



A wet February, a wet Spring

St Valentine's Day - Tuesday, 14th February

Our love is like the misty rain that falls softly - but floods the river.
African Proverb

NEWSLETTER NO. 350
Volume 12

Feabhra
(February) 2005/2006

February: Latin for "Februa" a ceremonial feast of purification held by the Romans centuries ago every February 15th. The early Saxons renamed February "Sol-Monath" – sun month because of the returning sun after winter.

Flower: Primrose & Violet

ANNUAL GENERAL MEETING

The Annual General Meeting of the Dalkey Community Council will take place on Monday, 6th March in Our Lady's Hall, Castle Street, Dalkey at 7.30pm. This meeting is open to the public and every resident of Dalkey is both welcome and invited to attend.

Editor's Note

You may have noticed that we have been making some small but important changes to the content of the Newsletter recently. This is to attempt to "refresh" it somewhat. We have introduced some new subjects into it, e.g. Wildlife; Herbal Remedies; Gardening; Local History; Health & Well-being, etc. We are also hoping to introduce a Letters Page so that readers can air their opinions on Dalkey issues relevant to them from time to time. Naturally, we must reserve the right to moderate/edit such letters if we deem it necessary.

The December meeting of DCC took place on Monday 5th at 8pm in OLH.

Functions:

DCC was grateful to John Keating for opening the Annual Art exhibition. It was agreed that the new postal entry procedure was a better system for the artists.

Tidy Towns:

The memorial seat for Harry Latham has been ordered and should be in place for March. An Taisce has promised two new seats for the picnic area on the Vico Road. A further clean up of this area will take place in the Spring.

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Neighbourhood Watch:

There was a public talk in November on Drug Awareness and more talks are planned for next year. A reminder was given not to leave articles exposed in vehicles, to keep cars in top condition and be road safety conscious.

AOB:

The state of the drains is a big problem around the town and DCC will put pressure on the Environment Section to have something done about it. The recycling depot at Eden Park is now open and a curtailed No.8 bus service is now returned to Dalkey.

As there was no further business the meeting ended.

The January meeting of DCC took place on Monday 9th at 8pm in OLH.

Tidy Towns:

For 2006 TT will be becoming involved with the local schools in environmental projects to encourage the young to become more aware of the environment. The problem of dog fouling is getting much worse. Pooper-scoopers will be put into OLH and it is important to report offenders to the Dog Warden.

AOB:

DCC will notify the Parks Department about improving the laneway between Victoria and Coliemore Road. The need for traffic calming plans has been recognised by DLRCC and the Community Council will monitor this matter. As there was no further business the meeting ended.

Timetable for the No.8 Bus-Parnell Square				
Mon. to Fri			Saturday	Sunday
08.15	14.30	17.20	No Service	No Service
09.20	16.40			
11.00	17.00			
Journey time - 60 approx. mins. From Parnell Square, Ballsbridge, Blackrock, Monkstown Church and terminating in Dalkey (Ulverton Road).				
From Dalkey (Ulverton Road)				
Mon. to Fri			Saturday	Sunday
07.00	10.35	18.25*	No Service	No Service
08.00	12.15			
09.45	15.45			
*- to Ballsbridge				
Journey time - 60 approx. mins. From (Dalkey) Ulverton Road, Castle Park Road, Glenageary Road, Mounttown Road, Carrickbrennan Road, Monkstown Road, Newtown Avenue, Blackrock, Rock Road, Merrion Road, Ballsbridge, Northumberland Road, Mount Street, Clare Street, O'Connell Street				
<p>The Bus Stops on O'Connell Street are located as follows: Northbound: GPO (set down) Southbound: Outside Sony Shop, near Abbey Street junction</p>				

Eden Park Recycling Centre

Material	We Can Accept	We Cannot Accept
Paper		Plastic wrapping, remove glossy outer covers and plastic envelope windows

Cardboard		Remove plastic or polystyrene packaging
Plastic Bottles	Soft drinks, shampoo, washing up liquid, solid milk containers, Plastics type 1 & 2	Sweet or crisp wrappers, polystyrene, foam food trays, net bags for fruit/veg Plastics type 3, 6, 7
Plastic Packaging	Plastic bags, heavy duty wrapping, containers for fruit/veg if clean, cling film, bubble wrap. Plastics type 4 & 5	Sweet or crisp wrappers, polystyrene, foam food trays, net bags for fruit/veg. Plastics type 3, 6&7
Aluminium cans	Drink Cans	Liquids, food stuffs
Steel Cans	Baked beans, pet food, biscuit tins	Liquids, food stuffs
Glass	Clear, brown, blue and green bottles or Jars	Pyrex, crockery, light bulbs, drinking glasses
Textiles	Blankets, old clothes, curtains, clothing accessories, bed linen	Duvets, pillows, carpets
Tetra Pak	Milk, soup, juice cartons	
Opening Hours Monday to Thursday: 8.30 am to 4.00 pm Saturday: 8.30 am to 3.30 pm Friday: 8.30 am to 2.00 pm Sunday: Closed		

DUN LAOGHAIRE-RATHDOWN COUNTY COUNCIL

Dun laoghaire-Rathdown County Council's Household Environmental Waste Charges from 1st January, 2006 shall be as set out below.

(a) NOTICE OF CHARGES FOR HOUSEHOLD ENVIRONMENTAL WASTE (2006)

The Pay-by-Weight charge will comprise three elements:

1. A standing charge of €80 per household per annum for all households, subject to the two exceptions listed below, And

2. A charge of €4 per lift for each 140/240 litre grey/black bin or €18 per lift for each 1,100 litre grey/black bin,
And

3. A charge of 25 cent per Kilogramme of household waste collected from grey/black bin

OR

Where the Council determines that it is not possible to provide a Pay-by-Weight collection service, a bag collection service will be provided to households at a charge of €4.50 per bag label. And a standing charge of €80 per household per annum.

Exceptions to standing charge: The standing charge will not apply in the following circumstances:

1. If a 100% waiver of standing charge is granted under the Council's waiver scheme or
2. If a householder satisfies the Council that they have a grey/black bin and green bin collection service provided by a permitted waste collector.

(b) NOTICE OF CHARGES FOR BALL YOGAN RECYCLING PARK (2006)

This facility is for private vehicles bringing waste from households only. The following charges apply from 16th January, 2006:

Cars (including estate cars and people carriers) €20

Small vans, 4 wheel drives, car vans and small trailers €50

Intermediate vans and Intermediate trailers €100

Finance Department, County Hall, Dun laoghaire, Co. Dublin Tel: 2054747 Fax: 2805581

Web: www.dlrccoco.ie

50th Anniversary of the Dalkey Sea Scouts

The Troop is flourishing at present with some 40 members (boys and girls aged 11-16) under the leadership of James Martin. We also have a Cub Pack (8-11) led by Pdraig O hIcheadha, a Beaver Team (6-8) led by Tiggy Hudson, and a Venture Unit (15-19) led by Simon Hall.

We have two ketch-rigged rowing/sailing boats 'Sea Wolf' and 'Shearwater' moored in Bulloch, as well as Mirror dinghies and a fleet of kayaks and playboats, which we trail down to Bulloch on activity days. Activity afloat starts in late May and continues until September. Over the rest of the year there is some canoeing, but also a greater emphasis on activities ashore - hiking, orienteering, hostelling and camping.

We are planning a number of special events to mark our 50th Anniversary in 2006, including a re-union of past members, a special weekend camp, and the Sea Scouts and Ventures will be travelling to the Netherlands to participate in Nawaka, an international Sea Scout Jamboree for over 5,000 participants.

Our Troop is known as the 41st Dublin (St. Patrick's, Dalkey) and also the 3rd Port of Dublin. A Sea Scout Troop had existed in Dalkey for many years from the 1920's to the late 1940's, also known as the 3rd Port, with a distinguished record of successes in Sea Scout competitions. We would like to compile the history from those early years, and so would be glad to hear from any past 3rd Port Sea Scouts. If you can help you might please contact the under-signed.

The current Troop was formed in 1956, and so celebrates its 50th Anniversary this year. Thankfully we have fairly complete records with copies of nearly all the logbooks and members' names over those 50 years. The first meeting took place on Friday 4th May in St. Patrick's Hall on the initiative of the late Canon Desmond Murray. He had served as a naval chaplain and was interested in offering Scouting with a nautical flavour to young people (only boys in those days) in the Dalkey area. He was the first Sea Scout Leader, with a group of six boys.

Towards the end of that year he persuaded the late Michael Stopford to become involved, and he took over as 'Skipper' as the leader was known. Michael was well known in maritime circles and in the Dalkey area, and he brought many boating skills to the Troop in the early years at Bulloch Harbour.

Were you a Dalkey Sea Scout?

If you were ever a member of the Dalkey Sea Scouts please send us your postal and e-mail addresses so that we may contact you with full details of this year's special events.

We currently have waiting lists for new members in most age groups except Venture Scouts. If you can help as a leader or supporter, please let us know as we can always use more adult helpers.

As Group Leader, I act as co-ordinator of the Sea Scouts, Cubs, Beavers, Venture Scouts and Parents' Committee. My name is: Brian Meyer, Esker, 42B Barnhill Road, Dalkey. Mobile: (086) 669 6812. E-mail:

brianmeyer@eircom.net

Dalkey Castle & Heritage Centre

Dalkey Castle & Heritage Centre has secured the necessary finance to run the Living History programme for all visitors on six days per week during the summer season in 2006. The Living History Day on Wednesdays in 2005 brought an average increase of 124% into the Centre and to Dalkey. The Community Dept of Dun Laoghaire-Rathdown Co Co. is the main sponsor with added assistance from The County Enterprise Board and Iarnród Eireann. The Dart to Dalkey ticket will be re-introduced now that Dart works do not necessitate closing the line at weekends. Deilg Inis Theatre Company, based locally, will provide the Living History.

New interior and exterior signage for St Begnet's Graveyard will be designed shortly thanks to grant aid from the Heritage Officer of Dun Laoghaire-Rathdown Co Co in response to proposals from the Manager at the Centre. This

grant will take care of Phase One of the proposed works.

The County Council has an exciting new initiative from the Community Dept aimed at families, which among other events will provide Guided Walks from the Peoples' Park in Dun Laoghaire on Sundays. Dalkey Castle & Heritage Centre will carry out the necessary research and provide the guides. Log on to www.dlrcocevents.ie for information.

The Guided Walks in Dalkey on Mondays, Wednesdays and Fridays will begin again in May and continue to the end of Sept. The package provided last year included the Guided Historical Walk, half price admission the Centre and Special Offer price on lunch locally. It was very popular.

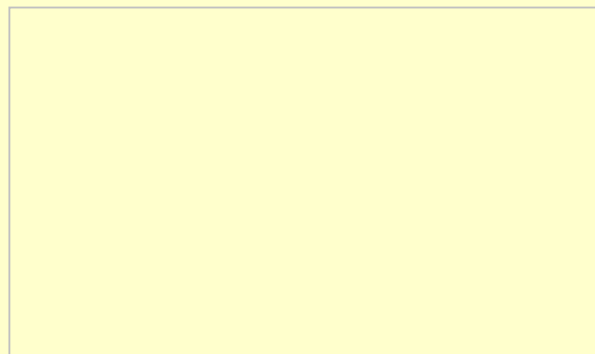
The Art Gallery is booked out for some months already. A number of the national organisations are now holding their annual exhibitions in the Gallery. There is still some availability. An info pack can be sent out if you email diht@indigo.ie

Currently, the schools in the area are availing of the Living History programme for national schools on four days per week funded by the Blackrock Education Centre.

The Centre is fortunate to have a CE scheme in operation supported by FÁS. Special in-house training is provided to bring participants up to speed on giving Guided Tours and servicing the other programmes in the Centre.

For further information contact the Heritage Centre at 285 8366

The Dublin Tidy Towns Award Presentations for 2005



Dalkey Tidy Towns

The "Lighting of the Christmas tree" again organised by the Community Council and Tidy Towns was successful once more. Blessed by fine weather and willing volunteer helpers, several hundred people enjoyed the evening. The Delg Inis Theatre Group started the proceedings with a show, free of charge for the children in the Town Hall. Ryan Tubridy and King Finbar spectacularly introduced Santa to the children, the tree lights were lit and members of the Dublin Welsh Choir entertained us. The Live Crib was in Archbold's Castle.

The Queens served hot soup and sandwiches to the helpers. McDonagh's gave refreshments to the choir. Select Stores, In and others also joined in with the festivities. Members of the Dalkey Business Association funded the Christmas streetlights. A special mention is due of a recently formed youth group in the town called the Leo Club, which was actively involved in the stewarding and providing the elves for Santa. Dun Laoghaire Lions, Killiney Lions and members of the Cuala Club also helped. The Gardai were there in force and also members of the Order of Malta. The event cannot take place without the willing and generous help of Dun Laoghaire-Rathdown County Council. Thanks and appreciation is due to all who helped to make this a very enjoyable and worthwhile community event.

June Barnet

February Health- your own personal guide

Start feeling better about yourself

You will lose weight

You will have more energy

You will boost your immune system and stay healthy

You will be stress-less

You will improve your concentration span and learning capacity

You can boost your sex drive and have healthier relationships

You will look younger and feel fabulous

Sounds just like what you have been looking for- well here are some simple steps that will change the way you feel about your lifestyle forever. That is my promise to you.

Winter weather, late nights and festive fun and frolics can leave you feeling run down and susceptible to infections.

Here is a simple and fun guide designed especially for you so that you will feel dramatically refreshed.

This month I encourage you to focus on

- Eating Fruit and Vegetables

That's right every day this month I encourage you to eat fruit and vegetables. These contain powerful anti-oxidants. Anti-oxidants are vitamins, minerals and phytochemicals that protect the cells in your body from damage and degeneration caused by free radicals. Free radicals are toxic products in the body, you want to keep them to a minimum level so that you look fabulous and have energy in abundance. They are always in your system as they are a product of metabolism. The immune system produces them to fight viruses and bacteria. But external factors may cause them to escalate in the system. Factors in the environment such as pollutants and pesticides. Smoking, alcohol consumption, eating acid forming foods such as chocolate, biscuits and sweets, drinking tea and coffee all of which aid and abet the escalation of free radicals in your body. They then start to work on your cells and promote ageing, some cancers and definitely help you to feel tired and washed out

Simply eat generous portions of your favourite fruits and vegetables and your body will enjoy the benefits. Anti-oxidants in the fruits and vegetables that you eat this week can help neutralise free radicals and prevent the damaging effects. The main anti-oxidants are Vitamins A, C, E and the mineral selenium, and zinc.

What do I eat to get these?

Vitamin A and C

Eat broccoli, Brussels sprouts, organic carrots, turmeric, garlic, parsley, rosemary, sage and mint.

Vitamin E

The best source is wheatgerm oil, followed by nut and seed oils, such as sesame. Green leafy vegetables and avocados.

Zinc

Mushrooms and seeds from pumpkin and sunflower (also contains selenium)

Eat fruit and vegetables that are in season and that are home grown and organic where possible. Suggested vegetables include, organic carrots, broccoli, celery and cauliflower and fruits such as apples and pears. I do emphasise the need to use organic carrots, as all root vegetables are most susceptible to absorbing pesticides and herbicides. Keep it simple. Make warm soups for lunch, stews and casseroles for evening meals. Roasted winter vegetables are also delicious and very easy to put together. Flavour generously with herbs such as parsley and rosemary. All have terrific cleansing properties. Chop some fruit for breakfast and you can nibble on apricots, dates, raisins and nuts during the day.

Studies have shown that eating a piece of fruit before lunch and before dinner can help you lose 2-3 pounds over a two-month period.

P.S. Make your dishes as colourful as possible. The secret anti-oxidants are in the colourful foods.

Ditch this month-

Biscuits...have a piece of fruit instead or if you must munch on a flapjack

Sausages/chicken nuggets/battered fish.... Choose oily or white fish and lean beef

Alcohol free zone for 7 days – allow your liver to have a laugh!

- **Drink Liquids**

Drink plenty of liquids this month and I do not mean the alcohol variety. Tepid water with fresh lemon juice is particularly refreshing and cleansing. Herbal tea such as lemon and ginger is terrific at this time of the year as the ginger promotes circulation and has a warming effect on the body. Nettle, dandelion, camomile and sage are also excellent choices. The brain is the first organ to experience dehydration and thus explains headaches experienced by people after late nights! Water helps the cells to work at their best and aids in the elimination of toxins from the

body. If you are not a great lover of water aim this week to drink 3 glasses per day. For the rest of you whom love H₂O, aim for about 2 litres.

- **Early to Bed**

Rest and get to bed early. Allow your body to catch up with you this month. The late nights over the festive season, extra work commitments and long days all take their toll on the body. Studies show that rest stimulates Cortisol production and helps the body to perform with greater efficiency. You will cope with the challenges that the month will present to you with enthusiasm, strength and confidence.

Until next time live a lot and have a laugh!

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For more details look up -<http://www.tinadunne.com>

Crime Tips from Neighbourhood Watch

The most common entry point into a house used by thieves is the rear window, both upstairs and downstairs.

Tip: Keep windows securely fastened at all times whilst house is vacant. Alarms are a must in all homes today. Where alarms are fitted they need to meet the up-to-date standards and therefore regular maintenance is essential. All rear windows should at least be fitted with a motion sensor as well as contact sensors. Some thieves now use the method of removing the glass by Glazing Techniques and enter the home without activating the contact sensors. However if motion sensors are fitted they should activate the alarm. Always lock the garden shed, as thieves tend to use the supply of tools stored therein as housebreaking implements. N.W.

Herbal Cures from the Garden - Sage

Jennifer Derham BSc (Hons) Health Studies: Herbal Medicine

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Salvia officinalis, better known as sage, has been prized in many cultures for its healing and medicinal properties since olden times. The name *Salvia* derives from the Latin 'salvere', meaning to be saved, in reference to its curative properties. The word "officinalis" is an old reference to something medical and derives from "officina", originally meaning shop, but later meant a storeroom in a monastery, then an herb-store and finally a pharmacy!

Furthermore to be "sage" means to be wise, this term comes from the belief that sage was thought to impart wisdom and improve memory; therefore great for those studying or who feel their memory may be slowly fading. Its medicinal uses are many. Because of its antiseptic qualities, sage tea is used as a gargle for a sore throat and is excellent for treating colds, mouth ulcers and sore gums. To make a tea to ease a sore throat, pour a cup of boiling water over two teaspoons of fresh sage leaves or one teaspoon of dried, steep for ten minutes and add honey to taste (optional!). When using tea as a gargle for sore throats, allow it to cool till just warm. For colds, sip the tea slowly. It is a general tonic, toning the central nervous system and lifting the spirits and may be used as a tea for that end-of-the-day or worn-down-by-life feeling! Strong sage tea is a simple and very effective wash for inflamed and infected cuts. It makes a great hair rinse for those who are dark haired and helps keep the scalp healthy; add a cup or two of sage tea to the final rinsing water! It is a very helpful herb for women in general. It is particularly helpful for the menopause and is used to diminish hot flushes and lift any associated anxiety or depression.

Harvesting and using sage is simple; fresh leaves should be aromatic with no soft spots or dry edges when picking. To dry sage, put in a paper bag, with holes for air circulation and hang up in a warm dry place. Once dry crumble the leaves into a dark glass jar and store in a cool dry place out of direct light. Use as above or simply enjoy as a pleasant alternative to that usual cup of Irish breakfast tea! Sage must be avoided during pregnancy and

breastfeeding. Small amounts in cooking present no problem. If a serious condition is suspected consult your doctor or a qualified medical herbalist.

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What to look out for during February Bird Watch

Usually the first leaves I see opening on trees are in February on a Horse Chestnut on the Vico Road whose 'microclimate' usually keeps it a few degrees warmer than the rest of the area but this year I was truly surprised to see leaves opening on the lower shoots of a sycamore high on Killiney Hill on the 21st January and also saw a number of elder bushes with leaves starting to open the same day. It is now a scientific fact that Spring begins earlier than it did even twenty years ago but to actually see it happening brings home concern about global warming and its long time effects.

I've mentioned before our concern for the small population of Red Squirrels on Dalkey and Killiney Hills whose future is threatened by the spread of Grey Squirrels whose arrival ultimately means the disappearance of the native Reds. The Dun Laoghaire Rathdown parks department are taking the threat seriously and will be gathering information about the spread and distribution of both species. If you have regular sightings of either species, perhaps you've only recently had first sightings of Grey Squirrels in your garden, maybe you might take note of when and where you sighted them and keep the notes till a database has been set up.

On the same weekend the unfortunate Bottle nosed Whale swam up the Thames another smaller tragedy was taking place in Dun Laoghaire harbour.

I got a call that Saturday that a Red Throated Diver had become entangled in fishing line and was swimming around in obvious distress trying to tear off its bindings. The caller had been down on the harbour where a group of people had seen the bird a few hours earlier inside the breakwater near the new marina. Catching and handling injured birds and animals needs a degree of expertise but the DSPCA don't have a weekend service and couldn't be contacted.

Brendan Price of the Seal Sanctuary was willing to look after it if it could be caught, suggested a few people in yacht clubs who might be able to help catch it and also said the Harbour Police had been very helpful to his organisation in the past. I tried them and within minutes they had somebody check out where it had been seen last. No sign of the bird though. Injured and oiled birds often make their way ashore when they can't swim properly so we then asked a local 'birder' who went down and checked any likely spots, again to no avail. Very little chance of the poor creature freeing itself so its future was very bleak. Discarded fishing line is a serious threat to birds and many sea creatures causing, as probably in this case, a prolonged death through drowning or starvation.

Red Throated Divers spend winter around our coasts before heading north in winter to breed and are often seen in and around the harbour. Similar in size and shape to cormorants but predominately dark grey with pale breast and underparts and very sharp bill usually held slightly upright they develop the red throat marking when they come into their breeding plumage.

An often spectacular sight at dusk on winter and early spring evenings is the flypast of Brent Geese returning to their roost at Sandymount or the Bull Island. Big numbers of them fly south in small groups to Kilcoole and Newcastle in the morning where they spend the day feeding but they often return in very large flocks of up to 1,000 birds

sometimes just a few feet over the water in characteristic flying V shape. Often just before dusk or in the twilight gloom to have hundreds of geese emerge out of the dark can be a wonderful sight.

MY GARDEN - By Philippa Thomas

At this moment, I am enjoying my daily 'fix', it's 11 a.m. and yes, it's a real cup of delicious, good, strong, coffee, - have to have it!

Years ago, I wrote some gardening articles for our Dalkey Newsletter. So, on being invited to do so again, I had to take a backward step, sit down and re-think what to write? Yes, Dalkey has been good to me – ‘us’ really, really good. So, now it has to be ‘Payback time’! So, if in some small way, by writing this article I can help or tempt a single person then, these few lines will have been worth the effort.

As I now write my mind is being taken right back to my earliest years – my childhood. As a little girl I spent endless hours of pleasure in our garden creating ‘Fairy Forts’ out of old dank tree trunks, decorating them with the likes of Candytuft, (Iberis), ‘old’ scented rose petals, marigolds, different types of mosses, etc.

Another stage I remember well was when I started college. I initially lived in ‘digs’ and there I simply had to have something alive in my bedroom; be a leaf, a bud, a twig – just something alive! I actually remember too using the top of a beautiful perfume bottle as a vase for a sprig of quince (Cydonia). Flats (apartments) followed. Be it a terracotta pot, a window box, whatever. Just to add a little bit of yourself to some dark dull spot was special, personal, worthwhile and rewarding. Montessori was my career so our little nature table almost always provided a ‘welcome spot’ for a hub of chit-chat and conversation.

Finally, married life came. Initially, we spent some time in East Africa. I couldn’t mess about too much with pots there as snakes occasionally coiled themselves around our pots in order to keep cool and safe from predators. Instead, I pressed some beautiful flowers there and made them into cards: for the expatriates to send home to their wives.

At present, we live here in Dalkey and every inch of our precious little garden is like gold. A garden is a Treasure. It is to be enjoyed to have pleasure and fun in it. One can create almost any type of atmosphere and capitalise enormously with glass patio doors, windows, etc. Every season is so very precious. Gardening can alleviate pressure, tension – it is so therapeutic and creative. Just like we have cushions on our sofa, furniture in our house. So too, our gardens – well some – are crying out loud for some beautiful trees, shrubs or plants.

My interest in gardening seems to have taken various stages, Initially, I couldn’t see beyond annuals, biennials and perennials. Now my fascination is with herbaceous plants, small ornamental trees and shrubs and textures and tiny, tiny leaves. Basically, I adore ‘greens’; - all the different shades, cool greens, limey greens and almost ‘black’ greens.

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