

Skryne Therapy Clinic
Holistic Massage
Sports Massage
Spinal Therapy



At Skryne Therapy Clinic, in private comfortable surroundings, we offer an Holistic and Alternative approach to your health issues.

The Holistic massage therapy relaxes and has a calming effect on the body and mind and Sports massage is working on specific areas to improve freedom of movement, flexibility and strength.

The McTimoney-Corley Spinal Therapy releases tension in the body through gentle manipulation of the Spine and limbs.

Any discomforts can be from imbalances in the Muscular and/or Skeletal systems of the body. These can be Work or Sports injury related.

- Neck & Shoulder discomfort
- Upper & Lower Back Ache
- Hip pain
- Knee & foot pain

We have Day or Evening Appointments available. To book appointment please call:

Ruth – Massage Therapy 086 8912083
Joyce – Spinal Therapy 086 1017342

RST COMMUNITY CENTRE



**LOOKING FOR
 A VENUE FOR
 A SPECIAL
 OCCASION?**

The RST Centre is a state of the art location. Children's Parties, Exhibitions, Rehearsals, Conferences, Meetings, Fundraisers, Dancing, Pilates, Yoga, Language classes, Drama. In house facilities: WIFI, Kitchen, PA system, 3 rooms with total are 250 sq meters.

RST COMMUNITY CENTRE CLASS SCHEDULE JANUARY 2016

DAY	TIME	CLASS	CONTACT
Monday	7 – 8 pm	Speech & Drama	Caren Smyth 087 -9081381
	7.30 – 9 pm	Yoga / Ashtanga	Jenny O'Dowd 086 -3853158
	8 – 9 pm	Irish Conversation	John Scanlon 087 – 2896132
Tuesday	10 – 11 am	Pilates All Levels (start Feb. 2nd, 6 weeks)	Suzanne Flanagan 086 -8928424
	11 – 12 noon	The Tuesday Club	Everyone welcome for a chat
Thursday	7 – 8 pm	Pilates All Levels (start 12th Jan)	James Gibbons 085 – 868 6670 or email; info@meathfitness.com
	8 – 9 pm	Pilates All Levels (start 12th Jan)	James Gibbons 085 – 868 6670 or email; info@meathfitness.com
	11 – 12 noon	Craft & Coffee	Tricia Scanlon 087 -9644646
Friday	8 – 9.30 pm	Ceil' Dancing (start 21st Jan)	Catherine Murray 087 – 672 1844 or Susan 087 – 130 6985
	7 – 9 pm	Art of Photography (start Feb. 4th, 8 weeks)	Maurice Daly 087 – 9543222
Friday	8 – 9 pm	Come Dancing – Jive, Salsa & Cha-Cha (no partner required)	Susan/RST: 087 -1306985



WHYTE'S FUELS

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DELIVERY AVAILABLE

DIGITAL CAMERA COURSE

The Art of Photography

in the RST Centre **Tutor:** Neil McShane,
 Fee for 8 weeks, €80.

Please contact Susan at 087-1306985

PILATES IN THE RST CENTRE

Tuesdays 10 am -11 am from Tuesday 2nd February. Tutor: Suzanne Flanagan,
 Fee, €60 for 6 weeks (upfront) or €12 per week. Please contact Susan at 087-1306985.

CONDOLENCES

Sympathy is extended to the following:

Olive Conway, Oberstown on the death of her mother

To the **Duffy family** on the death of Tommy late of Five Roads

To **Terry Cahill**, Oberstown on the death of her mother

and to **Julie Whyte**, Greenpark on the death of her mother

BLOTTO RESULTS

27th December

1-5-25-26

No Winner - €40 each to:
 Mary O'Growney, Jim and Pauline McManus, Philip McGovern and James Gibbons Jr.

3rd January

2-8-14-22

No Winner - €40 each to:
 Alan O'Kane. Cathal Doherty, Bernie Daly and Barry Gough.

10th January

12-15-22-26

No Winner - €40 each to:
 Briget Beeton, Biddy (C/O John Allen), Oliver Harrington & Breda Lenehan.

17th January

16-20-27-28

No Winner - €40 each to:
 Dan O'Leary, Kevina Daly, Stephanie O'Connor, Ciaran Banville

24th January

3-6-7-11

No Winner - €40 each to:
 Denis Smyth, Karen Dardis, Bernis Dardis and P Kerrigan.

31st January

12-14-21-28

No Winner - €40 each to:
 Helen Browne, P Lynch, Alan Carty and Declan Browne.

Next week's jackpot

€2,200

Thank you for your support

Local Handy Man Available

Services Provided:

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 repair of Hinges & Locks
 Supply and Fitting of Fireplaces & Stoves
 No Job too small!
 Contact: Pauric Tel: 046 30348346
 Mobile: 085 1597105

Next Issue Saturday

12th March

Submissions by Wednesday 9th March

Contact: Jim Conroy phone:
046 902 5771
 email: jimconroy@hotmail.com

RST Newsletter

FREE

Rathfeigh • Skryne • Tara

6th February 2016 • Issue No. 1

In memory of Mrs. Elizabeth Hickey



Mrs Hickey with Lillian Roberth Finlay in the grounds of Skryne Castle

At this time of the year many people remember with much fondness a lady who was a great scholar and historian, a lady of integrity who was a lover of dogs, gardens and nature, a lady who was held in great esteem and wonderment by the children of the area because she lived in a Castle! This lady of course was Mrs. Elizabeth Hickey who lived in Skryne Castle and died on January 12th 1999.

Elizabeth was born Elizabeth Malet-Warden in Edinburgh, Scotland in 1917. During her early years the family lived in various places in Scotland and England and even spent some time in both Wicklow and Achill. After her secondary education in Alexandra College, Dublin she studied in Trinity College where she graduated in English, History and Mathematics. She then went on to train in dress designing which brought her to the Gate Theatre where she worked with Michael McLiamoir, Hilton Edwards and Wilfred Brambell of Steptoe and son fame! She moved on to work at Knight and Petch with the dress designer Donal Davis. She managed his factory while also dress designing for the company. She married Noel Hickey in 1941 in St. Stephen's, The Pepper Cannister Church, Mount St. in Dublin. Noel was brought up in Moydrum near Kinnegad, Co. Westmeath. They settled down to married life in No. 18 St. Stephen's Green where her first three children were born; Robin, Peter and Eoin.

The family moved to Skryne Castle in the spring of 1948 and their next two children, Netta and Caroline, were born there. There was a clause in the lease that allowed them to keep paying guests and having a castle as a guesthouse allowed them to attract what could be described as a better type of guest! Elizabeth arranged and conducted historical tours of Co. Meath for many of these guests during the 1950's She became very involved in local history and in the early 1950's she studied archaeology in UCD. She took part in the excavations at Tara under Professor Sean O'Riordan and wrote the 'Legend of Tara' (1952). She went on to write a number of other scholarly works:

- 1966 I send my love along the Boyne
- 1978 The Green Cockatrice (written under the non-de-plume of Basil Iske)
- 1994 Skryne and the Early Normans
- 1995 The Irish Life of Saint Finian of Clonard
- 1998 Clonard. The story of an early Irish Monastery

In the 1960's as her family were starting to leave home she decided to go into teaching, taking up a post in Breconshire, Wales in a school that looked after disruptive girls. She became very involved with her students, instilling in them an interest in nature, history and the outdoors. She even brought some of them to stay in Skryne during their holidays. Her teaching years also took her to Londonderry High School for girls and eventually to the Community College in Dunshaughlin from where she retired in 1979.

While still teaching in Derry she discovered and rented a house overlooking a lake in Derrygooney, Co. Monaghan. She continued to visit here for the rest of her life, introducing her family and many of her friends to the area. She kept very descriptive diaries of her years travelling to Derrygooney, recording the birdlife, wildflowers and history of local families.

During her years of retirement she befriended and welcomed many local children to the castle. Several lucky girls got to play at being princesses in a real live castle and these visits would often include a 'treasure hunt' for delicacies she had hidden around the place Elizabeth Hickey passed away in her own bed in Skryne Castle on January 12th 1999, with her funeral service taking place on January 14th in St. Mary's Church, Navan. She cast a long shadow in her adopted Barony of Skryne and its hinterland. It is not often that we encounter someone of this stature in our journey through life, and though 17 years after her death, her memory is very much alive and vivid among all who knew her.

We are deeply thankful to Elizabeth's son Eoin for presenting us with a copy of the family history written by him and Netta. Also, they have set up a website: www.deargrandchildren.org where many extracts from this history are to be found.

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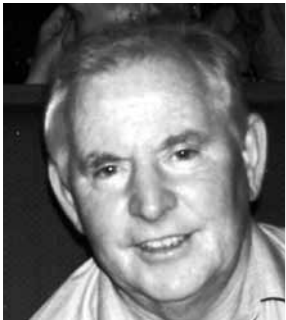
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Tom Leahy

The recent passing of Tom Leahy after a two year battle with a serious illness was felt all over the parish of Skryne and surrounding areas. Despite being in a lot of pain and discomfort he remained in good spirits right up to the end. I first met Tom on a building site in Palmerstown, Dublin in 1962. He had just come up from Tipperary to work on a site run by his uncle who was the Foreman. Like any 16 year old he was delighted to be driving dumpers like racing cars around the

site, this was before Health and Safety helmets and florescent jackets took over the country. At lunch time there was always great craic with all the Tipperary lads out with their hurley's, many a window in a newly finished house was broken. We were on the same site for a year and a half, when I decided to go to London, Tom came with me to the boat in Dunlaoire that night in 1963. We both went our separate ways.

Roll on 1983 a man arrived at my back door looking to hire a JCB. The penny dropped we had met again after 21 years. Tom built his new home in Ross, and with his wife Maura raised their four children – Pamela, Graham, Soirse and Shane. Tom had himself gone to England later and learned to be a bricklayer before coming home. He was a hard grafter and worked many long and tough days to rear his family of which he was very proud. He immediately became involved with Tara Soccer Club and was Chairman for a number of years but always working behind the scenes, he was the backbone of the club always helping, encouraging, marking pitches, cutting grass, driving players to matches, suffering the losses and delighted with the wins. He was very proud of Tara AFC, coming up from Div 4 to Div 1 and winning the Gerry Reilly Cup twice and runners up once in the late 80's. Tom also played indoor bowls for Skryne and was on many winning teams, ending up playing in several National Finals in Belfast. He actually gave up the bowls after a couple of years, he was an early riser and the late nights did not agree with him.

Tom will be sadly missed by all of us who knew him, played with him and enjoyed his company but especially his wife Maura and his family to whom we extend our sympathy. The huge funeral in Skryne was testament to his popularity; he was too young to leave us but will always be remembered by all who knew him. R.I.P. Tom. **M.F.**

The Tuesday Club goes travelling again.

The Tuesday Club's next outing will be to Trinity College, Dublin on Tuesday 16th February. First we will visit the library to see the Book of Kells at 11am. Then at 12 noon we plan to visit the Science Exhibition, also in Trinity.

Both are free but guided tours are available. The tour of The Book of Kells room plus the old library upstairs which holds an original 1916 Proclamation, costs €2 per person. No need to pre-book. If you decide to take a guided tour of the Science Exhibition, the group rate is €8 per person and must be pre-booked. Max 15 per group.

Lunch is available in the café at the Science Exhibition or else in the National Gallery around the corner.

If you are planning to travel to Trinity on 16th Feb, please contact Michael at 087-2525586 or Dermot at 086-8760336 or Maurice at 087-9543222 by Friday 12th Feb at the latest. Also please indicate if you wish to take the guided tours.

We have many more trips planned for the coming months. More details in next issue.

★ MEATH FITNESS

PILATES @ RST Centre

Tuesday evenings at 7.00 & 8.00

Next 6 week session starts on February 23rd. Cost €60.

To book call or text 085 8686670. Early booking essential as places are limited

COMPUTER CLASSES in the RST Centre

Starting in the near future. Beginners to Advanced.

Please contact Susan at 087-1306985

Or any committee member.

2016 Community Games is kicking off

If you are interested in further information on any of the following events please contact Teresa Maguire at 086-8571848

Blitz Dates:

U12 and U14 Draughts in GAA Trim, Friday 11th March, 6pm start

U10 Draughts in GAA Trim, Sat 12th March, 2pm start.

Chess (U15 Boys, U15 Girls) Rathkenny, Sun 13 March in Rathkenny, 2pm.

Basketball will be in Dunshaughlin 23/24 April.

DRAW BASIS:

Spikeball (U14Boys and U14 Girls),

Badminton (U15 Boys, U15 Girls)

Table Tennis (U13, U16 Boys - U13, U16 Girls)

If anyone is interested in **Debating**, there is an U16 Mixed event.

For Futsal (U13,U15 Boys - U13,U15 Girls) and

Indoor Soccer inquires please contact Val Finnegan 086 -1741932

Futsal dates are yet to be confirmed.

U13 Indoor Soccer, Boys and Girls, in Aura Trim Sun. 21st February.

U10 Indoor Soccer Boys and Girls, in Aura Trim, Sun. 6th March.

The Meath Community Games Cross Country Finals will be held on Sunday February 28th commencing at 11am sharp. It is advised to be at the venue no later than 10.30 to register. Entry fee for all competitors is €2.

Please note all competitors must be under age on or before 31/7/2016.

Any queries please contact Caroline Giles

@ (087) 056 4367. Venue is St Bridgets AC, Ballinacrea.



At the National Community Games Area, Volunteer and Media Awards 2016, the winner in the youth nominee section for Meath was Emma Powderly from Skryne Rathfeigh Community Games.

RST Sponsorship and Advertisement Rates

During the recent past we have had a number of instances where the RST extended to 6 or 8 pages instead of the usual 4. When this happens we still only charge the sponsor the standard €150 and try to make up the balance ourselves. Indeed, sometimes our generous printer bears this cost. To try and offset this we would like to compile a list of sponsors who would be willing to jointly sponsor editions that fall into this category. We sometimes like to produce an issue in colour for special occasions, this is also an expense that exceeds the €150 and could be met by joint sponsorship. Very often we are pushed to fit in all our articles and photos due to the size and volume of advertisements. To help alleviate this we are defining the size of commercial advertisements that fall into the €10 and €25 categories: A column of print has approx. 60 lines. All ads up to 15 lines in size will be €10 and all ads that take up the space of over 15 lines will cost €25 All club and community ads are free. We would like to finish by thanking all our sponsors and advertisers, without your support we could not continue.

Tara Summer Festival 2016

After the success of the Tara Summer School in 2015 it has been decided to run it again this year and to further develop the event. This year will see the inclusion of many one day workshops on set dancing, basket making, bread making, and cheese making. There will also be music workshops on bodhran, tin whistle and harp playing. As well as the traditional sessions, that proved so popular last year, it is intended to also have a concert and a ceili. It is planned that a talk on an interesting historical aspect connected to the Tara area will be given.

2015 saw a very successful 5K walk from the Hill of Skryne to the Hill of Tara where the participants were treated to refreshments and some traditional music was provided. Many requests have been received for this to be repeated in 2016.

It is further intended to revive the old Skryne fair, which was last held in 1926, as part of the Summer festival. Planning for this event is well advanced and will include some old trades which were part of Irish life in the past.

The festival will take place over the June bank holiday weekend and hopefully the weather will be kind to the event. **Joseph O'Brien**

Skryne GFC passed votes of sympathy with the following on their recent bereavements:

The Conway family, Oberstown on the death of Olive's mother.

The Duffy family on the death of Tommy late of Five Roads.

Terrie Cahill, Oberstown on the death of her mother

Julie Whyte, Greenpark on the death of her mother

Presentation of €1,000 to Active First Responders

The Active First Responders got a welcome contribution to their volunteer service on Saturday 30 January when they were presented with a cheque for €1,000 in Swans pub, by Joseph O'Brien on behalf of the Skryne community. While the impetus for the contribution was the very successful Tara Summer School, a number of Sporting and Community organisations contributed to this presentation. They were - Skryne Tara Football club, Skryne Bowls club, Skryne GFC, Tara Athletic club, Skryne IFA and Skryne Ladies GFC. The Active first responders intend to install a defibrillator at the Tara Post Office which will be available for use by anyone who is properly train in the use of this life saving device. Accepting the cheque on behalf of the First Active Responders, Susan McAuley expressed the deep gratitude of that organisation for the contribution. The evening was completed by some very pleasant traditional music which was much appreciated by the large gathering. **Joseph O'Brien**



The new All Weather pitches being laid down at the John Thornton end of Fr McManus Park. A major fund raising season is ahead of us to bring the scheme to fruition.

Notices



Community Alert Meeting

Our first meeting of 2016 will take place on Monday 8th February in the Parish Hall at 8pm. To get us off to a good start I encourage as many members as possible to attend-your presence is valued. We would also welcome any newcomers interested in community alert activities. *Michael*

BINGO

Skryne Hall every Wednesday night 8.30pm sharp. Over €1,100 must be won every night Why not try your luck. Everyone welcome The Bingo committee is in urgent need of someone to help out on Wednesday nights.

Please ring (046)9025144 to discuss

Skryne Cycle Club ANNUAL GENERAL MEETING

Wednesday 10th February

9pm Foxs Bar, Hill of Skryne.

Club Training – will continue through the spring as follows:

Wednesday from Rear Arch Bar Dunshaughlin at 7.30. Lights and Hi-Viz essential.

Sunday 9.00 from Swans car park.

Contact James Brady 085 7106524 or Pat McGovern 087 2586315

For sale

4 X 4 bales of hay and silage.

Can be delivered.

Joe Griffin 087/2655213 - 041/9825229



The wedding took place in November in The Church of St. Peter and Paul, Balbriggan of Margaret Donnelly and John Duffy, Branstown.

Junior ENTREPRENEUR PROGRAMME

Fourth class in Scoil Cholmille, Skryne are taking part in the Junior Entrepreneur Programme and their product is a Sunshell. A sunshell is a nice decoration. They will be selling their product in the school on Wednesday 17th February from 1.30 to 3pm. See you there!