



RST

Community
Newsletter

RATHFEIGH/SKRYNE/TARA

28th January 2023 • Issue No. 20



Road to Aconcagua



David Hegarty from Oberstown recently (last month) climbed the Aconcagua mountain in Argentina.

Aconcagua is a mountain in the Principal Cordillera of the Andes mountain range, in Mendoza Province, Argentina. It is the highest mountain in the Americas, the highest outside Asia, and the highest in the Southern Hemisphere with a summit elevation of 6,961 metres. This is a series of climbs that he has completed and this one was also a fundraiser for Irish Cancer Society.



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This issue is sponsored by

TARA STUD



Road to Aconcagua

By David Hegarty



In order to support the vital work that the **Irish Cancer Society** are delivering to those in need, in December 2022 I took on the challenge of climbing the world's tallest mountain outside of the Himalayas, Aconcagua over an expedition period of 19 days. On the mountain I experienced many challenges (lack of oxygen due to elevation, extreme weather systems and high winds, temperatures of -20oc routinely being experienced at night and -30oc at the summit, overall duration and need to carry all your food and equipment with you from base camp) both physical and mental which I needed to overcome, but was all worth it by helping those who are at the front line of supporting our loved ones in their time of need.

I can easily say that those two weeks were some of the most challenging of my life. Instant thoughts of taking on something like this are drawn to the physical demands, but more importantly the mountain takes a mental toll on you as the days pass by and energy is consumed.



Albeit not a technical mountain, the demands on both body and mind at nearly 7000m above sea level put you in a rarefied state. Your thoughts feel like they are not your own. Your body reacts to situations like it's not your own. All in all, a very challenging place to try to exist in for a prolonged period of time. Nights were long and cold, with high wind speeds of up to 100 kph gusts rattling the tent nightly meant that sleep was hard to come by at the high camps. It is hard to think of rainbows and puppy dogs as you lay in your sleeping bag at ~ -10degC staring into the darkness that is both your tent, and also your mind. But just as dawn follows night, when the sun's rays eventually creep over the horizon, they bring with them not only warmth to your body, but also to your mind and spirit. Every day at 6am I made sure I was out there soaking in every bit of it, basking in not only the dawn of a new day, but also the optimism and opportunity that came with it. The alignment between this physical daily cycle and the struggles a lot of us go through on a daily basis was so poignant to me, no matter how dark things are, there will be bright times ahead.

We had a single day summit weather window which ended up being on the night of the 22nd. 7 of our expedition team of 8 made the departure from Camp 3 that morning at 5am, and by 2pm only two people eventually made it to the summit, and unfortunately I have to report that I wasn't one of them.

We were down to 3 climbers at 6800m with only 162m left to climb when our guide started to notice my symptoms of ataxia (high altitude related dizziness etc). We took a break and I ate some sugars and hydrated and continued onward for another period as he knew how much this summit meant to me. Sadly the break didn't do too much to resurrect my stability so at the 6900m point, or roughly an hour from the summit, my bid to claim it was over.

My fantastic climbing partners agreed to take my Irish Cancer Society t shirt the remainder of the way resulting in the image you see below, with the second image showing a downtrodden selfie of where I remained and waited for them to come back so we could descend together.

It took sometime but after a couple of days I now look back and not feel failure for missing out on the final 1% of the journey. The 99% that made up the rest of the expedition was filled with memories, challenges and experiences that I will carry with me forever. I have attached a small number of photos taken, but they will only show a tiny sample size of the wonder that is Aconcagua.

Finally, I would like to thank all those who have supported me through this challenge, both via messages and reactions to posts, it really helped seeing the positive response to one man's effort. To have raised €10,000 that all goes directly to the ICS has blown away my expectations, I set a high bar with no really aspiration that I would actually achieve it, so truly grateful for all that have donated so far.



But as always, the real hero's who need support are those who are acting as the first line of care for people in need such as those in the Irish Cancer Society.. If cancer support is something that touches you and you would like to add support to this fundraiser, you can follow the link below.

<https://www.idonate.ie/fundraiser/road2aconcagua>



Points to Ponder

Think happy thoughts to help your immune system

A stressed mind can put your body at risk. If you constantly think about negative things, and dwell on stressful events in your life, you could weaken your immune system and make yourself more susceptible to illness. A recent study has found that simply thinking about negative events, even if they are only imagined, can increase the levels of inflammation in your body. This inflammation, associated with the body's response to trauma and infection, can weaken the immune system and has been linked to a number of conditions such as heart disease, cancer and dementia.



Are you a cold-water swimmer? Then beware.

The current fashionable middle-class lifestyle trend of cold-water swimming is putting thousands of new converts in danger, as they swim in cold water for longer than their bodies can take.

One lido in London recently reported that they were having to deal with cases of hypothermia every day, as some people insisted on staying in the water until they collapsed. Instead, as the water temperature drops, so people should shorten their swim. When a person's body temperature drops, their heart, nervous system, and other organs cannot work normally. Hypothermia sets in, and can lead to heart failure, respiratory system collapse, and death.

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The Schools Collection, 1937-1939

National Folklore Collection

This month's Dúchas article on Old Churches was written by Annie Fitzsimons from Greenpark, who attended Rathfeigh School.

Old churches.

In older times Shryne parish was divided into the following divisions, Shryne, Tara, Rathfeigh, Trevel, Macelown, Templekieran and Lisnullen. The patron saints of each are: of Shryne St. Columcille; of Tara St. Patrick; of Rathfeigh the Assumption of the Blessed Virgin; of Trevel St. Patrick; of Macelown St. Nicholas; of Templekieran St. Kieran and of Lisnullen the Holy Trinity.

The chapel of Rathfeigh in the reign of Queen Anne was a mud wall thatched house in the valley of Rathfeigh, the next at Macelown, the third erection at Loughinstown, and the fourth in a kind of commons in Rathfeigh. The last which was built in the year 1779.

Annie Fitzsimons,
Greenpark,
Dunshaughlin.

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Night Sky February 2023

by Tony Canavan

Phases of the Moon:

Full moon: 5th February, **Last Quarter:** 13th February, **New Moon:** 20th February, **First Quarter:** 27th February.

Best nights for observations 15th - 28th February 2023. Sunrise: 0810 am **Sunset** 1707 pm 1st February 2023

Comet C/2022 E3:

A comet not seen for 50,000 years has returned. The last time it visited the earth it would have been seen by Neanderthals or Homo Sapiens. Comet C/2022 E3 is composed primarily of frozen gases, dust and ice that are heated by the comets approach to the sun causing it to glow. This is known as the **Coma**.

It will be difficult to see but, on its way back from the sun, it will become brighter with its closest approach to the earth (perigee) on evening of **1st February** at a distance of over 40 million kilometres. On the evening of **26th/27th January** it passes a few degrees east of the bowl of the **Big Dipper** (The Plough). By February 5th it will pass a few degrees to the west of the star **Capella**. Unfortunately, at this stage we have a full moon rising in the East and I think this might make it extremely difficult to see the comet. Best option **26th/27th/28th January**. Magnitude at this time is +5. So, you need a dark site, telescope or binoculars. **January 26th /27th:** Dubhe, the last star on the Big Dippers bowl, has a bearing 40°,

altitude 42° in the NE. There is only a crescent moon in the SW at this time, so reasonably good visibility.

February 1st:

Comets closest approach to the earth.

February 5th:

The comet passes a few degrees to the west of the star **Capella**

The **February night sky at this time** is the best in the year. Orion is to the south with Sirius (brightest star in the sky), Betelgeuse (that could go supernova at any time soon), Rigel, Orion Nebula Star Nursery, and to the NE the constellation of **Taurus** with **Aldebaran, Hyades Star Cluster** with the planet **Mars**. Around 10 pm Mars is nearly overhead, noted by its red colour. You will notice close by a fainter reddish star, **Aldebaran** at the end of the V-shape, marking the end of the horns of the bull in **Taurus**. Higher to the left is the constellation of **Auriga** where you will find the very bright star **Capella**.

We are beginning to lose Jupiter in the SW as February continues.

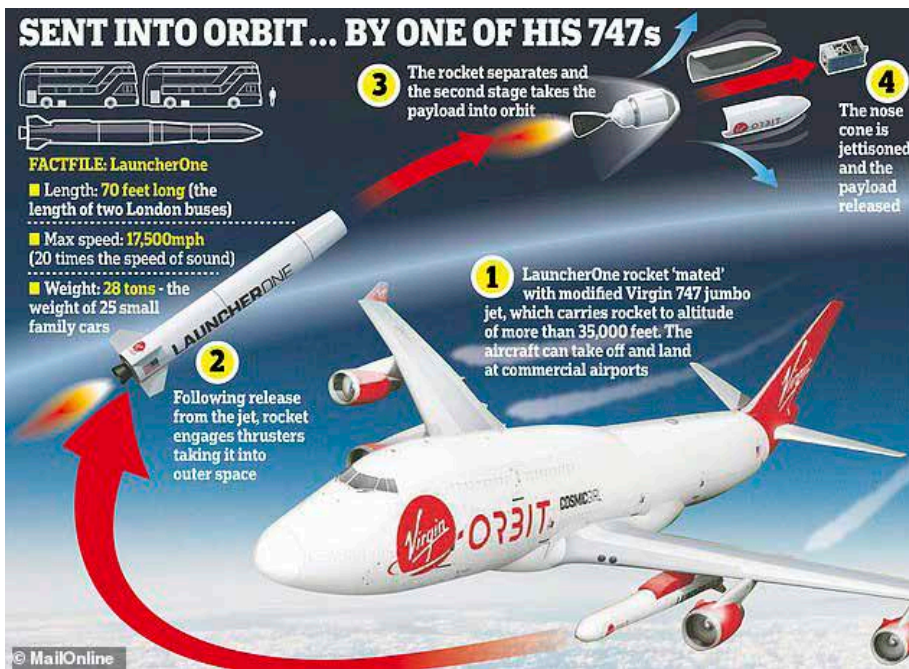
February 9th/10th:

The moon is below the horizon in the eastern sky so much better viewing conditions. Great views of the **Plough (Big Dipper)** in the NE and by following the last two stars of the bowl you come to **Polaris**. This star marks the position of the **Little Dipper (Ursa Minor)** as well as the position of the **Celestial Pole**. You can see Mars (nearly overhead at 10 pm, reddish) you can also find to the right, the small group of bright stars known as **'The Pleiades' (The Seven Sisters)**, Alcyone, Asterope, Celaeno, Electra, Maia, Merope and Taygeta. They are veiled in a misty nebulosity that inspired Alfred Lord Tennyson to write " Many a night I saw Pleiades, rising through the mellow shade, Glitter like a swarm of fireflies, tangled in a silver braid". Amazing through binoculars.

Plans for 2023:

- **Starship;** We await the orbital launch of Starship in Q1 of 2023. If successful it will be the largest spacecraft to make it to orbit. With its ability to carry more mass, more options will open up for space exploration. NASA has chosen the upper stage of this rocket for its lander vehicle for **Artemis**.
- **April 2023;** ESA (European Space Agency) will launch a mission called **'JUICE'** (Jupiter Icy Moons Explorer). Scheduled to arrive in 2031, the spacecraft will study **Ganymede, Callisto** and **Europa**, all of which are thought to harbour oceans and possible life forms. This craft has ice penetrating radar.
- Russia is now planning to launch its Luna 25 lander in 2023 and hoping to land near the Boguslawsky crater on the moon's south pole region.
- The **Osiris-Rex Mission** launched in 2016 to take samples from the asteroid **Bennu** is due back with samples in September 2023, a seven year mission.
- **October 2023:** NASA will launch **'Psyche'** to the asteroid called **'Psyche'**. Asteroids are normally made of rock. This one is made of iron, probably the core of a planet from the early stages of the beginning of the Solar System.
- **Late 2023:** ESA will launch the **Euclid Telescope** (Named after the father of Geometry). This launch has been switched from a Russian rocket to a **Falcon 9, SpaceX Rocket**, following Russia's invasion of the Ukraine. The telescope will probe **dark matter** and **dark energy** by observing billions of galaxies over a third of the sky.

- **Late 2023:** Amazon plans to send up its first satellite to rival SpaceX – Starlink (Global Internet Service). It is the beginning of a 3,000 satellite orbiting communications network.



This is the United Kingdom's first orbital space launch from UK soil. Spaceport Cornwall is a new UK spaceport, opened in September 2022. The rocket was launched from a modified Virgin Boeing 747 as above.

At just before midnight on 9th January 'Cosmic Girl' a modified Boeing 747 left Cornwall Spaceport to launch its rocket 'LauncherOne' into orbit with a payload of nine satellites (all the size of shoe boxes). It was waved off by its enthusiastic ground staff with high hopes for a new beginning for UK rocket launches. Unfortunately, after failing to reach orbit the rocket fell back to earth and its fiery re-entry was witnessed from Lanzarote in the Canary Islands. Considering that the previous four test runs had been successful this was a

bitter pill to swallow for Richard Branson and Virgin. Someone once said that **'space is difficult'** and we see that with nearly all entries into this sector of transport. This is also the reason why SpaceX are taking so long to put their new **Starship** into orbit as a catastrophic failure is not really a financial option (future NASA contracts are at stake).

Perseverance and Ingenuity:

Perseverance continues to drill rock samples on Mars. Its companion the helicopter **Ingenuity** continues to fly (now 30 flights) to help Perseverance choose the best track in the crater. The rover is in the heart of the delta now and has drilled 14 rock samples and dropped them for pick up. The plan is for Perseverance to deliver the samples to a NASA/ESA lander (due to launch 2027) that will have a built-in rocket which will launch the material to orbit and these will be snagged by an ESA provided orbiter for return to the earth.

ELF (Extremely Large Telescope):

Construction of the ELT (Extremely Large Telescope) continues atop of Cerro Amazonas in Chile. The main mirror will measure 39-metres across, having 798 adjustable segments. The previous VLT (Very Large Telescope) has a main mirror of 8.6 metres. Its science will consist of the following:

- Look for Earth-like planets
- Probe the nature of Dark Matter and Dark Energy.
- Study stars in our galaxy and beyond
- Study Black Holes
- Study the evolution of distant Galaxies back to 380,000 years after the Big Bang



The laser beams (in the photograph) measure the distortion in the atmosphere before light enters the telescope and this is automatically corrected by computers giving the astronomer a clear picture. This telescope, when completed, will be able to collect 100 million times more light than the human eye. Its total mass will be 3000 tonnes.

An Auspicious Date from History and the New Year

Anne Frehill

The mercury was far below zero and snow had fallen on 20th January 1961 as the 35th president of the USA was inaugurated. His name was John Fitzgerald Kennedy.

Recently, while searching for some old family photos among the many boxes stored in the attic, I came across some press cuttings from that time. Many readers who were children of the sixties and early seventies, will recall that it was not uncommon at that time to see a framed photograph of JFK hanging on the wall of the so-called parlour or “good room.” It was usually placed alongside a framed photo of the incumbent pope of that period: Pope Paul VI (His papacy lasted from June 1963- August 1978).

It was reported that approximately one million people turned up in Washington DC in the hope of catching a fleeting glimpse of JFK and his wife, the glamorous Jacqueline Kennedy. Attendees at the inauguration witnessed the proceedings commence with prayers from Cardinal Cushing followed by the US anthem (*The Star Spangled Banner*) sung by the famous opera singer Marian Anderson.

The gifted poet, Robert Frost recited his poem entitled *The Gift Outright*,

Then Lyndon Baines Johnson was sworn in as vice-president of the USA followed by JFK as president, under the eagle eye of Chief Justice Earl Warren. While the outgoing President Dwight Eisenhower alongside his Vice President Nixon and former President Truman watched.

Kennedy’s inaugural speech is now one of the most famous from history and his line “Ask not what your country can do for you, ask what you can do for your country,” has been quoted countless times ever since.

An inauguration luncheon (more like a gargantuan feast from the time of Henry VIII) was held at the United States Senate Restaurant, Washington. It included among its many courses prime rib beef from Texas and the finest New England lobster.

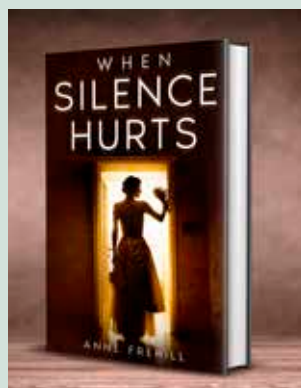
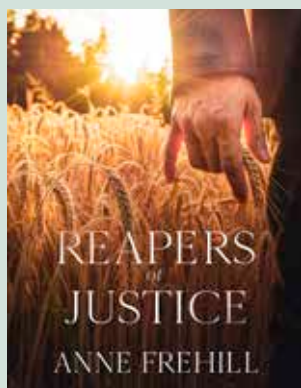
Afterwards, a parade took place along Pennsylvania Avenue of drill teams, military units, and bands, watched by thousands of onlookers, despite the freezing conditions. A Pershing medium-range ballistic missile, a Buffalo Bill character riding a buffalo and a replica of a navy PT boat were also included – the latter was similar to a boat that Kennedy had commanded during WW11 in the Pacific.

That night there were 5 inaugural balls attended by JFK and his First Lady!

Who among the eminent guests, in those glittering ballrooms could possibly have foreseen that JFK would not live to finish his presidential term. He was assassinated less than three years later, on 22nd November 1963 in Dallas, Texas. His remains lie in Arlington National Cemetery, Virginia.

A few words about my two novels published in 2021 with many scenes from Meath and Dublin.

1. **Reapers of Justice** set during the War of Independence
2. **When Silence Hurts** -set in the late 1950’s



My sincere thanks to all who have bought copies of my books and those who have not yet done so, may be interested to hear that the latter book was featured on *LIVELINE* in December 2022. The presenter- Joe Duffy- heaped praise on it!

Both books are also stocked in 4 prestigious libraries in the USA, including The Library of Congress, New York City library and The Library of Notre Dame University. They will make ideal gifts for loved ones at home or abroad. Please see the glowing reviews on Amazon and on Goodreads.

I am selling both books at the special price of just 20 euros to readers of RST (delivered locally) but not including postage for those farther afield. I can be contacted via email address - held with the Newsletter Team - or Swan’s Bar and Grocery. They are also available on Amazon.

Skryne Cycle Club:

Pat McGovern



The 2022 Skryne Cycle Club annual Hill Challenge was a great success and gets better every year!

1st Gavin (just turned up) Lynch 2:09 mins who was crowned King of the Hill; 2nd Mark (ever the bridesmaid) Hughes 2:15 and 3rd John (what have I to do) Quinn 2:17.

There was a very competitive juniors race with Colm McDonnell 1st at 2:38 mins; 2nd James Murphy 2:52



And 3rd Cathal Reilly 3:08. A future in cycling for any guy who can do that hill in less than 3 mins on a mountain bike! Well done lads.)

Special thanks to Davy McCarthy for the very original and excellent bespoke cycling trophies.

Skryne Cycle Club Photo of the year 2022. Taken 27th August after the Coast to Curragh charity cycle. Men on a mission for re-hydration!

Rathfeigh National School

Seamus Tansley

Happy New Year to everyone in the Rathfeigh and Skryne parish.

As we embark on a new year we can often reflect on the past and wonder how we can do things differently and/or better. The years of Covid have made many of us reflect on our lives and we may now want to do things differently in our lives as life is for living! It's down to us all to make the correct decisions for ourselves!

“New Year – a new chapter, new verse or the same old story? Ultimately we write it. The choice is ours” (Alex Morritt)

Enrolments for September 2023

We are currently accepting applications for children starting school in September 2023. The closing date for receipt of applications is March 1st. Enrolment forms can be downloaded from the school website (rathfeighns.org) or from the office. We look forward to hearing from you.

We are having an Open Week in our school from January 30th-February 3rd. Parents/Guardians are welcome to visit the school at any time during the week to see the school facilities and talk to the teachers. If you would like to make an appointment please e-mail the school rathfeighns@outlook.com.

Gaelic Football Training

The children in all classes have just completed two sessions of Gaelic Football training with Liam O' Grady. The children are really enjoying the challenging sessions with Liam and are really looking forward to the next five sessions.

Badminton

Teresa Mangan has returned to the school for another five weeks of badminton practice with the children in all classes. This is another fantastic opportunity for the children to engage in a sport that they might not normally play and we thank Teresa for her commitment and enthusiasm in training the children in such a positive manner.

Ms O' Donoghue's sixth class got to experience the "cut and thrust" of badminton games in Trim on January 19th against other schools and we hope this experience of games will further encourage the children to continue practicing to improve their skills and to continue playing the game.

Credit Union Quiz

We have a great tradition with quizzes in Rathfeigh NS down through the years

with four of our teams reaching the All-Ireland Finals in the last twenty years or so. We have six teams competing in the Tara and District Credit Union quiz on Monday January 30th in Skryne school at 6.30pm and we wish them all the best of luck. We thank Mrs Vaughan for co-ordinating the quiz for us in Rathfeigh. We also thank Tom in Skryne school for facilitating the event.

Hillview Nursing Home

The children in 5th/6th class visited Hillview Nursing Home on a bitterly cold day on December 7th to perform a melody of songs for the residents. This was Rathfeigh National School's first visit to Hillview to perform for the residents and it was a very special and emotional day for everyone involved. Our pupils sang a compendium of Christmas and traditional Irish songs interspersed with tunes on the tin whistle for the residents. It was lovely to see the residents joining in with all the songs and we hope our visit helped in some way to bringing Christmas cheer to everyone present. We thank Ailbhe Bannon for liaising with us during November and December to ensure our visit took place. We thank Ms O' Donoghue and Mrs Vaughan for preparing the children in 5th/6th class for this memorable day. We look forward to visiting Hillview again in this school year.

Science-in-a-Box

Since introducing Science-in-a-Box to the school a few years ago the programme has gone from strength to strength. This challenging ten week science programme has instilled a love of science among the pupils over the last few years. We even had a live Zoom session during Covid with one of Ireland's most famous immunologist Luke O'Neill which is still available to view on the school website.. Our 5th/6th class have just started the 10 week programme which focuses this year on biology. We are indebted to Eimear Moffat for sponsoring

the programme since its inception in the school. Thanks Eimear.

Transition Year Students

We are always welcoming of transition year pupils doing work experience in our school. Presently, we have Faith and Zach who are doing an excellent job. We were also fortunate to have Ida, a German T/Y student, in our school for a week. We thank Ida for her great input during her time in the school. She engaged well with the children, played the cello, taught the children German words and did origami art with the children in 3rd/4th. Thanks Ida.

Adult Computer Classes

In 2022 we were successful in our Meta Grant application. The grant was spent on interactive whiteboards for all classes and 25 chrome-books and charger trolley. As part of the community-link aspect of the project we had adult computer lessons in the school. Colm is returning for four weeks (Feb 22nd, Mar 1st, Mar 8th and Mar 13th) for computer lessons with all classes but also computer lessons for adults. If these dates suit you please e-mail the school. The lessons for adults will be from 9am-9.30am on these dates. We look forward to hearing from you.

Dogs Trust

We will be visited by our local "Dogs Trust" on February 20th. The aim of the visit is for the children to get information from experts on how to properly care for dogs. This should be a very informative and engaging day for the children and one we are really looking forward to.

Catholic Schools Week

We celebrated Catholic Schools last week on the theme of the process of synodality, with three features of synodality being identified as helpful to exploring 'Walking Together in Faith & Love':

- **Communion**
- **Participation**
- **Mission**

We had an assembly on Friday at which the children spoke about the activities they engaged in during the week.



Our Boys Magazine!

Maurice Daly



When I was a student in the Christian Brothers' School in Tralee in the 1960s, I was an avid reader of the boys' magazine "Our Boys." It was a Christian Brother promoted magazine. When putting back the Christmas decorations recently in the attic, I came across a bundle of musty, faded and tattered copies of that magazine, long forgotten and lying there for nearly 50 years. Looking through them brought back many memories.

"Our Boys" first appeared in 1914 during a period of political upheaval in Ireland and a growing sense of national identity. The purpose of the magazine was to try to compete with British Boys' magazines. It specialised in adventure stories, school stories and historical stories featuring heroic Irish characters – indigenous figures with which Irish boys could identify.

The magazine had a large circulation and many advertisers kept it going. Victor O'Donovan Power was an Irish playwright and short story writer from Kilkenny. His best-known creation was the woman of the roads, Kitty the Hare. Kitty travelled the roads of Munster telling a story in each issue- tales of poverty, ghost stories and the sadness of emigration.

There were regular articles by Paddy Crosbie of "School Around the Corner" fame and Gerrit Van Gelderen wrote articles of wildlife. William Hickey wrote the "Murphy" series of school stories and these were extremely popular. Fred Kilroy, Martin Kealy, Liam Cassidy and Edmund Burton were others who featured regularly.

TÍR na nÓG

In the centre there were eight pages in Irish under the title, "TÍR na nÓG," It included cartoons as Gaelige such as "LABHRÁS LEIPREACHAN" and "TAIDHGÍN TRÉAN AN LEANBH LAIDIR." Every time I meet somebody called Tadhg, I immediately think of the exploits of Taidhgín Tréan (the strong baby/child) pulling a tractor with a rope!

The heading on the back page was "SMILES" where readers were invited to send in humorous 'storyettes' and prizes of 2/6 were offered for the best! Our awful jokes editor Jim C. of the RST Newsletter might be amused by some of the entries, for example:

Pupil: "Why does Joseph close his eyes when singing?"

Mr Burke: "He's so tender-hearted he hates to see people suffer!"

Foreman: "Hurry up, can you?"

Jimmy: "OK boss. Rome wasn't built in a day."

Foreman: "No, perhaps not, but I wasn't foreman on that job!"



Finally, some of our older RST Newsletter readers may remember this “offer” by **Science Polish** to get either a 4-shilling hurley (not much use in Kerry at that time!) or a 14-shilling handsewn football.

The Christian Brothers Schools were exclusively GAA schools at that time and so-called foreign games were not allowed! All the boys had their parents buying polish and everybody was going around with shiny shoes so that the tins could be collected as quickly as possible! To get the football 12 empty tins were required along with the money, 14 bob, as it was called! The postal order was sent to Cork but what a let down when the ball arrived? It was out of shape! It lasted only a few days. I have never used Science polish since.

We were gullible but didn't realise it. Note that the offer was FOR BOYS as very few girls or women participated in Gaelic Games in 1963. Thank God things have changed.

Television and popular weeklies like Victor, Bunty and Judy had a massive impact on the **Our Boys Magazine and it ceased publication in 1990**. During its heyday, in pre-TV times it was widely read in rural areas where there were no libraries. My mother always read it to us while in primary school and when it became part of the ‘homework’ in secondary school, we were very familiar with the content.



Skryne GFC

by Rowan Dardis

Skryne GFC Celebration Night

Click the following link for a report on the [Skryne GFC Celebration Night](#) including photos.

Ireland Lights Up

Skryne GFC have registered for the ‘[Ireland Lights Up](#)’ initiative which is running in partnership with the GAA Healthy Club Initiative and Operation Transformation.

Each Wednesday until 15th February 2023, Skryne GFC will be lighting up our grounds and inviting anybody young or old to come to the pitch at 7pm to meet up with friends and other members of the community and go for a walk in a safe environment.

Once you arrive at the pitch you can sign in at the RST and then commence your walk clockwise around the pitch. There is no pressure to walk a set time or distance. This is all about health, happiness and community spirit!

If you wish to track your steps or progress, you can download the MyLife app on your mobile phone. Click the following link for more details <https://skrynegfc.ie/gaa-healthy-club-steps-challenge/>

Note: For health and safety reasons, no dogs are allowed on the GAA grounds so unfortunately you cannot bring your four-legged friends.

A lap of the pitch is roughly 500 metres, so 10 laps will get you close to 5km.

Note: Skryne GFC switch on our lights every weekday evening between 5:30pm and 10pm, so if you can't make it on Wednesdays, feel free to drop down on another evening.

Blotto

Congratulations to Julie Whyte, Greenpark who won our BLOTTO Jackpot of €4,900 on 08th January. This was the perfect start for the new year. Congratulations and thanks for your support week in week out Julie and enjoy the prize!!

Blotto results

03 January 2023

Jackpot - €4,800

Numbers drawn: 01, 03, 16, 20
No winner of the jackpot.

Lucky Dip Winners: Michael O Grady, E&N CO MM, Saoirse Kane, Seamus & Maureen O Kane

08 January 2023

Jackpot - €4,900

Numbers drawn: 10, 12, 18, 19
Jackpot won by Julie Whyte.
Congratulations to Julie!!!

15 January 2023

Jackpot - €1,500

Numbers drawn: 07, 08, 11, 27
No winner of the jackpot.

Lucky Dip winners: Tilly O'Brien, Johnny Burke, Kathleen Carty, McCabe Family.



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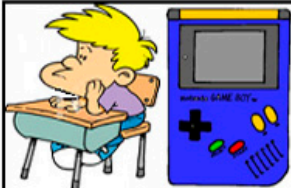


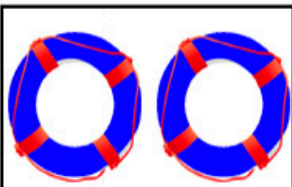

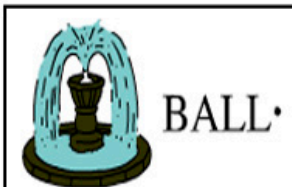
Call Joan 086 601 2315

Tara Lodge, Tara, Co. Meath.

Can you solve this Dingbats challenge?

Answers to the wingdings are directly below the quiz

HARD www.quizmasters.biz **DINGBATS 36** **HARD** www.quizmasters.biz

 01	 02	 03	 04
 05	 06	 07	 08
 09	 10	 11	 12

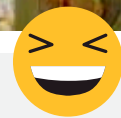
Answers to Dingbats challenge

1 Popcorn, 2 Taking Out The Trash, 3 Punch In The Mouth, 4 The Green Mile, 5 Crack Ho, 6 Toy Story, 7 Board Game, 8 George And Zippy, 9 Cash Machine, 10 Boys In Blue, 11 Talent Show (Tall Ant Show), 12 Fountain Pen.



Find the 8 differences hidden in these two seemingly identical pictures





AWFUL JOKES

A Dog's Life

A couple had gone for counselling because their marriage was in trouble. The husband began by complaining that he led a dog's life at home. To the marriage counsellor's surprise, the wife immediately agreed. "After all, he rushes into the house with muddy feet, tracks across my clean floors, barks at nothing, growls at his food and makes himself comfortable on the best furniture. Then he falls asleep and snaps at you if you disturb him."

**

Talking Dog

A guy spots a sign outside a house that reads "Talking Dog for Sale." Intrigued, he walks in. "So what have you done with your life?" he asks the dog. "I've led a very full life," says the dog. "I lived in the Alps rescuing avalanche victims. Then I served my country in Iraq. And now I spend my days reading to the residents of a retirement home." The guy is flabbergasted. He asks the dog's owner, "Why on earth would you want to get rid of an incredible dog like that?" The owner says, "Because he's a liar! He never did any of that!"



Candlehill Growers

BEDDING PLANTS,
BASKETS & POTS
Basket & Pot Refill



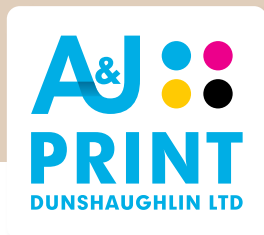
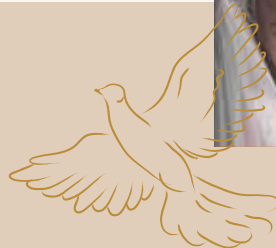
Our glasshouse is full with a variety of spring bedding plant's ready for the season ahead. Local delivery can be arranged or you can visit us at Candlehill Growers to browse & choose what you like.

Contact Willie at 087 130 9060

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



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Condolences

We offer our condolences to the following:

- To the Critchley family, Cabragh on the death of Rita
- To Cian & the Byrne family on the death of Vinny, Edoxstown
- To the Coffey family, Macetown on the death of Mary
- Tilly O'Brien, Cabragh on the death of her brother Kit, Kingscourt

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.



**KEEP THE
RST AREA
TIDY**

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

**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.

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 25th February

Submissions on or before
Sunday 19th February 2023

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Patricia: (086) 838 8017

Email: therstnewsletter@gmail.com