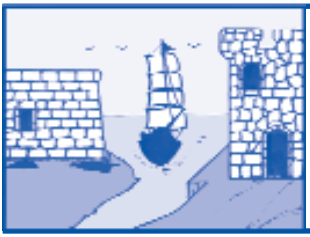


DALKEY - Deilginis 'Thorn Island'
COMMUNITY COUNCIL
Irish Heritage Town

First Published April 1974

NEWSLETTER No 429 (Volume 19) **Aibreán (April) 2013**

April: *Possibly named for Aphrodite, the Greek goddess of love or from the Latin verb meaning 'to open' or the Greek word meaning 'the opening'. Greeks called the season of Spring 'the opening'.* **Flower:** Sweetpea & Daisy

Winter's done, and April's in the skies,
Earth, look up with laughter in your eyes!

Charles G.D. Roberts - 'An April Adoration' 1896

Cásc Shona díbh ár léitheóirí go léir!
Happy Easter to all our readers

DALKEY COMMUNITY COUNCIL
ANNUAL COLLECTION APPEAL

We appreciate that times are difficult for many at present but we really would welcome your contribution to the Council's efforts to continue to maintain Dalkey's uniqueness. We support lots of activities in the town every year, such as the Lighting of the Christmas Tree and Santa's Arrival, Dalkey Dashers, Community Games, Planning issues, the Dalkey Newsletter, Art Exhibition, Prizegiving Medals and Cups, etc.

The Newsletter alone costs in the region of €35,000 to run every year. Without your contribution - and the continued loyalty of our regular advertisers - we cannot guarantee that it will continue in existence. We are reliably informed that it is the longest published voluntary free community-based publication in Ireland having been published continuously for almost forty years.

In this issue of the Newsletter you will find our Annual Collection Envelope. We would greatly appreciate if you would place your contribution in it and your Road Representative or Representative from the Community Council will collect it in the coming weeks.

DALKEY COMMUNITY COUNCIL ANNUAL PUBLIC MEETING

All residents of Dalkey are invited to attend the Annual Public Meeting

Monday, 8th April, 2013 at 8 p.m. in Our Lady's Hall, Dalkey

THE DALKEY COMMUNITY COUNCIL ANNUAL DINNER

for Past and Present Members will be held on
27th April at 8.00pm in Our Lady's Hall.
includes Dinner and a Glass of Wine

Tickets €25 per person **Contact: Rosaleen on 087-2109847**

❖ SUMMARY OF DCC MARCH MEETING ❖

The DCC AGM took place on Monday 4th March. The Chairman addressed the meeting outlining the Council's activities for 2012. The Secretary and Treasurer both delivered their reports. The new Executive was elected after the adoption of the reports and Susan McDonnell was re-elected as Chairman.

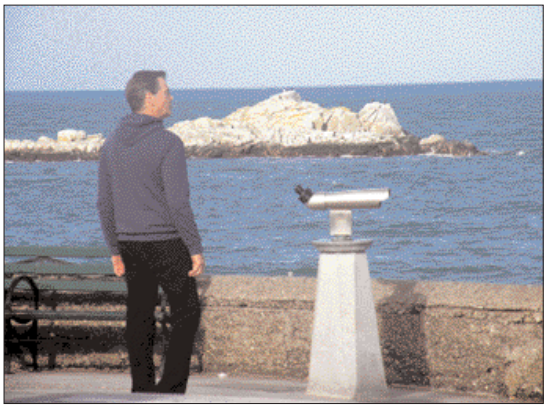
The March Monthly meeting followed the AGM.

NW: It is important that where properties have alarms these should be switched on to prevent incidents of crime. The Gardai ask us to exercise caution in dealing with callers to the door and urge people not to permit any strangers into the home. The Garda Clinics are going well but are not for reporting crime. Crime must be reported to Dun Laoghaire Garda station where it will be properly recorded. Telephone: 666 5000.

AOB: DCC have to work harder to attract new members to join the organisation. Several roads are not being represented on the Council and one Road Rep may be delivering newsletters to a number of roads.

The next meeting is the DCC Public Meeting on 8th April at 8pm in Our Lady's Hall.

❖ DBG APRIL 2013 ❖



Pierce Brosnan enjoying the view

Let's start with local fundraising for *Get Gráinne Home*. Anna (5) and Jodi (6), two little residents had a Cake Sale on Feb. 23rd at their house on Tubbermore Rd and with their local baking expertise raised over €205. The Larry Hogan Gig and Raffle at The Club Dalkey on Sunday Feb 17th raised over €3,100 with many thanks to all who attended and remainder of Sponsors: Smiles Dental Ireland, Photogenic Dalkey, Finnegan's Sorrento Lounge, Peter Breen Leinster Rugby, The Queens Dalkey, Deville's Restaurant, Rhonas Hair Salon, Calme Beauty, Thyme Out, Hachette Book Ireland and Dalkey Castle/Heritage Centre.

The Get Gráinne Home fundraising boxes which were situated at Dalkey News, The Corner Note Cafe, The Club Dalkey, Select Stores, Maxwell's Pharmacy and Country Bake raised over €600 and the Eurospar 'bag packing' event with local volunteer Marguerite Harpur Scales and local Dalkey Scouts raised over €1,140. Well done to all involved. As you can see Gráinne's house is getting back to normal. The new windows and plaster boards just went in the other day. Many thanks to volunteer Rosa Hick for all her hard work to date. Keep an eye out for more fundraising events over the coming months. The best way to be kept informed of what's happening is on the official Facebook page ***Get Gráinne Home***.

Twin girls Roisin and Heidi with their parents Ciara Nic Gearailt and Andy Ebner and of course Pierce Brosnan. The twins were having their 1st birthday portrait taken at Photogenic when they met Pierce shooting a Sky TV advert at nearby Finnegans. A nice Birthday memento for the girls

Photo by
Barry Moore/Photogenic

Dalkey Castle and Heritage Centre has re opened and you should visit soon and see all that has been achieved from the Foyer to The Writers Gallery. As part of the Fáilte Ireland-funded Tourism Capital Investment programme, The Heritage Centre now features an interactive time line from earliest times to the present day. The Dalkey Island panel will take you right back over 6000 years.

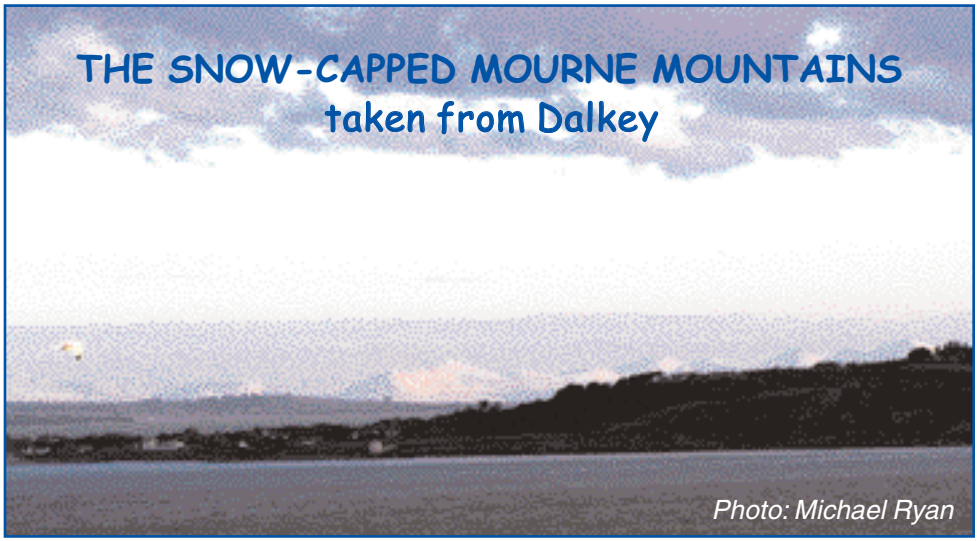
James Bond (Pierce Brosnan) was in town recently working hard and looking sophisticated in a new advert which was filmed around Dalkey and surrounding areas. He was a real gentleman allowing locals to pose with him as they photographed the occasion. It's not every day that 007 is in town!

DATES FOR THE DIARY

www.iloveDalkey.com will be re - launched on March 26th.

Dalkey Business Group AGM will take place on Tuesday April 23 2013.

Any queries please contact dalkeybusinessgroup@gmail.com Any always please check out DBG on Facebook and Twitter.



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❖ NATURE CORNER by Michael Ryan ❖

Whatever it is about Lower George's Street in Dun Laoghaire its narrow road always seems to channel the coldest winds down that stretch whether they're blowing from the North or from the East, making it one of the bleakest spots to be in during bad weather. Thankfully, since it had been a bitterly cold day, we weren't walking but were in the car driving around looking for a parking spot, as the last light faded from the angry sky. Stopped at the traffic light my partner suddenly exclaimed and looked upwards. She'd seen directly above us, in classic 'flying v' formations, flights of dozens of geese crossing the sky. They were the Brent Geese returning to their nightly roost on Sandymount Strand or the Bull Island after a day spent feeding in Wicklow. Seeing these birds battling against the wind above us and thinking that in a few months they would be nesting in Arctic Canada, Dun Laoghaire didn't seem that bleak after all when it could provide such a sight.

The bird feeders in the garden produced some interesting sightings in March. I'd given up on seeing any siskins in the garden this year, they usually come soon after Christmas, stay till April and then return to their preferred nesting habitat of conifer woodland, but the days were getting longer and we still hadn't had any visiting. Then they seemed to arrive almost simultaneously in many gardens in early March. Vivid green and yellow on the wings and body, the male having a dark crown on his head, Siskins are one of the smaller members of the finch family and they're delightful visitors to the bird feeders where their preferred food is nyger seeds. These seeds are so tiny they require their own feed containers some of which sit on a circular tray on which the siskins can stand to extract seeds from the tiny slits. Before nyger seeds came on the market they used eat peanuts, always facing downwards on the feeders, and it was noted they seemed to have a preference for red coloured feed containers.

Apart from the pleasure of having a seasonal visitor returning again, the male siskin has a wonderful song which he delivers in long trilling phrases from trees near where they're feeding. I used think at one stage it was a group of birds making all the noise but then gradually came to the realisation it was just one individual pouring out the song with barely a break.

In the wild they feed on the seeds of Alder and Birch trees and in late winter or spring they can often be found in little flocks near the alder trees beside the tea shop at Victoria Gate on Killiney Hill.

During that particularly nasty cold spell with wickedly bitter winds blowing from the north east, I was hard put to keep the feeders topped up. Bullfinches, which only began coming to feeders about three years ago, have been constantly feeding on sunflower seeds since then, even bringing young birds to feed with them in the summer, but maybe it was because the sunflower seeds had run low that started them turning to eating peanuts and nyger seed, another first for the garden.

The mouse-like Dunnock

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EAMON WALSHE – 48 YEARS IN THE MOTOR INDUSTRY

Dunnocks are perhaps the commonest and simultaneously least known bird that inhabits many gardens. Often described as being mouse-like in appearance and behaviour our resident dunnock often appears on the periphery of the feeding frenzy and will pick discarded seed from the ground and so I was surprised to see it had graduated on to the sunflower feeders where, although he will always give ground to other more aggressive birds, he is getting more adept at perching and taking seed.

But the real highlight in the garden was to come when looking out the kitchen window I noticed a bird amidst the bare branches of the apple tree I hang the feeders from. It was a Brambling, the first I'd ever seen in the garden.

Similar in appearance to a male chaffinch but with a lovely orange breast fading into white, bramblings, which breed in Northern Europe from Scandinavia to Siberia, form into huge flocks in winter sometimes numbering hundreds of thousands. We usually only get them here in single figures mixed among flocks of other species of finch. Our particular visitor would feed on the seed scattered on the ground, sometimes awkwardly attempting to perch on the feeders. He's been in the garden for a few days and hopefully he'll return next year and maybe bring a few friends.

Brambling

GOOD NEWS FROM THE NORTH

It was two years ago this month the first cases of Squirrel Pox Virus were reported in Ireland, spelling bad news for our native red squirrels since this disease had devastated Britain's population of reds for years but up till then hadn't been recorded in this country.

One theory from Colin Lawton, a expert on squirrel behaviour at Galway University, was that the harsh winter of 2010/11 had activated the virus in grey squirrels which frequently carry it (and spread it to the reds) though it does them no harm.

To further add to the distressing news was the fact that it had occurred among a population of reds that had been doing very well thanks to the effort of a dedicated group of volunteers in Tollymore Forest in County Down. I mentioned before that we had gone there to that beautiful woodlands specifically to see the squirrels and had spent a delightful hour watching them in the garden of one of the people involved in the project so I was very sorry for the volunteer group, especially when 90% of their red population died and it looked like all their reds might be lost to a particularly nasty disease.

Happily I'm able to recount that after being in touch with one of the group volunteers recently she told me that thanks to grey squirrel control and supplementary feeding of the reds they are making a recovery and they have counted up to thirteen individuals in the forest recently. They're hoping they will breed this year so let's hope that's a lucky thirteen.

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❖ MARITIME DALKEY by Jehan Ashmore ❖

Our series, in memory of the late Dr. John de Courcy Ireland, Maritime Historian and Dalkey resident, continues.

Providence 'Postpone' Prospect: It is important to review developments of the Providence Resources announcement to voluntarily surrender its Foreshore ('exploratory' oil and gas drilling) Licence granted for the Dalkey Island 'Prospect', which was briefly covered as the last issue went to press.

The decision by Providence came only a week before An Taisce were due in the High Court in February for their judicial review hearing against the drilling application. The licence granted last Autumn led to significant protests from campaigners, primarily on the grounds that parts of an environmental impact assessment (EIS) directive were not transposed correctly in 1999 by the State.

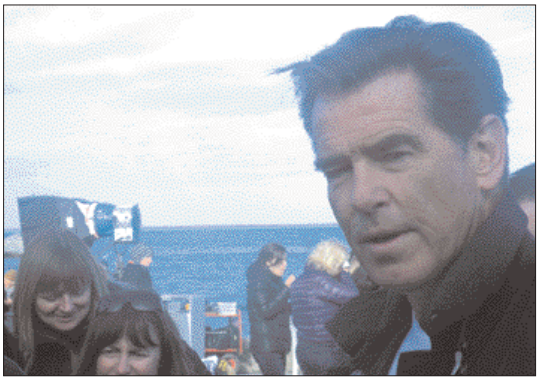
Jan O'Sullivan, Minister of State at the Department of Environment said it was a priority to ensure the state was fully compliant with EU environmental obligations. Providence said, once this is done, they will be in a position to submit a new application to progress operations in the Kish Bank Basin.

Interestingly, two important public consultation submissions deadlines were set in March - firstly, the 'Marine Area' Plan to the Department of Environment (See Newsletter Issue: March 2012) and secondly, the proposed Special Area of Conservation (SAC) from Minister Jimmy Deenihan at the Department of Heritage.

Notably, there was the intriguing timing of both deadlines and in which they were diametrically opposed, one to meet the needs of 'industrial' stakeholders and the other to safeguard the 'natural' environment.

Bond 'Brosnan' & Binocular-Scope: The setting of Sea, Sky and a Star!... caused quite a stir among Dalkey residents and tourists alike, as actor Pierce Brosnan, who played MI6 agent 007 James Bond, made a surprise visit on the first day of March, as originally reported on www.afloat.ie

Brosnan was understood to be on location shoot for a TV advert campaign with scenes taken on Castle Street and Coliemore Harbour, where the actor stood next to the binocular-scope dedicated in the memory of the late Dr. John de Courcy Ireland.



Former 007 with fans at Coliemore Harbour

By an uncanny coincidence, hours before the shoot at Coliemore Harbour, the frigate HMS Richmond (F239) a sister to the one featured in Brosnan's second outing as Bond in 'Tomorrow Never Dies', had sailed offshore of The Muglins. In the film, the sister HMS Somerset, a 'Duke' class Type 23 frigate, played the role as the fictitiously named HMS Devonshire in the South China Sea.

Currachs, Creating A Community: A novel and exciting project is the Begnet's Boat Project which is to foster creativity in the community and is the vision of local resident Liz Murray, who along with boat-builder Mark Redden, are inviting people to join in the venture.

A team, led by Redden, have been assigned to build a pair of 'racing' currachs locally and if

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you have a creative concept to accompany the project, then your support is also sought! For example, Elaine Flood is creating 12 seafaring recipes for a 'St. Begnet's Cookbook'.

The project, to bring together Dalkey's rich maritime and spiritual heritage by linking the two historic St. Begnet churches in the town and on the island, is to culminate on Saturday 1 June.

Frigate HMS Richmond of shore of The Muglins

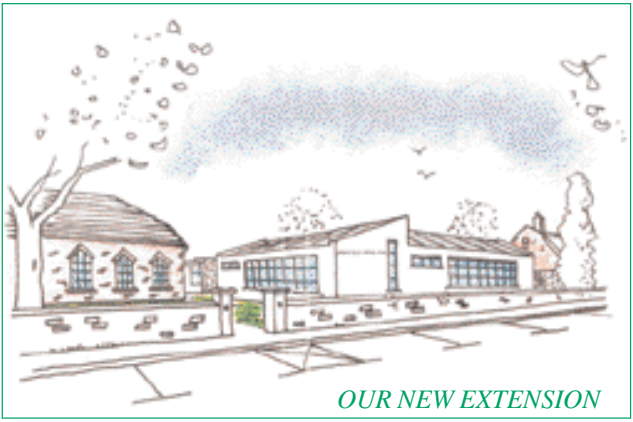
This is when the currachs, named 'Naomh Beagnait 1 & 2', are to be carried upside down, as is the traditional manner, and taken on a parade from the town and launched from Coliemore Harbour.

From there the currachs will ceremoniously row across Dalkey Sound to Dalkey (Begnet's) Island, where the first reference to the Saint on the island dates to 700 A.D. For further information visit: www.fundit.ie/browse/category/craft

Word & Photos: (c) Jehan Ashmore

For DCC back issues newsletter visit: www.dalkeycoummnitycouncil.com For a tribute to Dr. Ireland, and ceremony of binocular-scope, visit the same web homepage and click link to Dalkey Tidy Towns.

❖ NEW EXTENTION FOR HAROLD BOYS' N.S. ❖



OUR NEW EXTENSION

Huge Increase in Pupil Numbers for Harold Boys' N.S.

There has been a huge increase in pupil numbers in Harold Boys' N.S. in recent years. We were therefore delighted to receive a Department of Education & Skills grant for an extension to our wonderful school. The extension will be built at the front of the school. The grant will not cover the full cost of the building and we will depend on the generosity of past and present pupils and "Friends of Harold Boys' National School" for financial help with our fundraising. This is a very exciting time in the history of Harold Boys' National School and we hope you would like to be part of our journey into the future. Building will commence in Spring 2013.

Contributions may be given directly to the school. Alternatively you can pay online by clicking the link for the new extension page on our **website www.haroldboysdalkey.ie** All donations welcome. Thanking you for your generosity.

Teresa Buckley – Principal

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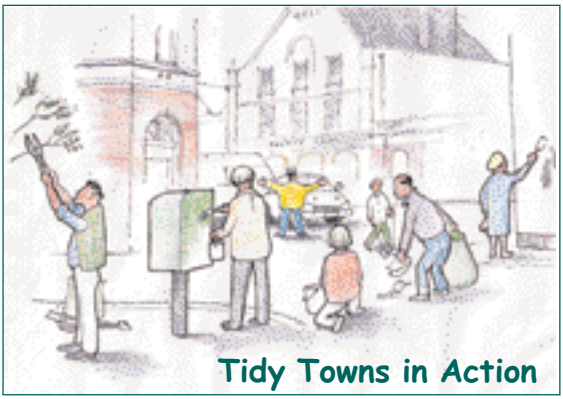
❖ DALKEY TIDY TOWNS UPDATE APRIL 2013 ❖

Technically, it's Spring and time to get back into action again. So here is some information which may be useful if you catch Spring Fever.



The Council has a schedule for sweeping roads in the area . It can be viewed on the County Councils website (Select R under A-Z). Residents should try not to park on the roads when the road sweeper is due. If your area needs to be swept or gullies cleared contact Lisa at the above address. She will make sure the appropriate staff deal with any query/complaint.

It is illegal to burn garden and household waste in the backyard or garden. Fines of up to €3000 can be imposed. Burning waste at low temperatures emits harmful dioxins into the air. Household waste should be correctly disposed of in the wheelie bin for collection

Bins shouldn't cause an obstruction to pedestrians or traffic. No waste should be left on top of or beside the bin. They should not be left on the road before 6 p.m. on the evening before collection day and should be brought in as soon after collection as possible .

Ireland's online Free Trade service allows you to pass on or pick up unwanted goods free of charge. No item too big or small. The service allows you to upload details of your unwanted household items onto the website and advertise them to other site users. Users interested in any of your items can contact you directly and arrange to view or collect the items at your own convenience. Log on to www.freetradeireland.ie and link into the free trade section

The owner, tenant or occupier of a house or business is responsible for keeping the land adjoining their property free from litter. This includes the garden, front and back, the drive, the public pathway and grass verge. Leaves should not be swept on to the roads as they can block the gullies. Overhanging trees, bushes, shrubs, to the footpaths & roadways must be cut back & kept clear throughout the year.

Fats Oils and Greases (F. O. G 's) from cooking should not be poured down the sink. They harden and cool in the pipes which narrows the channel and causes blockages in the public sewer pipes. F.O.G' residue should be wiped with kitchen/toilet or newspaper and put in the brown or black bin. Alternatively they can be brought to Ballyogan Recycling Park.

Remember toilets are for disposal of organic body waste and toilet paper only. The following items are causing big problems in the public sewers and pumping stations and sewage treatment plants and should be only put in the bin: Baby/Facial wipes, Nappies, Cotton Buds, Sanitary Towels, Non Biodegradable Hygiene Products and items containing thick plastic or cotton, even if they are labelled flushable. These products do not dissolve in water and are likely to block your drains.

Dispose of waste by bringing it to the local re-cycling centre. Most are free of charge to dispose of fluorescent tubes, batteries, paints and waste oils. Under the WEEE regulations the supplier of a new appliance must take back the old one.

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Do not give waste to unauthorised collectors and always ask to see their Waste Collection Permit. If you are aware of any illegal collectors or are suspicious in any way, phone **1850 365 121** or **email wasteenforcement@dlrcoco.ie**

The National Spring Clean will take place during April. The Council will pick up waste from weekend clean ups on the Mondays and Tuesdays. They would like groups to nominate a weekend for their estate/area and register with them in advance at environ@dlrcoco.ie or phone 2054817. All waste must be in blue bags which the council will provide. Green waste is not included in this pick up. The Dalkey Tidy Towns' Clean Up will be on Saturday 27th April. Meet at 10.30 a.m at Eurospar Carpark. If you can't come along to that, organise your own group, but let us know what is happening . Email address: tidy@dalkeytidytowns.com

Hopefully, as a result of all this endeavour, Dalkey will win another prize at the D.L.R.C.C. Tidy Districts Competition which is judged in May.

Happy Spring-cleaning!

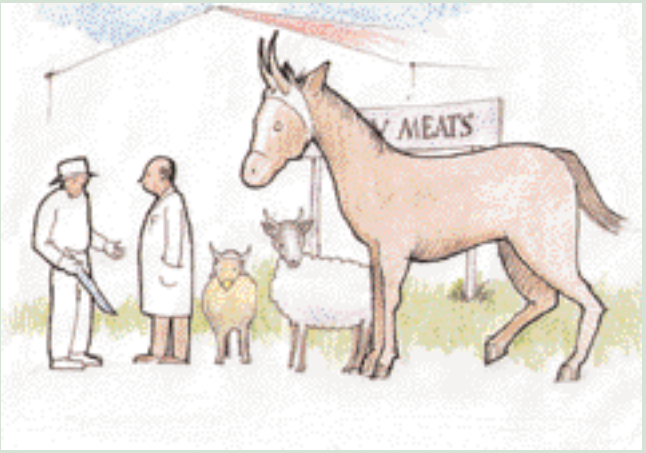
Blaithin O' Brien, Dalkey Tidy Towns

❖ SECURITY GRANT SCHEME FOR RESIDENTS AGED 65+ ❖

A grant scheme providing security features for those aged 65+ has been expanded to cover residents in Dalkey. The scheme, which is operated by the Sallynoggin Neighbourhood Watch, provides monitored pendant alarms free of charge with the first year of monitoring free and annual monitoring fee of €65 a year there after. Payments can be made in installments at your local Post Office or by Direct Debit over the year. The pendant alarms are extremely useful for anyone with mobility/ health issues or even in emergency situations.

To avail of the grant scheme call James McCann on 0857125541 or email: **sallynoggin.nw@gmail.com** who will arrange an application form for you. The process is quite simple and hassle free. Once the application is approved the scheme coordinator will arrange a security company to fit the equipment at a time convenient for you. If you know of anyone who might be interested in the scheme please make them aware of it and don't be afraid to contact James with any questions you may have.

What's on the menu today boss?



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ST. PATRICK'S

DRAMATIC SOCIETY

DALKEY

presents the compelling courtroom drama

Rough Justice

by Terence Frisby

Wed 10th, Thurs 11th, Fri 12th & Sat 13th April, 2013

Dalkey Town Hall
Nightly at 8pm

Admission (incl. tea / coffee) €12 / €10 (concessions)

Tickets available at Dalkey News,
or Dalkey Castle Heritage Centre / Town Hall, or Tel. 01-2807185
or at the door

❖ ST. PATRICK'S DRAMATIC SOCIETY NEWS ❖

St. Patrick's Dramatic Society returns to Dalkey Town Hall in April when it will stage the courtroom drama ***'ROUGH JUSTICE'*** by Terence Frisby from Wednesday, 10th through Saturday 13th April inclusive.

James Highwood, a well-known journalist, television commentator and host of a successful programme called British Justice? Is on trial at the Old Bailey for the murder of his severely handicapped child.

He spurns his solicitor's plea to obtain legal representation and decides to conduct his own defence of admitting responsibility but pleading manslaughter. His claims that the members of the jury are alone responsible for the verdict brings him into conflict with the Judge, while the battle to have his intentions understood brings him into conflict with the prosecutor, Margaret Casey, Q.C., a well-known Pro-Life campaigner and Catholic.

Directed by Judith Elmes, the cast includes Nigel McGuinness and Tara Murphy in the leading roles of the defendant and prosecutor respectively, along with William Mansfield, Ruth Casey, Richard Doyle, Mark Aylward, Jack Gilligan and Hilda Grace.

Tickets for this courtroom drama will be available later this month from Dalkey Heritage Centre and Telephone 01-2807185 and at the door during the run.

❖ NEWS FROM DALKEY SCHOOL PROJECT N. S. ❖

Dalkey School Project pupils enjoying their books

BOOK WEEK – World Book Day was March 7th and a range of exciting activities was held in the school to coincide with this event. Children were invited to dress up as their favourite book character and we had Roald Dahl, Willy Wonka, Rainbow Fairies, Princesses, Kipper the dog and Harry Potter to name but a few. Children were encouraged to swop books in class and they had the opportunity to discuss their favourite books, all with the aim of promoting further reading. A fundraising book fair was also held. Visits from well known authors were arranged for all classes. Sarah Webb, Joe O'Brien and Chris Judge held workshops and gave the children an insight into the world of children's book writing.

DATE FOR YOUR DIARIES – Please book the babysitter now for Friday 19th April! We will be having a band night fundraiser which will be held in The Vico Suite at The Queens Pub, Dalkey. The band performing on the night will be The MOOGIEs (Late 70s/Early 80s, New wave/Punk rock). Doors will open at 9pm, tickets €8 for 1 or €15 for 2. To book tickets, please email themoogieslive@gmail.com or we look forward to seeing you on the night.

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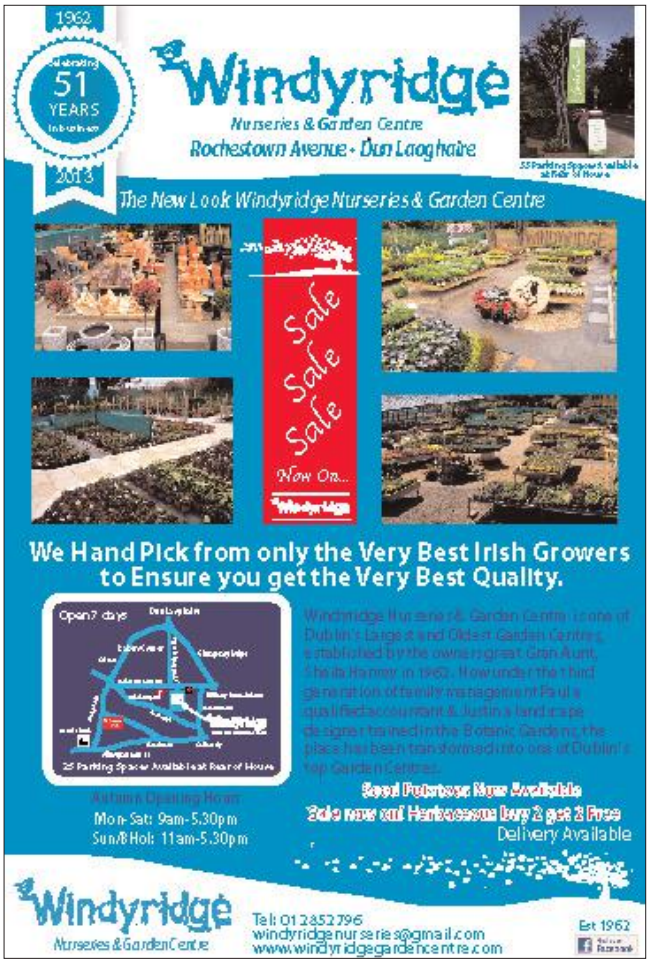
❖ A MIGHTY MYSTERY ❖

The world is full of ancient mysteries, some better known than others. The Avenues at Carnac (Brittany), Newgrange (Ireland), Maeshowe (Orkney) and Stonehenge. One, not so widely known, has captured my imagination for many years. I wrote briefly about it in an English newsletter article many years ago and I resurrect it now in the hope that there may be some scholarly reader who could throw light upon this tantalising problem.

At Baalbec, Lebanon, is the massive Roman temple complex of Venus, Bacchus and Jupiter. Sacred from at least the Bronze Age, the name Baalbec means 'the place of Baal', the Canaanite storm God often mentioned in the Bible. In 331 BC it was taken by the Greeks who re-named it 'Heliopolis', the 'City of the Sun', but it then fell under Roman rule in 64 BC. Some years later, reconstruction began in Nero's time, continuing under Caracalla, and was finally completed around 250 BC. The gigantic size of the temples and enclosure at this time has been said to have been a challenge to the increasing spread of Christianity.



Now the mystery. About half a mile from the site is the quarry from which the stones were taken to construct the sacred precincts and surrounding walls. High among the already massive blocks forming the walls are the Trilithons: three monstrous stones, placed end to end, each 64 ft long x 14 x 12, and weighing 800 tons. In comparison, consider that the heaviest stone at Stonehenge weighs a mere 40 tons! Now, as if that wasn't enough, another colossal monolith 70ft long x 16x14, weighing 1,100 tons, is cut ready, but untransported, and lying in the quarry to this day. It is not known why this one was not taken to the site, but the fact that the other three monsters were carried half a mile distant, 2,000 or more years ago, stretches the imagination beyond belief. How was it done?

Michael Salter,
Leicestershire, England
(Formerly of Dun Laoghaire)

PLANNING APPLICATIONS - Weeks 7-10 11/2/2013 to 8/3/2013

The material in the Planning Section of the Newsletter is based entirely on data taken from Dun Laoghaire Rathdown County Council's website. If you are concerned about a particular item it is strongly recommended that you examine the relevant file in the Council's offices.

Reg. Ref. D12A/0386 **Application Rec'd Date:** 3-Oct-2012
Applicant Name & Location: Ruth Lambkin & Brian Gibson, Johnville, Ardeevin Road, Dalkey.
Proposal: Permission is sought for the construction of a two storey, four bedroom dwelling and associated works. Additional Information: 1-Mar-2013

Reg. Ref. D12A/0518 **Application Rec'd Date:**21-Dec-2012
Applicant Name & Location: Brian Craig, Rocklands House, Harbour Road, Dalkey.
Proposal: Permission is sought for development at this site. The development will consist of: Works to a protected structure including: building fabric upgrade through the replacement of non-original windows and doors to the North, South, East and West elevations. The replacement of existing non-original windows with new double doors to the East elevation of the single storey annex to the main building and the instatement of a pitched roof over part of this annex to match existing pitched roof over same. Internal works to the ground floor level including the removal and relocation of the existing guest toilet from the existing separating corridor to the entrance hall, the removal of the remainder of the corridor walls. The closing-up of the existing connecting door between the garage and dwelling. The replacement of the existing kitchen servery hatch with new double doors. The reinstatement of two original fireplaces. Demolition of modern conservatory and reinstatement of hard and soft landscaping. Additional Information: 1-Mar-2013.

Reg. Ref: D13B/0067 **Application Rec'd Date:**25-Feb-2013
Applicant Name & Location: Cian & Adele O'Morain, 104 St. Begnets Villas, Dalkey.
Proposal: Permission for construction of a 22 sqm first floor extension to the rear (parapet height 5.95m above finished ground floor level), rooflights to rear of existing roof and associated works and services.

Reg. Ref.D13A/0014 **Decision:** GRANT PERMISSION **Date:** 4-Mar-2013
Applicant Name:Jim Donnelly and Siobhan Ryan
Location: Ardburgh House, Ardbrugh Road, Dalkey, Dublin
Proposal: Permission for 1. Demolition of existing two storey non original structure to the north west corner of the existing house; 2. Construction of a new single storey extension and external stairs to the north side of the existing structure forming a terrace at upper ground floor level; 3. Re-open existing window to guest w.c. room at upper ground floor level (east elevation); 4. General repairs to elevations where required and 5. Completion of new external works comprising associated landscaping, drainage and repair works at Ardburgh House, a Protected Structure.

PLANNING DECISIONS for Wks. 7-10 11/02/2013 to 8/03/2013

Reg. Ref. D12A/0513 **Decision:** GRANT PERMISSION **Date:** 14 Feb 2013
Applicant Name & Location: Elaine Fitzgerald and Glendon Byrne, 6, Saval Park Gardens, Dalkey.
Proposal: Permission is sought for development consisting of an attic conversion with rear dormer window, a rooflight to the front and raised rooflight over the stairwell to the side, new ground floor side window and door, new pitched roof at ground floor level over an existing front window and forming a porch, widening of entrance gates and ancillary site works.

Reg. Ref: D12A/0515 **Decision;** GRANT PERMISSION **Date**: 14-Feb-2013
Applicant Name & Location: Pat Moynihan, 26, Whites Villas,Dalkey, Co. Dublin
Proposal: Permission is sought for 1. Demolish single storey extension to rear. 2. Construction of two storey extension to side and rear (with part single storey extensions to side and rear), single storey

extension to front with porch.Solar panels to side and rear of the proposed rear extension. 3. Make vehicular entrance to front. 4. Block up existing front door and create new front door to extensions. 5. New 2m wall to side boundary extending to rear.

Reg. Ref.: D12B/0392 **Decision**: REFUSE PERMISSION **Date**: 13-Feb-2013

Applicant Name & Location: Jimmy and Sheila Nicholson, 29 & 30, Convent Road, Dalkey.

Proposal: Permission to (a) demolish 2 No. existing single storey flat roofed 'lock ups', (b) erect a single storey (dimension to eaves on SW side 3.925m and NE side 3.195m) pitched roofed 'lock up' for domestic use together with all associated site works. The property to which this application relates is located between No. 29 & 30 Convent Road.

Reg. Ref.: D12B/0401 **Decision**: Grant Permission for RETENTION **Date**: 14-Feb-2013

Applicant Name: Coliemore Apartments Management Co. Ltd

Location: Coliemore Apartments, Coliemore Road, Dalkey, Co. Dublin

Proposal: Permission is sought for retention of the existing railings along the south west boundary between Coliemore Apartments & Coliemore Harbour. **Application Type:** Permission for Retention.

Reg. Ref.: D12A/0505 **Decision**: GRANT PERMISSION **Date**: 20-Feb-2013

Applicant Name & Location: Iris O'Malley, 21, Dalkey Avenue, Dalkey.

Proposal: Permission is sought for modifications to approved plans, Reg. Ref. D11A/0193, to increase the width of approved House B by 900mm and to convert the attic space to provide an additional en-suite bedroom with a dormer window to the front elevation, thus increasing the overall floor area by 40 sq.m.

Reg. Ref.: D12A/0518 **Decision**: REQUEST ADD. INFORMATION **Date**: 21-Feb-2013

Applicant Name & Location: Brian Craig, Rocklands House, Harbour Road, Dalkey.

Proposal: Permission is sought for development at this site. The development will consist of: Works to a protected structure including: building fabric upgrade through the replacement of non-original windows and doors to the North, South, East and West elevations. The replacement of existing non-original windows with new double doors to the East elevation of the single storey annex to the main building and the instatement of a pitched roof over part of this annex to match existing pitched roof over same. Internal works to the ground floor level including the removal and re location of the existing guest toilet from the existing separating corridor to the entrance hall, the removal of the remainder of the corridor walls. The closing-up of the existing connecting door between the garage and dwelling. The replacement of the existing kitchen servery hatch with new double doors. The reinstatement of two original fireplaces. Demolition of modern conservatory and reinstatement of hard and soft landscaping.

Reg. Ref.: D12B/0404 **Decision**: Grant permission for RETENTION **Date** :22-Feb-2013

Applicant Name & Location: Michael O'Shea, Iveragh, 21, Saval Park Road, Dalkey.

Proposal: Permission is sought for retention of the ground and first floor rear and side extension, conversion of garage to habitable room to the side of the existing house, front ground floor extension including porch with tiled roof over and alterations to the front elevation and all associated site works. **Application Type:** Permission for Retention

Reg. Ref. D12A/0530 **Decision**: GRANT PERMISSION **Date** : 26-Feb-2013

Applicant Name & Location: Maureen O'Brien, 37A, Burmah Close, Dalkey.

Proposal: Permission is sought for the demolition of existing bungalow and detached garage and construction of new detached part single storey, part two storey dwelling with a repositioned and widened vehicular entrance and dished kerb, 2 No. new gate piers,raised side boundary walls and associated site works.

Reg. Ref. D12A/0531 **Decision**: REFUSE PERMISSION **Date**: 26-Feb-2013

Applicant Name & Location: Torca Developments Ltd, Site at Torca Road, Bounded by San Elmo Lodge, Dalkey.

Proposal: Permission is sought for a two-storey dwelling with terrace at Torca Road, Dalkey, bounded on the east by San Elmo Lodge, on the southwest by the steps leading to Vico Road, and on

the north by the right-of-way leading to Knocknacree Road. The access to the proposal will be from Torca Road.

Reg. Ref. D13A/0001 **Decision** : REQUEST ADD. INFORMATION **Date** : 25-Feb-2013

Applicant Name & Location: Harvey Twomey, Seaverge, Coliemore Road, Dalkey.

Proposal:Permission is sought for development which consists of; 1. Demolition of rear outhouses and partial demolition of existing two storey rear return. 2. Construction of a two storey flat roof extension to the side. 3. Construction of a two storey flat roof extension to the rear. 4. Construction of new lower ground level to match adjoining property. 5. Attic conversion including, dormer window to the rear, Velux rooflights to the front and new window in gable wall to the side. 6. Provision of vehicular parking to the front and ancillary siteworks including landscaping and shed to the rear.

Application Type : Permission

Reg. Ref. D13A/0012 **Decision**: REQUEST ADD. INFORMATION **Date**: 01-Mar-2013

Applicant Name & Location: Jim Donnelly & Siobhan Ryan, Ardburgh House, Ardburgh Rd, Dalkey.

Proposal: Permission for general internal modifications comprising 1. Removal of two internal walls between family room, boiler room and rear entrance hall at lower ground floor level; 2. Replacement of window to utility room with new door opening at lower ground floor level (north elevation); 3. Conversion of existing bedroom to new family bathroom at first floor level; 4. Insertion of new fireplace openings to existing masonry walls in the entrance hall and study at the upper ground floor area and 5. Associated external drainage/landscaping works at Ardurgh House, a Protected Structure.

Reg. Ref.D13A/0014 **Decision**: GRANT PERMISSION **Date**: 4-Mar-2013

Applicant Name & Location: Jim Donnelly and Siobhan Ryan, Ardburgh House, Ardbrugh Road, Dalkey, Dublin

Proposal: Permission for 1. Demolition of existing two storey non original structure to the north west corner of the existing house; 2. Construction of a new single storey extension and external stairs to the north side of the existing structure forming a terrace at upper ground floor level; 3. Re-open existing window to guest w.c. room at upper ground floor level (east elevation); 4. General repairs to elevations where required and 5. Completion of new external works comprising associated landscaping, drainage and repair works at Ardburgh House, a Protected Structure.

APPEALS NOTIFIED by An Bord PLEANALA - Wks 7-10 11/2/'13 to 8/3/'13

NONE FOR DALKEY AREA

APPEAL DECISIONS oF An Bord Pleanala Wks 6-9 4/2/2013 to 1/3/2013

Reg. Ref.D12B/0266 **Appeal Decision:** GRANT PERMISSION

Appeal Decided: 5-Feb-2013.

Council's Decision: GRANT PERMISSION.

Location: 6, Leslie Avenue, Dalkey, Co. Dublin

Proposed Development: Permission is sought for, front extension to line up with 5 Leslie Avenue with new window openings, garage conversion with new door, changing pitch of roof to be 550mm higher, frosted glass windows to the side and 1 metre double storey extension to the rear and single storey extension to rear and side. Attic conversion with small window in rear gable and 5 No. rooflights, new front boundary wall with sliding gate associated siteworks.

Applicant: David Mowatt & Annemarie Walsh.

DALKEY LIBRARY OPENING HOURS

Monday:	10.00 - 1.00	2.00 - 5.00	Thursday	closed	1.15 - 8.00
Tuesday	closed	1.15 - 8.00	Friday	10.00 - 1.00	2.00 - 5.00
Wednesday	10.00 - 1.00	2.00 - 5.00	Saturday	10.00 - 1.00	2.00 - 5.00

❖ MY GARDEN by Philippa Thomas ❖

Wallflower -Variety: Blood Red
By growing your own wall flowers from seed you can select exactly which variety you want and best of all, it's just so easy.

There cannot be too many Dalkey residents who remain immune to the fresh charm of their gardens, on a dry bright day in Spring.....Just to be out in our Dalkey fresh air when the sun is shining and there is a warm wind blowing, is quite sensational. Right now, our garden plants are responding day-by-day to greater warmth and more intense sunlight -, with a massive show of blossom. April is the height of spring; with flowering cherries, magnolias, rhododendrons and pieris, (forest flame,) all taking centre stage.

I read the other day, that people who cultivate the soil, diverting their energy into productive pursuits are, it is proven, less likely to offend; there is such importance, joy and relevance in growing things. It has also been said that there could be more nectar available in an average colourful suburban garden than in a square kilometre of rainforest. So even just a small corner planted with this in mind, will help provide a balanced menu for our various species of insects. Planting neat rows of lettuces is a bit like opening a supermarket and saying, 'come and help yourselves', to garden pests. Maybe, tolerance is the key, perhaps spare a few snails and wake up to the beautiful notes of a song thrush. Think carefully, pesticides will of course, kill all your slugs and snails then, it's goodbye to all your hedgehogs, slow worms and some of those song thrushes. Maybe, consider companion planting this summer? e.g., French marigolds are said to prevent whitefly outside the greenhouse as well as inside. Planting tomatoes among asparagus is claimed to protect it against asparagus beetle. Again, roses are meant to suffer less from aphids and blackspot when under-planted with chives.

Sunflower
Spreading a little sunshine.
Maybe, check out 'Little Leo', 'Choc Chip', 'Irish Eyes' and 'Teddy Bear' which all grow to just 45cm high

MIGHT DO - MAYBE DO APRIL JOBS

1. Lavenders, helichrysums, santolinas, fuchsias which have become too bushy or frost damaged can be trimmed now. Likewise, hedging such as box, privet and lonicera need to be clipped now to leave them neat going into summer.
2. Perhaps, plant a few tubers and bulbs for summer colour. Then, for sweet summer evening fragrance, sow night-scented stock by loosening the soil and scattering seeds where you want them to flower.
3. Even the tiniest greenhouse can produce a lot of new plants that cannot be grown outdoors.

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4. Roses: If you want a good show of flowers or rose shrubs later in our summer, feed them now with some rose food. It is better to remove suckers from roses by pulling and twisting them as cutting them only encourages growth.
5. Remove the top layer of old compost in containers and top dress with new compost mixed with slow release fertilizer.
6. If light levels are low, try standing your pots on kitchen foil so seedlings benefit from the reflected light.
7. Remove reverted green shoots from variegated shrubs such as elaeagnus. If left, they will take over and the plant variegation will be lost.

Drowsy Bumblees find food and a pace to rest in an Eryhgium 'Jos Eijking'

8 It's a great idea to leave a watering can in the greenhouse to warm up before you water, so your plants don't get too much of a shock!
9. Lots of free carnations!
When we buy sprays of carnations in our local supermarket, try removing their side shoots before placing them in water: then pot them up in individual pots. Put each pot in a plastic bag and secure the top of the bag with a rubber band. Hopefully, these side shoots will root rapidly and render lovely new, firm bushy carnation plants.

GARDEN EVENTS

ALPINE GARDEN SOCIETY EVENTS 2013

Sat. 6th April 1.30 - 4.00pm Dublin Group AGS Show Cabinteely, Co. Dublin
Thurs. 18th April 8.00pm Christmas Grey-Wilson 'Pulsatillas and other Alpine members of the Ranunculaceae'. St. Brigid's Parish Centre, Stillorgan.
Fri. 19th-22nd April - Trip to Latvia

SOUTH CO. DUBLIN HORTICULTURE SOCIETY

Sat. 13th April – Spring Show, Kill O'The Grange School.

NATIONAL BOTANIC GARDENS

Sun. 7, 14 & 21 April 2.30pm Guided Walk: Fascinating Plants. Meet at Education Centre, Glasnevin.
Wed. 10th April 3.00 p.m. Lecture: *Solving Plant Mysteries using DNA*, Colin Kelleher. Education and Visitor Centre, Glasnevin.
Thurs., 11th April 2.00 p.m. Lecture: *Landscapes - Influences on Fabric and Fashion* Marie Staunton and Christopher Heavey
Thurs. 11th April 10.30am - 1.00 p.m. Drawing Workshop
Saturday, 13th April 10.00am – Family Event: Garden Bird Safari. Advance Booking Essential.
Sat. 13th April 11.00am – Gardening Workshop: Grow Your Own Grub. Meet: Education and Visitor Centre. Cost: €20.
Wed. 17th April 3.00pm – Lecture: *Plant Conservation and DNA*. Noeleen Smyth Meet: Education and Visitor Centre.
Sat. 27th April 11.00am– Gardening Workshop: *'Parsley, Sage, Rosemary and Thyme....'* Meet: Education and Visitor Centre. Cost: €20. Proceeds in aid of Irish Museum Trust.
Sat. 27th & Sun. 28th April – 10.00am - 5.00pm Dublin Orchid Sale

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A Busy Spring Term! – Spring has Sprung in the Junior Classrooms. We have some lovely displays of spring flowers and baby birds in their nests adorning our junior classrooms. The children have been enjoying learning about the lifecycle of the frog and watching the bulbs they planted earlier in the year emerging from the ground.

Busy Sports Schedule

The children have enjoyed a very busy sporting fixtures schedule throughout the term in swimming, hockey, basketball and rugby. In the midst of a full timetable of hockey matches against other local teams, our Form II girls were so excited to host their first hockey match on a windy February afternoon. The boys' rugby fixtures included many friendly matches at home and also participation in several blitzes and tournaments which were most enjoyable and provided great experience for the boys. Our Sports Hall hosted two major tournaments for the AIJS (Association of Independent Junior Schools) in which our pupils played to a very high standard, our boys' A team won their tournament for the third time in four years, a fantastic achievement!

Science Experiments

Professor Malachy Thompson visited the Science Room in March and Form VI pupils were thrilled to participate in some noisy and exciting experiments, as Amy says, "we were all amazed when he literally made an explosion in our hands by adding butane gas to soap bubbles and lighting them."

CP Day – Celebration of our 109th Birthday

On March 15th the whole school community joined together to celebrate the School's 109th birthday. We hoisted the School flag on top of the Castle and enjoyed a traditional morning snack of hot chocolate and chocolate birthday cake before spending the rest of the day enjoying games such as "Hunt the Teacher" and the "Crocodile Game" which kept

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everyone busy until lunchtime. In the afternoon we were delighted to welcome back some past pupils who joined with the Form VI pupils in their classroom.

Confirmation Day

Our Spring Term Calendar also included the Confirmation Ceremony for some of our Form VI pupils in the Church of the Assumption on March 12th. This was a lovely family occasion which we were thrilled to share with the pupils, staff and families of the Harold Boys' School and Rathdown School.

❖ SINÉAD'S WINE CORNER by Sinéad Tyrrell ❖

Nestled amongst the beautiful Karri Trees of Margaret River just a short drive from town you can find a little piece of Italy amongst all things Australian. McLeod Creek wines have a wonderful character to them not unlike their creator, Ermimio Iannarelli, or "Mario" as he is affectionately known in the community. This beautiful winery not only produces fantastic wine but also grows a huge selection of fruit and vegetables which Mario sells from his stall in the local market each week. When we arrived at McLeod Creek Wines cellar door we were met by another well-spoken and outwardly enthusiastic Italian called Michael. When enquiring as to the whereabouts of Mario we were informed that he was on business up in Perth and that *"the one day he goes away everyone comes looking for him"* leaving Michael, while more than capable, a little rushed off his feet. He was able however to take the time to guide us through a few excellent wines while regaling us with the trials and tribulations of obtaining his second year visa.

We began the tasting with the Sauvignon/Semillon blend, it was a very light white with hints of apple and pear, reminding me of sipping an Italian Pinot Grigio while lapping up the evening sun on the slopes of the Tuscan Hills. Sauvignon Blanc Semillon is often described as quintessentially Margaret River and goes quit well with most foods especially a fresh Snapper fish from Cape Naturaliste.

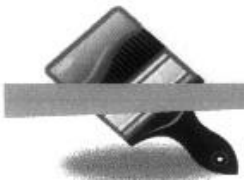
Next up was a favourite. A cabernet/merlot blend which had rich berried fruits on the palate followed by some silky smooth tannins giving this rich wine great length and an impeccable balanced finish. This wine would match any simple tomato dish such as spaghetti bolognese perfectly. The tasting didn't end there; Michael produced a selection of tomatoes in a variety of colours and also some beautifully soft and delicious figs. We left the place weighed down with a bag of fruit and vegetables and 6 bottles of the Cabernet/Merlot blend which were very reasonable price at 6 for 40 dollars.

It was extremely humbling to visit this vineyard where you instantly feel welcome and where the owner has managed to bottle that passion that only comes from a true Italian wine maker.

We left with a promise to return which we plan on doing very soon to meet the fun-loving Italian Mario. You can find more information on Mario's whole range of wines at **www.mcleodcreekwines.com.au**

Ciao

Sinéad Tyrrell



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❖ APRIL 2013 LOCAL HISTORY TALKS – James Scannell ❖

Thurs. April 4th at 8pm Frank Nugent will present his lecture *'The Irish and Mount Everest'* to the Mt. Merrion Historical Soc. in the Mt. Merrion Community Centre, North Ave., Mt. Merrion. All welcome. Admission €4.
Mon. April 8th at 8.15pm Barry Kennerk will present his lecture *'Two Faces of a Winding Clock - Moore Street and the Dublin of Strumpet City'* to the Clontarf Historical Society in the Parish Resource Centre, St. John the Baptist Church, Clontarf Road, Dublin 3. Admission €4.
Tues. April 9th at 8pm Eric Booth will speak on *'Ancestry.Com as an archival resource for the genealogist - Present and Future Plans'* to the Genealogical Society of Ireland in Dun Laoghaire College of Further Education, Cumberland Street, Dun Laoghaire. Contribution €4. The AGM of the Society will precede this talk.
Wed. April 10th at 8pm Tom Moran will present a lecture *'The Irish Labourer in England'* to the Killiney - Ballybrack Historical Society in The Graduate Lounge, Rochestown Avenue, Killiney. Admission €3.
Thurs. April 11th at 8pm Pat Sheridan will present a lecture on *'A Sir Edward Lovett Pearse'* to the Kilmacud-Stillorgan History Soc. in The Function Room, Glenalbyn Sports Club, Stillorgan. All welcome - admission €3.
At 8.30pm Padraig Laffan will present his lecture *'The Poor Harvest of 1946 and Bad Winter of 1947'* to the Enniskerry History Society in the Powerscourt Arms Hotel, Enniskerry. All welcome - admission €3
Wed. April 17th at 8pm Dr. Seamus Canon will present his lecture *'Local Street Names and Signs in the Dun Laoghaire Area'* to the Dun Laoghaire Borough Historical Soc. in the Kingston Hotel, Adelaide St, Dun Laoghaire. Admission €3.50.
Thurs. April 18th at 8pm Cormac Lowth will present his lecture on *'The McCombies of Kingstown'* to the Bray Cualann Historical Society in Bray Chamber of Commerce House, 10 Prince of Wales Tce., Quinsboro Road, Bray. All welcome - admission €4.
At 8pm Dr. Séamus Ó Maitiú will present his lecture *'John Speed's Map - 1610 - Dublin's Oldest Map?'* to the Ballsbridge, Donnybrook and Sandymount Hist. Soc. in St. Mary's Nat. School, Belmont Ave., Donnybrook. All welcome.
Wed. April 24th between 10.30am and 12.30pm the March Morning Open Meeting of the Genealogical Soc. of Irl. takes place in Hardy's Bar. Royal Marine Hotel, Dun Laoghaire. Contribution €4 - includes Tea / Coffee.
Thurs. April 25th at 8pm Ged Walsh will present his lecture *'Club, Pub and Patriots of Milltown'* to the Rathmines, Ranelagh and Rathgar Historical Society in Rathmines Town Hall, Rathmines Road, Rathmines, Dublin 6. Admission €4.
Mon. April 29th at 8pm Michael McMahon will present his lecture *'Sinéad de Valera - Balbriggan's Daughter of Destiny'* to the Clondalkin Historical Society in Áras Cronáin, Watery Lane, Clondalkin.

BOOKS TO READ

***'On Another Man's Wound'* by Ernie O'Malley, with introduction by Cormac O'Malley,**
Published by Mercier Press - Ireland's oldest independent publishing house, based in Cork.

The title for this book *'On Another Man's Wound'*, first published in 1936, is taken from an old Ulster proverb, 'It's easy to sleep on another man's wound', and has become the classic account of the 1916-21 years in Ireland as it captures the essence of Ireland at the time, the way people lived, their attitudes, their beliefs, the songs they sang, and the legends they knew. Ernie O'Malley pictures the Irish landscape magnificently, and his cameo sketches of the great personalities of the Rising and the War of Independence that followed, bring them into instant focus.
This is a new fresh new edition of Ernie O'Malley's account of the Irish War of Independence, described by John McGahern as *" the one classic work to have emerged from the violence that led to the foundation of the state"*.
The sequel to this book *'The Singing Flame'*, details Ernie O'Malley's Irish Civil War experiences, while 'Raids and Rallies' covers his comrades' experiences during the War of Independence, complete the trilogy and are also available from Mercier Press.
Ernie O'Malley was a medical student in Dublin when the 1916 Rising broke out. Although initially indifferent, he soon came to sympathise with the Republican viewpoint and joined the Irish Volunteers which later became the IRA. He quickly rose through the ranks and was soon organising the IRA around the country, reporting directly to Michael Collins and Richard Mulcahy.
Cormac O'Malley is Ernie O'Malley's son. He works as an international lawyer and has been extensively involved in ensuring that his father's writings are made accessible to all those interested in Irish history.
'On Another Man's Wound' is published by Mercier Press in paperback at €16.99 and is also available in eBook format from all the major outlets.

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BOOKS TO READ – *continued*

'DUBLIN CITY THROUGH TIME' by Ken Finlay,
Published by Amberley Publishing **- €14.99.**

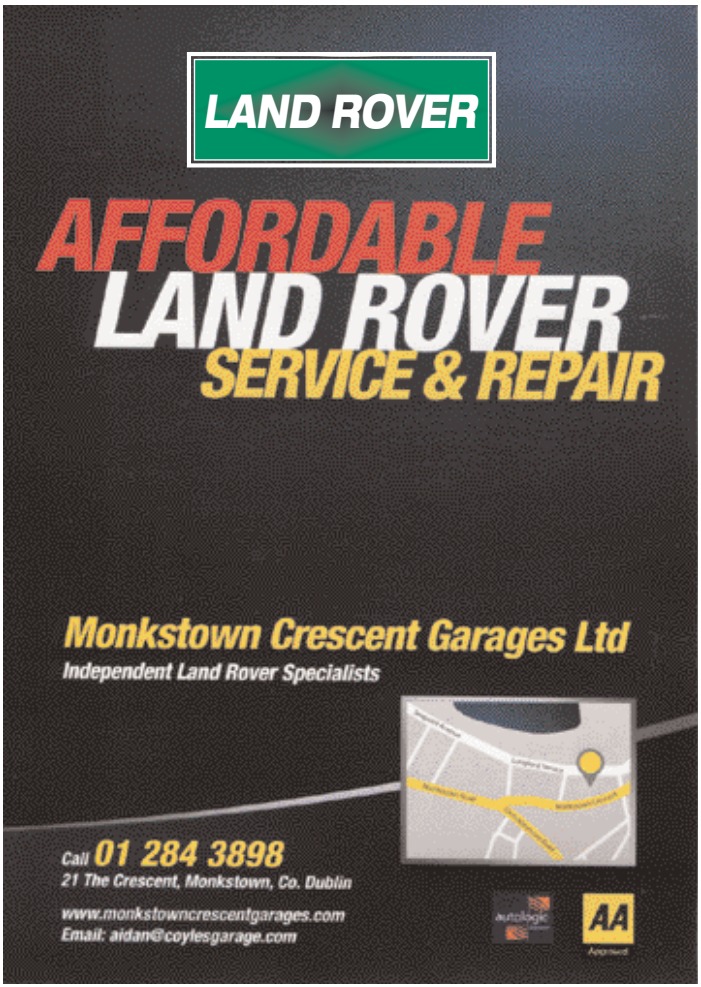
For this book Ken Finlay features views of Dublin drawn from his extensive post card collection and that of Tony Behan of the Old Dublin Society and then a modern day image underneath the same scene as photographed by Ken who, in his introduction, points out that in trying to replicate some of these images encountered problems. These include the significant increase in the number of trees around the city which blocked or obscured some buildings, the traffic volumes which make trying to photograph streets without it extremely difficult and the increased use of signage to the extent that Ken believes that we need a lot less of them.

Ken Finlay also makes the observation that while Dublin is a very old city, most of its buildings are rarely more than more than 200 years old with the exception of Trinity College, St. Patrick's and Christ Church Cathedrals while most of O'Connell Street has been reconstructed in the wake of its destruction during the 1916 Easter Week Rising and the Civil War.

The fascinating selection of photographs featured in this book shows Dublin as it was around the start of the 20th century, while the modern pictures show currently how these locations and buildings have changed and developed in the intervening period.

While many other photo books have focused on just reproducing images of Dublin in the past, this excellent book takes the process one step further by showing areas featured in late 19th century/early 20th century postcards as they are now so that the viewer can see how areas featured in the original images have changed and what has been lost through time.

All in all, this is an excellent and unique photo book recording Dublin as it was about a century ago and how these locations look now. All the images come with notes which also contain details that the reader will find fascinating e.g. that the stonework in the waterfall in St. Stephen's Green in the form of rocks was crafted from pulhamite, an artificial rock that can be crafted to look anyway one wants it to appear.



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❖ ANXIETY: IT DOESN'T HAVE TO RUIN (OR RULE) YOUR LIFE! ❖

Anxiety is a very common human feeling. It can range from 'normal' anxiety (e.g. pre-exam nerves) to debilitating anxiety (e.g. panic attacks) fuelled by irrational fears ("Everyone will be looking at me"; "I can't do it").

Anxiety is a constant companion for many and can have a huge impact on the quality of their everyday life (e.g. poor sleep, alcohol as 'relaxant', avoidance of social situations, bursts of energy followed by 'running on empty', digestive problems).

Our bodies are designed to respond to real or perceived threats in three different ways - 'fight or flight' (adrenaline rush, increased heart beat and shallow breathing, tense body, hyper-alertness, slower digestion) or a freeze response (inability to function). These should be transitory passing states, not prolonged ways of being.

What many people don't realize is that early childhood trauma or shock (or highly anxious parenting) can leave a legacy of anxiety in the adult later on. Monitor your thoughts when anxious. If these are irrational (e.g. I've never been good enough), then you know that your anxiety roots back to the child you once were. Any adult who loves you will tell you that those thoughts aren't true. Unfortunately, children sometimes hold onto thoughts and fears that aren't rational or true.

If you pay attention to your own regular breathing, is it shallow, chest only? Compare this to the breathing of a contented baby who has relaxed slow breaths into its belly. The baby hasn't yet felt fear or anxiety and hasn't learned to tense and shorten their breath.

If this is you, then it may be time that you let your physical body know that childhood has passed and allow your adult body to breath deeply and slowly again. Hatha Yoga, relaxation classes or doing simple breathing meditations can really help. Don't be surprised if breathing deeply into your body makes you aware of feelings long buried (e.g. loss or sadness). It may be time for you to be free of these instead of carrying them further along the road. Counselling is always an option provided you choose someone 'good enough' for you. Trust your own instincts and perhaps meet a few until you feel you 'click'.

TOP TIPS FOR MANAGING YOUR ANXIETY:

1. Talk about your anxieties, don't bottle them up!
2. Learn to breath deep calming breaths. It really works.
3. Walk/exercise to get out of your head, ground yourself in nature
4. Notice your thoughts. If your recognise the fearful irrational thoughts of the child you once were, step back, take a deep breath and support that anxious part of you, with all the skill of the adult you now are.
5. Choose and repeat a calming mantra: e.g. I can do this
6. Watch your thoughts carefully.

For each one, ask yourself:

* Is it really true? E.g. "Everyone thinks I'm stupid"
* If my best friend had this thought, what would I say?
* What's your worst fear? Spell it out. Share it. Face it.
* What would the wisest part of me say about this? Listen to it.

Catherine Tierney BA MIACP (Counsellor and Psychotherapist)

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❖ NEWS FROM ST. PATRICK'S PARISH ❖

March has been a very busy month in St. Patrick's with lots of events in the build up to Easter and also in the preparation for the institution of our new rector.

World Day of Prayer

First off we had The International World Day of Prayer Service which took place in St. Patrick's Church on Friday, 1st March at 11am followed by refreshments in the adjacent Northover Hall. This was a very well attended from all members of the community.

Mothering Sunday

The 10.15am service on Mothering Sunday (10th March) was extra special in that we also had our annual celebration service e for the St Patrick's Scout Groups. Refreshments after this service were served by the gentlemen from the parish,(being Mothers' Day), which included a small birthday celebration for our organist, Ken Shellard.

Dalkey Parishes Ecumenical Lenten Course

Lent in Dalkey would not be the same without what has become a traditional series of Lenten talks organised by the two parishes. We in St. Patrick's are most grateful to the Church of the Assumptions for their warm welcome, the use of Our Lady's Hall and the excellent refreshments provided each Tuesday night.

Worchester Cathedral Chamber Choir

The WCCC will provide a concert comprising of GLORIA by Antonio Vivaldi and Five Mystical Songs by Vaughan Williams in St. Patrick's Church on Saturday 6th April at 7.30pm. Tickets €15 / Concessions €12 are available in advance from the Parish Office (01) 284 5941 or at the door on the night. This choir will also provide a sung Eucharist at our 10.15am service on the following day, Sunday 7th April.

New Rector Institution – Fri. 12th April

We are very much looking forward to the arrival of our new rector, Reverend Bruce Hayes, together with his wife Samantha and their three boys. The institution service will take place on Friday 12th April at 8pm followed by a reception in the Northover Hall. All are warmly invited to attend to meet and greet our new rector.

Garden Fête – Sat. 11th May

Preparations are well underway for our Annual Garden Fête which takes place in the grounds of the rectory and school, and in the adjoining Northover Hall, on Saturday 11th May, beginning at 10am. Please do mark this date in you diary for what promises to be a most enjoyable event for the whole community.

DALKEY GARDA CLINICS

The idea of the Garda Clinic is to assist the local community who may not be able to travel to the Garda Station with matters such as form stamped/ signing or any community policing matters which arise. The Garda Clinic is not designed for crime reporting, however, the Garda are very keen that all suspicious activity is reported to them at the local centre which, for Dalkey, is

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❖ FORTHCOMING EVENTS ❖

Dalkey Dashers commence training on the hockey pitch at Loreto	Weds. 3 Apr
DCC Public Meeting in OLH at 8pm	Mon.8 Apr
St. Patrick's Dramatic Society presents "Rough Justice" in the Town Hall Dalkey	8pm Weds. 10 - Sat. 13 Apr
Fund Raiser for Schools in Syria in OLH	Sat. 20 Apr
Sorting of May Newsletter in OLH (1pm-2pm)	Thurs. 25 Apr
An Taisce National Spring Clean - Local Clean-up meeting Eurospar car park at 10.30am	Sat.27 Apr
DCC May Monthly Meeting	Tues. 7 May

EVENTS THROUGH THE MONTH

Karate for all age groups @ 6.00-9.00pm Tues. & Thurs. Wayne Deegan at 086 857 2546
Dalkey Players The Carry Hall Killiney from 7.30-10.30pm Tues. & Thurs. Contact Aileen Byrne 087-9842337 or check www.dalkeyplayers.ie for details.
St. Patrick's Dramatic Society Dalkey Northover Hall at 8pm Mon.s & Thurs. Contact Deirdre 087-9566460 or check www.stpatsdramsoc.com for further information.
The Irish Vintage Radio & Sound Society meets monthly in Dalkey. Call 086-8391839
Cuala Set Dancing Classes: Every Sunday from 8-10pm. €6 per night. All welcome.
Pilates: Mondays, Fitzpatrick Castle Hotel 6.15pm. Contact Lizanne Barry 087 8572408
Zumba Fitness classes Cuala GAA Centre on Thurs. from 7.00pm. Contact Lukasz: 085 216 33 04; Email:info@zumbagalaxy.com
St. Patrick's Church, Dalkey. *(see page 37)*
Holy Trinity Killiney – **Fri. 12th April** - Table Quiz in The Carry Hall 8pm. Admission: €10 per person (€40 per table). Supper included.**Fri. 26th April** - Garden Talk in The Carry Hall 8pm. **Sat. 18th May** - Holy Trinity Garden Fete from 11am-3pm.
Dalkey School Project Fund Raiser Friday 19th April! *(see page 17)*

Nature Notes for April 2013

Tues. 2 April: *"Waders and their ecology"* - Talk by Richard Nairn. Meet Kingston Hotel at 8.00pm.
Sun. 7 April: Outing to Kilcoole for spring migrants. Meet at Kilcoole train station at 10.30am.

Dalkey Library Opening hours – *see page 22*

Check out the DLR events website for a comprehensive guide to what's happening in the Dun Laoghaire Rathdown County Council area. Many of the events are FREE for everyone to enjoy. www.dlrevents.ie

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