



RST Community Newsletter

RATHFEIGH/SKRYNE/TARA

24th September 2022 • Issue No. 16

RST Newsletter Celebrates 25 Years of Publication



At the launch of the RST Newsletter in Fox's Castle Lounge 21st June 1997
Back row L-R: Noel Gallagher, Jim Conroy, Michael Fitzsimons, Liam Kellegher, Jim Gibbons
Front row L-R: Jim Pentony (RIP), Anne Gray, Maurice Daly, Tom Leahy (RIP)

The RST Newsletter celebrated its 25th anniversary this summer, the first edition was issued June 21st 1997, perhaps being launched on the longest day of the year has contributed to its longevity. The newsletter was the brainchild of Jim Gibbons and Maurice Daly with the intention of hand delivering a copy to every house in the Rathfeigh/Skryne/Tara area. This decision was to prove to be the catalyst for ensuring the publication would be widely read and successful. A committee was duly elected and many meetings were held to define the intended structure and content, organise funding and establish a team of dedicated distributors who would deliver to a number of houses in their own areas.

Originally, it was printed on a fortnightly basis and in 2005 it was decided that the workload was too great every two weeks so it became a monthly publication. Some years were not as good as others for contributions resulting in only 7 or 8 issues.

In early 2020 door to door delivery had to cease as a consequence of the world-wide pandemic, with digital only copy being produced. During Covid we saw the RST Newsletter transform

itself from being a four-page local news report into a multi-page journal of stories, reminiscences and poems. The lockdown due to the coronavirus epidemic seems to have unearthed an inner need in people to share their experiences and thoughts on life. Such was the volume of material submitted that it became a weekly issue for a period of time.

Following the lifting of the restrictions a new committee was formed and a

decision was made to not go back to the hand delivery system. Our distributors worked long and hard over the years, many of them not being as young as they once were and would possibly have been unable to resume their rounds.

An unfortunate consequence of this decision meant that many of our elderly readers do not have the means or the know how to access the newsletter on-line. It would be greatly appreciated by these people if their neighbours would keep them in mind and print copies or sections of interest for them.

The longevity and success of the RST is down to the various committees, distributors, sponsors, contributors and most especially A&J Print whose professionalism and generosity got us over many a rocky patch. Our deepest thanks goes to all of them.

Committee members who have contributed at various stages over the years include Maurice Daly, Jim Gibbons, John Scanlon, Michael Fitzsimons, Kathleen O'Brien, Liam Kellegher, Anne Gray, Tom Leahy, Sinead Rooney, Noel Gallagher, Nola Burke, Sean Brennan, Jim Conroy, Joe Griffin, Peter O'Reilly, Patricia Conroy, Hugh McNelis, Nick Palmer

Another notable successful publication launch in June 1997 was J K Rowling's first Harry Potter novel, Harry Potter and the Philosopher's Stone. Just like the RST Newsletter, it received massive acclaim and was followed up by many more popular editions over subsequent years.

This issue is sponsored by **A & J PRINT DUNSHAUGHLIN LTD**

The Schools Collection, 1937-1939

National Folklore Collection

The care of the feet.

The people long ago used to wear boots when they were one year old. The children go bare-

foot in summer every year. The boots are made in the cities and some are made locally. Bogs were made locally also. There was a tan-yard in Rathfeigh long ago for making leather. Kid boots were worn long ago and elastic boots and morocco boots and crome boots also. There are no shoe-makers in the parish now. Bogs were nearly always worn long ago. In olden times people wore canvas shoes in summer as they were light for the hot weather. They made those shoes themselves.

Angela Cromwell
Waterside,
Rathfeigh,
Kavan.

This month's Dúchas article was written by Angela Cromwell from Rathfeigh School

Image and data © National Folklore Collection, UCD

Skryne Community Alert

Light Up

With the days getting shorter, now is the time to check on your security lighting. If you have outdoor sensor lights, it is more effective to have the lights come on for short rather than long periods when activated.

Do a walk test around your property after dark to make sure the lights are working as expected. If you are leaving the house unoccupied after hours of darkness, setup a lamp indoors on a timer, so it always looks like there is somebody home.

Timer switches are cheap and are available in any hardware store. They are easy to setup. Remember, nothing screams "nobody's home" more than an unlit house after dark.



Resident movie reviewer of the RST magazine, Darragh O'Dowd, picked up an award at the inaugural Meath Film Festival at the weekend. Darragh was a recipient of the young film maker award for his 60 second movie 'A Lazy Summers Day'.

The Annual FAMINE GRAVEYARD

Commemoration Ceremony

will take place on Sunday

25th September, 2022 at 3pm.

During Dunshaughlin Harvest Festival weekend.

The graveyard is located behind Dunshaughlin Workhouse.

This will be followed by a talk in Dunshaughlin Pastoral Centre

by Jim Gilligan on

"Emigration of orphan girls from Dunshaughlin Workhouse to Australia during the Famine"

with light refreshments. All are welcome.

Kind regards

Patricia Lynch Secretary,
Mobile No. (089) 436 6800

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Rathfeigh Choir had the honour of singing at the annual Pioneer Pilgrimage to Knock in July. Here they are pictured on the steps of the Basilica altar with Fr. Robert McCabe, Spiritual Director of the PTAA.

The choir is back singing at 6pm Mass in Rathfeigh Church and would love to get some new members. Practice every Tuesday evening from 8–9pm. No need to be able to read music. Contact Rita on (087) 775 9442

Saving on Energy

When is the last time you changed your electricity provider? Did you know that it's very simple to do, and if you do it every year you could save yourself hundreds of euro per year? This is more important than ever now, with huge price hikes in the last few months, and more to come. There are a number of websites which can help you find the best deal available to you. You will first need your last electricity bill. This shows your current electricity rate per unit, and your current standing charge rate. You may also see your current "plan", though if you have been on the same rate for years it is likely that you are on the normal non-discounted rate. You should also make note of your MPRN, usually at the top of the bill.

Now go to one of the price comparison sites, as this will save a lot of time ringing around. Two of the main options here are www.bonkers.ie and www.switcher.ie. If you aren't computer literate, ask a family member or friend to help you with this. It only takes a few minutes.

Once you pick the best deal, you can switch there and then. You will need to provide your MPRN from your bill, and your account details for setting up a direct

debit (it's always cheaper to pay by direct debit). It's as simple as that! No need to post anything or visit any showrooms.

You will probably find that you receive a call from your existing provider within a few days offering you a deal to stay with them. For this reason, make a note of the pricing on the deal you sign up to. There is no issue switching back within the first few days if your existing provider offers a better deal.

Put a note on your calendar to do the same exercise again in 12 months' time, as the discount rate typically ends after this period and you will be automatically be bumped up to the non-discounted rate without warning.



Scoil Cholmcille, Skryne

Tom Brennan

Welcome back!

It is late September and we are getting back into the routines of school life. As the fall of the year approaches, it is also a time of great hope. For the first time in a long time, we are starting back with most restrictions lifted and normal activities set to resume. A huge welcome back to all our pupils old and new. A special welcome to our new Junior Infants who are settling in really well. Bon voyage to our 6th Class as they begin the next stage of their journey and we hope they won't be strangers in Scoil Cholmcille. Here's to a great year ahead for the entire school community.

Junior Infants Learning through play



Enrolment

Scoil Cholmcille will be accepting applications for Junior Infants for the 2023/24 school year from Monday, October 1st 2022. Application forms can be accessed at skryneschool.blogspot.com or by emailing the school at skryne.n.s@gmail.com

Sport

Our Cumann na mBunscol boys and girls football teams are back in training and competitions are already underway. Our boys begin their campaign with a victory versus Stackallen and our girls will play their first game in the coming week. Orienteering is set to resume on October 5th with our 5th and 6th Classes travelling to Ardgillan Castle.

Thank You

As we returned on September 1st one could not help but notice how dapper our school grounds looked. A huge thank you to our parents (and grandparents in some cases!) who volunteered their time trimming, cutting, tidying, scrubbing and sweeping.

As ever, our wonderful Parents Association have been busy ahead of our return. A huge thank you to them for their work on book rental, uniforms and organising refreshments for our new parents of Junior Infants. Indeed, if any parent wishes to get involved with our PA and the fantastic work they do, please get in touch with the school.

Potato Pals

On September 9th, our 6th Class completed the final phase of their Potato Pals project with Tayto Foods. The boys and girls first completed a field visit where they helped with the harvesting of the potatoes. Afterwards, they visited the factory where they learned about the journey of the humble spud to a tasty crisp. The children even got to taste a crisp without any flavour! They returned to school mucky, full and happy!



Skryne GFC

Senior Football Championship



Skryne bow out of Championship

Summerhill 2-19 Skryne 0-08
Fairvhouse Steel Senior Football Championship. Quarter-Final.

A disappointing second-half performance from Skryne saw them bow out of the championship against a strong Summerhill team.

After a shaky opening 10 minutes in this SFC quarter-final in which Summerhill hit four points without a reply, Skryne looked to have settled when Ciáran Lenehan burst forward from his centre-half-back position and side-footed a monstrous point from the 40-metre line to kick-start a spluttering Skryne. A Niall Finnerty pointed free reduced the deficit to two points. Summerhill's captain Padhraig Geraghty popped up on the right-hand side and slotted over, before Darragh Campion hit a delicious pass with the outside of his boot to Mark Battersby in the left corner. Batts swivelled and fired over an excellent point. Harry Rooney then won possession on the stand side of the pitch. He glided past four Summerhill players before off-loading to Darragh Campion who hit a nice point from the 30-metre line. 23 minutes in, Niall Finnerty slipped a beautiful pass into Oisín Keogh in front of the Summerhill goal. Keogh pivoted and then hit a powerful low left-footed shot towards the bottom right corner which struck the post and away to safety. Conor Lyons added another free for Summerhill. With 3 minutes remaining in the half, Skryne worked the ball up the pitch to Oisín Keogh on the right-hand side. He laid off to Patrick Fox who slotted over to leave just a single point between the

sides. A minute later, Mark Battersby won possession in the left corner. He passed to John Finnerty who was making a run in towards the Summerhill goal. Finnerty let fly with a rasper of a shot which rattled the crossbar and away to a Summerhill defender. Summerhill immediately counter-attacked and Eoghan Frayne opened his account with a point from play. A fifth pointed free from David Lyons saw the 'Hill lead by 0-8 to 0-5 at the half-time interval.

Skryne were still well in the running at half-time and maybe could have been ahead had it not been for the missed goal chances. However, a blistering opening 5 minutes in the second half from Summerhill where they scored 1-3, effectively killed off the Skryne challenge. A pointed free from that man Conor Lyons opened the second half scoring. They added another point from play before half-time substitute John Lavelle got on the end of a Summerhill attack, finding enough space in front of the Skryne goal to get a shot off that found it's way into the back of the Skryne net. Conor Frayne added another point for the 'Hill and Skryne were left reeling. Summerhill added four more points to extend their lead to 13 points by the end of the third quarter. Skryne finally got off the mark on the 16th minute of the half when

Niall Finnerty slotted over a free from the right-hand side. He added a second pointed free a minute later, but then Summerhill found the net again when big midfielder Adam Flanagan finished a fine Summerhill move. Summerhill hit another four points without a reply as Skryne's challenge was extinguished. A late point from Mark Battersby did little to numb the pain of a disappointing defeat which didn't reflect the hard work and quality this team has shown throughout the year.

On the plus side, Skryne remain at the top table for another year. This year was their 85th successive year playing Senior Championship football and they will ply their trade in the Senior Championship again next year where many of our young squad will get a chance to use the experience of playing championship football this year to develop into a team that can perhaps go further in their quest for more silverware to add to their magnificent victory in the All-Ireland Kilmacud Crokes 7s tournament.

Skryne: Ian Gillett; Eoghan Greene, Niall Lenehan, David Carroll; Frank Carty, Ciarán Lenehan(0-1), John Finnerty; Harry Rooney, Oisín Keogh; Patrick Fox(0-1), Darragh Campion(0-1), Stephen O'Brien; Niall Finnerty(0-3, 3fs), Padraig Finnerty, Mark Battersby(0-2).

Subs used: Shane Smyth, Conor O'Brien, Kristoffer Kinsella, Timmy Lennon, Neil Burke.

Skryne Ladies

Intermediate Championship

Well done to our Intermediate Skryne Ladies team who secured a semi-final spot in the Intermediate Championship after defeating a strong Summerhill team in their final Group 1 game in Skryne. With two wins under their belt, Skryne topped the group and avoided having to play a quarter-final.



Group 1 Results

Wednesday 10th August:
Skryne 3-07, Na Fianna 0-11

Wednesday 24th August:
Dee Rangers 0-15, Skryne 1-09

Saturday 10th September:
Skryne 0-13, Summerhill 1-07

Junior D Championship

Not to be outdone, our Junior D Ladies also booked themselves a semi-final spot in the Junior D championship after they beat a very strong Rathkenny team by just a single point. It was another 'never over til it's over' performance by the girls as they made it three wins out of three in Group 2.



Junior D Team

Group 2 Results

Thursday 11th August:
Ratoath 4-10, Skryne 5-10

Thursday 25th August:
Skryne 2-12, Carnaross 2-11

Thursday 08th September:
Rathkenny 2-07, Skryne 2-08



Our U8 girls had their first game this week against Dunsany. Great skills on show and brilliant fun had by all.

Horsepower Superdraw

Dear Rathfeigh, Skryne, Tara Resident,

As we enter the final phase of our Horsepower Superdraw we wanted to reach out to our community to appeal for as much support as possible. Our club exists and thrives primarily on the significant efforts and support of a countless number of volunteers, mentors and most importantly you, our community.

As you know we have developed a plan for our grounds which will ensure it can be used not just by our GAA members but by all of the community. These developments include:

- **Community walkway with lighting**
- **Children's play area**
- **Improve access and surface the entrance and car park areas**
- **Improvements to our training pitch**
- **New equipment for the gym**
- **Replace the 25 year old scoreboard**
- **Upgrade the dugout area**

With less than 4 weeks to go we want to thank those who have bought and sold tickets. The success of the draw will come from ensuring we reach as many potential purchasers as possible and to that end I would ask that if you haven't already done so, please consider taking 5 tickets to sell to your family or work contacts.

Please contact any of our draw captains or committee members listed below who would be happy to supply you with tickets. You can also go to www.skrynegfc.ie/horsepower-draw to buy tickets.

We remain eternally grateful to you for your support and we will keep you informed of our fundraising efforts and the planned developments at the club and RST Centre, through the RST newsletter.

With sincere gratitude,

Johnny Burke,
Chairman

Skryne GFC Draw Team Captains and Club Contacts:

If you have any queries relating to the Draw, want to join a Team or help in anyway these are your contact persons. Please join in.

Aisling Bowens	086 376 2012
Alan Carty	086 360 7631
Brenda Govern	086 804 7630
Christy O'Connor	086 285 4057
Ciaran Lenehan	086 776 0326
Conor Corry	086 026 7510
Conor O'Brien	083 892 6504
Dan O'Leary	087 822 2012
Darragh Campion	085 753 3848
Derek Jones	087 223 2711
Dirk Reuter	086 822 4033
Eimear Finnerty	087 783 6890
Johnny Geraghty	083 813 0008
Jack O'Donnell	086 348 5302
John Burke	086 221 5803
Kevin O'Rourke	087 685 9026
Mark Battersby	086 399 1778
Mary Bennett	086 193 3867
Michael Mangan	086 603 9928
Mick O'Dowd	086 832 8929
Mike Foley	087 231 2289
Neil Burke	085 283 9576
Niamh O'Brien	087 608 5377
Nicola O'Reilly	087 696 8083
Norbert Coyle	086 349 8932
Patrick Battersby	087 655 4120
Ross Philips	087 979 8822
Rowan Dardis	086 833 7214
Ruth Moore	087 243 6404
Simon Fay	086 602 6618
Stephen Naughton	087 222 5572
Ulick McDonnell	086 820 8567
Vinny Naughton	085 113 8460
Pauline McManus	086 815 9765
Gina Doherty	087 906 5193

Horsepower Bonus Draw

The last of the Skryne GFC Horsepower bonus draws will take place on Sunday 25th September 2022.

1st prize in our bonus draw will be €500.

2nd prize is 5 free tickets in the main Horsepower Superdraw.

Don't forget that our main draw for the following fantastic prizes will take place on Saturday, 08th October 2022.

1st Prize: John Deere 6120M tractor or €100,000 in cash

2nd Prize: Ownership of a Gavin Cromwell trained racehorse for 1 season or €10,000 in cash

3rd Prize: Center Parcs Holiday Voucher to the value of €3,000

New Gym Manager

Dervla Duffy



Skryne Gfc is proud to welcome Dervla Duffy Personal Training

We are proud of our gym facilities and want to open it up to the whole community as part of our healthy club ethos. Dervla will be our new club gym manager whilst providing personal and group training for our members at special discounted rates between 6am - 6pm each weekday.

Dervla has an impressive CV having represented Ireland as an elite boxer at European and World Championships as well as playing intercounty football with Monaghan and Kildare. Keep an eye out on social media for further details and pricing in the coming weeks.

SKRYNE GFC
HORSEPOWER
SUPERDRAW

IN ASSOCIATION WITH MEATH FARM MACHINERY

1 PRIZE
JOHN DEERE
6120M TRACTOR (worth €120,000)
OR CASH ALTERNATIVE OF €100,000

2 PRIZE
OWN A GAVIN CROMWELL
TRAINED RACEHORSE for a Season
OR CASH ALTERNATIVE OF €10,000

3 PRIZE
CENTER PARCS
HOLIDAY VOUCHER
to Value of €3,000

Ticket €50
CASH OR CARD

www.skrynegfc.ie

Blotto Results

Date of draw: 11 Sep 22

Jackpot: €3,400

Numbers drawn: 09, 14, 16, 22

No Jackpot Winner. Lucky Dip Winners: Sinead Rooney
Johnny Geraghty Synott Family CS Walsh

Date of draw: 04 Sep 22

Jackpot: €3,300

Numbers drawn: 16, 18, 25, 26

No Jackpot Winner. Lucky Dip Winners: Joe & Tilly O'Brien
Helen Browne Christy Conway Gerry Dempsey

Date of draw: 28 Aug 22

Jackpot: €3,200

Numbers drawn: 10, 20, 21, 24

No Jackpot Winner. Lucky Dip Winners: Jim Gibney Tilly
O'Brien Nicky Hamill George Rathbourne

Date of draw: 21 Aug 22

Jackpot: €3,100

Numbers drawn: 11, 23, 25, 27

No Jackpot Winner. Lucky Dip Winners: Schira Mullen
Jenny Banks Sinead Kinsella Seamus & Colette Mullen

Date of draw: 14 Aug 22

Jackpot: €3,000

Numbers drawn: 01, 04, 07, 10

No Jackpot Winner. Lucky Dip Winners: Joe & Tilly O'Brien
David Harrington Helen Gilsenan Bernie Dardis

Date of draw: 07 Aug 22

Jackpot: €2,900

Numbers drawn: 02, 17, 24, 25

No Jackpot Winner. Lucky Dip Winners: Tomas Keogh Alicia
Dardis Ita McCormack Pdraig Finnerty

Points To Ponder

Gardening could save your life – but only if you really get stuck in. A recent study has found that just an hour a week of digging and shovelling could be enough to cut your risk of dying. Such ‘muscle strengthening exercises’ has been found linked to a 10 to 20 per cent lower risk of death from all causes. The study, recently published in the British Journal of Sports Medicine, also found that if you combine that hour a week of strength-training with regular aerobic exercise, you may even reduce your overall risk of an early death by as much as 40 per cent. So brisk walking and cycling are great – but add in a bit of muscle building, too. Sadly, the growth in online shopping means we are not even carrying our shopping bags home from the supermarket as much as we used to do.

Night Sky October 2022

by Tony Canavan



Phases of the Moon:

First Quarter: 3rd October,
Full Moon: 9th October,
Last Quarter: 17th October,
New Moon: 27th October
Sunrise: 730 am
Sunset 7 pm 1st October

October 25th Partial Solar Eclipse:

The partial solar eclipse will start at 1008, it will be at its maximum (covering about 1/10th of the sun) at 1051 am and will end at 1135 am. This is the moon passing in front of the sun.

The beginning of October

is ideal for observing the heavens. There is no moon visible, so dark skies. At about 9 pm in the south is Saturn and during October it has retrograde motion in Capricornus (seems to go backwards) before resuming direct motion on October 23rd. Jupiter is in the southeast and is very bright with its moons Europa, Io, Ganymede and Callisto all clearly visible with a 6 inch telescope. Worth having a look with a good pair of binoculars.

A crescent moon is setting to the west. The Plough is about 22° above the horizon in the north. Capella is 20° above the horizon in the NE and is very bright. If you can find it the look directly above for Perseus and Cassiopeia (**W** shape). The winter stars are just beginning to peak above the horizon at 9 pm including the Pleiades Cluster followed by Aldebaran and Mars rising in the East.

The summer triangle of Vega, Deneb and Altair are now in the SW. Altair is the only one of these three that sets, Deneb and Vega are circumpolar. Orion will rise after midnight and will be clearly visible by 3 am in the SE, a sign of the coming winter.

October 9th Full Moon.

At 3 am the full moon and Jupiter are only a few degrees apart and Mars is high in the SE above Orion.

October 15th at 3 am:

Mars is only 3.6° south of the crescent moon with Taurus, the Bull to the right, and Orion just below. From 8 pm onwards in the evenings there are great views of Jupiter and Saturn as the crescent moon has not risen. Above Jupiter is the winged horse Pegasus. The Milky Way stretches from the NE when moon and planets rise to the SW where they set.

End of October,

in the evenings the sky remains much the same. Saturn is setting in the SW. Jupiter and Neptune are close in the South. Mars and Uranus are in the East. The plough is low in the North.

Jupiter dominates the sky this month. Recently with a six inch reflector telescope I could clearly see the lines on Jupiter and shining brightly, four of its moons, Ganymede, Europa, Callisto and Io. Ganymede is known to have an underground ocean. The next planned mission to the Jovian system is due this year.

Artemis 1 Mission:

Although the SLS (**Space Launch System**) testing had been successful a leak in the fueling system has postponed the launch. Orion capsule rides atop of the SLS booster system. This is an unmanned flight but the next mission will be manned. The fuel is a combination of Hydrogen and Oxygen propellant. Hydrogen is a very small element and if there is any tiny crack it will find it.

Starship:

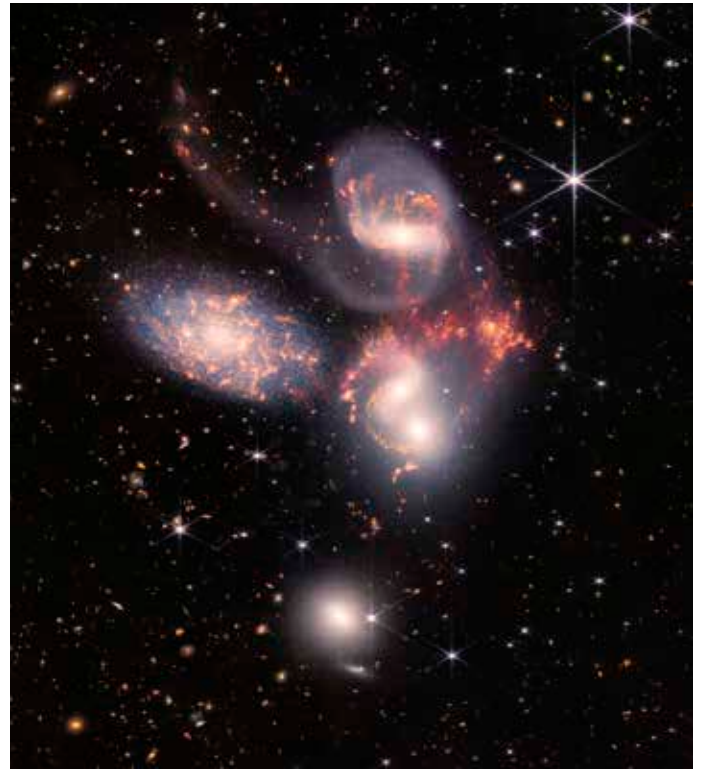
Elon Musk's **Starship Booster Rocket** had a small explosion during testing recently. The base of the Starship, holding 33 raptor engines sent out a huge fireball, possibly fuel vapour catching fire. However as of this week static fire test have started again on both the booster and the Starship itself. SpaceX uses liquid oxygen and methane to overcome the problems of using liquid hydrogen.

JWST photographs:

Stephen's Quintet

In Frank Copra's movie 'It's a Wonderful Life' prayers for George Bailey are heard by angels in a group of galaxies known as Stephen's Quintet, named after Edouard Stephen who discovered them in 1877.

- At the top is a barred spiral galaxy, red section to the right of the core is a star forming region of thousands of stars.
- The galaxy below seems to have two cores and is actually two galaxies in the process of merging. There is a huge, very active star formation region just above these two galaxies, intensified due to this merger. The stars in this galaxy image are less than 10 million years old and are still in the process of blowing away the surrounding dust.
- At the bottom is a normal elliptical galaxy.
- The upper left galaxy is only 40 million light years away, whereas the others are about 300 light years away. Because of this we can see in much more detail its star forming regions.



Deep Field Image:

If you hold a grain of sand up to the sky then that is the size of this image. A universe teeming with stars, planets, moons, galaxies etc. All of the above are galaxies. The brightest of these galaxies are nearest to us, they are a few hundred to a few billion light years away. The 'reddish' galaxies are furthest away up to 13 billion light years. We are seeing these galaxies as they were 13 billion years ago. Distant galaxies look red because as galaxies move away from us their light frequency is reduced and their wavelength is stretched making the light increasingly reddish. The furthest galaxies are drifting away from us faster than nearer ones because of the expansion of the universe and are therefore more red-shifted. This was a 12-hour exposure. Longer exposure will bring us further back and we will soon have an image going back 13.5 billion years which is only 300 million years after the formation of the universe.

This image is JWST's first 'Deep Field' image showing, at the centre, a cluster of galaxies known as SMACS 0723, located approximately 4.6 billion light years away from the earth. The light from galaxies behind the cluster is distorted and magnified, a phenomenon predicted by Albert Einstein in his Theory of Relativity. The circles of light are **gravitational lensed images** where the galaxies behind the cluster increase



magnification as light passes around the cluster. It is like looking through a wine glass.

Is the image enhanced? In the human eye you have Red/Green/Blue detectors and visible light detected by these three combines in your brain to form a single colour image. **But you can't see infrared and the telescope is tuned to infrared.** The telescope takes images in three different bands of the infrared, then gives them an RGB designation and it creates a colour you would see if your eyes could see infrared.

This image gives a whole new meaning to **'As far as the eye can see'**. Astronomy continues to try and answer questions as to who we are, and how we got here. These images will inspire the next generation of thinkers and problem solvers.

<https://www.nasa.gov/webbfirstimages>

There are no passengers on spaceship earth, we are all crew.

Marshall McLuhan

Heralds of Autumn

Anne Frehill

Recent weeks have brought wonderful, balmy days but as night falls, the first barely discernible chills of Autumn remind us that the seasons have changed. While getting out of bed, on a few early mornings, I spotted that the fields are shrouded with mist. All around us the hedgerows are heavy with nature's bounty: rosehips, elderberries, hazel nuts, crab apples, and more. Blackberries, so incredibly evocative of childhood are everywhere and I am delighted that in the last few years many people, young and not so young, are collecting these luscious, juicy fruits – thanks to the foraging courses that are springing up all around the country. Few can resist homemade soda bread smeared with butter and covered in homemade blackberry jam, or blackberry pie smothered with fresh cream, my favourite.

Today as I write, my window looks out on the timeless scene of seagulls following the plough in the sunshine, a vista that always gladdens my heart. Ploughing the earth in preparation for the next crop gives a sense of rebirth and renewal and helps us look forward to a new cycle of Spring, Summer and then the harvest time.

And I think of all the men and women who have saved the harvest down through the centuries on this beautiful island, in times of war, famine, civil war and abject poverty. Of course, this year I am mindful too of the Russian invasion of Ukraine and the great tragedy that is still unfolding in that wonderful country known as the “breadbasket,” of Europe. And I think also of the countries : Kenya, Nigeria, Ethiopia and Somalia – facing the worst food crisis in over 40 years – while we are blessed by Mother Nature with such abundance. If only we in the Western world could “live simply so that others may simply live.” (Mahatma Gandhi)

Ploughing either with tractors or horses is a highly skilled job, it has been the subject of many bucolic paintings and poems as well as providing the backdrop for some well- known novels. And so, I give you:

Autumn Ploughing

By John Masefield (1878-1967)

*After the ranks of stubble have laid bare,
And field mice and finches` beaks have found
The last spilled seed corn left upon the ground;
And no more swallows miracle in air;
When the green tuft no longer hides the hare,
And dropping starling flights at evening come:
When birds, except the robin have gone dumb,
And leaves are rustling downwards everywhere;
Then out, with the great horses, come the ploughs,
All day long the slow procession goes,
Darkening the stubble fields with broadening strips.
Grey sea- gulls settle after to carouse:
Harvest prepares upon the harvest close,
Before the blackbird pecks the scarlet hips.*

Finally, following my reference above to the suffering people of Ukraine and Africa, a second quotation from Mahatma Gandhi, still rings true despite the passage of many years since his assassination in January 1948.

“The things that can destroy us are : politics without principle, pleasure without conscience, wealth without work, knowledge without character, business without morality, science without humanity and worship without sacrifice. “

Strangers in The Box

Come, look with me inside this drawer

In this box I've often seen
At the pictures, black and white
Faces proud, still and serene.

I wish I knew the people
These strangers in the box
Their names and all their memories
Are lost among the socks.

I wonder what their lives were like,
How did they spend their days?
What about their special times?
I'll never know their ways.

If only someone would have taken time,
To tell who, what, and when,
Those faces of my heritage
Would come to life again.

Could this become the fate
Of the pictures we take today?
The faces and the memories
Someday to be tossed away.

Make time to save your pictures
Seize the opportunity when it knocks
Or someday you and yours could be
The strangers in the box.

Author: Pam Harazim, 1997

Josie Duignan, the wife of the late Jim Duignan, Skryne and his sister Betty and her family would like to thank you most sincerely for your kind expression of sympathy on Noel and Jim's recent passing.

Thank you to all the kind neighbours who gave me lifts to the hospitals and Nursing home during their illnesses and helped me in any way they could.

We also thank those who called, wrote to us, sent mass and sympathy cards, those who sympathised on RIP. ie and those who lined the route from 'Maher's Cross' to 'Skryne church'.

Thanks also to Fr Thomas O'Mahony who said the funeral masses and officiated at the funeral services and to the singers and musicians who provided the music in the church. It was very much appreciated. A special word of thanks to Peadar Farrelly Funeral Director for his guidance, kindness and professionalism.

Rathfeigh National School

Seamus Tansley

After a few weeks back in school the summer seems a distant memory already. It took the children (and teachers) a few days to get back into the swing of things but as we approach the end of September it feels like we have never been away. I've always said that the children in Rathfeigh are excellent in every way which makes coming to work daily very easy. As we embark on another school year we hope all the children and their families have a safe year. The recent tragedies in Westmeath, Tallaght and Rossbeigh only reinforces how precious our young children are to us. Our sympathies are with all these families in their time of deep grief and sadness.

Our New Junior Infants have settled in extremely well to their new surroundings. We wish them an enjoyable and happy year ahead.

Friendship Week

"A friend knows the song in my heart and sings to me when my memory fails"

This week we celebrated Friendship Week in our school. Ms. Reynolds did an amazing job coordinating the different activities in the classes during the week e.g. Random acts of kindness, designing a friendship door, writing positive poems and organising Odd Socks Day to promote how special and unique all the children are. The week finished in style with an assembly with all the children singing the Bruno Mars song "Count on Me". Well done to all the children in the school for engaging positively in all the activities.

Swimming

Swimming lessons were one of the early casualties with the arrival of Covid-19 a few years ago. The announcement in school in early September that swimming lessons would be returning was greeted with smiles and cheers by all the children. The six weeks of lessons are already well underway and it was great to see a 100% uptake of the lessons in Navan Swimming Pool. The children have taken to the lessons like a "duck to water" and we hope the great enthusiasm continues for the final four lessons. We thank the Parents' Association for their large contribution towards the cost of buses which has reduced the cost to parents/guardians considerably.

Mindfulness

Mindfulness lessons with Una Curran started on Wednesday for all classes. The six week lessons (Wednesdays) are free due to the generous support of Suzanne Jamal (councilor) from her

Municipal District Fund. These lessons were very beneficial to the children last year particularly during the stresses and anxieties resulting from Covid-19. We hope the children enjoy the lessons and become more aware of the importance of taking care of their own mental health. For parents/guardians it may be helpful to log into **"Finding your Wings – Well-being with Una Curran"** for ideas on well-being and mindfulness for yourself and your children.

The author A.A. Milne who wrote the "Winnie-the-Pooh" books has a famous quote which is worth reminding ourselves of and is a message we should tell our children on a regular basis.

"You are braver than you believe, stronger than you seem, and smarter than you think".

Gaelic Football

The Cumann na mBunscol Gaelic Football competitions for girls and boys are up and running. In good weather conditions our boys had a nice victory over Mount Hanover. All teams like to win games but the respect and sportsmanship shown by both sides was lovely to see. From the start to the finish both teams had smiles on their faces and you can't ask for more than that! Our girls had a narrow two point defeat to Mulhussey. Luck on the day deserted them as the post and crossbar conspired against them on three or four occasions! Our girls will, no doubt, have many victories ahead of them.

Literacy Lift Off

Literacy Lift Off started this week with the children in 1st/2nd class. We thank Mrs Campbell for co-ordinating our literacy initiative again this year.. The children have been pre-tested and we are confident that they will enjoy the challenges of the Literacy Lift Off programme over the next six weeks. Best of luck to them all.

Computers Classes - Children and Adults

Computer classes started this week for all the children from Junior Infants to Sixth. We are delighted to have Colm back with us and some classes got to use the chromebooks purchased with the Facebook (Meta) grant we received in the last school year. We are also providing adult computer classes in the school on Thursday mornings for parents/guardians who would like to improve their digital literacy skills. These classes for adults are free and is part of our community initiative to help adults in the Rathfeigh and Skryne community to improve their computer skills. We hope to invite people from the Tuesday Club in the RST Centre to these classes also. I will be liaising with Maurice Daly in organising this. Of course, we thank Facebook (Meta) for their generous grant which will have positive benefits for the children in the school and the wider school community.

Tin Whistle

Singing and the playing of musical instruments had to take a back seat during Covid but we're happy to be starting back with the tin whistle in a few weeks time for the children in 1st to 6th classes. We hope to have a repertoire of tin whistle tunes ready for a performance for parents/guardians before the Christmas.

Parents' Association

Our Parents' Association members undertake a lot of fundraising events over the course of the year as well as organising school celebrations at the school e.g. First Communion, Graduation etc. We look forward to working closely with the Parents' Association again this year and we thank them for their great support of the school. I'd also want to thank them for my invitation to their A.G.M. last Wednesday which was very well attended and I look forward to working on the projects discussed at the meeting.

Book Rental

Thanks to Bridget Copeland who organised the Book Rental Scheme again this year. On returning to school after the summer holidays all the books were

ready and labelled for the children. Not only does the book rental scheme save parents/guardians money it saves time and effort also. Please ensure the children take good care of the books as some of them will be used again next year.

Rathfeigh Nursing Home

Addressing community needs through the use of IT was part of our application to Facebook (Meta). Over the coming months we will be liaising with Hillview Nursing Home in Rathfeigh with the intention of making a positive impact on the residents there through regular communication using IT. The children in Rathfeigh NS will be playing a central

role in this partnership with the Nursing Home. We are really excited with this initiative which will benefit the children in Rathfeigh as well as the residents in Hillview.

Thanks

Thanks to our caretaker Ingrid for all her hard work getting the school ready for the start of the school year. No small task! Thanks to Kieran Hennessy for updating our school website and to Clare for updating the Rathfeigh Facebook page. Thanks to everyone involved in the publication of the monthly RST newsletters which helps significantly in the promotion of the school.

We look forward to another great year in our school. All we can wish for is that everyone has a safe and enjoyable year. We look forward to the children engaging positively with the challenges that come their way and we will continue to encourage them to try their best and not to be afraid of making mistakes. As the famous basketball player Michael Jordan said

“I’ve failed over and over again. And that is why I succeed”

Admissions for the 2023/2024 School Year

The school will commence accepting applications from parents/guardians on October 1st 2022 who have children starting in September 2023.

The closing date for applications is March 1st 2023. Please check the school website rathfeighns.org for more information on the school. If you would like to see the school facilities please email the school for an appointment (rathfeighns@outlook.com).





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It does not matter how slowly you go as long as you do not stop.
Confucius

Notices:

Knitting Group:

Our weekly Thursday get together at 11am has now resumed in the RST Community Centre. Emphasis on the cuppa and chat is more the focus than knitting or crafting so please feel free to join us any Thursday you are free. No need to enrol just come along.

Any queries call Patricia 086 838 8017

Pilates:

Pilates classes have resumed in the RST Community Centre on Thursday mornings 10am. Places available. **Call Nicola 087 697 5207.**

Navan Camera Club

Navan Camera Club is now open for new members for the 2022/2023 season. We have Presentations, Competitions and Outings. Something is on every week. We cater to all skill levels from Novice to Expert. No previous experience is necessary. There is also an eight week photography course.

Our website is at

<https://www.navancameraclub.ie>

and the registration form can be found under "Documents" or at this address

[https://www.navancameraclub.](https://www.navancameraclub.ie/files/ugd/e6808-3c51b7a3fd06d4f968425f79f00705deb.pdf)

ie/ files/ugd/e6808-3 c5

1b7a3fd06d4f968425f79f00705deb.pdf



**Somewhere over the rainbow skies are blue
Dreams that you dare to dream really do come true.**

Judy Garland

Good luck to James Conroy Captain and the Irish Amputee Team as they head to Turkey this week to compete for the Amputee football World Cup.



AWFUL JOKES

How to get to heaven

“If sold my house and my car, had a big car boot sale and gave all my money to the church, would I get into Heaven?” the teacher asked her Sunday School class. “No!” the children all answered.

“If I cleaned the church every day, mowed the grass, and kept everything neat and tidy, would I get into Heaven?” Again, the answer was “No!”

“Well”, she continued, “then how can I get into Heaven?” A five-year-old boy shouted out, “You gotta be dead first!”

A wise schoolteacher sent this note to all parents on the first day of school: “If you promise not to believe everything your child says happens at school, I’ll promise not to believe everything he or she says happens at home.”

I had been teaching my four-year-old daughter the Lord’s Prayer. Then one evening at bedtime she attempted it solo. I listened with pride as she carefully enunciated each word, right up to the end of the prayer. “And lead us not into temptation,” she prayed, “but deliver us some e-mail. Amen”



For further information call:
Tracy 087 972 996
Maolise 085 1979717



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

www.quizmasters.biz DINGBATS 32 www.quizmasters.biz

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

Answers to Dingbats challenge

1 Bury The Hatchet, 2 Green With Envy, 3 I Only Have Eyes For You, 4 Losing Your Marbles, 5 A Pair Of Pants, 6 Face Like Thunder, 7 A Fly In The Ointment, 8 Man Of The Moment, 9 Good For Nothing, 10 A Cut Above The Rest, 11 Time On Your Hands, 12 Driven Up The Wall

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Condolences

We extend our sympathy to the

- Brenda & the Keogh family on the death of Jude, Trevet
- Philip & the Kirwan family Irishtown, on the death of Angela
- the Swan family on the death of Mary, Curragha
- Kathleen O'Brien, Ross on the death of her mother Jane Mooney Carlanstown
- Josie Duignan, Skryne on the death of her sister Teresa O'Malley, Mayo
- Clare Geraghty, the Riggins on the death of her father Ian McKenzie-Smith, Kilcullen
- Robbie Bayly, Greenpark on the death of his mother
- Paddy & Michael Lynch, The Riggins on the death of their sister Dinah, Limerick
- Elizabeth Murray, Ross on the death of her mother in NewYork.
- Eleanor and the Lynch Family, Greenpark on the death of her father Seamus.

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.

Local Handy Man Available

SERVICES PROVIDED:

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Side Gates made to measure

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Contact: Pauric

T: 046 9034846

M: 085 1597105

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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 29th October

Submissions on or before
Sunday 23rd October

Contact:

Jim: (086) 383 7436

Patricia: (086) 838 8017

Email: therstnewsletter@gmail.com