photographs of the mural. We all thank Róisín for completing

the mural and it certainly puts a smile on all our faces when we pass it daily.

We had a presentation for Róisín two weeks ago. Pictures of the event can be seen on the school website [rathfeighns@outlook.com](mailto:rathfeighns@outlook.com).

## ■ Sports Day

We had our annual Sports Day on Monday with some variations due to Covid-19. The children were so excited to take part in the activities having missed out last year due to school closures. All the children participated in a positive and friendly manner in a variety of activities – penalty shoot outs, sprints, crossbar challenge, long distance running etc. The day was very warm but the ice-creams afterwards cooled things down somewhat and everyone went home with smiles on their faces!!

## ■ Parents' Association AGM

The annual AGM took place outdoors at the school two weeks ago and it was a pleasure to be in attendance. We had a fantastic turnout and we thank everyone for giving of their time to discuss issues pertaining to the school. I'd like to wish Pauline Kacprzak the best of luck in her new role as Chairperson and I look forward to working closely with her and all members of the Association over the coming years.

The AGM was exceptionally positive and we thank everyone sincerely who spoke very positively about the school. Parents present spoke very highly of the teachers' commitment while the school was closed due to Covid and they were delighted that their children had two daily Zoom sessions in addition to the online learning platform Edmodo. It was also nice to hear positive comments from parents about feeling very welcome in the school. Positivity is contagious and it was very welcome after the last eighteen months of Covid-19.

Bridget is, once again, co-ordinating the Book Rental Scheme which has been a great success for the last decade or so. When the children return to school on August 26th the books will be ready for them – covered and labelled. Thank you, Bridget.

## ■ Science-in-a-Box

A few weeks ago we had a Question and Answer session with the scientist Luke O'Neill as part of the Science-in-a-Box programme for 5th and 6th class. I was in contact with Suzanne (scientist) and she

will be sending us a recording of it. We hope to have this uploaded on the school website very shortly.

Parents have been very supportive of this initiative which was introduced to the school three years ago. We thank Eimear Moffat for sponsoring this programme for the last few years and we are delighted to announce that Eimear will also be sponsoring the programme next year. Thanks Eimear.

## ■ Sixth Class Graduation

We had our Graduation outdoors for our 6th class pupils on Wednesday evening. It was an emotional evening for the children and their parents/guardians. All the children brought up their symbols of their time in Rathfeigh and spoke of their memories and some parents spoke of their time having their children in Rathfeigh.

I, personally, will really miss this 6th class as I taught them in 3rd and 6th class. Over the years I have seen them mature greatly. I will miss their humour and their laughter. I fondly remember all the Gaelic football and rounders' matches at the rear of the school and the hockey matches in the ball-court. They have made a great contribution to our school for which I thank them. The future is very bright for them all and I wish them happiness and success in everything they do in the future.

We thank Ms Reynolds for her beautiful and individualised framed pictures which all the children received as well as their Graduation Certificates.

## ■ New Juniors

Our new Junior Infants visited the school with their parents/guardians on June 11th. The sun shone brightly as we met outdoors at the rear of the school. The boys and girls starting with us adapted really well to their new surroundings and they mixed well with their new "friends". I am very confident that they will "settle in" very quickly with us at the start of the new school year. We wish them all happiness, fun and success in their time in Rathfeigh. Please contact the school by e-mail if you have any questions or concerns about your child starting.

If you are still undecided about which school your child will be attending in September please e-mail the school ([rathfeighns@outlook.com](mailto:rathfeighns@outlook.com)) and we will send you out an enrolment form and answer any questions



you may have.

### Picker Pals Litter Programme

The Picker Pals litter programme has been continuing with pace in 1st/2nd classes over the last few months. The children have been engaging very positively with this unique programme and going on litter-picking adventures in their local area with their family and reporting back to their classmates. This programme, in conjunction with our recently received Green Flag, should continue to motivate the younger children to be more aware of the environment around them. We thank Ms O'Donoghue for co-ordinating the programme.

### Standardised Test Results

The children in First to Sixth completed the standardised tests in English, maths and Irish at the start of June and school reports have been posted home to all families. The results were very good and were on a par or slightly better than before Covid-19. There could be many reasons for this

- Fantastic parental support and

involvement in their children's education

- An effective remote learning programme during school closures with two Zoom sessions daily in addition to the online learning platform Edmodo
  - A committed staff dedicated to the education of the children
  - No Covid-19 cases in the school. We had a very high attendance rates among our pupils. Teacher attendance throughout the year was almost 100% resulting in our Learning Support teachers very rarely having to cover other classes.
  - The children working to the best of their ability throughout the year.
- Well done everyone and thanks.

### Confirmation

**Due to Covid-19 this year's Confirmation will take place in St. Mary's Church Navan at 7pm on Tuesday July 13th.** Although the ceremony won't take place in Skryne Church it still will be a special occasion for the children. The children should be seated at 6.45pm at the latest. We will be e-mailing parents/guardians with more details of

the ceremony in early July after we have a meeting with the Bishop to discuss Covid guidelines that will be in operation on the night. We have one pupil saying a reading and one pupil saying the Prayers of the Faithful.

The Board of Management and all staff wish all our 6th class pupils an enjoyable Confirmation and the best of luck in Secondary School.

### Staff

On behalf of myself and the Board of Management I would like to thank all our staff for their tremendous work over the last 12 months – Mrs Vaughan, Mrs Campbell, Ms O' Donoghue, Ms Reynolds, Nicola, Rosemary, Helen, Jackie and Ingrid. Their positivity shone through the darkness of Covid-19. Everyone deserves a good rest and I wish you all an enjoyable and safe summer.

The children in Rathfeigh have been excellent. Their resilience was remarkable and we are all so proud of them. Wishing you all a great summer.



# Scoil Cholmcille

Martin Kennedy

It is very hard to believe that we have reached this stage of the year at Scoil Cholmcille when we prepare to clear out presses, empty desks of clutter, throw out well used books and copies and more especially this year, clear out an old Principal!

Seriously though, it is a big relief to all of us to have reached the end of a very challenging year safely and to have kept Covid-19 and its many variants out of the school. A major "Thank you" is merited to the school staff, pupils and parents/guardians who have all been so vigilant and diligent in observing the routines and protocols we put in place. Some other schools have not been so fortunate, and it is a real disappointment to many pupils to have to end their school year with another period of school closure. With the continuing roll-out of the vaccine and a bit of commonsense on behalf of everyone, we hope that the new school year can start in a positive manner and look forward positively to an interruption-free academic year.

The past few weeks have been busy as ever at the school and we have tried to give the pupils as much outdoor activity as possible. Thankfully the weather Gods have been smiling down on us which helped greatly.

Most classes have been taking a bleep test with very impressive results turned in by many young runners. Ruby King gave a very good impression of the Energizer Bunny when running for Rang 1 ! It was great to see all children having a go at least - even those for whom running does not come easy. Most Senior side classes have been out for their daily runs as well and break-times have also been quite active with tennis racquets, hula-hoops and skipping ropes being well utilised.

We also tried to take the inside-learning "outside" if that makes any sense.

This week we have had a chalk-art experience with each child given a square metre on which to re-create a masterpiece. The Viking lessons were well represented with Thor's hammer being a popular feature. Volcanoes were erupting near the Fr. Gleeson Hall in abundance. Van Gogh must have had his one good ear burning as pupils discussed how to re-create some of his better known works. Of course farming

machinery featured heavily and James Murphy was able to give a great run-down on the various makes and models as they appeared. It was a great bit of excitement and also a great way for collecting parents to get a little more insight into what happens in school. We have missed the classroom displays when we could invite parents/guardians/guests in to view the children's work, projects and experiments . Next year please God.

Of course many of our children have been working extremely well since we returned to the classroom and we like to recognise their endeavours through our Silver Card and Gold Card reward system. Cards have been awarded for a number of different reasons and some of the winners may be seen below. We especially love "triers" and we keep a special place in mind for those pupils who show kindness and consideration to others. As parents/guardians you should be so proud of these fine young people. We are!

Rang 5 kept us all wondering why they were hoarding any cardboard boxes they could gather in their classroom. The secret could not be kept any longer when their "castle-building" project broke out of the room and into the corridor. It grew to such an extent that we had to move outdoors for the final touches to some constructions. Mr. Newman applied for planning retention so we hope that all is in order. Some budding architects have been unearthed and we have definitely discovered a project manager or two!

Friday last was a special day for the school for many reasons. The greatest excitement was probably over the final round of the Euros leagues with teams competing on the pitch for the glory of being the winners. Penalty shoot-outs were needed for many close games but the final itself was a little too one sided. We believe that a certain set of brothers set up late at night discussing tactics and making important formation decisions. Let's just say that they chose their goalkeeper well. It was all great sport.

To add to the excitement we had a special visit to the school from members of the Meath Ladies All-Ireland Intermediate winning team. Niamh O'Sullivan, soon to be of this parish, and Mary Kate Lynch from Summerhill, honoured us with a

visit and brought with them the prized Mary Quinn Cup. Of course we had to meet them outdoors but the ladies fielded some great questions as well as outlining their journey to the promised land of being an All Ireland champion. Niamh had experienced the agony of defeat in recent years and Mary Kate was able to relay her journey of persistence as she battled her way onto the panel. We hope the pupils picked the message of never giving up and following your dreams. JJ & Cara Cowley were particularly interested in Niamh's story. We wonder why?

Of course we had our very own All Ireland Champion with us on staff this week. In a week dominated by the start of the GAA Championships, League Finals and the Euros, the National Athletic Championships got hardly a mention. Not quite fair and so we want to put that right. Míle Comhgairdeas ag dul amach go dtí Elizabeth Morland, one of our favourite past-pupils and yet again a sporting phenomenon! Despite carrying an injury Elizabeth beat strong competition to claim the National Heptathlon Championship. Not the first time that Elizabeth has graced the winners enclosure and we are certain it will not be the last. You are an inspiration Elizabeth. We have loved having you back in the school with us as a staff member.

Congrats too to Isabel and Emily from Rang 5 who have also won major medals. Anna cleared 3.75m to earn her Long Jump medal and Emily nearly broke her back modelling the Bridge for her winning Community Games modelling entry. If only they would stand still for a minute we might even have managed a picture!

To round the day off the staff of the school had a little treat themselves. They got to meet the new Principal for Scoil Cholmcille. Mr. Tom Brennan, was introduced to the staff and to Catherine Hanley, Chair of our Board of Management, by Fr. Paul Connell, Chair of the selection panel. Mr. Brennan comes to us from St. Joseph's BNS, Terenure and has almost twenty years experience behind him. He spoke briefly with staff and made a strong impression on all who spoke with him. He seems to be a very affable and approachable individual with a desire to continue and build on the great work of this school. We

have no doubt he will make an excellent Principal Teacher and wish him the very best of good fortune when he takes up the position from September 1st. We know you will make him very welcome.

Before all that a Sports Day was held on the school campus last Thursday. Activities were rotated during the day and pupils surely slept well that night after the strenuous exertions of a fun day.

As I said to the new Principal last week. I came to Skryne knowing little about it but fell in love with the place and it's people. I hope that he can get as much satisfaction from working with this community as I have. I have had a heavy heart for the past few weeks as I prepare to exit stage right but the warmth and kindness of so many has meant an awful lot to me. If there is a positive in retirement it is that you don't have to be dead for people to say nice things about you - and those who want to say otherwise generally have the good grace to stay quiet!

Rang 6 will graduate from us next week but not before we have one final outing with them. School Tours have been off the agenda due to Covid restrictions but with the help of some volunteer drivers we will manage to give the pupils one last day together before heading off to the various second level schools in September. Courtlough Adventure Centre will be our destination next Tuesday, followed by an outdoor Graduation ceremony back at the school at 7pm. Restrictions again means this will have to be limited to pupils and their parents/guardians.

School will close for all pupils on Wednesday 30th. June and resume on September 1st. Details on the arrangements for the start of the new school year will be issued during the final week of September but we do expect that many of the current protocols will remain in operation.

I don't officially retire until Sept. 1st so I will be here for a while yet. I look forward to sharing some time and some stories with many of you over the weeks and months ahead. We might even be able to shake hands by then.

Have a wonderful summer everybody and thank you again for the support you have given the school over a very unusual and challenging year. Community and cooperation is so important.

Tuesday July 13th will see the class assemble one more time for their Confirmation ceremony. It will be held in St. Mary's Navan at 7pm. The pupils from Rathfeigh will join us for this special occasion but again there will be strict conditions imposed on us for the ceremony. Details will be issued to the families during the week.

Personal Note: I was more than a little floored to be featured so prominently in the last issue of RST. It appears that people were conferring behind my back and I had no notice of it. To say that I was flattered would be a massive understatement. I couldn't have asked for three better people to represent my involvement in this community over the past 19 years.

Sincerest of thanks to all who have called, sent cards or visited. Your thoughtfulness will be treasured always.

Martin Kennedy,  
Principal Teacher - but not for much longer !!



Mary Quinn Cup



Draughts



Liz All Ireland



Anna Long Jump



Castle



Emily Community Games



Outside Learning

# Night Sky July 2021

by Tony Canavan

Sunrise: 5am

Sunset: 10 pm

Full Moon: 24th July

Astronomical noon: 1:30 pm

## Moon:

July 1st - Last Quarter Moon (half visible moon)

July 24th – Full Moon

July 10th – New Moon (no moon visible)

July 31st – Last Quarter (half-moon visible)

July 17th – First Quarter (half-moon visible)

Best viewing of the moon is during its phases as the shadow cast reveals the details of the craters

## July Sky:

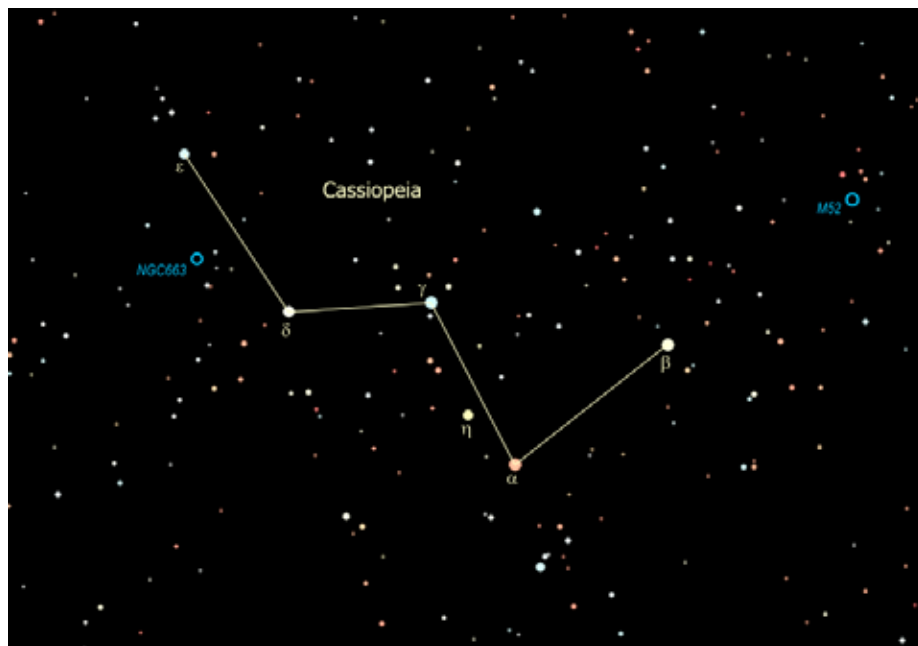
Because in mid-summer the days are long and nights are not so dark. It is not ideal for observations. However, some stars dominate during the summer nights, about 10 pm, namely **Vega** (nearly overhead in the SE, altitude 70°), **Altair** (directly below it, altitude 35°) and **Deneb** in the East, (altitude 55°) and form what is known as the **Summer Triangle**. **Deneb** and **Vega** never set, they are circumpolar. They also mark the position of the **Milky Way** in the sky. **Deneb** marks the constellation of Cygnus, the Swan, with its outstretched neck going towards the star **Albireo**, see below. The moon will have set so better for observations (unless you want to observe the moon).



The Summer Triangle: Deneb, Vega and Altair are clearly visible in the night sky.

## July 15<sup>th</sup>:

- The moon is waxing crescent in the SW, so good for observations.
- Antares, in Scorpio, a brilliant jewel set at the heart of Scorpio, is rising from the SE.
- Venus is setting in the West after the Sun.
- Spica, the luminary of Virgo, is prominent to the southeast, altitude 15°. Spica can easily be found by following the curve of the handle of the Big Dipper (Plough) down through Arcturus and then on down to Spica.
- Cassiopeia is in the northwest sky with its distinct **W** shape (see below). A supernova was recorded in Cassiopeia by the great Dutch astronomer Tycho Brahe in 1573 as a new star.



This **W** shape is very clear in the sky and as you can see, it leads us to the Open Star Clusters of M52 (Messier objects catalogued by the French astronomer Charles Messier) and NGC663 (New General Catalogue number) on each side of the W.

Close to Cassiopeia is the galaxy of **Andromeda**. In early July you will have to wait until about 1am for Andromeda to gain sufficient altitude for observation. Several minor galaxies lie closer to the Milky Way than Andromeda but this is the closest **Large Spiral Galaxy** to us and the brightest galaxy in this sky. So if you want to study galaxies this is the one. In the night sky on 10th July it has an azimuth 50° and an altitude of 23°, climbing higher in the sky during the night.

By July 25th at 10 pm the following planets will have risen in the East, Saturn, Jupiter, Neptune and Uranus, but you will have a full moon to contend with at this stage.

### Betelgeuse:

RTE reported on 20th June on the work of an Irish PhD student who has studied the dimming of the star Betelgeuse as part of an international research team studying the star. It is in the constellation of Orion, very visible to the naked eye, and is a Red Giant Star. It is at the end of its life and is due to go supernova in the next few thousand years, an event that would be spectacular for those on the earth, but still at a safe distance. The team used the VLT (Very Large Telescope) in Chile to image the star. It clearly showed that the dimming was caused by a giant dust cloud resulting in a drop in temperature on the stars surface as measured from the earth. The VLT is situated in the Atacama desert in Chile operated by ESO (European Space Agency). Four eight metre telescopes operate together giving and incredible angular resolution of 0.002 arcseconds. The VLT telescope directly imaged the first exoplanet, the tracking of individual stars moving around the black hole at the center of the Milky Way. Betelgeuse is in the sky during July so it is not visible.

### Venus:

**NASA** has announced a \$500 million per mission (2 missions) to Venus in 2028-2030 timeframe. These missions will study the composition of Venus's atmosphere and will try and determine whether the planet had oceans. The mission will have a **descent sphere** that will plunge through the planet's thick atmosphere to try to understand why Venus's atmosphere is a runaway hothouse compared to the earth's atmosphere including the effect of volcanoes, etc. on the surface This information is vital in understanding our own planet. The probe will only last about 20 mins after arrival on the surface due to Venus's corrosive atmosphere.

### China's Space Station:

Having recently set up its own space station China launched three astronauts into orbit to begin occupation of the Tianhe module located 380 Kms above the earth. They will bring the module into service and start testing new technologies.

**Blue Origin:** Jeff Bezos, the founder and CEO of Amazon, and his brother will join the person who bid €28 million in an online auction for a seat on 'Blue Origin'. The winning bidder will fly to space on **Blue Shepard's** first human flight and will be joined by Jeff Bezos and his brother Mark. The seat money will go to **Club for the Future**, set up to inspire future generations to invent the future in space.

**SpaceX:** Construction of the Super Heavy Booster for Starship is well under way with first test flight planned, at the moment, for July. The plan is that the Starship duo will lift off from Boca Chica with the first stage coming back 6 minutes later in the Gulf of Mexico. The upper stage will continue to earth orbit and will later splashdown about 100 km off the northwest coast of Hawaiian island of Kauai. Development at SpaceX is moving at an incredible pace. These are all unmanned test flights.

## Irish Astronomers:

### James Hamilton (Irish Cleric):

He was the son of Mary Giradot, from a Huguenot family (French Calvinist Protestant), and Colonel Gustavus Hamilton of Summerseat, Co. Meath. He graduated from Trinity in 1765 in astronomy and science.

He was made rector of Kildress, Co. Armagh in 1776. He set up an observatory in Cookstown, Co. Tyrone and came to the attention of the Astronomer Royal. In 1790 he was appointed astronomer and keeper of the new Armagh Observatory which he helped to set up.

He worked with other astronomers and observatories, notably **Dunsink Observatory** in Dublin. He died in 1815. Armagh astronomers today are researching Solar-System Astronomy, Solar Physics, Stella and Galactic Astrophysics and Solar Earth relationships.

## European Union:

A new EU space programme has been officially launched. It will see the EU deepen investments in satellite-navigation, Earth conservation, space situation awareness and secure communications among other activities. Euspa (European Agency for the Space Programme) will examine the relationship between EU and ESA (European Space Agency) particularly in the light of countries such as United Kingdom being members of ESA but not a member of EU.

This will cover such areas as investment and intellectual property rights. The EU is also aware that 'space is going through a massive transformation and rapid industrialisation all around the world. We must adapt to fast moving developments and anticipate new ones'.

# Skryne GFC report

Cormac Grendon



## The Skryne U7s

have enjoyed their first Go Games and for some it's their first real game after progressing from the U6s or as we know them the "Super Star Heroes"

It's all about the fun element right up to U11s and from U13s it becomes competitive. The U7s certainly had plenty of fun in their games and certainly enjoyed the games. Part of the practice is also fun & enjoyment. This is a great bunch of players and a bright future ahead of them.

Well done to the U7s players and management.



## The Skryne U9s

like all the underage panel they have also had their first Go Games. Last week was a really busy week with practice and matches. So many talented players and really all enjoying the Gaelic. Well done to all the U9s and great work being put in by the management team and players.

Some fantastic players and future stars.



## The U11s

have two teams and done fantastic numbers at Underage and this is credit to all the hard work put in. The panel of players in the attached photo have played Curragha and only recently Summerhill. There is an U11s team and an U10s which gives everyone plenty of game time.

Some great players in the making and well done to the players, management and parents and we will have some action photos of both teams on our social media platforms.



## The second U11s team

which comprises of all 10 year olds have had their first Go Games this year away to St Ultans / Cortown. Some fantastic players who really gave it everything and wear the Skryne jersey with pride. We have no doubt that the future of Skryne seniors is in safe hands.

These lads mean business with the arms folded !!!

Well done to the players and management team.



### Best of luck to Oisín Keogh in the Leinster Final with Meath 2020 Minor final

Meath minors who dominated Dublin last year to earn themselves a Leinster Final. Due to the pandemic that hit all Finals, Meath never got to play theirs either. This is now the chance to earn a Leinster Medal for Meath. Oisín played a pivotal part in the U16s Gerry Reilly final in Oldcastle the previous year.

Meath now have a Leinster Final to look forward to next week and Skryne wants to wish Oisín and the Meath panel the best of luck. Oisín has great potential and has really shone through his underage career. Best of luck Oisín!!

### Wishing Darragh a speedy recovery

Missing a game through injury can be annoying but missing a final is even tougher. Darragh O Dowd is a fantastic defender who makes it hard for the best of the forward line. Unfortunately Darragh got injured in training and missed the U15s final. His work ethic and passion at training is a pleasure and always gets on with it.

We were delighted to see Darragh smiling after the fantastic result of the U15's final where he was really missed. He is a team player and has a great future ahead of him.

Get well soon and we all look forward to seeing you on the pitch again soon.



### Skryne U15's 2020 Management panel with captain James Reeves

Not often we manage to get the management panel together as they are never ones to be in the limelight but credit to all our Volunteers through the years and currently who are all giving up their valuable time.

Its days like this that makes it worth all the hard work.

Pictured L-R is Nigel Fox, Johnny Quinn, James Reeves (C) Des Manning & Gordon Geraghty.

### Congratulations and well done to John O Regan and John Finnerty on making the Meath Minor panel for 2021.

We have no doubt that you will represent the club with pride and everyone in Skryne GFC wants to wish you all the best with Meath GAA.

Skryne were well represented at minor level and to those who were unfortunate not to make it this is just the beginning of your dreams and not the end. We have no doubt with all the hard work you put in there will come a time. We have a fantastic minor panel and for another year Skryne are in the elite of Div 1.

Best of luck to all players and management for 2021 as we see the recommencement of games again which is great to see.



## Match reports for the 3 Feis Cup games are at the following links

### Round 1. Skryne v Ballinabrackey

<http://www.skrynegfc.ie/feis-cup-group-b-round-1-skryne-2-11-ballinabrackey-1-12?>

### Round 2. Simonstown Gaels v Skryne

<http://www.skrynegfc.ie/feis-cup-group-b-round-2-simonstown-gaels-2-11-skryne-0-10?>

### Round 3. Skryne v Na Fianna

<http://www.skrynegfc.ie/feis-cup-group-b-round-3-skryne-0-17-na-fianna-2-08?>

### Latest Blotto Results can be found at the following link

<http://www.skrynegfc.ie/blotto>

### Meath GAA website link for Skryne results and fixtures

<https://meath.gaa.ie/fixtures-results/?clubID=1952>

(Note: The result shown for this evening's Feis Cup is correct in my match report. At time of writing it is incorrect on the Meath GAA website)

### Cormac Grendon the underage PRO put the following match report on the website for the recent U15 Paddy O'Brien Cup Final victory.

<http://www.skrynegfc.ie/skryne-u15s-overcome-a-stern-challenge-from-navan-o-mahonys-in-a-fantastic-div-2-final?>

## Skryne GFC Annual Golf Classic

Date: Friday, 23rd July 2021  
Time: 9:00am to 5:00pm  
Venue: Royal Tara Golf Club  
Format: Four person team event.

*Each of the winners and runner's up must hold GUI handicap.*

Cost: €360 for a team of 4

Includes:  
Food and refreshments at 9th Hole  
4 course meal  
Beat the Pro at a Par 3

Sponsorship: €100 per hole.

The golf classic is one of our principal fundraising activities and your support is greatly appreciated with the funds generated going towards the continued development of our facilities in an effort to provide the best resources for all the youth of our community.

If you wish to enter a team or if you wish to support the event through sponsorship, you can do so by contacting the following members of the committee.

Ross Phillips: 087-9798822

John Burke: 086-2215803

Pauline McManus: 086-8159765

Thanking you for your ongoing support without which we could not achieve our goals.

John Burke (Chairperson)

## The Worst Time Of Our Lives

Joan Gallagher

In 1976, after only seventeen years of marriage, George died of a massive heart attack at the age of forty-six, he was buried on our seventeenth Wedding Anniversary, a big strong man who was never a day sick in all the time I knew him.

I just thought the whole world had ended. There are no words to describe what I felt at that time, and for a long time after.

I know, beyond the shadow of a doubt, that the only reason I didn't fall apart and disintegrate, was the fact that I had two kids, sixteen and fourteen and a half, to finish rearing.

They were both in Secondary school, and one thing I will always be grateful for, is the fact that I did not have to get a job immediately, so I was able to be there with the dinner ready, and the house warm when they came home, as I knew they too were suffering terribly.

One night in bed about a month or six weeks after George died, I felt so awful that I really did think that I too, was going to die. I remember the dying didn't bother me that much, but the thought of leaving them on their own at this age did. So I made a "deal" with God, that if HE would leave me with them until Noel (the youngest) was twenty-two, then I would happily "go".

Mind you, He must have forgotten all about me, because nearly twenty years later I'm still here.

Strangely enough, I never felt as close to God (since or before) as I did at that time, and this helped enormously, as He did "answer" when I "called" on the days when I was at the bottom of the pit.

I do know that some people "fall out" with God when sudden and unexpected death hits their family, and I think it must be even harder to cope when this happens.

I will never, ever forget the sympathy, help, and support of family, friends, and neighbours at that time.

*Latest Snippet from Joan Gallagher's book "Milestones along the Journey of Life"*



# Trevino has three to

# spare in U.S. Open

LEE TREVINO shot a two-under par 68 yesterday to win the U.S. Open Golf Championship playoff by three strokes over Jack Nicklaus at Ardmore, Pennsylvania, yesterday.

It was the second U.S. Open victory for the 32-year-old Trevino, a Mexican-born American, who turned professional four years ago and once shined shoes for 10 cents (about 4p) a pair at a Texas golf club.

Trevino, who won 30,000 dollars (about £12,000) along with the prestigious national title, clinched his victory with a 20-ft. bunker putt on the 15th green to go two strokes under par.

Grinning broadly after the round, Trevino said: "I feel great, especially beating a man of Jack Nicklaus's calibre. They say every dog has his day and to-day was my day."

# Worthy Sweeps' win

# for game

# Irish Ball

By RAY GLENNON  
FRENCH-TRAINED Irish Ball won the Sweeps' Derby on Saturday in convincing fashion from the Paddy Prendergast-trained pair Lombardo and Guillemot. All the talk about favourite Linden Tree should not be allowed to detract from the merit of Irish Ball's victory. The colt raced away from the opposition when rider Alfred Gibert went for his race.

Linden Tree almost refused to go down to the start. He was given a lead and arrived at the gate after the other runners. At the request of his rider, he was not put into the stalls until last. He was in no humour for racing, and when the gate opened he refused to go with the other runners.

was likely raced as a two-

# THE IRISH LEADERS IN LONDON.

HEARTY SEND-OFF  
YESTERDAY.

HOLYHEAD SCENES.

GREAT ENTHUSIASM IN  
LONDON.

MORE PRESS OPTIMISM

The Irish Republican Delegates—  
Mr. de Valera, T.D.; Mr. A. Griffith, T.D.; Mr. A. Stack, T.D., and Mr. R. C. Barton, T.D.—left Dun Laoghaire yesterday for the Conference in London to-morrow.

They were accompanied by the Lord Mayor of Dublin, Count Plunkett, T.D., and Mr. Erskine Childers, and were given a hearty send-off.

Scenes of Enthusiasm.

The Envoys had a very warm reception at Holyhead, Chester, and Crewe, and at Euston they were enthusiastically welcomed by a huge crowd. The distinguished party is staying at the Grosvenor Hotel.

Mr. de Valera emphasises the fact that to-morrow's conference is only a preliminary meeting to discuss the basis of negotiations.



You know you are getting old when the candles cost more than the cake.

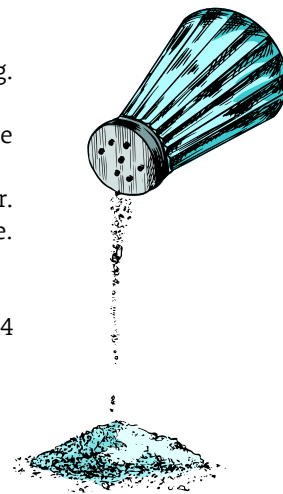
# Hints for the Housewife

A publication from the Times Dec 31st. 1923 *Woman and her home*

Thanks to Michael Mulvany for this article.

## Use of Salt

- A pinch of salt added to the white of egg or cream which requires whipping will hasten stiffening.
- Cooking utensils which have been used for onions can be cleaned by rubbing with salt.
- Sprinkled at the bottom of the oven, or on the shelf under the cake tin, salt will prevent the cakes from burning.
- When anything has been spilt on the above, a handful of salt will remove any unpleasant odour.
- A paste made of salt, alum and boiling water can be used to fill up cracks in floors or furniture.
- If a new toothbrush is soaked in hot salt water before being used it will last twice as long.
- Salt is still an excellent gargle.
- If salt is added to the outer pan of a double boiler greater heat is produced, as brine boils 14 degrees higher than water.
- Eggs packed in salt will keep for a long time.
- French or scarlet runner beans can be kept in salt for winter use.
- Salt added to the rinsing water will set the colour in coloured fabrics.
- Dry salt is an excellent dry cleaning medium.
- A bag of hot salt makes an excellent foot warmer or poultice.



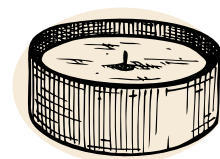
## Lemon

- A piece of lemon peel boiled with tea cloths and towels will bleach them most effectively
- Lemon and salt will remove fresh ink stains from any material
- Lemon juice as an ingredient of salad dressing, is both more healthy and more delicate in flavor than vinegar
- Half a lemon dipped in salt and rubbed on a chilblain is a quick cure. The same remedy is effectual for sore feet.
- If a sour sponge is rubbed well with a fresh lemon and afterwards well rinsed in warm water, it will become sweet.
- Lemon juice will allay the irritation of gnat bites.
- Half a teaspoonful of lemon juice in a glassful of hot water makes an excellent tooth wash.
- Lemon will remove stains from the hands and whiten the skin
- Quarter of a lemon in which four cloves have been inserted will give an excellent flavor to soup.
- Lemon juice and whiting will remove stains from brass.



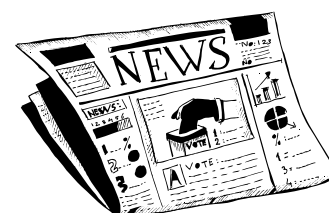
## Paraffin

- A cloth damped with paraffin, rolled up tightly and left for 24 hours can then be used—
- To clean doors, casings, china, furniture, bedsteads, etc.
- Linoleums, painted floors, stairs and bannisters.
- To clean windows and mirrors.
- To clean grates and gas stoves.
- It is excellent for removing grease and if used regularly, grate polish will only be necessary very occasionally.
- The paraffin cloth absorbs all dust, leaving no streaky marks, and is thus a great aid to housework.
- Modern cooking and heating paraffin stoves are most efficient, and have no unpleasant odour.
- A wad of cotton wool soaked in paraffin and placed inside the case of a grandfather clock will effectively clean it. The dust collects on the pad of wool, which can be removed after a few days.



## Newspaper

- As a fire lighter it is most effective, if rolled and twisted.
- A pad of newspaper cut to uniform size should be kept near the sink, and a piece torn off to wipe knives and silver and clean plates before they are put into the washing up water.
- Newspaper is an excellent protection and covering for the table, etc, when dirty work is taking place.
- There is no better agent for polishing windows and mirrors than a pad of newspaper- the printers ink possesses special polishing qualities.



I hope the above enlightens all and provides good tips for the 21st century carried from the last one.

# The Station

By Matthew Byrne

**It was the crack of dawn and the first orange flames of the sun were visible above the miraged horizon. After another restless and uncomfortable night sleeping on the hard leather in my car, I resumed my journey down the same dead-straight road with my only companions being the tumbleweeds which continued to populate the roadside.**

I was doing a 'Forrest Gump' of America, from East to West, in my silver 1967 Ford Mustang, which I had meticulously restored. Even with these modernisations there were two major discomforts with the car: extremely uneconomical on petrol and lack of power steering. The latter was compounded with the fact that I previously injured my shoulder muscles in a fight I had with an ancient oak tree when I was younger. I was immensely glad of the deserted roads as it was taking my brain a very long time to become accustomed to this flipped-over side driving. My tall stature fit comfortably into the elongated cockpit of the Mustang.

Even with my four three-gallon fuel cans, safely cocooned in the boot, I still fell short of the next petrol station. This was how I came to be pushing the Mustang the remaining kilometre into the 'The Groom Station'. Now, the power steering seemed like child's play.

All along the road, numerous old advertising signs littered the road making it virtually impossible to see the barren multi-toned desert landscape. The weather-worn edges and significantly faded paint along with the front told me they were from the latter half of the previous century. They all seemed to have a common thread: save time. Some of the more memorable ones included:

Get Going Goods  
Rapid Repairs  
Fast-Forward Food

'The Groom Station' itself was a testament to a forgotten era. It was like someone had plucked it from the 1960s and placed it beside the road. The canopy was bounded by the iconic neon lights of that decade which contrasted with the brown sand-worn exterior. The only outside fitting apart from the pumps was a battered and neglected old phone box with 'TELE-' being the only painted letters remaining visible and legible. This dilapidated and rundown state extended to the surviving exterior. I wished now I had checked to see if it was still connected to the outside world.

Having pushed my shoulders to within a few inches of their lives, I finally positioned the Mustang beside the lone old-fashioned pump. Despite the entire station being covered in a dredge of sand, the pump appeared to only have rolled off the production line yesterday. After rummaging my bony fingers through my blue and yellow Bermuda short's deep pockets, I emerged with my last fifty dollars.

## The Station

This would have normally got me the car and two cans full, but due to the surprisingly low price per gallon, I succeeded in filling the car and all four cans to the brim. Only after depositing them safely in the expanded booth of the car, did the large puddle of dark, light-dispersing oil against the pale worn concrete become apparent to me.

I then decided the pay for the petrol. On my way over to the shop entrance, in the shadow of the canopy, I clearly saw the silhouette of an attendant behind the counter. The silhouette was intermittent as the old filament bulb which illuminated the interior was on its last legs. This combined with the thick obscuring grime on the windows produced an image akin to the camera of the Station's heyday.

As I pulled open the creaking and glass-paned manual door using the long, thin and rusted handle, the bulb seemed to get a new lease on life. The attendant appeared to have vanished and so I waited.

Waited.  
Waited.  
Waited.

During this time, the green analogue and multi-buttoned cash register seemed to have become invigorated with the same magic that affected the bulb. Exactly on every minute it went 'ding' and the total increased by a dollar. Thirty-nine dollars were now displayed.

There was light seeping out underneath and through the cracks in the door leading into what I believed to be the storage room behind the counter. The silhouette appeared to be moving around that room. It was obvious from the darkened cracks that the silhouette was quite small and exceedingly thin. This dance of light and darkness lasted for a few minutes and then suddenly stopped. Throughout all of this, the lack of any audible associated sounds made the spectacle that much more sinister and surprising.

Frustration and slight anxiety prompted me to exit. As soon as my two feet crunched sand again, the lights resumed their random pattern of flickering alongside the attendant returning to his position behind the counter. I repeated entering and exiting multiple times, but this strange phenomenon persisted. While inside, the shop was devoid of any life. But, when viewed from the outside the skeleton-thin, child-height attendant in silhouette could be seen.

Thirst and hunger overruled my fears and I entered for one last time. A sparkling-clean water cooler, which sat in the corner was my first destination. I forcefully grabbed one of the milk white cups and placed it in the dispenser beneath. I turned the tap, heard the gurgling sound, saw the water level reduce but yet my cup remained as dry as the desert outside.

### The Station

After my shock and bewilderment wore off, I made my way across the squeaky with polish floor to the fridges. With my hand noticing no decrease in temperature, I was surprised when I felt the icy cold glass bottles of Dr.Pepper. The same curious spectacle occurred with the freezer: a temperature of 101° F/38°C and frozen food. My eye then turned to a mound of pre-wrapped *Twinkies* and I shot over to them. Due to the previous aberrations, my instinct told me to look at the best before date: June 8<sup>th</sup>1984. The slice of apple pie digesting in my stomach would have to do for another few hours.

As I was passing by the now familiar and eerie counter, two more signs both frightened and perplexed me. The first was as well-groomed and healthy bonsai tree living in soil that was as much sand as that outside. The second was the open yellow-paged credit book. The last entry read:

June '47  
60 yards of Aluminium Foil \$47.93  
William Brazel

That was the straw that broke the camel's back. With my last remaining grey hairs plastered to my head, I shrunk back to my car and my phone. A black, blank screen stared up at me. When I resurrected it, my dreaded terror popped on the screen:

### NO SIGNAL

I had to prove that I still possessed sanity: I needed proof. With

my phone switched to camera mode, I tried in vain to take a landscape shot of the petrol station. The button would press and shutter click, but no image would find its way to the library. Never again would I be fooled into purchasing an Android.

It was then that I heard a noise similar to an aluminium bin falling from a height at the back of the garage. At this point, a battle raged in my mind between curiosity on one hand and fear on the other. After several uneasy minutes, the latter got the upper hand.

In the manner of a little frightened cat, my legs carried me to the surprisingly large yard at the rear. The first thing that struck me was the unexplainable façade: the dreary grey stone bunker was in complete contrast to the sand-blasted metal front. Opposite this newfound fortification, was the unusual sight of numerous Ford cars chronologically ordered from the 1940s to the present with the notable exception of a 1967 Ford Mustang.

### The Station

However, it was the BSA military generator, attached to the smooth exterior wall, that caused me the most concern. As I stood there, it would periodically emit a visible orange spark. At that, I finally threw in the towel. I'd had enough. That was the last straw.

Using speed unnatural for my age, I deposited the \$50 beside the still '*dinging*' cash register (now at ninety three dollars) jumped in the car and in a cloud of dust left the God-forsaken place. As I sped down the road, there was only one sign visible as far as the eye could see:

### Nevada

Area 51  
13 Miles



### The team at Skryne Hill Preschool would like to congratulate and say goodbye to the children finishing up with us on Friday 25th June 2021.

It has been our great pleasure and privilege to contribute to their development and to be a part of their lives. We say goodbye now sadly as we have created a bond, a preschool community, that will last a lifetime.

We wish our journey could go on indefinitely, but our time together is sadly over. We ask the children to remember that no matter how far that journey takes them, we wish them well wherever they may go, whatever they may do, or whomever they may become. We proudly present to you, the class of 2021.

# Local Business & Professional Directory

Thanks to those who have already submitted their contact details for our business & professional directory. We know there are many more & hopefully you will submit your contact details for ease of access to your service. We will include the directory occasionally. There is no charge involved and the idea is to encourage our readers to support local.

Included below is our directory so far.

Type of Business	Business Name	Contact Name	Phone	Email
Accountancy, Tax Advisory, Bookkeeping, Payroll	<b>Greally Accountants &amp; Tax Advisors Limited</b>	Richard Greally	<b>0872717282</b>	<a href="mailto:info@greallyaccountants.ie">info@greallyaccountants.ie</a>
Boarding kennels	<b>Happyhounds Boarding kennels Skryne, C15 XE02.</b>	Kay Palmer	<b>0872384496</b>	<a href="mailto:Kay@Happyhounds.ie">Kay@Happyhounds.ie</a>
Building	<b>Building Energy Ratings</b>	Noel Gallagher	<b>087 2405528</b>	<a href="mailto:absber@gmail.com">absber@gmail.com</a>
Cakes and cupcakes	<b>Aisling Bakes</b>	Aisling O' Connor		<a href="mailto:aislingconnorskryne@gmail.com">aislingconnorskryne@gmail.com</a>
Carpet & Wood Flooring	<b>The Flooring Mill</b>	Stephen	<b>086 2351954</b>	<a href="mailto:info@flooringmill.ie">info@flooringmill.ie</a>
Community Centre with 3 Rooms to rent for classes etc. Fibre Broadband	<b>RST Community Centre</b>	Susan McAuley	<b>087 3613388</b>	<a href="mailto:rstskeyne@gmail.com">rstskeyne@gmail.com</a>
Counselling/Psychotherapy	<b>Dowdstown Counselling Services Ltd</b>		<b>046 9031196</b>	<a href="mailto:dowdstowncounsellingservices1@gmail.com">dowdstowncounsellingservices1@gmail.com</a>
Credit Union	<b>Tara &amp; District Credit Union</b>	Cliona Martin	<b>046-9025871</b>	<a href="mailto:info@taracreditunion.ie">info@taracreditunion.ie</a>
Funeral Director	<b>Michael Ryan Funeral Directors.</b>	Michael Ryan	<b>086 2722870</b>	<a href="mailto:m.mjryan@gmail.com">m.mjryan@gmail.com</a>
Handyman Services	<b>HandyFix</b>	Pauric McCaughey	<b>085 1597105</b>	
Horticulture	<b>Sedum and Sage perennial plant nursery</b>	Kirsten Walker	<b>086 3699509</b>	<a href="mailto:kirstenwalk@gmail.com">kirstenwalk@gmail.com</a>
Horticulture	<b>Blooming Blossoms</b>	John O Regan	<b>0866822454</b>	<a href="mailto:johnmoregan@icloud.com">johnmoregan@icloud.com</a>
Intruder Alarms/ CCTV	<b>Orbit Alarms</b>	John O Rourke	<b>087 2642981</b>	<a href="mailto:Info@orbitalarms.ie">Info@orbitalarms.ie</a>
Leadership Coaching and development	<b>Stephen Naughton Coaching Ltd</b>	Stephen Naughton	<b>087 2225572</b>	<a href="mailto:stephen@stephennaughton.com">stephen@stephennaughton.com</a>
Picture Framing	<b>Phracted Ink</b>	Susan Caffrey	<b>086 3711844</b>	<a href="mailto:info@phractedink.com">info@phractedink.com</a>
Preschool	<b>Skryne Hill Preschool</b>	Alison King	<b>0868427682</b>	<a href="mailto:skrynehillpreschool@gmail.com">skrynehillpreschool@gmail.com</a>
Printing - all types	<b>A &amp; J Print Dunshaughlin Ltd.</b>	Anne or Hazel	<b>(01)8256402</b>	<a href="mailto:info@ajprint.ie">info@ajprint.ie</a> Web: <a href="http://ajprint.ie">ajprint.ie</a>
Suppliers Of New And Quality Vehicles	<b>Ron Chawke Motors</b>	Ron Chawke	<b>086 1717159</b>	<a href="mailto:ronchawkemotors@gmail.com">ronchawkemotors@gmail.com</a>
Violin & Piano Lessons	<b>Slide into Music</b>	Laura O'Keane	<b>087 9331000</b>	<a href="mailto:lauraokeane@eircom.net">lauraokeane@eircom.net</a>
Water Treatment	<b>Leo Forde Water Services</b>	Fionnuala, Leo and Kate Forde	<b>01 8011360</b>	<a href="mailto:finforde@waterstore.ie">finforde@waterstore.ie</a> <a href="mailto:Kateforde@waterstore.ie">Kateforde@waterstore.ie</a>



### Some Awfull Jokes

#### Neighbourhood Watch

In one small rural village the local vet also led the local Neighbourhood Watch group. Late one night the phone rang, and his wife answered. An agitated voice inquired, "Is your husband there?" "He is, but tell me, do you need him as the vet or the Neighbourhood Watch?" the wife asked. "Both!" was the reply. "We can't get our dog's mouth open, and there's a burglar in it!"

#### Out to graze

A group of elderly British tourists were touring Holland by bus. They stopped at a cheese farm where a young guide led them through the process of making cheese from goat's milk. She showed the group a lovely hillside where many goats were grazing. "These," she explained, "are the older goats put out to pasture when they no longer produce." She then asked, "What do you do in Britain with your old goats?" A spry old gentleman answered: "They send us on bus tours!"

#### Ground

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf. Some Omega-3 vitamins fell on my head when I opened the cupboard. I got super fish oil injuries. What does a dyslexic, agnostic insomniac do at night? He stays up wondering if there really is a dog



### Find the 8 differences

hidden in these two seemingly identical pictures



Can you solve this Dingbats challenge? Answers to the wingdings are directly below the quiz

AMB T ON	EE E ARR. EE E DEP.	BY &	MEREPEAT
01	02	03	04
H <sub>2</sub> OSE	ONE	GR 12" AVE	minstitchute
05	06	07	08
ATROCIOUS	O E R T O	CLOSE HARM	FAREDCE
09	10	11	12

Answers to Dingbats challenge  
 1 Blind Ambition, 2 Easy Come, Easy Go, 3 By & Large, 4 Repeat After Me, 5 Water Horse, 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

# Candlehill Growers

BEDDING PLANTS,  
BASKETS & POTS  
Basket & Pot Refill



Our glasshouse is full with a variety of summer bedding plants ready for the season ahead.  
Local delivery can be arranged or you can visit us at Candlehill Growers  
to browse & choose what you like.

**Contact Willie at 087 130 9060**

**Candlehill, Oberstown, Tara, Co. Meath, C15 RK54.**



## PARTY BANNERS

COMMUNION & CONFIRMATION BANNERS

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**PRINT**  
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**info@ajprint.ie**  
**01 825 6402**

# Condolences

We express our sympathy to the following:

- To the family of Liam Reddy formerly of Macetown, Tara
- To Fionnuala Forde, Greenpark on the death of her mother Molly, Stradone, Co Cavan.
- To the Furlong family on the death of Bernie, Dunshaughlin and late of Ross Cross, Tara.
- To Doreen Naughton, Old Ross on the death of her brother John, Dunshaughlin.



## Skryne Cycle Club

Training continues through the summer.

Wednesdays at 7pm and Sundays at 9am, both from Swans Carpark.

**Wednesday suitable for beginners.**

Hi-Viz and helmet essential; lights recommended.

Three levels catered for, so something for everyone.

Contact Pat McGovern 087 2586315

## Local Handy Man Available

### SERVICES PROVIDED:

Carpentry / Wooden Floors / Cabinet Making

Radiator covers made to measure

Shelving for Hot Presses

Side Gates made to measure

Under Stairs storage units

Garden Maintenance

including Hedge Cutting

Power-washing Paths & Patios

PVC Window & Door Maintenance

repair of Hinges & Locks

Supply and Fitting of Fireplaces & Stoves

**NO JOB TOO SMALL!**

**Contact: Pauric**

**T: 046 9034846**

**M: 085 1597105**

# SPONSORSHIP OF THE RST NEWSLETTER

## 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.



## NEW DEADLINE FOR RECEIPT OF ARTICLES

In order to allow newsletter formatting to take place in a timely fashion **we have had to revise our final date for acceptance to midnight on the Sunday** preceding each issue.

## GREALLY ACCOUNTANTS & CHARTERED TAX ADVISORS

Richard Greally - FCCA, AITI (CTA) Chartered Tax Advisor, B.Sc Mgmt, Cert in Capital Taxes for Private Clients, Cert in Business Studies

Our services include, but are not limited to the following:

- Year End Accounts for Sole Traders, Partnerships and Limited Companies
- Management Accounts
- Bookkeeping and VAT
- Payroll and PAYE
- Income Tax
- Corporation Tax
- Subcontractor and Principal Contractor Tax
- Succession Planning tax advice - gift tax, inheritance tax, retirement planning tax
- Paye employees Year End Assessment
- Rental Income computations
- Company secretarial CRO
- New business sole trader and limited company start up
- Company voluntary strike off

Garlow Cross, Navan, Co. Meath Ph: 0872717282

[www.greallyaccountants.ie](http://www.greallyaccountants.ie) [info@greallyaccountants.ie](mailto:info@greallyaccountants.ie)



## Next Issue Saturday 31st July

Submissions on or before **Sunday 25th July**

Contact:

**Jim: 086 383 7436**

**Patricia: 086 838 8017**

**Email: [therstnewsletter@gmail.com](mailto:therstnewsletter@gmail.com)**