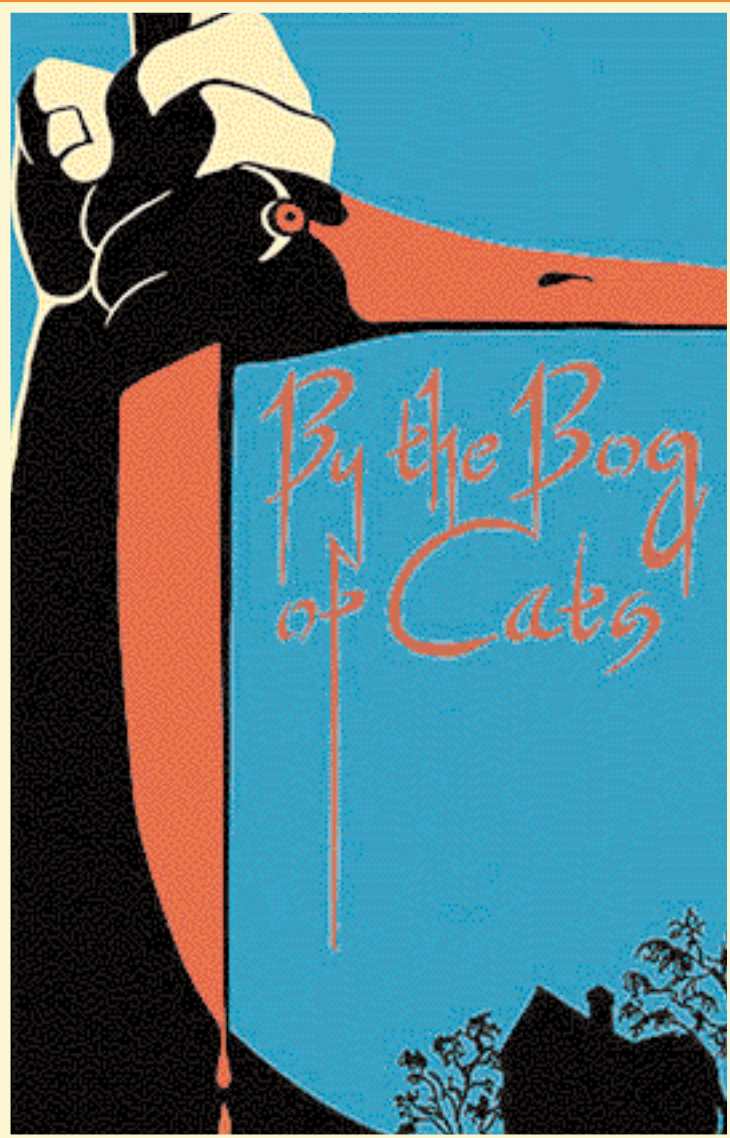


SCAN

FEBRUARY 2013

SHANKILL COMMUNITY NEWSLETTER

VOL. 18, No. 1/2



MARTELLO



BY THE BOG OF CATS...

By Marina Carr

in

RATHMICHAEL

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March '13

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MARTELLO PRODUCTIONS INFORMATION - see pages 16 and 17

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BOOK SALE

Book Sale takes place on first Saturday of the month in the Old Folks Centre from 10.00am to 1.00pm. All proceeds in aid of the Old Folks Centre.

Book donations welcome on the day

SCAN CONTACT DETAILS

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SCAN DEADLINES

The deadline for articles and advertisements for inclusion in the **MARCH** newsletter is **FEBRUARY 12th 2013**.

The editorial board does not accept any responsibility for any views expressed in contributions to the magazine.

Due to space restrictions publication of all articles cannot be guaranteed.

EDITORIAL BOARD

Bríd Meehan, Sheila Thomson,
Barbara Lyons, Madelon Geoghegan,

Advertising: Deborah Keogh

Printed by Opus Print (01) 4057815

HILARY MALCOLMSON

1938 - 2012



Not long after moving to Shankill in the mid-80s with her husband, Mike, and their family, Hilary joined the committee of Shankill Old Folks Association (SOFA). She soon became honorary secretary, a position she held for almost 30 years, until her sudden death on St Stephen's Day.

Her workload was considerable: she took responsibility for all the organization of Meals-on-Wheels' and Day Centre volunteers, printing and delivering rotas, and sourcing and interviewing volunteers. If any staff member or volunteer was sick Hilary found a stand-in: in many instances the

stand-in was herself. If someone was needed in the kitchen there was no better person to cook a roast, or make a few cakes.

She became well-known locally as, declining all offers of lifts, she would ride her bicycle up Corbawn Lane, laden down with cakes and sandwiches for the Wednesday social club. Although she worked in Dublin two or three days a week, she still found time to help in the Day Care Centre and later, when Mike retired, they delivered Meals-on-Wheels together. The annual outing to the country was organized by Hilary, and many warm and friendly thank-you letters, and articles about SOFA events for SCAN, were created by her.

Nothing was too much trouble for her, and her kind and gentle manner endeared her to all her Committee colleagues, the staff at the Day Care Centre, all the clients over the years and the many, many volunteers who have given their time to the Centre.

The large crowd who attended her Memorial service in Rathmichael Parish Church was a testament to the love and esteem in which she was held. We will miss her dearly.

S O S

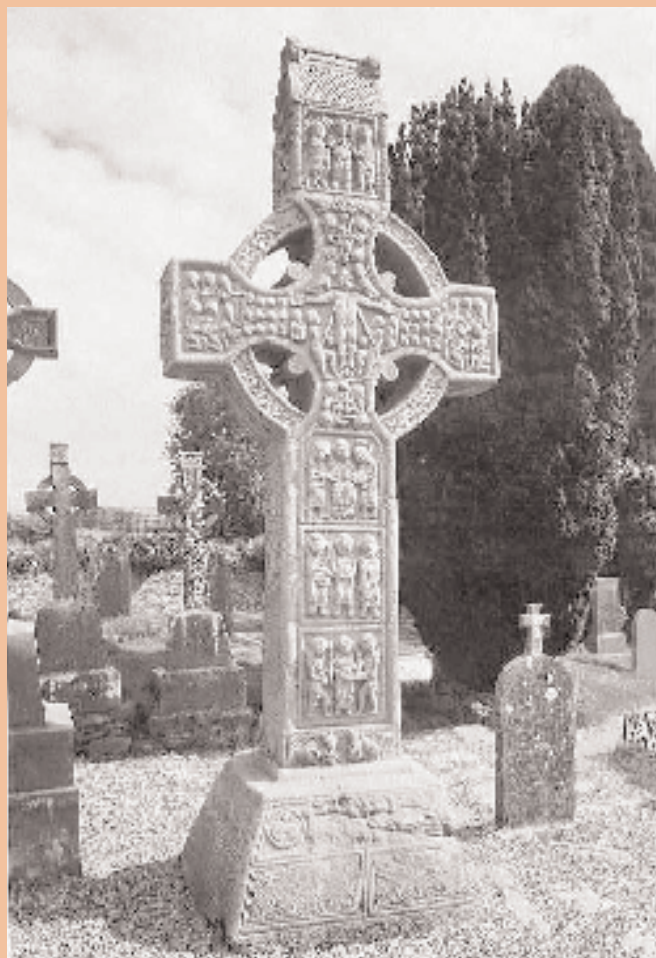
There will be fundraising for RNLI (Lifeboats) on Friday 8th February in St Anne's Resource Centre: "**SCOFF OUR SCONES**" 10.30-12 noon and "**SIP OUR SOUP**" 2 noon - 2.30 pm Please come and bring friends to support this worthy cause. One day you or yours may be on the receiving end!!

THANK YOU

Many thanks to all who supported the cakes and crafts sale on Sunday, 16th Dec. The magnificent sum of more than €2,240 was raised, much of it in the form of donations. Your great generosity is very much appreciated and will be a wonderful surprise to those on the receiving end! If you would like to see some of the work that is being done in Fort Portal, there is a folder with pictures of the Mountains of the Moon University and Carol's Manna Rescue Home for the AIDS orphans at the back of St Anne's church.
Sincere thanks again, Kathie and Patrick Davey.

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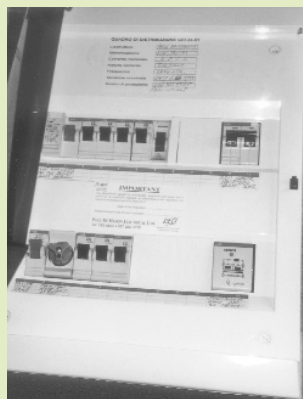
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Notice of Public Meeting to discuss the formation of **Shankill GAA Club**



- When:** Thursday 21st February at 8pm
Where: Resource Centre, St Anne's Church, Shankill
Who: Anybody living in or around Shankill with an interest in GAA.
Why: To give the opportunity to as many boys & girls as possible from Shankill to play Gaelic Games

Background:

Dublin County Board conducted a root and branch review of Dublin GAA, which led to the 'Blue Wave' report published in 2012. One of the findings was that certain areas in Dublin were identified as being viable and sustainable to support new clubs. **SHANKILL** was one such area.

A group was formed to look at the revival of the Shankill GAA club. The aim is to concentrate on juvenile games (5 to 16yrs) and give as many boys and girls as possible the opportunity to play Gaelic Games in a fun environment and to compete against the many other clubs in the surrounding areas. The safety and protection of our children will be paramount at all times.

We would like to invite parents, friends and indeed everyone in our community to the public meeting.

We look forward to seeing you there

Just turn up on the night, contact any of the below for more information:

Pat Maguire: 0877532780, Mick Killeen 087 9567162 or Garry Cleary 0872152170

Email: shankillgaa@gmail.com

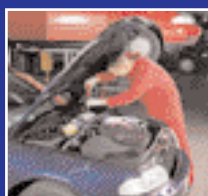


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Family Budgeting Tips

1. CREATE A BUDGET — The first step to living on a budget is to track your family's income and expenses. Gather all of the information that you have that shows money coming in or going out. Write a frugal budget to manage your money. When you wing it every month without a budget in mind, you're passing up opportunities to slash unnecessary costs and save money.

2. HAVE A GOAL — Whatever your goal may be – save to buy a new car, paint the house or even a holiday. It can help you find the discipline you need to squirrel away money by a certain deadline.

3. SEPARATE FIXED AND DISCRETIONARY SPENDING — Divvy up your fixed expenses, such as your rent or mortgage payment, utilities and insurances, from your discretionary expenses. Many people have no idea how much they spend on dining out, travel, gifts, clothing, shoes and personal care. Track such expenses and then establish realistic monthly limits for these.

4. REVIEW YOUR INSURANCE POLICIES — You should take the time to look at your life, car, health and house insurance policies on an annual basis. Having a broker do this for you is a great way to save time and money.

5. PAY OFF DEBT — If you're reeling from the weight of credit card bills, personal loans or other debt, a budget can help you see how to dig your way out. Always allot enough money to pay more than the minimum payment due, this way you could end up paying a lot less interest.

6. GIVE YOURSELF A BUFFER — What's the most you have ever spent on your utility bill? Build that highest number into your monthly budget. Also build in set amounts for emergencies and for "mad money" you can spend any way you want.

7. WHEN PAYING IN PERSON, USE CASH OR LASER CARD — This forces you to see what you're spending and increases your likelihood to show more restraint.

8. ANTICIPATE YOUR EXPENSES — At the beginning of the month, try predicting all your expenses for the next 30 days. Then you can make real-time adjustments as needed by shifting money from one category to another.

9. BILLING DATES CAN BE CHANGED — If your budgeting process reveals that you're getting hit with one bill right after another, you can ask to change your billing date to space out the due dates.

10. CONTROL SPENDING ON FOOD — Cut the costs of feeding your family with a well-planned food budget. Save money on groceries with a ready-made shopping list of your family's weekly meals.

11. OPEN UP A BUDGET BANK ACCOUNT — Your bank or local credit union may have a facility that allows you pay all your bills from a separate account. This way all your bills are paid as they come in and allows you average out your cashflow throughout the year.

If you would like a sample budget planner or some assistance with any of the above please email info@shankillfs.ie and we will contact you.

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SHANKILL CHESS CLUB



Shankill Chess Club is open every Saturday - 3:30 - 5:30 in St. Anne's NS. Classes are run by chess instructor Lukasz Goralski.

The club's members are mostly children aged 6-13 from Shankill and South

Dublin area (Dun Laoghaire, Dalkey etc.)

There are 2 sections: advanced and beginners. The advanced group plays in Bodley Cup in (Leinster's 6th Division) against adults. Beginners are taught the rules and basic tactics. Both sections take part in many competitions.

Whoever wants to join Shankill Chess Club is very welcome!

Contact: 0871656884 lukaszgoralski@hotmail.com

Visit website: www.shankillchessclub.wordpress.com/

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Shankill ICA

Shankill ICA is looking for new members. We meet on the second Monday of each month at 7.30pm in St. Anne's Resource Centre. We also have a craft morning every Wednesday 10.30am-12.30pm at the same venue.

For further information contact: Pat O'Connor 01 2820733



Christmas party at Royal Marine, DunLaoghaire.
Peg Williams, Joan Turner, Bernie Doyle



Flower Demonstration — Betty Murray

Dear Resident(s)

I am your local Fianna Fáil representative for Shankill. I am 30 years of age, I live in Shankill and have done so my whole life. I am an Accountant by profession.

Please feel free to contact me if you need assistance.

Vinny Durán-Kearns

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PUB WITH NO BEER COMES TO BRAY

Just a line from the Dubliners or is it for real? Sure it's for real but is that not a denial of the very nature of such establishments? There is far more to a pub than just the alcohol; there's food, live music, sharing special events on the big screen and just the atmosphere and craic.

For many a year Irish society has had a reputation for its relationship to alcohol. But change is afoot, some for better, some worse. There has been a worrying increase in alcoholism and teenage drunkenness. On the other hand, our 20's and 30's have taken a more mature approach to drink driving than the generation before.

A social alternative

So the concept of a 'pub without beer' may not be that far-fetched, offering a real alternative to those who want to enjoy all the other aspects of pub life without the overhead of alcohol. A well known pub, formerly known as Cullinanes, then McCormacks and more recently Kavanaghs, it had fallen victim in 2008 to the recession. It lay idle for four years before being acquired and gifted to Crinken Church, who with a group of churches in the town are now set to run it as a not-for-profit social amenity. "The Bridge Café exists to serve the people of Bray and the wider local community by providing a warm, inspiring and relaxing atmosphere. By listening to the people that engage with us, The Bridge Café would like to promote the services and skills of local service providers and other amenities to the community and connect people with these services to help address their needs. Our hope is that The Bridge Café will become a space where you can enjoy great coffee and simple tasty food and sweet treats as you unwind!" says Naomi Fitzpatrick, the manager.

Christian ethos

Tasteful internal refurbishment has retained the original character of the pub featuring a central bar counter highlighted under an atrium while outside the sombre black has given way to a peaceful China Blue. A snug and other nooks and crannies offer intimate surroundings for cosy little gatherings like common interest or family groups, out with a friend or two or just a quiet corner for a meal. And facilities such as a toddlers' play area, disability toilet and baby changing table have been

included. The Bridge operates with a Christian ethos to share Christ's love in the community. So far this has taken the shape of providing a community space

where you can relax, dinner for homeless people on Christmas Day, a pleasant working environment in contrast to many commercial kitchens and including work opportunities for some with diminished abilities and others trying to get started on the employment ladder.



Best coffee in town

While still quite a distance to go to reach its goal, The Bridge is in developmental mode, currently serving quality food Mon-Sat from 8.30 to 5.30pm (8pm on Thursdays). The plan is to extend that to longer hours and more evenings, screening special events and Sunday lunches later in 2013. Right now, The Bridge claims 'the best coffee in town'. While other establishments may dispute this, the coffee is good – very good. The daily special lunch is also worthy of commendation and the food including cakes are home cooked.

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RATHMICHAEL NATIONAL SCHOOL



Please keep wrapped up and advise your children of the same. I realise this falls on deaf ears much of the time!

We had a lovely run in to Christmas with our Christmas Fair, Infants Songs and Carol Service. A long break followed and here we are again ready to face a new term.

4th Class visited the Natural History Museum whilst our Junior Classes enjoyed a visit from the author, Benji Bennett. 6th Class went to see the production of Phantom of the Opera performed by New Park Comprehensive School. The Infants expended some of their pent up energies at the Playbarn. Activities were enjoyed by all. 6th Class had a European Food Day following projects they did on Europe.



Wednesday February 6th — At 8 p.m. Tom Moran will present his lecture 'The Irish Cottage' to the Rathmichael Historical Society in Rathmichael School, Stonebridge Road (Dublin Road end), Shankill, Co. Dublin – all welcome.

Tuesday February 12th — At 8 p.m. Ms. Grainne Shaffrey will speak on 'Dun Laoghaire Harbour and its Board' to the Genealogical Society of Ireland in Dun Laoghaire College of Further Education, Cumberland Street, Dun Laoghaire, Co. Dublin. Contribution €4.

Wednesday February 13th — At 8 p.m. Rob Goodbody will present his lecture 'Roads of Killiney and Ballybrack' to the

Local History Talks

Killiney – Ballybrack Historical Society in The Graduate Lounge, Rochestown Ave, Killiney, Co. Dublin. Admission €3.

Thursday February 14th — At 8.30 p.m. Frank Tracey will present his lecture 'After the Ball was Over : The Last Days of the Irish Ascendancy' to the Enniskerry History Society in the Powerscourt Arms Hotel, Enniskerry, Co. Wicklow. All welcome – admission €3

Thursday February 21st — At 8 p.m. a guest speaker will present a lecture on 'Bray and its Buses' to the Bray Cualann Historical Society in Bray Chamber of Commerce House, 10 Prince of Wales Tce., Quinsboro Road, Bray, Co. Wicklow. All welcome – admission €4.

Wednesday February 27th — Between 10.30 a.m. and 12.30 p.m. the February Morning Open Meeting of the Genealogical Society of Ireland takes place in Hardy's Bar. Royal Marine Hotel, Dun Laoghaire. Contribution €4 – includes Tea/Coffee.

St. Anne's Parish Christmas Fair

The Committee would like to thank the following companies and individuals who generously supported our fair. It would not have been possible to run this event without their considerable sponsorship and practical help.

Applegreen Service Station, Shankill	Gremna, Shankill	Soil Mhuire
Bannon Jewellers, Bray	Holland's Pub, Bray	Shadean's Florist
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Bernardo's, Shankill	Las Tapas Cafe Bar, Cabinteely	Shankill Flower Shop
Boylesports, Shankill	Lawlor's Pharmacy, Bray	Shankill Fruit and Vegetable Shop
Brady's Pub, Shankill	Let's Eat In, Shankill	Shankill Tyres
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COUNCILLORS' QUESTIONS

Councillor Denis O'Callaghan

DUBLIN REGION HOMELESS CONSULTATIVE FORUM

Notes Number of People Sleeping Rough in Dublin in November 2012 at 87 Persons

The table below gives the figure for each count from 2007-2012.

Rough Sleeper Count	Winter 2007	Spring 2008	Winter 2008	Spring 2009	Winter 2009	Winter 2010	Spring 2011	Winter 2011	Spring 2012	Winter 2012
Total	104*	111*	101*	98	60	70	59	87	73	87*

CHARACTERISTICS OF ROUGH SLEEPERS

This winter count found people identified as sleeping rough were:

- Male (68)
- Female (10)
- Unknown (9).

The breakdown of nationality was as follows:

- Irish nationals (44)
- Non-Irish nationals (9)
- Unknown (34).

It is important to note that there has been a decrease in the number of non-Irish persons sleeping rough. This has been through the various inter-sectoral programmes designed to meet the needs of homeless migrants.

WHY DO THE ROUGH SLEEPER COUNT?

The street count is a way of confirming a minimum number of people sleeping rough on the night in question in the Dublin region and assists us in measuring the effectiveness of the regional strategy in addition to planning for services.

We recognise that a single count only tells part of the picture; rough sleeping is a dynamic situation whereby people can spend long periods sleeping rough or on a sporadic basis. Government policy is a housing led response to homelessness and we are continuing to concentrate our efforts to eliminate rough sleeping through the Regional Contact and Outreach Team, Dublin Housing First Project and the Cold Weather Strategy.

ACQUISITION OF FORMER SHANGANAGH DETENTION CENTRE

"Agreement in principle was reached between Council management and Castlethorn/Aeval on the terms of an agreement for a transfer of lands at Shanganagh involving Castlethorn/Aeval, the Council and Woodbrook Golf Club under which Shanganagh Castle, the former Juvenile Detention Centre and surrounding lands would come into Council ownership. The terms of this agreement would be subject to approval by the Council.

At that stage Castlethorn/Aeval undertook to seek the approval of their banks to the proposed agreement. They have been asked to provide an update on the current position".

REPLACEMENT OF SECTION OF FOOTPATH ON SHREWSBURY ROAD

"The footpath bay that has been uplifted by the roots of the tree in the grass verge will be re-constructed following consultation with the Parks Section regarding the removal or retention of the tree. This work will be undertaken within the next 4 to 6 weeks."

MONITORING OF TRAFFIC PATTERNS BETWEEN THE SHANGANAGH CEMETERY ROAD AND THE BRAY ROAD

"Some works were recently carried out here to the traffic island and road markings at the junction were also renewed. The junction will be examined and a further update will be provided following this.



Labour



Cllr. Denis O'Callaghan

Working With The Community

ADVICE CLINICS:

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Mondays: 8pm-9pm Shanganagh Park
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COUNCILLORS' QUESTIONS

Councillor Carrie Smyth

APM (Accident Prevention Measures) ON COMMONS ROAD

"Traffic speeds along Commons Road and facilities for pedestrians at the Shanganagh Road junction were identified as the areas that needed to be addressed. A Speed Display Camera was erected on Commons Road in 2011 and this has had a positive effect in reducing vehicle speeds. In relation to the Commons Road/Shanganagh Road junction, a report is currently being prepared by RPS Consulting Engineers, and this will outline the available design options in order to facilitate pedestrian movements at the junction. The Traffic Section will revert back to the Area Committee when the report has been received and outline design options and costs have been determined."

REPAIRS AT CORBAWN LANE (between the roundabout at Dorney Court and the roundabout at Shanganagh Road/Dublin Road

"This Section of road needs to be re-surfaced and it will be considered for inclusion in next year's Roads Programme. Following consideration of the 2013 - 2016 Road Restoration Improvement Programme, this road is included for re-surfacing in 2015. In the meantime, the Road Maintenance Section will continue to maintain the road in as safe a condition as possible pending the carrying out of re-surfacing works."

Note: At the meeting we received a copy of the "Presentation of 2013-2016 Roads Improvement Programme", which includes Corbawn Lane. It also includes Quinn Road Roundabout, Thornhill Road (Part of) and Ballybride Road (Part of).

PUBLIC LIGHTING AT TESCO EXPRESS IN SHANKILL VILLAGE

The Public Lighting Section of the Transportation Department informed me of the following in December:

"Our maintenance contractor has been instructed to order and install outside Tesco Express a new pole and lantern of the same style as the rest of Shankill village. With pole and lantern delivery times taken into account installation should take place in the first quarter of 2013."

KILLINEY TOWERS ROUNDABOUT

In summary, as there was a discussion on the selected design for detailed design, I wish to confirm that the scheme proceeding to detailed design is based on scheme design dwg no. 12_090_012 and to include the following:-

- 125mm high kerb at the cycle/circulating carriageway roundabout interface;-
- a 2.5m+ off road cycle track (to accommodate a two way cycle facility);-
- a 1.5m pedestrian footpath, (to examine if the existing original footway adjacent to the boundary walls would suffice) ;
- clear and unambiguous signage and road marking to provide for delineation between cycle and pedestrian routing;- and exit kerblines radii of 10 -12m, (currently exit radii in the order of 6m).

N11 BETWEEN THE CHERRYWOOD ROAD AND COMMONS ROAD JUNCTION

Work commenced on Tuesday 15th January to construct a new pedestrian crossing on the N11. Works will take place on both carriageways from 8.00am to 6.00pm daily. Work affecting traffic on the N11 will be restricted to between the hours of 10.00am and 4.00pm. A Traffic Management Plan will be in operation. Works are estimated to be complete by the end of March.

SIGNPOSTING OF DESIGNATED BATHING/LIFEGUARD CONTROL AREAS

Signage for these beaches is currently being designed and will be ordered with the intention of delivery before the Christmas. The signage will then be erected in the new year.

WORKS TO ENSURE DART SERVICES ARE NOT DISRUPTED BY FLOODING

"It is considered that the County Council is not the responsible Authority to ensure that the DART service is not disrupted by flooding and that it is a matter for Iarnrod Eireann. If issues are identified by Iarnrod Eireann for which the County Council may be responsible, these issues could be examined with a view to resolving them subject to availability of necessary resources and funding."

Councillor Carrie Smyth

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Statement by Cllr. Denis O'Callaghan, Councillor Ballybrack Electoral Ward

SHANKILL SHOPPING CENTRE SET TO RE-OPEN

Local Shankill Labour Councillor Denis O'Callaghan has confirmed that Shankill Shopping Centre which has been closed for a number of years is set to re-open in the near future.

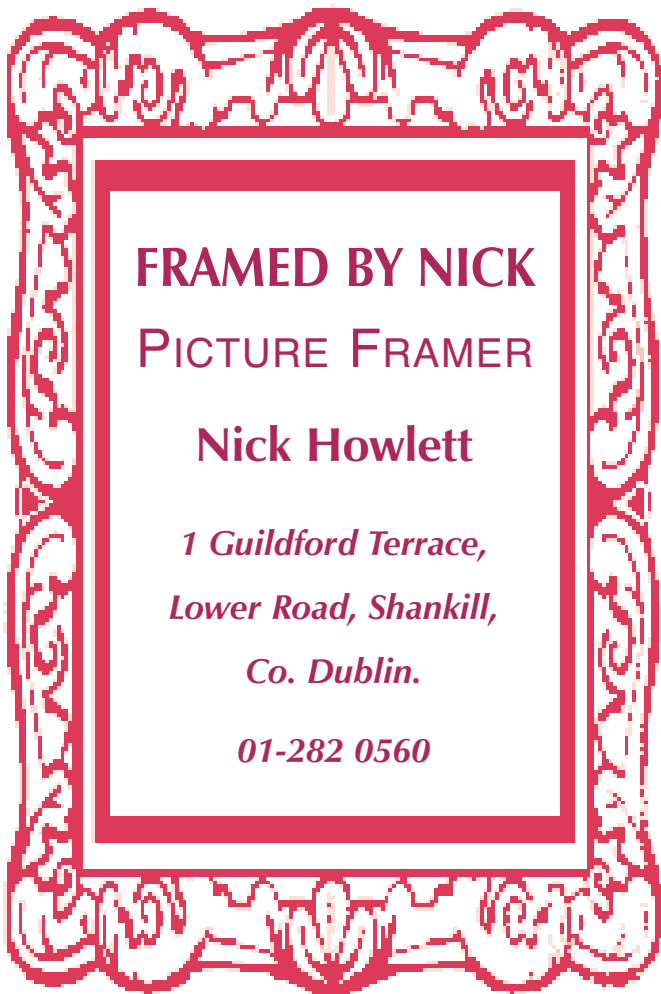
Councillor O'Callaghan was speaking in response to a reply by planners to a question tabled by him at a recent Area Committee Meeting of Dunlaoghaire Rathdown County Council. The reply confirmed that the new owners have been in pre planning discussions for the refurbishment of the Shopping Centre, which will include a supermarket facility.

"I am delighted with the news. When Shankill

Shopping Centre closed some years back it was a huge loss to the local community. Local jobs were also lost at the time with the closure of Super Value and approximately 12 commercial units.

"A planning application has yet to be lodged with the Council. I am hopeful this will soon happen and I wish the new owners all the best for the future.

"If the planning process is successfully completed, work on commencing the regeneration and refurbishment of the Shopping Centre can commence, creating jobs, commercial and shopping facilities for the Shankill area".



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BICYCLE INSURANCE *by Tommy Campbell*

This month, I have penned a couple of pointers in relation to the advice I would offer when it comes to insurance.

Firstly, I checked the OXFORD DICTIONARY about the word 'INSURANCE.'

1 The act or an instance of insuring. 2 (a) a sum paid for this; a premium. (b) a sum paid out as a compensation for theft, damage, loss, etc. 3 The business providing insurance policies.

Recently, I was in a bike shop in South William Street in Dublin. A bike was purchased and the assistant was very helpful to the customer and the item that struck me was the advice given to the customer. "Make sure that you insure the bike."

So, with that in mind and the preparation of the article, I went to the phone directory and rang up an outlet based on the Long Mile Road in Dublin, "EUROBABY/EUROCYCLELES" and spoke to a gentleman, Aidan Duff.

I requested his opinion about the insurance of bikes for the average person. Believe it or not! Bicycles are stolen every day in this country. In many cases, bicycles are locked to the 'faithful' railing. From the start, the odds are that when the owner comes back the machine will have done a 'walkies.' So, it would be a good idea that the 'lean' machine should be insured!

Many of the insurance companies today specialise in the

insurance of bikes and rightly so because of their costings. Naturally there are different options on offer. You can get cover for leisure, commuting and competitive cycling. Also on offer is liability insurance similar to your car insurance.

Is the bicycle covered under my house insurance?

Whilst it may be cheaper to include your bike on your home insurance. Look at the small print on the policy!

- Some companies will not insure expensive bikes. Check the policy.
- Say for instance that the bike has for an instance a value of over 200 euros. It could be included as an item.
- Here is the catch 22 situation! Will the full amount come into play if you have a claim? No doubt there are companies out there in the market that will advise you that depreciation will come to the fore.
- Does your replacement bike have to come from the original source of purchase. Also, has it to be of the same make.
- Number five could turn out to be a thorny subject when it comes to your accessories? Are they covered?
- Is there a guideline from the insurers about certain approved locks.
- In this day and age. Many of the cycling fraternity are spreading their wings on travel abroad. Such is the intensity of firms that are catering for overseas trips.

If you are a victim of a theft and you have to claim? What lies in store for you when it comes to renewing cover? So, be doubly sure to read the small print.

The prices paid for bikes in recent years have significantly increased thanks to the "cycle to work" scheme and people finally realising the benefits of cycling. Unfortunately attitudes to security, notably locks has not shifted to the same extent.

For anybody regularly locking their bikes outdoors (especially in the city) they should invest in a good lock. Expect to pay €50-€60. It is an investment and will outlive the bike. U-Locks are best but can be cumbersome to carry.

Quick release mechanisms on the wheels and saddle post can be replaced. A typical pack can cost around €40 and ensures you have a saddle and front wheel when you return!

Red Squirrel Project - Update

As part of the DLR Red Squirrel Conservation Project, red squirrels were translocated to Killiney Hill Park in September 2012.

The squirrels are currently having the radiocollars removed in advance of the breeding season. There have been a few squirrels which have ventured outside the park, mostly the males which is typical as they tend to disperse further. One was located in Bray, one in Shakill and one in Glengearry.

The remainder of the squirrels are still in Killiney Hill Park and breeding success will be monitored over the Spring and Summer.

The Council with the assistance of the Killiney Hill Red Squirrel Group wish to monitor squirrels in the areas surrounding the park. The Garden/School Squirrel Survey has been designed to assist with the monitoring. Local residents and schools can contribute by monitoring squirrels in their gardens and schools. This data will supplement survey work being undertaken by members of the Killiney Hill Red Squirrel Group in local parks and green spaces. To participate in the garden squirrel survey go to www.surveymonkey.com/s/squirrelsurvey2011



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MARTELLO PRODUCTIONS



The Cripple of Inishmaan



Sequence Of Events



A Little Like Paradise

HISTORY

This year marks the 39th anniversary of Martello Productions. The Group was founded in Dun Laoghaire in 1974 and local Martello towers provided the name of the group.

From the early days Martello Productions' general policy and aim was "to do good plays well and to establish a reputation as a drama group". So it was no surprise that the group, in order to further its reputation started to enter Amateur Drama Festivals. The first festival was The Dublin One Act Amateur Drama Festival in the John Player Theatre in 1976 and the play was "The Hole" by N. F. Simpson. Our first full length festival was also in the John Player Theatre in 1978 and the play was "Happy Family" by Giles Cooper.

Since then the group has taken part in numerous festivals, in Dublin (Tallaght, Skerries, The John Player Theatre, Balbriggan and Dundrum), Ballymahon, Bray, Cavan, Cork City, Dunmore, Enniscorthy, Goresbridge, Gorey, Haulbowline, Holycross, Kilmallock, Kiltimagh, Longford, Mullagh, Newry, Portadown, Prosperous, Rathangan and Rossmore. The Group has qualified for the All Ireland One Act Finals on two occasions.

In 1985 we first competed outside of Ireland when we entered the Manx Amateur Drama Federation Easter Festival of Plays in the Isle of Man and in the intervening period we have been there for 22 festivals. We have won the festival on two occasions with "Children of a Lesser God" by Mark Medoff and "Agnes of God" by John Pielmeir. Then in 2005, we competed for the first time in the Wakefield Drama Festival in Yorkshire and have taken part in six festivals to date.

The group has had varying success over the years winning some festivals and being placed in others. There

have been numerous individual and group awards over the years, our most recent being Conan Tormey and Pat McCann winning Best Actor and Best Supporting Actor respectively in 2012 with "The Cripple of Inishmaan" in The Isle of Man.

Since the start of the Group there have been over 80 productions and numerous more performances. Whilst they have all involved a considerable amount of hard work it is true to say that there has been a fair share of fun and laughs.

Martello has performed and rehearsed in numerous venues over the years. We want to take this opportunity to thank the many people and organisations who have helped us along the way. Our present home, since 2007, is Rathmichael Parish National School where we rehearse and perform, and for their hospitality and continued support we thank Revd. Canon Frederick C. Appelbe, School Principal Caroline Senior, and the Board of Management.

Since we arrived in Shankill the audiences have steadily grown over the years to the most recent full length production when we were completely sold out on the Friday night of "The Cripple of Inishmaan". This is a great indication of support for the Group which is greatly appreciated.

The group has a current membership of between 15-20 active members and various other 'social' members and supporters. However we are always looking for new members. So if you want to act, get involved in lighting or sound, help with building sets or generally help out back stage or at front of house then please contact Trevor Bailey on 086 - 2633955

On a more sombre note we remember with fondness four stalwart members of the group - Peter McKee, Philip Griffin (founder members), Aine Sparksman and Lorraine



The Factory Girls



Gosforth's Fete



The Cripple of Inishmaan



Sequence Of Events



Back stage crew

O'Connor who are no longer with us. There will always be a part for them in the hearts of all who knew them in Martello Productions.

This year's full length production is "By the Bog of Cats..." by Marina Carr and will be going on in Rathmichael National School on Thursday 21st to Sat 23rd March 2013 at 8.00pm nightly. Tickets are €12 (Concession €8) to include tea/coffee/biscuits.

We recommend that you reserve tickets by calling 086 2633955. Remember we had to turn people away on Friday night of our last production!

Recent Martello Plays

May/June 2008

"Whose Life is it Anyway?" – Brian Clark

June 2008

"A Talk in the Park" – Alan Ayckbourn

Nov 2008

"Effie's Burning" – Valerie Windsor &

"Gosforth's Fete" – Alan Ayckbourn

May 2009

"Dolly West's Kitchen" – Frank McGuinness

Oct/Nov 2009

"The Nightingale and not the Lark" – Jennifer Johnston

Feb 2010

"The Nightingale and not the Lark" – Jennifer Johnston and "Mother Figure" – Alan Ayckbourn

May 2010

"The Factory Girls" – Frank McGuinness

Oct-Dec 2010

"Faint Voices" – Frank MacKenna

Apr 2011

"A Little Like Paradise" – Niall Williams

Nov 2011

"Sequence of Events" – George McEwan Green

Mar/Apr 2012

"The Cripple of Inishmaan" – Martin McDonagh

Oct/Nov 2012

"The Tinker's Wedding" – John Millington Synge



Dolly West's Kitchen



Best Actor



Best Supporting Actor



Deirdre — A Little Like Paradise

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SHANKILL CLASSICAL MUSIC CLUB



Grand Opera and Grand Pianos

The Shankill Classical Music Club heard two widely different programmes in the two sessions before and after Christmas. In December, Frank Murray presented a programme entirely of opera. This was Grand Opera proper, full-fat and cholesterol-laden: big voices, big passions, emotion bursting out all over, joyful, mournful, amorous, vengeful. Nineteenth century Italian opera predominated, with Verdi, Puccini, Rossini and Boito. Frank gave us many of the less familiar arias and ensembles, fewer of the well-known tenor or soprano arias, and a substantial contribution from baritones and basses.

But it wasn't all Italian: there were short pieces by Gluck and Bizet; Leonard Bernstein put in an appearance, with "Somewhere" from *West Side Story*; the contemporary composer Patrick Cassidy's surprise hit "Vide cor meum"; and, to end, the ecstatic *Liebtestod* from *Tristan und Isolde* by Richard Wagner.

The singers represented included some of the greatest names of mid-and late 20th century recordings: Marilyn Horne, Renata Tebaldi, Mirella Freni, Margaret Price among the women; Luciano Pavarotti, Tito Gobbi, Cesare Siepi, Piero Cappuccilli, Sherill Milnes among the men.



On the face of it, the January programme of piano music, presented by Jim Bruce, looked to be a suitably austere antidote to Christmas excesses – a broadly chronological survey of the best-known of the composers of romantic-era piano music. What was perhaps most striking was how different and colourful were the sound-worlds in the solo piano first half, starting with the jaunty *Marche Militaire* of Schubert. A sophisticated Mendelssohn rondo was followed by five of the miniature and aphoristic *Preludes* of Chopin. How to represent Franz Liszt, perhaps the most productive pianist-composer ever? An impossible choice, of course, and Jim settled for the best-known of his flamboyant Hungarian Rhapsodies, in a recording by the



Verdi

pianist Leslie Howard, who has recorded every note of Liszt's piano music, occupying almost 100 CDs!

The Debussy selection was the demure *Suite Bergamasque* (which includes the famous *Clair de Lune*), the composer's affectionate portrait of the *commedia dell'arte* and the courtly elegance of the French baroque harpsichord composers.

Nothing courtly about the grand finale: perhaps the best-known of all piano concertos, the blazingly romantic No 1 of Tchaikovsky. Jim noted that, surprisingly, it has never previously been presented in the club's programmes. Tchaikovsky characterised it as a battle between piano and orchestra, a concept given extra

piquancy by the choice of recording: pianist Martha Argerich with conductor Charles Dutoit, whose short-lived and reputedly stormy marriage did not long survive this famous 1971 performance!

For full details of all the pieces and performers, see our website www.shankillclassical.org

Shankill Classical Music Club meets at 7.45pm on the first Wednesday of each month (except July and August) in the Old Folks' Association Centre, Lower Road, Shankill. New members and visitors are always welcome. The next meetings will be on Wednesday 6 February and 6 March. For further information see the website or ring John O'Hagan (087-210 9175).

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Shankill's Martello Tower

Maghera Point. You never heard of it?

Neither did I till I found myself recently at a most informative lecture in Rathmichael School. Rob Goodbody is a mine of information on all things relating to our local history. In the course of his lecture he displayed maps drawn up by the military when the Martello towers were being rushed up to defend Dublin Bay against a feared invasion by the French. Napoleon had designs on Britain. Military strategists feared that Dublin was a weak point. So a chain of defensive towers was strung along the coast from Bray to Balbriggan.

The most southerly of the towers was plonked right in the middle of the esplanade at Bray. The next was erected at the end of Seapoint Road near present day Carlisle Grounds. This is the one that was later home to Bono. The third was on the sea cliff at Corke Abbey and the fourth was built on a minor promontory called Maghera Point which was close to where today's Quinn's Road meets the beach. The tower and the point have now long gone.

Following the small piece I wrote in November's SCAN asking about a lost village east of the abandoned railway line, I got a number of calls from interested locals. One man told me he swam with his father in the 1940's in the sea between Corbawn and Quinn's Road. His father always referred to the submerged rocks there as a lost village. This for me confirms the existence of an oral tradition about a village lost to coastal erosion. Other locals had spoken to people who remembered occupied houses east of the old railway. I reckon we are talking here about the early years of the last century.

After Napoleon's surrender the threat of invasion receded. The Shankill tower was let to General Cockburn, the local landowner.

When it became apparent that erosion was undermining the cliff a decision was made to dismantle the tower and utilise the stone elsewhere. This is where the railway line came in handy. They ran a spur right in beside the Martello tower and loaded the masonry onto rail wagons. From there it was brought to Kilcoole and used to strengthen the defences against coastal erosion which threatened the railway line to Wicklow.

All of this raises the question of continuing erosion. Rob Goodbody has estimated the rate of erosion at about 300 millimetres per year. This is an interesting figure because it enables us to calculate that in the 200 years since the tower was built the sea has claimed 60 metres of land for itself.

Rob Goodbody, by the way, is one of the contributors to *The Martello Towers of Dublin*, to which I'm indebted for much of this information. A beautifully illustrated book and essential reading for anyone interested in their local history.

Paddy Connolly

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GARDA REPORT



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If you think you may be a victim of 'phishing' attack:

1. Notify the relevant financial institution
2. Change your passwords
3. Contact An Garda Síochána

Always remember

- Your bank will never send you an email requesting your bank security details
- You will only need your security details when logging into your bank's internet service.
- Do not share your password with anyone.
- Do not open email attachments from people you don't know
- Be wary of clicking on links, they often lead to false sites.
- Review credit card and bank statements regularly to reveal any problems and inconsistencies.

'Spyware' is often downloaded on your computer without your knowledge. Once there it can collect information from your system and may transmit it to a third party.

Always remember

- Install a reliable anti-spyware application
- Ensure the application is kept up to date

CORRECTION – Dec Issue Car Windscreen Vandalism

Within this Article the Community Garda wrongly mentioned the incorrect park. See comments below from Community Officer:

"Where St Annes Park is mentioned that should read Shanganagh Park. This was an unintentional error the residents of St Anne's Park are diligent in their reporting of such incidents".

- Activate a firewall
- Be security conscious when surfing and downloading
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SHANKILL BOWLING CLUB

The A.G.M. of the men's committee was held in Bradys on 15 Nov 2012 at 8pm.

The following committee was elected for 2012-2013 — Captain: Joe Byrne; V/Capt: Jack Gilmore; Secretary: Liam Saurin; Treasurer: Jim Kelly; Competition Sec: Paddy Pegman.

Selectors: Joe Byrne, Mick Dixon, Christy Shortt, B.L.I. Delegate: Paddy Hughes.

Congratulations to Joe Byrne and best wishes to him and all the members of the new committee in the coming year. It was decided at the A.G.M. to discontinue providing meals to visiting sides after Saturday games (Div 2) and also not to enter I.B.A. Cup fixtures in 2013.

The A.G.M. of the indoor section was held at Scoil Mhuire on Thursday 6th Dec. and a new Captain Jim Kelly was elected with Henry Bellew becoming the V/Captain; Treasurer: Margaret O'Neill; Secretary: Eddie Seery; Competition Secretary: Maura Bannon.

Committee members: Shirley Nicholson and Joe Gregory. We wish to thank the outgoing Capt. Joe Gregory for his excellent work during his term of office.

The annual charity bowling match was held this year at Dun Laoghaire B.C. on Wed. 2nd January. Their new bowling green was stretched to 7 rinks consisting of 56 bowlers plus several extra players when exchanged. The teams were mixed and a brilliant day's bowling was followed by refreshments in the fine new clubhouse. The result did not matter but I think it was near a draw. What did matter were the funds raised for the Simon Community



John Jowett, Kay Doohan, Liz McElhinney, Shirley Nicholson at the Charity Match

amounting to €1,250 plus large hampers of goods, all for a very good cause.

Our trip to the Clare Inn Hotel, organised by Maura Bannon was a success in that we figured in all three of the indoor bowling prizewinning categories: with the Winners we had Maura Hughes, 2nd Maura Bannon and Margaret O'Neill and 3rd Carmel Morton. What a record to beat eh! Well done indeed but we always seem to do well at this venue and more of us should come along for the fun and the craic!

Birthday greeting this month go to Don Shaw and any other members who have a birthday around this time.

New members now welcome.

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CALENDAR 2013

Thank you to everyone for supporting the Shankill 2013 Calendar. To those who sold the calendar and to those who bought it your support is much appreciated. The calendar was a huge success again this year and all proceeds go towards Tidy Towns projects throughout the year.



WEDNESDAY CLEANUP

If you would like to volunteer an occasional/regular hour of your time to **Wednesday Cleanup** text details mobile/email to (086)4103299 or post your details in Contacts on www.shankillmatters.com



GARDENING CLUB



If you have green fingers or just like getting your hands dirty please let us know! We are looking for someone to run a Shankill Gardening Club with volunteers from the community. Meeting once a month during the winter or twice a month in Spring/Summer - maintaining flower beds, planting bulbs etc in the village and various locations around Shankill. Call us on 086 410 3299 or post on the website, www.shankillmatters.com.

TABLE QUIZ

We will be holding our annual Table Quiz in the spring. Keep an eye out in SCAN and on our website, shankillmatters.com, for details. It should be a fun night out with fabulous prizes on offer.

www.shankillmatters.com

The purpose of the Website is to provide a forum to keep the residents of Shankill informed on community-based news and events and a method of getting involved in any of the Tidy Town initiatives. If you want to share your opinions or contribute in any way on any of the posts and pages please email info@shankillmatters.com or leave a post!



If you notice graffiti and you cannot successfully remove it yourself please contact our Graffiti Removal Coordinator on 086 410 3299.

Meet our community

INTERVIEW WITH SGT. JAMES CONWAY, COMMUNITY GARDA

Why did you join An Garda Síochána?

When applying for any Job, a person has their own ideas of why they want that job and what they will achieve. There is no doubt when looking to join An Garda Síochána the appeal of driving patrol cars, responding to robberies all the games of cops and robbers to be played out in reality were all attractions.

What are the realities?

The realities are more sobering, dealing with intoxicated people and the effects of alcohol over indulgence and drugs, witnessing the despair brought to families as a result of addictions. The impact that crimes such as burglary, robbery and assaults have on their victims was and continues to be eye opening.

The events which occur within families themselves are an eye-opener. The suffering placed upon mothers and fathers by their own sons and daughters when they become addicted to drugs and alcohol is heart breaking.

Similarly the effects of Domestic violence which can be inflicted upon spouse, children and parents in so many forms and the devastation, destruction of self confidence in the receiving party is heart wrenching.

Dealing with the neglect of children by the parents is always difficult but thankfully not prevalent.

The breaking of news of the death of a relative particularly as a result of road traffic or murder is very difficult.

No amount of training prepares you for these events. Missing persons are also very difficult especially if we cannot locate the person. These are not incidents one can just switch off after your shift and you do end up bringing them home and analysing them, wondering what other avenues are open to you and what I have to do still.

These are the issues that struck me most especially in the formative years of my service. The reality being that I responded to all these incidents and investigate them to the best of my abilities.

It highlighted to me that people in general either expect members of An Garda Síochána to do something. It also demonstrates that most people have not really thought out in full what they want or expect from a policing service.

I suppose before I joined An Garda Síochána, I, like most, felt that once the Gardaí responded to an incident that this was the end of it and people either went to court or not.

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CARE FOR YOUR FEET

In retrospect being in the service makes one, fully appreciative of the saying the wheels of justice turn slowly. Investigations are not like the fire service where once you put out the fire our involvement ends, the response to an incident is only step one, gathering the evidence takes time, preserving scenes, waiting on results of analysis, taking statements, interviewing a prisoner(s) all take time, compiling reports for Director of Public Prosecutions, complying with court orders to provide defence solicitors with all the evidence, attending at court to provide evidence. When all is taken into account at the scene of an incident is the easy part.

Why stay with this vocation?

Well the answer is very easy, not all families are like this or indeed most of what I have outlined they will never see. Indeed the decency which I am treated with by the vast majority of people I come in contact with is astonishing. The majority of people are honest, respectful and helpful. In fact the decency of Irish people is undervalued, I am reminded of a recent radio programme which hailed the Irish "Mammy" and indeed An Garda Síochána has a lot to be thankful for because of the qualities instilled in the majority of people in this country.

There is also the satisfaction of having completed an investigation file to the best of your ability. While I am always apprehensive about court there is a thrill especially in a contested case where you have prepared well. There is no doubt that for innocent victims of crime the thought of attending court and reliving their experience is a daunting prospect. However when victims attend and give their version of events and justice is done many are happy that they have put the incident behind them and continue on with their lives.

I suppose there is a misconception that Gardaí, Judges and prison system are tied in together. They aren't and for good reason, the administration of justice is very important to society and each arm of the justice system has their own distinct role, the Gardaí being the gatherers of evidence for its preparation for presentation in court. The judges to adjudicate on the evidence, it admissibility and having considered it decide on guilt or innocence of the person charged, in the circuit court a jury takes on this last role. The prison system and the probation system deal with offenders after conviction. While they deal with the same area each arm has their own distinct role in the system.

How does Shankill Rate?

In the Shankill area the amount of people willing to help with projects that make the job of An Garda Síochána easier is incredible. The facilities and groups which people volunteer and commit to are outstanding, from soccer, GAA, scouts to active retirement, historical

societies, ICA, old folks, Killiney Lions Club order of Malta, civil defence, Tidy Towns and many more.

The commitment of volunteers in the area to improving their community, providing services where they are not catered for is highly commended. To be in a position to support these groups in my role with the community policing unit gives a great deal of satisfaction. Currently the foundations are in place to improve the appearance of the station in the community and with continuing works over the coming years in cooperation with the local scout troops this will come to fruition.

The publication of Scan and its Facebook page along with the Shankill matters, Shankill Business Centre and Shankill traders are of course exciting developments and will be facilities through which local news can be disseminated quickly.

The events that are organised throughout the year display the interest locals have in their community, The Old Folks Christmas Party, Santa visiting the schools, Shankill Village Christmas Party, Tidy Towns clean-up day, events organised by the soccer clubs, various quizzes for local causes like the scouts, Order of Malta, Killiney Lions Club, the Parish centre at St Anne's, The Victorian Field Day, organised school walks, Rathmichael Garden fete, The Crinken Church Community Week various DLR event to coincide with Social Inclusion Week, Bike safety week and much more.

For the future if An Garda Síochána is to retain its high standing in the community, then like the Kilkenny hurling team this will be achieved through honesty, hard work, commitment, dedication, respect and quality service.

I wish all the residents of Shankill a very Happy, peaceful and prosperous New Year for 2013.

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CHRISTMAS DINNER IN OCEAN
Bray. Bridgeen Devlin, Salli Dixon, Marie Grehan

If a little belatedly, we would like to wish everyone a happy and healthy 2013; where did 2012 go?

In December we had a most enjoyable meal in the Ocean restaurant in Bray. The Christmas set menu gave plenty of choice and was good value. The staff were first class and to be met with a glass of mulled wine on our arrival was a seasonal and thoughtful touch.

At our monthly meeting on 17th December the committee had done a great job decorating the room in the Resource Centre and after some very good 'eats', provided by Debbie

Duncan, we were entertained by Maurice Nangle who sung seasonal songs and carols accompanying himself on a large keyboard. After a raffle and Kris Kindle we left for home full of the Christmas spirit!

Our next meeting will be on 18th February, the third Monday of the month, at 3.00pm in the St. Anne's Resource Centre. New members are always welcome. For more information contact Pat O'Connor at 01 2820733.



CHRISTMAS PARTY IN RESOURCE CENTRE
Eleanor Dickenson, Anna Little, Sheila Thomson

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CHRISTMAS FESTIVITIES AT SHANKILL OLD FOLKS

There was a lot happening at Shankill Day Care Centre in the run-up to Christmas.



Groups of singers from the three local schools, St Annes, Rathmichael and Scoil

Mhuire were in good voice singing carols at the Carol Service, which was led jointly by clergy from our local churches, and included lighting candles and special prayers.



Santa came to visit with gifts at the Christmas Tea, and lots of gifts and prizes were won in the raffle and bingo.



Dalkey artist Olivia Bartlett and her self-portrait

On the last day before we closed for Christmas everyone sat down for a super Christmas Dinner cooked by our kitchen team: Anne, Anna and Karen, and enjoyed a little glass of something festive. Actress Cathy Whyte entertained everyone with a Christmas sing-song.

ARTS AND CRAFTS

Aside from all the Christmas fun, we also have a programme of arts and crafts, run in conjunction with Dun Laoghaire Rathdown's "Ignite the Spark", which has involved Julie Merriman coming once a week to inspire everyone to be creative. Dalkey artist Olivia Bartlett also came in with a picture she had painted of herself at various stages in her life, and talked about her childhood and events that the painting represented. When Julie's sessions come to an end, we are hoping that Olivia will come back and build on the creative spark that Julie has ignited! And continuing the Christmas theme, Sonia Appelbe came in to help everyone to make lovely Christmas table decorations to take home with them.



Members of the Beavers handing over hampers of produce and gifts they had collected for the Old Folks

A BIG THANK YOU

This is to say a big Thank You to all the people of Shankill and beyond who help and volunteer in so many ways, from Meals on Wheels or helping in the kitchen, to the Booksale and providing entertainment, and to individuals, groups and businesses who so generously donated produce and gifts for the Christmas party and dinner. We depend on you, we couldn't exist without you, and you make a real difference.

BOOKSALE

Our next booksale will be on Saturday February 2nd from 10 - 1, so bring in any unwanted books in good condition, and come and see what's arrived in new for you to read, and have a cuppa and a chat while you're there.

HILARY MALCOLMSON R.I.P.

We were all devastated to hear the very sad news that Hilary, our dear friend and committee colleague, had died over Christmas. An appreciation of her enormous contribution to the Shankill Old Folks appears on the Community Notice Board Page.

Tel: 01 2826364 email: shankilldcc@eircom.net

SHANKILL TENNIS CLUB

ROUNDING UP THE YEAR THAT WAS 2012

A sincere thank you to all our members for a yet another great sporting year.

Ending the season with a bang was Ronan Coburn who won the Champs Christmas Turkey Challenge, knocking the stuffing out of his rivals!



Champs Christmas Turkey Challenge

Our Juniors continued to grab the headlines with *Cóilín McNamara* finishing first in the under 18's section of the National Matchplays. *Ellie Murphy* finished in third place in the under 12's. Another great result saw *Michael Frawley* finish in sixth place in the under 16's section. Congratulations to all and indeed to Derek, their dedicated coach.

There was great cause for Christmas Cheer with the announcement from the Sports Capital Programme that STC is to be awarded €200,000 from the programme.

Unfortunately the year brought with it the sad news of the untimely death of Chris Mallon. Chris is fondly remembered and sadly missed by all who knew him.

New members of all standards are always welcome and may join at any time. The membership year runs from April to April. For further information please check out our website shankilltennisclub.com or contact the supervisor in the Club Office on 01 2825400.



Going out on a high are the Ladies Charity League winners. The team, pictured above, is Sinéad, Linda, Caroline, Kiyoko, Louise (captain) and Pauline. A huge congrats ladies on winning this prestigious event.

The team was presented with a cheque for €600, payable to a charity of its choice. The team decided to nominate the Autistic Unit of Bray School project to receive the donation.

The Ladies Turkey Run & Winter Woolies Mixed League was great fun and there was plenty of class tennis on display.



CURRY – Chicken or Vegetable

By Vivien Reid

While the days are getting longer and brighter in February there is often a chill in the air. Curry is a popular meal these days and can easily be made at home using these quick and easy recipes. Choose a curry sauce to suit your taste – not everyone will 'like it hot'! This is healthier and often quicker than ordering a take away!

CHICKEN CURRY *Makes 4 portions*

Ingredients

- 2 tbsps vegetable oil
- 4 chicken breast fillets (cut each fillet into about six pieces)
- 2 large onions, peeled and sliced
- 3 cloves of garlic, crushed
- A jar of curry sauce - mild or hot
- 1 bunch fresh coriander leaves, chopped



METHOD

Heat the oil in a pot. Add in the onions, garlic and chicken. Stir all together. Cook for a few minutes until sizzling. Stir in the sauce from the jar. Cook for about 15 minutes until chicken is fully cooked. If the sauce is too thick, thin it with a little water. Take off the heat and sprinkle with coriander. Serve with boiled rice and cooked vegetables.

VEGETABLE CURRY *Makes 4 portions*

Ingredients

- Vegetable oil
- 1 medium red onion, peeled and chopped
- 1 courgette, diced
- 1/2 butternut squash, peeled and diced
- 100g mushrooms, quartered
- 1 red pepper, diced
- 150g cauliflower, broken into florets
- A jar of curry sauce – mild or hot

METHOD

In a little vegetable oil, fry the onion gently for 10 minutes in a large pan then add the remaining vegetables and stir together. Add the curry sauce and simmer gently for about 25 minutes, taking care not to overcook the vegetables. If the sauce becomes too thick, add a little water to thin it down. Serve with boiled rice and a mixed salad.

TIP — This recipe is a guideline, so use whatever veg you have to hand. Always check the fridge for any fresh or cooked vegetables that need to be used up and substitute them for the equivalent quantity in the recipe.

NOTE: If you make more than you need you can freeze the rest as these meals freeze very well. Make sure to defrost fully before reheating until bubbling and piping hot.

Scoil Mhuire News

Santa arriving unexpectedly at Scoil Mhuire!

Santa Claus paid a surprise visit to Scoil Mhuire on the day of the holidays.



Pictured welcoming Santa are: Mary O'Sullivan, HSL teacher, Patricia Slavin, Principal, Edel Flynn, School Secretary and Alice Finlay-Scott, teacher.



Ms. Barrett's 5th Class completed a project on animals in the Antarctic. These children concentrated on the penguin.



Santa with some of the excited boys and girls.

Here are some children from Mr. Neenan's 6th class. The class wrote reports on endangered Rainforest animals.



Ms. Cronin's Class are doing a project on Global Warming. Here are some children with their pictures showing the effects of deforestation and pollution on the planet.

SWIMMING

All boys and girls from 1st to 6th class were given a free introductory swim in the new pool in Loughlinstown, courtesy of D.L.R.C. This is the pool which will be used by the school from now on instead of Blue Pool.

THE MONDAY CLUB

Members of "The Monday Club", a book club held on Monday's for the avid readers in Scoil Mhuire. Maria Murphy, a Froebel student teacher, leads the Book Club's weekly discussion.



Members of "The Monday Club" are Sophie Kennedy, Conn Richardson, Luke Lyons, Richelle Yabut, Scott Healy and Leonardo Quados.



Valentine's menu at Envy

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THE RELUCTANT ZEALOT: Part Eight

By Florence Horsman-Hogan

Funny isn't it? When you get what you really want in life sometimes you realise you actually didn't want it in the first place.

I'm in the incredibly lucky position of having a wonderful husband who, barring my more insane moments (of which there are many), acquiesces to my every wish. Which is why on Christmas day I was left looking at my Christmas present from him in incredulous – well – incredulity?

A three month membership to Loughlinstown Gym and swimming pool, plus a voucher for me to get the sports gear I needed. As I've shared with many of you before – I'm like a cat in a bathtub when it comes to swimming pools, and as for Gyms – my last feeble ventures resulted in my sitting on the cycle machine thingamajigs and 'people watching' more than anything else. And then waddling smugly out to my (electric not any effort) bike – bored, but happy.

However, I had begged, whinged and nagged (I have a PHD in begging, whinging and nagging) for weeks before Christmas for this because on some level mature Florence was in there realising that as a middle aged woman, exercise for bone density and mental (cognitive) function – even if not for weight loss is vital.

Bones tend to decrease in density as we age, and for some individuals, it can lead to osteoporosis. Osteoporosis is a disease of low bone density and can lead to an increased risk of fracture. According to the National Osteoporosis Foundation, osteoporosis and low bone mass affect 44 million men and women ages 50 and older in the United States, or 55% of the people 50 years of age and older. Cognitive function can start to decrease as young as forty five, and studies have shown that even an hour walking three times a week can slow this deterioration by up to 30%.

My first visit to the gym for 2013 was the usual messing

around I do when I know I have to do something, but don't really want to do it. Put on my old (barely worn) tracksuit, cycled down and spent most of the time getting the really kind receptionist, Colette, to show me around their new facility and also playing mind games with myself in the gym (see how many 'machines I can pretend to use without any actual effort). The pool is really big (and um – wet!), and as well as the usual swimming sessions they have 'Aqua Fit' classes and swimming lessons. In the gym which they've added a few more thingy's to since I dossed there last I entertained myself sitting on a bike watching a TV video of all the classes they have.

For me I couldn't believe people actually did that sort of stuff in public and call it fun. It was like watching how much pain you can put the human body through and still live. Personal opinion is that it should actually be 'X rated', and that was just the Zumba dancing and 'Spinning' to music classes. I totally freaked when I watched the 'Ab Attack' and other stuff.

Two weeks later and with about six gym sessions under my belt the results are actually starting to show. And once the idea of concentrating on activity alone took hold, the bike got ditched in favour of a walk to the Luas when going to work, which ensued another 3 hours walking a week. Six pounds down is the fantastic side effect. We can always fool our minds can't we – but it's actually impossible to fool our bodies.

Take it from this couch potato, a slow start is better than no start – and you'll be surprised at the new doors opened and positive benefits a tiny bit of exercise a day can bring. Here in Shankill we're blessed to have the best walking places ever, between the two beaches, Killiney, the Leadmines, Sugarloaf etc, etc. We've no excuse really.

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PLANNING APPLICATIONS

NOTICE from SCAN re PLANNING APPLICATIONS

We are aware that some of the notices about planning applications and decisions are out of date by the time you receive your SCAN but feel that our readers wish to know what is going on in their area. We would like to remind you to keep a look out for new planning notices and, if you feel that they could be of interest to you, go to the Planning Office in Dun Laoghaire-Rathdown County Hall, Marine Road and request to see the plans.

D07A/0776/E EXTENSION OF DURATION OF PERMISSION EXTENDED 23/11/12

Caraghstone Homes Ltd., Library Road, Shankill
6 x 4 bedroom detached 2 storey houses over garden basement level with pitched roofs and velux roof lights to rear. New vehicular and pedestrian access from Library Road. Vehicular and pedestrian access to existing house, also from Library Road. Car parking in front of houses, new boundary wall to site and existing house, all to rear of main location.

D12A/0460 SEEKING PERMISSION 22/11/12

Dan McGrattan, El Dorado, Quarry Road, Shankill.
Construction of 3 x 2 storey detached dwellings linked to associated garage/guest rooms. New access road and new biocycle water treatment systems for each dwelling.

D12A/0382 PERMISSION GRANTED 22/11/12

Lawrence & Jana Weldon, 191 Corbawn Wood, Shankill.
Demolish existing boundary wall and construct new solid concrete boundary wall with external finish to match existing dwelling. Convert existing side access into a covered area for a new toilet, utility and store with tiled roof to match existing roof with roof lights in new tiled roof, etc.

D12B/0312 PERMISSION GRANTED 23/11/12

Eoghan and Tanya Tiernan, 39 Foxes Grove, Shankill.
Demolition of existing garage and erection of new single storey extension to front and side.

D12A/0482 SEEKING PERMISSION 6/12/12

Miss Sarah Kennedy, 25 Shrewsbury Road, Shankill.
Construction of first floor extension to the side with a dormer roof, single storey extension to rear, roof light to front, widening of existing driveway entrance etc.

D12A/0491 SEEKING PERMISSION 13/12/12

D. Clavin, 28 Shrewsbury Road, Shankill
Alterations to front of house including a small extension with bay window to left of entry, new front door position with canopy, new roof to single storey extension to side and single storey extension to rear, removal of chimney to side and widening of driveway entrance etc.

D12A/0519 SEEKING PERMISSION 21/12/12

Orchid Homes Ltd., Seaview Park, Dublin Road, Shankill
Construction of 1) 2 x 2 storey detached 5 bedroom dwellings with habitable accommodation in the roof/attic space, roof lights and solar panels, with vehicular and pedestrian access via access road of the Dublin Road. 2) 2 x 2 storey semi-detached 4 bedroom dwellings with habitable accommodation in the roof/attic space, roof lights, solar panels and semi car port area to the front/south facing elevation with vehicular and pedestrian access via Seaview Park. Drainage connection to local mains.

D12B/0397 SEEKING PERMISSION FOR RETENSION 17/12/1

Sandra Fetherston, Four Winds, Ballycorus Road, Kilternan.
Detached domestic garage. Extension to existing dormer attic room incorporating new dormer windows to rear and

rooflights to front. Porch extension to front of dwelling with minor alterations to existing elevations. Garden shed.

D12B/0403 SEEKING PERMISSION 21/12/12

Mr. Christopher Reid, Dove Cottage, Commons Road, Loughlinstown.

Alterations to existing dwelling to include part demolition of single storey element, realignment and removal of existing windows, internal room modification etc.

D12A/0395 PERMISSION GRANTED 20/12/12


Joseph & Olivia Uhlar, Willsboro, Thornhill Road, Old Connough, Shankill, Bray.

Removal of existing fire damaged dormer extension to side, repair and re-instatement of roof over existing single storey cottage, construction of 2 storey and single storey extension to rear and side of existing house, construction of single storey en-suite bathroom extension to side of house, elevation alterations, alterations to existing vehicular access to side of house, installation of new treatment system etc.

D12B/0355 PERMISSION GRANTED 20/12/12

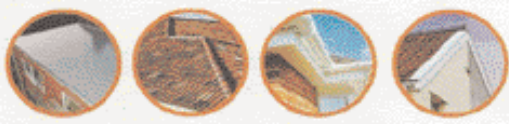
Lorraine O'Reilly, Cartref, 10 Ballybride Manor, Rathmichael.

Demolition of single storey section of existing west elevation and construction of new 2 storey extension comprising kitchen/dining on ground floor with bedroom/dressing room overhead. New entrance doorway and porch to east facing elevation. Revised fenestration to existing house etc.



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