

FREE

RST Newsletter

Rathfeigh • Skryne • Tara



27th April 2019 • Issue No. 4

SAOIRSE'S VISIT TO CHERNOBYL

The Meath Rose Saoirse McGrath from Skryne recently visited the Vesnova orphanage in Chernobyl as part of a Rose of Tralee delegation.



An accident at the nuclear power plant in Chernobyl in April 1986 released massive amounts of radioactive material into the environment contaminating large areas of Belarus, the Russian Federation and Ukraine. The available evidence does not strongly connect the accident to radiation induced increases of leukaemia, or solid cancer other than thyroid cancer primarily caused by drinking milk contaminated with radioactive iodine. The Vesnova facility provides medical care to children suffering from various forms of cancer but in particular thyroid cancer.

Saoirse described her visit as an eye opener where she witnessed first-hand the suffering of children and the very basic level of medical care available to them. Saoirse who is a final year DCU nursing student put her medical skills to good use in tending to the medical needs of the children during her stay. Indeed so impressed was Adi Roche with the Skryne girl she invited her back as a volunteer any time in the future.

As reported in an earlier edition of this newsletter she had to raise a minimum of €1,600 as a donation to the orphanage. This was made possible by the people of the Skryne / Rathfeigh parish who contributed so generously to a Church gate collection organised by Skryne Ladies GFC. A total exceeding €2,000 was collected for the orphanage.

Saoirse would like to thank all who contributed to this worthy cause and in particular the Skryne Ladies, the Skryne executive committee, Father Thomas O'Mahony for their generosity and support.

Saoirse's term as Meath Rose came to an end in the Newgrange hotel in Navan on Saturday night the 20th of April where the Meath Rose 2019 was crowned. She described her year as memorable and added it was an honour to represent her county at home and abroad over the past year.



**RST COMMUNITY CENTRE
SKRYNE GFC GROUNDS
THURSDAY MAY 9TH
ALL DAY 9.30 UNTIL 7PM
INCLUDES PLANT SALE**

Alzheimer's Tea Day

This year our Alzheimer's Tea day & Garden Plant sale will take place on Thursday May 9th, a week later than the date advertised for the National Tea Day due to circumstances beyond our control.

Hopefully this year will be bigger and better than ever. The Whistlemount day care centre in Navan has purchased a new bus for their clients and that has placed a strain on their budget so funds are greatly needed.

Please take a little time out on the day to meet a friend and enjoy a cuppa in the comfort of the RST Centre at Skryne GFC Grounds and in doing so support this very worthy cause.

**Thank you
Alzheimer's Tea Day Committee**

This issue is sponsored by **Happy Hounds Boarding Kennels**

Rathfeigh National School

COMPUTER ROOM

Back in October we installed computers and a printer in our computer room. The children have enjoyed using the computer room during I.T. lessons with Colm and with their class on many occasions.

We are delighted that the computer room has now been fully paid for. Our Parents' Association very kindly donated €1,100 and Stephen Durkan very generously donated €500. The balance of €2000 has been kindly donated by Teck Ireland. "Teck Ireland Ltd. ("Teck") is a wholly owned subsidiary of Canada's largest diversified resource company Teck Resources Limited. Teck has been exploring for zinc and lead in Ireland since 2007. Field activities, run from their base in Mullingar, typically involve geophysical and geochemical surveys, the purpose of which is to advance their understanding of the bedrock geology and to allow them to work towards a new zinc discovery.

At Teck, they recognize that the well-being of their neighbouring communities is fundamental to the long-term success of their company. They actively support investments in sustainable community development projects and initiatives, with both local and global relevance, to address community priorities and create shared benefits. As such, they are committed to supporting local people and initiatives where they operate through their Community Investment Program. They strongly support programmes and skills initiatives that enhance access to education. It is with this goal in mind that they gladly invested in the upgrading of the Rathfeigh National School Computer Room."



VEGETABLE PLOT

On the 29th March the parents of Eoin Mc Carron constructed a vegetable patch at the back of the school.

Children from a number of classes helped Mrs Mc Carron plant a selection of fruit and vegetables and we look forward to enjoying the fruits of our first harvest in the coming months.



SCIENCE-IN-A-BOX



"The innovative Science-in-a-Box program which was introduced to Rathfeigh N.S. this year was an overwhelming success. The children in 5th and 6th classes were taught by experts in physics and chemistry over the course of 10 weeks. The interactive and hands-on approach was thoroughly enjoyed by the children. They all completed projects on completion of the program. Certificates and prizes were presented to the children by Eimear Mofatt who generously sponsored the program. Due to its resounding success we are delighted to announce that it will be continued next year with the focus on biology. A big thanks to our experts - Lisa and Clare -for their expertise and enthusiasm over the course of the 10 weeks. We are confident that the program will benefit the children greatly before studying the subjects in more detail in secondary school."

Successful Season continues for Skryne Tara

Despite a 1-0 defeat to a very strong Straffan FC in the semi-final of the Leinster Junior Shield Skryne Tara continue their successful season in the AUL. They are still very much in contention for honours in Division 3 Sunday League after a 4-2 win this evening (Thursday) in the AUL Complex in Clonsaugh against Grange Woodbine. The League will continue with games played twice a week from now until the season ends so it is vital to keep on in a winning vein. Our next game is next Thursday away to Portrane Athletic in Corballis.

Before that - on Sunday next - Skryne Tara are at home at Ross Cross where they play Phoenix FC in the Quarter Final of the Unidare Cup. The game kicks off at 11.30 so come along and support the lads and as we said before entry is free.

The club sends condolences to our Manager, Robbie Thorpe and all the Thorpe Family, on the death of their Mother - Kay (RIP).

The club would like to congratulate James Finnerty on his excellent start to his career in League of Ireland football with Dublin side Bohemians. The Dalymount Park club have made a great start to their season winning 8 and drawing 2 of their 12 matches to date. They lie second in the table five points behind Shamrock Rovers but have a 'game in hand'. James was voted man-of-the-match in 2 of those matches and continues to impress at the heart of a very youthful Bohemians defence. We believe he is the first player from Skryne to play League of Ireland football and wish him all the best for the rest of the season.

T 041 982 1827 F 041 982 1827 M 087 238 4496

www.happyhounds.ie



Campion Cottage, Loughanstown, Skryne, Nr Tara, County Meath.

Weekly opening times: 10.00 am - 4.30 pm daily

Weekends: 10.00 am - 5.00pm

Inspection by appointment only: Daily - 2.00pm - 4.00pm

- Fully Vaccinated dogs only.
- All dogs catered for.
- Fully secure - CCTV protected.
- Daily creche facility available upon request.
- Twelve spacious kennels with indoor heated sleeping
- compartments and lots of exercise area in a homely, personal and caring environment.

Additional services include:

- Full on-site grooming facility
- Pet portraits

Go Johnny, go, go, go!

My name is Johnny and I have been a member of Meath Fitness since July 2013.



Most people would say I have been sporty all my life. The exact opposite is true. In my younger years, I had dabbled in fitness. I joined numerous gyms, went a few times and fought with several to get out of direct debits, before giving them up out of sheer boredom.

I started college in 2003, qualifying as a nurse in 2007. My life then consisted of 12 hours day & night shifts which could have been 4 to 5 shifts in a row. I was simply burning the candle at both ends and always tired on my days off. It took one particular night shift, when things didn't go to plan and I decided enough was enough. I found a new job and explored some 'me time' opportunities, knowing that I had to find a better work/life balance and to get fit. I was falling into a routine of being too comfortable, I needed a shock and awe moment to kick start my fitness journey. That came in January 2012, when my GP rang me one night and asked was I sitting down; I had been diagnosed with hemochromatosis. I knew bits and pieces about the disease as it was hereditary (thanks folks), but at 27 years old, I was particularly young to be diagnosed. I met with my consultant and went through the usual dos and don'ts, and the one major thing he eyeballed me with was that I needed to get fit. This was it. I had to get serious.

Around the same time I had been recommended a book called *The Secret* by Rhonda Byrne. From it, the quote "every thought of yours is a real thing – a force" resonated with me and still does to this present day. I started to imagine a fitter and healthier life, and if by coincidence, I kept seeing a sign for a bootcamp style class on the Hill of Tara on my drive home from work. I immediately thought that this was for me, but the little voices in my head kept me from joining. What if I wasn't fit enough? What if everyone else is fitter and I am left behind? So, in preparation I decided to do a couch to 5K on my own and then in July 2013, I bit the bullet and turned up on the beach. The trainer on the night went through all the exercises and emphasised to go at my own pace. I was literally on my knees by the end of the session, but I was exhilarated and excited, as I had finally found the fitness regime for me.

I have completed so many events (too many to remember) during the 6 years that I have been a member of Meath Fitness. The memorable ones include:

- Tough Mudder, Melbourne, Australia. This was my first big style event since joining Meath Fitness and consisted of 15km of pure mucky fun. It was a joy to take part in as I was most definitely fit and crazy enough thanks to the training I received at Meath Fitness.

- Two Gael Force West events. This 68km event includes running 22km, cycling 45km and a 1km kayak. Getting up and down Croagh Patrick is included in that run! These events are what Meath Fitness prepare you for, outdoors in the natural elements.

- Runamuck, Kildare. The name says it all, you run in muck and it is a fun-filled adventure race. Not all the events have to be competitions and these local ones keep the fun factor at a high.

- 5km race against World Champion (1995) and Olympic Silver medallist (2000), Sonia O'Sullivan (my hero). She was on my heels for the entire race, even at one stage she shouted at me to keep going as she knew I was struggling. With the final 100 metre sprint, she did a Sonia and broke off with that signature sprint, but so did I... Maybe she let me win, but I think I deserved it!

These moments have all been made possible by the trainers and friends that I have met through Meath Fitness. Yes, it is hard graft and requires a lot of work, but it is manageable and you can achieve your goals with a smile on your face and many giggles.

Meath Fitness is always outdoors and it is fresh air at its finest. We pretty much train rain, hail or shine. It is the cold nights that are the best when you look at your friends' training and yell "what the bloody hell are we doing!" while laughing through the session and feeling alive. I have made lifelong friends in Meath Fitness, and we have recently returned from the annual ski trip which is in its third year. Meath Fitness is for everyone, every type of fitness is catered for and it is definitely fitness with a big dollop of social thrown in. Go on, be curious and make a trip up to the Hill!

Meath Fitness Summer Training every Monday & Wednesday on the Hill of Tara at 8pm & **Saturday mornings** at 8:30am, starting on Monday April 29th. Phone James on 086 040 5060 to book your FREE TRIAL



Grand National winners, Welsh National Winner and Champion Hurdle Winner

Notices

BINGO: Every Wednesday night in Skryne Hall at 9pm. €1,100 to be won each night. Enjoy a night out. Please support. Proceeds to parish funds.

PATTERNS: The knitting/Craft club are looking for old knittiwng and crochet patterns. If you have any and would like to donate or lend to club please contact Patricia 0868388017. Many thanks

ANNUAL PARISH CLEAN UP: A huge thanks to all who turned out in force to help clean up our parish & gather all the discarded rubbish dumped along our roadsides. Special thanks to Skryne GFC for allowing us use their facility to store same for weekend. It will be greatly appreciated if we all clean up our immediate area prior to bin collection every fortnight and keep Rathfeigh, Skryne & Tara litter free.

NOTICE: Site wanted in Rathfeigh, Skryne area. Please call 0877147027

SKRYNE CYCLE CLUB: Beginner Group – Zero to 50K - Starts back Thursday evening 2nd May at 7:30pm from Swans. This is a beginner's and improver's group and the pace will be slow for the next few weeks – no fancy bike or gear needed but a helmet and Hi-Viz is encouraged. Meet at Swan's car park at 7:20 sharp. **Club Training** – will continue through the Summer as follows: Wednesday from Fox's at 7.30 pm. Sunday 9:00 am from Rathfeigh School. Contact Pat McGovern 087 2586315 or James Brady 085 7106524

TUESDAY CLUB: Tuesday 7th May Kilmainham Goal Tour starts at 12 noon. The Tuesday Club have visited Kilmainham Gaol a number of years ago but the new tour includes the recently renovated Courthouse where many of our ancestors met their fate and which was not open on our last visit. The courthouse has only opened very recently and is associated with the trials and sentencing of many of the gaol's inhabitants. In order to book tickets for the visit in advance please let Maurice (087-954 3222), Dermot (086-8760336), or Michael (087-2525586) know by Thursday 2nd May if you are joining us or not.

Condolences

The Parish and Skryne GFC passed votes of sympathy with the following:

- Jim Pentony, Rathfeigh on the death of his sister Enda.
- The Bowens Family, Bellew on the death of Carmel
- To the Preston family on the death of Kathleen, Branstown
- To Kathleen Battersby, Rathfeigh on the death of her sister Mary
- To Jeanne Louise Caffrey, Oberstown on the death of her mother, Gabrielle
- To the Thorpe family, Proudstown on the death of Kay
- To the Crocock family, Branstown on the death of Eddie

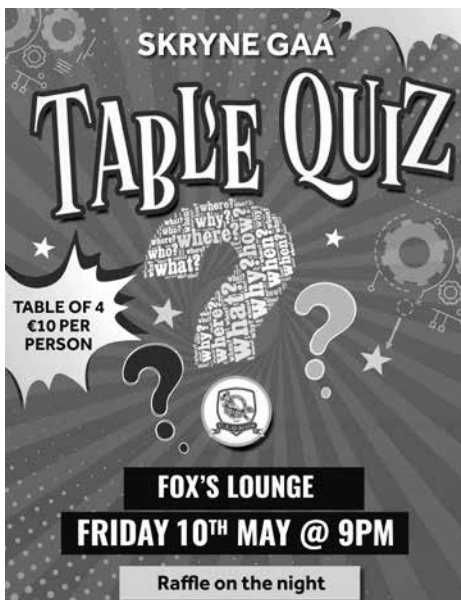
Skryne GFC

The proceeds of the Table Quiz in Fox's Lounge on Friday 10th May are in aid of providing a Presentation Trophy Cabinet in the RST Centre of Skryne GFC.

This cabinet will hold memorabilia which will showcase the history of the club from early days up to the present time.

Initially memorabilia belonging to Paddy O'Brien and Christy (Kit) Browne will be on show. Paddy was the only Meath player selected on the All Ireland team of the century and is regarded all over Ireland as one of the best (if not the best) full-back of all time. So we are proud to honour his memory in this venture along with Christy Browne who won 6 Senior Football Championship medals with Skryne in the 1940s and served the club as Treasurer from 1940 to 1958 and for much longer as an Executive Committee member. (Notice - Kit was Treasurer while still playing).

This is the second fundraising table quiz in aid of the Cabinet and hopefully if successful we will be half way to covering the cost of this expensive unit. So keep the date free - see advert in this issue.



Congratulations to all the girls & boys from the Carr School of Irish Dancing who were very successful dancing at the Academy feis which was held in Dublin last weekend.



Roisin McManus who was playing with Meath u14 girls who won the Leinster final against Dublin recently - final score Meath 6-11 to Dublin 9 points .

Skryne Therapy Clinic

Holistic & Sports Massage
McTimoney-Corley Spinal Therapy
Ruth 086 891 2083
Joyce 086 101 7342
www.skrynetherapyclinic.com
Clinic to Rear

Upcoming Events

Thurs 2 May: Michael Slevin, broadcaster, writer, historian will give an illustrated talk on TARA in RST centre at 8 pm.

Tuesday 7 May: Tuesday Club visit to Kilmainham Gaol at 12 noon. Book by 30 April.

Thurs 9 May: Alzheimer's Tea Day. RST Centre & Skryne GFC grounds. All Day 9.30am -7pm

Thurs 9 May: Introduction to Genealogy in RST Centre at 8 pm.

Friday 10 May: TABLE QUIZ. Fox's Lounge 9pm. Tables of 4, €10 pp. Raffle on the night.

Contact: Jim Conroy
phone: 046 902 5771
email: jimkconroy747@gmail.com

Next Issue

Saturday 25th May 2019

Submissions by Wednesday 22nd May

BLOTTO RESULTS

26th March

9 - 10 - 19 - 24

No Winner - €40 each to:
Dinah McQuaid, Orla Rafter
Mary O'Rourke, Fiachra Leahy

31st March

8 - 17 - 20 - 26

No Winner - €40 each to:
Frank Carty, Michael & Anne Mulvaney
Dolores Tobin, Bertie McDermott

7th April

8 - 9 - 12 - 26

No Winner - €40 each to:
Tony Morland, Mary Phillips
Rose McCann, James Farrelly

14th April

13 - 15 - 20 - 24

No Winner - €40 each to:
Brendan Haney, Sean Whyte
Anne Gray, Ursula McCabe

21st April

4 - 10 - 21 - 22

No Winner - €40 each to:
Gerry Caffrey, David Lynch
Riona & Laura Twomey, Richard Coyle

Next week's jackpot

€3,700

Thank you for your support

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
- Supply and Fitting of Fireplaces & Stoves

NO JOB TOO SMALL!

Contact: Paoric

T: 046 9034846

M: 085 1597105