



Delany to captain Ireland at World Cup

See page 58

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Best feeling ever for Wild Youth members

A POP band with members from Tallaght were selected on Friday night to represent Ireland at the upcoming Eurovision Song Contest after impressing both the judging panels and the public, reports *Aideen O'Flaherty*.

The four-piece band, Wild Youth is composed of Callum McAdam from Jobstown, Ed Porter from Springfield, David Whelan, and Conor O'Donohue.



The group competed against other Eurovision hopefuls on a special edition of 'The Late Late Show' on Friday and wowed the audience with their energetic performance.

Wild Youth, who previously toured with the Script and Kodaline, performed their uplifting and anthemic song 'We Are One' and soared to the top of the leader board.

Drummer Callum McAdam, who is a past pupil of St Mark's Community School, told *The Echo* on Wednesday morning about what the whirlwind win has been like for him and the band. **page 18**



WALK AND TALK

LAST winter, Stephen Brennan decided to give up recreational drinking and drug taking and his friend Anto Heapes gave up drinking, but they found that they were up early every Saturday morning with nothing to do, reports *Aideen O'Flaherty*. See page 4



Faces of the community

page 26

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Saggart start-up has a huge business potential

A SAGGART start-up is aiming to help people and businesses track and improve personal sustainability targets via a new smart water bottle – akin to a 'fit bit' for the environment, reports *Maurice Garvey*. See page 31

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THE Echo

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- CLONDALKIN:** NEULANDS, MONASTERY, RED COW, BAWNOGUE, DEANSRATH, LIFFEY VALLEY & NEILSTOWN
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Next Edition

The next edition of *The Echo* in the shops from Thursday, Feb 16, 2023. Don't miss it!



EchoSo and EchoJoe back again this week on pages 50 and 51

Historical Societies unveil plaque at St Brigid's Well

Ancient Well is adjacent to area planned for development



PLAQUE: Members of the historical societies at the unveiling of the plaque at the ancient St Brigid's Well in Rathcoole
Photo by Tommy Keogh

MEMBERS of the Saggart, Rathcoole and Newcastle historical societies combined forces to install signage at the site of the ancient St Brigid's Well at Tay Lane Rathcoole.

The well is recognised as an ancient ritual site but is adjacent to a larger area that is earmarked for development.

The idea was the brainchild of Anne Hackett who with Bróna Uí Loing brought the organising committee together.

Their fear was that the developers would carry out construction without preserving the ancient site of the well that was venerated until relatively

recently.

In erecting the signage the heritage societies are not only marking the site but also putting down a very visible marker to the council, local councillors, politicians and the developers that any future development on the site must be cognisant of the ancient well as a heritage site.

2025 will be the 1,500th anniversary of St Brigid and with the resurgence of interest in St Brigid, the Committee believes the time is right to restore the Well.

Local woman Valeria Halloran commented: "You can see how the St

Brigid's cross means so much to people and helps them in many different ways.

"I still have the crosses that I get at the Church every year. Brigid's energy is coming in strong and we need it in these difficult times.

"There is so much crap going on wars, climate, misplaced people, corruption, St Brigid offers us hope, direction and new beginnings."

Councillor Francis Timmons who is a member of the group also commented at the unveiling of the new sign: "you can see from the large turnout here today that the spirit of St Brigid is still alive in Rathcoole."

Calls for changes to dangerous N7 junction

Councillor witnessed car crashing through a traffic island

A LOCAL councillor has called for South Dublin County Council and Transport Infrastructure Ireland (TII) to prioritise changes to the exit from the Naas Road into Clondalkin.

Cllr William Carey (SF) was speaking after witnessing yet another near miss at the Boot Road exit last Thursday morning which resulted in only minor damage to a vehicle which failed to make the turn.

According to Cllr Carey, the driver got confused as she approached the exit for Clondalkin and ended up crashing through the traffic island and into the safety railing at the top of Boot Road.

Luckily nobody was hurt and the damage to the car was limited to the wheels.

The young driver who was unhurt was however in a state of temporary shock but was able to move her car to the side of the road and call for assistance.

Cllr Carey added that it was only at last months Clondalkin

DANGEROUS: The junction at the N7 into Clondalkin (inset) Cllr William Carey



Area Committee meeting that he had proposed changes to this junction.

At the meeting the council had pointed out that Transport Infrastructure Ireland were responsible for the maintenance and operational use of the N7 and that they would be meeting with them to discuss these matters.

The council have committed to

keeping councillors informed as to the changes being proposed by TII here.

Cllr Carey then asked that a report be brought back as soon as was possible to the ACM for discussion.

Cllr Carey stated: "That he believed the problem lays in the confusion caused by the addition of a 100mtr stretch of bus lane

which must be crossed to access the Boot Road and the exit for Newlands Cross.

"There is no public bus service that uses this part of the N7 as Dublin bus service exits the N7 at the junction of the R136

"The latest incident highlights the danger posed here and shows the need for this to be addressed as soon as possible".

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Business is recognised for transforming its shopfront

Local business owners are encouraged to make use of Shopfront Grant Scheme



RECOGNITION: Mayor Emma Murphy with (L-R) Patricia O'Reilly (County Promotion Unit, SDCC), Stephen van Loon (Templeogue Branch, SDCC) and Robbie Murray (County Promotion Unit, SDCC)

Settlement reached in dispute over right-of-way at apartment development



A SETTLEMENT has been reached in a dispute over the right-of-way at an apartment development in Palmerstown that is being built on the site of the old...

This week's business news starts on page 29

Community Council aims to enter village in Tidy Towns

Group would like more retailer and food producers to provide bins in area

TALLAGHT Community Council launched a Tallaght Village Tidy Towns group last Summer, with a target of entering the 2023 competition.

Seven months on and the results are obvious and this target is well on track.

The Tallaght Tidy Towns group has achieved a lot in the first six months of activity. Some of the highlights include: - Holding 60+ clean up events over 30 weeks; Racking up over 500 volunteering hours to date; Removing over 150 large bags of rubbish; Planted over 2,000 pollinator bulbs; Raised heritage profile visibly in the village; new Des Carty mural and Talbots Leap sign on Main St; Installed and maintained 21 street planters; Harvest rain water for the street planters; Attracted volunteers from diverse backgrounds and abilities; Offer a welcoming and inclusive ethos; Partnered with South Dublin County Council to improve pedestrian accessibility in the village; Secured two new litter bins; Held several Graffiti blitzes on the utility boxes; Hosted 4 x TY students to complete their community work.

The Tidy Towns 2023 competition opens in May, with judging in June and July. The areas included in the Tallaght Village Tidy Towns are, Main St, Main Rd, Newtown, TUD Tallaght, Westpark, the Whitestown Stream and Goose Park.

“There are 10 public litter bins in the village area. We would like to see more retailer and food producers provide bins that allow customers recycle green and brown waste outside their premises. That would be very helpful,” Said Liz Kennedy, Chair of TCC.

“Take away drink containers and cigarette butts are by far the largest source of litter collected by the volunteers on a weekly basis. People often don’t regard cigarette butts as litter. Butts don’t break-down and contain damaging chemicals. More cigarette bins are needed outside many village businesses for staff and customers to help reduce that litter.”

To continue preparations for their application, TCC will be launching a



COMMUNITY SPIRIT: Members of the community group during a Tallaght Village Tidy Towns clean-up (inset) litter picking along the bypass

“Business Tidy Towns Pledge” in February.

This will allow local businesses take positive action individually to help tackle litter, graffiti and the weekly volunteer efforts.

A rising tide lifts all boats and a more attractive village area will benefit residents, biodiversity and businesses alike.

Tallaght Village Tidy Towns said a fond farewell to Sarah Hourihan (pictured in front with black gloves), Coordinator of the National Learning Network, based

in Hayes House on the High Street last week. Sarah was a regular Wednesday volunteer with her group from the Wednesday Network club with the Tidy Towns in recent months. She has relocated back home to Co Limerick.

If you are interested in hearing more about the Tallaght Village Tidy Towns, simply drop along to the Wednesday - 12.30pm or Sunday - 12 noon meetings. The meeting place is the Victor’s statue outside Café Aon Scéal, Main St.

Follow TCC on social media channels for weekly updates.



Star CEO Sunniva ‘was great, we are going to miss her’

A CELEBRATION was held this week to mark the retirement of Sunniva Finlay, CEO of Ballyfermot Star, reports Maurice Garvey.

Ms Finlay was with the organisation for 20 years, and will be a difficult person to replace, according to colleagues and people who met her through work.

However, the good news for the area is that Ms Finlay will stay on in some capacity, due to her commitment to various community projects.

Staff and members of other

organisations Ballyfermot Star link in with via their work as a community response to drug use, met up for a goodbye ceremony on Friday at Realt Nua, Park West.

“There was a great turnout, she got a great reception from the Lord Mayor and Dublin City Council,” said Olive Casey, manager in childcare with Ballyfermot Star.

“We had people there from the likes of Saoirse, and other organisations that we’d work with. Sunniva will stay connected with the area, and is on the committee for the Cherry Orchard

development group.”

Another staff member Kathleen, said Sunniva “was great, we are really going to miss her”.

A Facebook post by the organisation said: “All the staff at Ballyfermot STAR CLG would like to wish our CEO Sunniva Finlay all the best in your upcoming future. You have contributed most of your life to the people of Ballyfermot. You leave behind such a legacy.”

The Star have since confirmed the appointment of Dr Laura O’Reilly as the new CEO Ballyfermot STAR CLG.



RETIREMENT: Sunniva Finlay, CEO of Ballyfermot staff with her team at her retirement party

Social drink and drug taking replaced with Walk and Talk

The early morning walks are open to all to help improve mental health and socialise

By Aideen O'Flaherty

aideen@echo.ie

LAST winter, Stephen Brennan decided to give up recreational drinking and drug taking and his friend Anto Heapes gave up drinking, but they found that they were up early every Saturday morning with nothing to do.

In order to keep their minds occupied and improve their mental health, the two Tallaght men decided to go on an early morning walk one Saturday to Bray Head.

The following week, they decided to do it again but extended an open invitation for others to come along and the Jobstown-based Walk and Talk group was formed.

Over the last few months, the group has held walks in Ticknock, Glendalough and the Bohernabreena Reservoir, followed by free tea, coffee and sandwiches.

Last Saturday, over 60 people attended the weekly Walk and Talk, with the initiative having grown far bigger than Stephen Brennan would've anticipated when he first set it up.

Jobstown man Stephen, 41, who works as a carpenter, told *The Echo*: "I used to do a bit of

cocaine, because I never had anything to do on a Saturday so it led to drugs and drinking.

"I decided to stop and I started going for walks on Saturdays instead."

In order to ensure the people who attend are actively engaged, the walks generally start at 7am – meaning that everyone who is there has put in the effort and actually wants to be there.

"You have to go to bed early on a Friday night and get up very early on a Saturday morning," explained Stephen.

"It's at seven in the morning because I don't want people who don't want to be there. The way I see it, people have something to wake up for on a Saturday morning.

"Doing this clears my head, and it keeps me busy and away from the other things I used to do."

While the group was born out of Stephen and Anto's desire to find a positive outlet for their boredom over the weekend, and to steer them from drink and drugs, the walks are open to all.

"We have a lot of people who haven't even done drugs or drink, they just want to socialise," said Stephen.

"I get a lot out of it, and I get a lot of people saying that the walks have saved them and helped



WALK: Stephen Brennan and Anthony Heapes started Walk and Talk to improve their mental health and the group now boasts over 60 people attending the weekly, early morning, walks

“ I used to do a bit of cocaine, because I never had anything to do on a Saturday so it led to drugs and drinking. I decided to stop and I started going for walks on Saturday instead



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them.

"Walk and Talk is not for people on drugs or drink, this is for mental health, for things like anxiety and depression – everyone has different reasons for coming.

"A lot of people come and don't tell people the reason why they're there, but they can talk about it if they want to.

"We're all one big family. No one judges anybody, and we're all there for different reasons."

One Walk and Talk participant who contacted *The Echo* about highlighting the group was enthusiastic about the impact the initiative was having.

"It would be great if they could get their story out on how

it started, how it's going, how much it has grown and has helped so many people in the local community of Jobstown," she said.

"It would be great to help show how much people appreciate what they have done to help so many people out."

The initiative continues to grow at pace, with the group regularly holding raffles to fund the hiring of buses and the purchase of refreshments for the free weekly walks.

However, for Stephen, the greatest sense of fulfilment comes from seeing the impact Walk and Talk is having and he hopes to reach even more people in the community.

"A lot of people are depressed out of their head, and I see so many people going downhill with drink, drugs and depression, and they don't have much to do on a Saturday," he said.

"I just want people to feel a lot happier after going on a lovely walk and having a chat. If it wasn't working, I wouldn't have had 60 people getting out of bed at 7am last Saturday to go on a walk."

The next Walk and Talk is this Saturday, February 11, with the buses leaving the garage in Jobstown at 7.20am sharp to bring the walkers to the Bohernabreena Reservoir.

For more information, follow Walk and Talk on Facebook.

Change of use of creche into office

PLANS for the change of use of a creche in Palmerstown Shopping Centre into an office unit have been approved by South Dublin County Council. Applicant John Harnett has received planning permission for the

change of use at the first floor of the shopping centre. The proposal also includes a new connection to an existing on-site water connection, but with no change to the external fabric/facades of the building.

Adult Clothes Swap

BALLYROAN Library is hosting an Adult Clothes Swap on February 21 from 6-7.30pm. So if you have been thinking about doing some decluttering this is the perfect excuse to get started.

Booking is essential via Eventbrite and will be available to book from this week.

Bring up to three items of clean adult clothing in good condition and swap them for the same number of items.

Public policing forum meeting

A PUBLIC local policing forum meeting for the South Clondalkin area is scheduled to take place this week.

The policing forum for South Clondalkin takes place on Wednesday, February 15, at Áras Chrónáin, Irish Cultural Centre, at 7pm.

Meanwhile, there will also be a local policing forum for the Rathcoole/Saggart/Newcastle area, on Wednesday, February 22, in Rathcoole Community Centre, at 7pm.

THE Echo

Real Local News

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Salt bins will be placed at 'strategic locations' in estates

Council confirm they have carried out a review of its salt bin location criteria

By Aideen O'Flaherty
aideen@echo.ie

SALT bins will no longer be placed in individual housing estates and will instead be installed in "strategic locations around the county", according to South Dublin County Council.

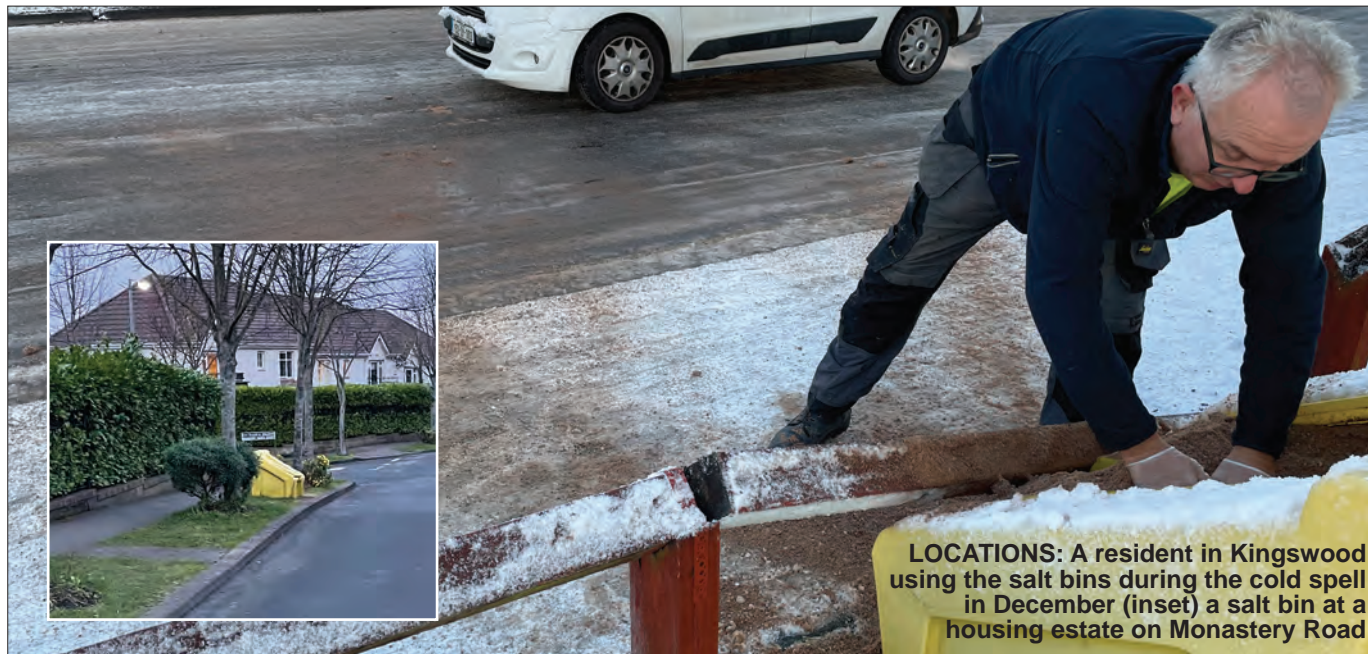
The topic of salt bins in the county was raised by councillors at two recent meetings, namely the Tallaght and Lucan/Palmerstown/North Clondalkin Area Committee meetings.

This follows on from the compacted snowfall that occurred in early December, and led to calls from members of the public for more public salt bins to be placed around the county.

Last month, at the Lucan/Palmerstown/North Clondalkin Area Committee meeting, Fianna Fáil councillor Shane Moynihan asked for the details on the process of getting new salt bins placed.

At the Tallaght Area Committee meeting last month, Independent councillor Mick Duff tabled a motion about salt bins being placed on St Aongus Road, Castletymon Road entrance and Tymon North Road at the Scoil Iosa entrance.

CLlr Duff highlighted that there



LOCATIONS: A resident in Kingswood using the salt bins during the cold spell in December (inset) a salt bin at a housing estate on Monastery Road

are areas in his constituency that have steep access points to their homes, for example Tymon North Road and the hills at Tamarisk in Kilnamanagh.

The council issued the same response to both queries, confirming that it had recently carried out a review of its salt bin

location criteria.

The local authority stated: "We will no longer be placing salt bins within individual estates but will be placing them at strategic locations around the county."

"These salt bins will be available to multiple estates and local amenities and will provide a

better and broader level of service."

Strategic locations will be examined with consideration being given to the location of local community amenities such as shops and schools.

Roads that are on the council's treatment routes will also be

considered, and the location of existing salt bins will also inform the decision around the placement of future salt bins.

"We will also use customer requests from the December weather event to locate areas that were identified as problematic," added the council.

MyEU50 Youth Competition for third level students



LAUNCH: Pictured in Trinity College's Long Room with Taoiseach Leo Varadkar and President of the European Parliament Roberta Metsola are (l to r) European Movement Ireland CEO Noelle O Connell, and European Youth Parliament members Joshua Fitzgerald, Emma Gorey, Gabriele Rimkute, Gráinne Condrón (Rathfarnham) and Teniola Shittu at the launch of the MyEU50 Youth competition for Third Level students celebrating 50 years of Ireland's EU membership. For more visit MyEU50.ie

Photo by Leon Farrell / Photocall Ireland

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Attendance at school parent teacher meeting down 50%

This was due to bus routes curtailed leaving parents without transport to reach the school

By Aideen O'Flaherty
aideen@echo.ie

ATTENDANCE at a local school's parent-teacher meeting was down by 50 per cent as bus routes continue to be curtailed in the evening, leaving the parents without public transport to reach the school.

Issues with driver safety after repeated issues with anti-social behaviour last month are still a point of concern, as the curtailments continue to remain in place.

These topics were raised at a Dublin Bus/Luas Community Forum meeting last Friday, which was attended by officials from the National Transport Authority, transport unions and An Garda Síochána.

Local elected representatives were also present, including Independent councillor for Tallaght Central, Mick Duff,

who highlighted that drivers need more security to carry out their work.

"The whole issue of driver safety and security permeated throughout the meeting," Cllr Duff told *The Echo*.

"Driver safety needs to be improved – there are drivers who don't want to work on those routes going through West Tallaght, they don't want to be rostered onto them because they're scared.

"I recognise the fears that these drivers have and I think, as local representatives, it's up to us to figure out how we can ease those fears."

Cllr Duff suggested that looking at infrastructural works that can make drivers feel safer, like relocating the Jobstown terminus of the 27 and installing CCTV in the area, should be explored.

In recent weeks,



DRIVER SAFETY: There is still some issues with Dublin Bus safety concerns

“I recognise the fears that these drivers have and I think, as local representatives, it's up to us to figure out how we can ease those fears

representatives from Dublin Bus and gardai have been going into schools in West Tallaght to make the children aware of the danger of anti-social behaviour, such as throwing eggs and stones at buses.

"The main concern is the restoration of bus services in West Tallaght," added Cllr Duff.

"There are impacts that this has on a variety of areas that we don't consider.

"A local school held a parent-teacher meeting and 50 per cent of the parents couldn't show up because there was no public transport to get them there."

However, Cllr Duff said he understands the reluctance that

some drivers have about operating buses in the area and restoring the service in the evenings.

"I do fully appreciate that it's the driver who's at the pointed end of the bus," he said.

"They could be carrying 72 passengers or five or six, but it's that driver who's at risk and

who's keeping the bus on the road.

"We need to have a better understanding of their fears and listen to them and try to help."

Cllr Duff also added that the issue should be raised at Government level and brought to the attention of the Minister for Transport by local TDs.

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What will benefit the future development of tourism

KPMG Future Analytics and Toposophy are currently preparing the next Tourism Strategy for South Dublin County and are looking to hear from people who visit and live in the county, reports *Clodhna Brooks*.

As part of this, the council is looking to hear from the people of South Dublin County on what is felt would most benefit the future development of tourism in South Dublin County, for residents, businesses, and visitors alike.

Ralph McGarry, Administrative Officer with South Dublin County Council's County Promotion Unit said: "Since our recovery from the COVID-19 pandemic, a renewed sense of value in our local areas and what our local area means to us has revitalised many cities, towns, and villages across Ireland.

"The pride we have in our places, and most importantly our people, is what gives our County its identity and its purpose. Because

of this, ensuring the County develops in a way which is inclusive, sustainable, and prosperous for all is a key ambition for us in charting the best possible future for our County and its people."

To have your say, KPMG Future Analytics and Toposophy have created a short but engaging online survey for all those interested in the County and its future tourism offering

and potential.

In a statement about the programme, Associate Director at KPMG Future Analytics James Chilton said: "The way we interact with the world around us – how we live, the way we work, and how we experience places both old and new – has changed significantly since the turn of the decade."

"These changes are no more apparent than in tourism. The relationship we have with tourism attractions and experiences, both in our area and those afar, are becoming an ever more important part of the way we live our daily lives."

Completing this survey will provide the council with invaluable knowledge, information, and ideas on South Dublin County that is essential to develop a Tourism Strategy for the County, which is reflective of the views of all locals, visitors, and businesses alike, and is representative of the county's values.

TOURISM: The next Tourism Strategy for South Dublin County is being prepared



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Man drove van containing €600k worth of cannabis jailed for three and half years

A MAN has been sentenced to three and a half years in prison after he admitted to driving a van containing cannabis valued at €600,000, reports Jessica Magee.

Michael Campbell (31) of New Priory, apartments, Donaghmede, Dublin 13, pleaded guilty to possessing almost 30 kilos of the drug for sale or supply when he was stopped at the Ballymun exit of the M50 on June 22 last.

At a hearing at Dublin Circuit Criminal Court, counsel for Campbell said he was put under pressure by third parties to transport the drugs after he racked up a drug

debt of €1,000 to €2,000.

Anne-Marie Lawlor SC, defending Campbell, said her client was “the lowest of the low” in terms of other people involved in the drugs operation and had been left with little option but to commit the offence.

Ms Lawlor said her client had no knowledge of the quantity of the drugs he had been asked to transport.

Passing sentence on Thursday, Judge Martin Nolan agreed that Campbell would not have known the quantity of the drugs beforehand, but said “he must have had an idea” after the drugs were placed in the

van.

The court heard that gardai found six black plastic bags containing cannabis were found in the back of a Ford van driven by Campbell on the day.

An investigating garda told Garrett McCormack BL, prosecuting, that a surveillance operation of other people had been mounted at the time but that Campbell himself was not on the garda radar.

Campbell was observed driving the Ford van into an Aldi carpark at Palmerstown, Dublin 20 and then getting out, the court heard.

Another person then drove the van

off and returned sometime later, whereupon Campbell again got into the van and drove off before being stopped by gardai.

He was arrested, and although he was polite and cooperative with gardai, he made no admissions. Campbell has no previous convictions.

Ms Lawlor said Campbell had an excellent work record and came from a good family, but had started to abuse drugs and became homeless.

The court heard that Campbell has faced his charges head-on and relinquished his bail last September voluntarily.

A prosecuting garda said he would be “very surprised” if Campbell were to come before the courts again.

Judge Nolan acknowledged that Campbell had been under a level of duress but said this was by reason of his own action, adding that third parties had taken advantage of Campbell’s drug addiction.

Handwritten letters from Campbell and from his parents, who were present in court, were handed into court.

Judge Nolan sentenced him to three and a half years in prison and backdated the sentence to September 12, 2022.

Married couple cashed cheques for €20k from proceeds of crime

‘When someone offers you 10% of a cheque, who know there’s something dodgy going on’ says Judge

By Jessica Magee
news@echo.ie

A MARRIED couple admitted cashing cheques totalling over €20,000 as the proceeds of crime, a court has heard.

The money was part of a larger sum of over €44,000 which was fraudulently obtained from an elderly woman by a purported roofing company.

The woman in her 80s, who lives in Dun Laoghaire, had paid the total sum to a purported construction and roofing company for significant works on her house. However only minor works were carried out.

Ciaran Heneghan, aged 38 and with an address at Drumfinn Road, Ballyfermot, Dublin 10, pleaded guilty to cashing two cheques totalling €6,500 in his name at Ulster Bank in Dublin Airport on dates between July and December 2019.

His wife Tracey Heneghan, also aged 38 and of the same address, admitted cashing three cheques in her name to the total value of €13,000 at Ulster Bank in Dublin Airport on dates between January and March 2020.

The court heard that Mr Heneghan was an employee of the roofing and construction company and was asked by his boss to cash cheques in his own and his wife’s name on behalf of the company.

Mr Heneghan was told he would get 10 per cent commission for each of the cheques cashed.

Passing sentence on Thursday, Judge Martin Nolan said Tracey Heneghan had a “very peripheral role” and was just doing what her husband had asked her to do in cashing the cheques.

The judge ordered Mrs



Heneghan to be of good behaviour under Section 100 and adjourned the case until June, when he said he would discharge any sentence against her if she abides by this condition.

However, Judge Nolan handed down a two-year suspended sentence to Ciaran Heneghan and ordered him to repay a total of €6,000 to the elderly woman.

The judge said although Heneghan may have not known the precise criminal behaviour of his employer, he probably suspected it.

“When someone offers you 10 per cent of a cheque, you know there’s something dodgy going on,” said the judge.

Garda Graham Carey told

Shaun Smith BL, prosecuting, that there was a third accused in the case who was due in court next week.

Gda Carey said the elderly woman was approached by men from the alleged construction and roofing company and agreed to have significant works carried out including shed structure and foundations.

The woman paid over €44,000 but the construction was not carried out and only minor work was done.

A man claiming to be the proprietor of the company then kept phoning the elderly woman with a series of hard luck stories and asking her for more and more cheques, to the point where she had difficulty keeping track

of how much she had paid to him and for what, the court heard.

The man said he needed money to buy a house for his four children; that he had diabetes; and on another occasion he said he had hit someone with his van. At one point the woman only had €400 left in her bank account, the court heard.

The man asked the victim to write the names of the Heneghans and the third accused on the cheques as payees.

When gardai were informed, they collected the cheque stubs and got a warrant to search the Heneghans’ house.

The Heneghans’ passports were seized and Ciaran Heneghan was arrested. He told

gardai he had cashed two cheques for his employer and had been paid ten per cent commission for each cheque.

Tracey Heneghan, who attended the garda station voluntarily, said she met her husband on the M50 and he gave her three cheques pre-written in her name, which she cashed at Dublin Airport.

Gda Graham confirmed that none of the money has been recovered and a separate investigation is taking place into the roofing company which was not genuine.

Ciaran Heneghan has 32 previous convictions mostly from the District Court, including public order, drugs, and road traffic offences.

Oisín Clarke BL, defending Ciaran Heneghan, said his client now has his own roofing company and is the sole breadwinner for his wife and their four children.

Mr Clarke said Ciaran Heneghan “knew something was amiss” when his employer asked him to cash the cheques, but said he assumed it was something to do with tax purposes and that his employers were avoiding tax.

Mr Clarke said his client is a hardworking man and has worked consistently in construction since leaving school at the age of 15.

Keith Spencer BL, defending Tracey Heneghan, said his client has an “unblemished record” of no previous convictions and did not know anything about her husband getting ten per cent of the cheques.

The court heard that she told gardai, “I’m sorry. I didn’t know it was wrong. I didn’t realise that I was going to get into trouble.”

Judge Nolan said Ciaran Heneghan was remorseful for his actions and that his criminal record was not relevant and mostly involved drink.

The judge ordered him to pay over the sum of €2,000 which he had collected to the investigating garda, to be forwarded to the elderly woman within the next two months.

Ciaran Heneghan was further ordered to hand over a further €4,000 to the injured party within the next 15 months, and if she does not want to accept it, to give it to a charity of her choice.

He was also instructed to be of good behaviour for two years.

Tracey Heneghan was told to come back to court on June 8, and if she has been of good behaviour in the interim, Judge Nolan will discharge her sentence a fortnight later.

New €50,000 pool pod is launched at leisure centre

Pod will give users with limited mobility 'more confidence'

CLONDALKIN Leisure Centre launched their new Pool Pod, that will give pool users with limited mobility "more confidence" when using the pool, last Thursday, January 19, reports *Clíodhna Brooks*.

Joined by centre user Sean Reid and centre staff, Mayor Emma Murphy, recently officially launched the leisure centre's, €50,936, new Pool Pod.

Mayor Murphy said: "I was delighted to open officially the Pool Pod in Clondalkin

Leisure Centre. It is a fantastic amenity for people in the locality who wish to use the swimming pool services who had been previously precluded from doing so.

"The addition of the pool pod will give users with disabilities, limited mobility, and older users more confidence in using our swimming and leisure facilities."

Replacing traditional pool hoists, the Pool Pod is designed to help pool users with limited or impaired mobility to get in/out of the pool

with ease.

It offers dignified and independent access to the pool and will increase the pool's attractiveness to all and thereby improve the health and wellbeing of our community.

The Pool Pod was funded by Sport Ireland Dormant Account Funding, Clondalkin Leisure Centre via SDCC Community Enhancement Fund and Active Cities, and is a welcome addition to Clondalkin Leisure Centre.



SPLASH: Centre swimmer Sean Reid on the pod at the launch with Mayor Murphy and Leisure Centre staff

406 days The Debenhams Picket Line film launched

THE mammoth 406-day strike by Debenhams workers is the focus of a documentary that launched this week at the Dublin International Film Festival, reports *Maurice Garvey*.

Tallaght Producer Fergus Dowd and Director Joe Lee have made a 90-minute documentary about the Debenhams strike which took place across the country, including the picket line at The Square in Tallaght throughout the ordeal.

The film '406 days The Debenhams Picket Line' will premiere at the Dublin International Film Festival sponsored by Virgin Media on March 4, at the Lighthouse Cinema, Smithfield.

Approximately 1,000 people at 11 Debenhams stores nationally, were unceremoniously let go on April 9, 2020, via a generic email.

It led to one of the longest strike actions in the history of the State, as staff, many of whom were working with the retailer for up to 30 years, fought for a fair redundancy package.

"We began filming in March 2022, and travelled the country," Fergus told *The Echo*.

"Carol Quinn and Brian Roche (former Debenhams, Tallaght staff) did sit down interviews and the Tallaght workers are in the film. We filmed in December out at The Square.

"The film is in a human rights competition at the festival. It is a 90 minute

documentary, very much a human interest story telling the strike through the stories of the workers who took part."

The film was supported by South Dublin County Council's Arts and Heritage.

Eventually, in May 2020, workers voted to accept a revised €3 million training fund, which finally brought to an end a long drawn out dispute. However, the campaign was not in vain, and it could yet lead to better workers rights.

Solidarity TD Mick Barry brought the Companies (Protection of Employees' Rights in Liquidations) Bill 2021, dubbed the Debenhams Bill, to the Dáil in 2021.

If passed, legislation would make workers preferential creditors in a liquidation so they would be paid what they were owed as a priority.

Fergus said the Bill is currently at stage 3.

"Workers are still waiting for the Workplace Relations Commission result," he said.



FESTIVAL: At the launch of the film on Tuesday night were Jane Crowe, Henry St Shop Steward from Ballyfermot, Carmel Redmond, Henry St worker and Carol Quinn, Tallaght Shop Steward

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Hollywood glamour at St Anne's GAA OsKaRs

Cast of 55 all signed up for acting coaching for their star turn in short film

A DASH of Hollywood glamour was brought to the Green Isle Hotel in Clondalkin last weekend when St Anne's GAA Club held their OsKaRs event, reports *Aideen O'Flaherty*.

Members of the Bohernabreena sports club got to screen their own short films, inspired by box office hits like 'The Field', 'Forrest Gump', 'Bridesmaids', and 'The Snapper' with a St Anne's twist.

A cast of 55, who are all members of the club, signed up for acting coaching in early 2020 for their star turn in the short film productions.

The OsKaRs was originally supposed to be held in March 2020, but was put on hold because of pandemic restrictions, before finally being held last Saturday night with an audience of 550.

Louise Hayes, a member of St Anne's and of the organising committee for the OsKaRs, told *The Echo*: "Realistically, we had to pick things up last October when we knew we had a date for February.

"Getting momentum back up was a big ask, but everyone got behind it and there was a buzz when it got going."

The event, and the filming of the short films, was organised by Kevin Rowe Events, who has organised previous fundraisers for the club like boxing and dancing competitions.

The main sponsor of the St Anne's OsKaRs event was Karl Goodwin Motors, with Louise adding that the club was very grateful for the business's support.

The short films all contain subtle nods to St Anne's, such as Forrest Gump wearing a St Anne's jersey, a woman at a bus stop reading a book about St



GLAMOUR: Alisha Foster, Lily O'Connor and Laura Douglas enjoying the St Anne's GAA Club OsKaRs. See page 43 for more photos

Anne's, and some vintage St Anne's kit appearing in 'The Snapper'.

The filming locations will also be familiar to many locals, with the farm scenes in 'The Field' being filmed in Bohernabreena, while 'Bridesmaids' was filmed in Bohernabreena Pitch and Putt Club.

"I think every film had something different about it, but they all included little snippets from St Anne's," added Louise.

The short films were all well received on the night and was a highlight in the social calendar of St Anne's.

"All of the hidden talent, that we didn't even know we had in St Anne's, really comes across on the screen," said Louise.

"The social impact it's had on the club, you couldn't bottle it – it's priceless. I'm still on a high.

"Right from the start, it was always going to be a bit of craic, but it went to a whole new level."

On the night, both the cast and the audience dressed up for the occasion, and Louise is grateful to everyone who took part and supported the event.

"First and foremost, I want to thank everyone for their support and for buying tickets, and particularly the cast members for sticking with it," she said.

"In 2020, everything was pulled when we were eight days from the event and the world stood still, and we were deflated that the OsKaRs didn't happen.

"The cast members and the producers should be so proud that they got this to fruition. The message out of this is a big thank you – they've created memories for all of us that we'll never forget."

Red Cross awards

NOMINATIONS for the Irish Red Cross Humanitarian Awards are now being accepted, up to the closing date of March 3.

The awards recognise people who work selflessly to support others in their community, or perhaps further afield.

Award categories include Humanitarian of the Year, Youth Humanitarian, Journalism Excellence, Innovation for Change, and Corporate Impact.

Nominations can be made at www.irchumanitarianawards.ie

Anam Cara monthly meeting

ANAM Cara South Dublin, the organisation that supports bereaved parents, is holding its monthly parent evening for bereaved parents on Monday, February 13, at 7.15pm in the Maldron Hotel, Whitestown Way, Tallaght.

This event is free and open to all bereaved parents regardless of the age your child died, the circumstances of their death, or whether their death was recent or not.

For more information, see anamcara.ie or call their information line on 01-404 5378.

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EVENT: At a European Parliament in Ireland Youth Event are Roberta Metsola, President of the EU Parliament and Peter Burke T.D, Minister of State for European Affairs and Defence with students from The Kings Hospital School, Palmerstown with their teacher Robert Shaw at Smock Alley Theatre

Photo by Maxwells

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BMG Foods agrees €340m Maxol deal

Wholesaler based in Tallaght announces four year agreement

By Maurice Garvey
maurice@echo.ie

TALLAGHT wholesaler BWG Foods and Maxol have announced a €340m deal.

The four year deal, which followed a competitive tender, will see the Greenhills company continue to supply a range of food, private label goods and alcohol to the retailer.

BWG Foods has also won the contract for Maxol's range of baked and deli goods.

BWG has been stocking Maxol shelves for 25 years, however, this is the biggest ever agreement between the two firms in terms of value and range.

Leo Crawford, Group Chief Executive, BWG Group, said the latest deal will "build on the success of the 25 year partnership providing new innovative retail products and services to help meet the changing needs of Maxol's shoppers."

"The tender process was a competitive one, but in working with BWG Foods, we can continue to provide our customers with the convenience products and service they want as we place a big focus on sourcing local produce, which is a key tenet for the company," said Maxol CEO, Brian Donaldson.

Maxol has invested €87m since 2018 in redeveloping its existing retail sites to encompass larger retail and forecourt space, as well as wider range of food and service offerings.

Last year it announced a further €100m investment programme as part of its five year strategic plan.



DEAL: Leo Crawford, Group Chief Executive, BWG Group with Brian Donaldson, CEO, The Maxol Group

BWG Foods' logistics division is amongst the largest in the country.

The wholesaler has relationships with more than 650 suppliers, dealing directly with approximately 14,000 customers, and serving in excess of one million shoppers every single

day.

The group employ over 1,600 people directly, with a further 23,000 people employed in local communities across the country through BWG's partnership with independent retailers

Echoopinion...

The importance of exercise as a positive impact on mental health

THE importance of exercise – be it a full body workout in the gym or a gentle stroll – and the resounding positive impact it can have on your mental health is not to be underestimated.

Two Tallaght men, Stephen Brennan and Anto Heapes, discovered this after their own struggles with mental health and recreational drinking and drug use.

After Stephen decided to give up drinking and recreational drug use and Anto gave up drinking, the duo started doing walks every Saturday morning to take their mind off things, and as a way of having a positive activity to do on the weekends.

Buoyed by the positive effects of the walks, Stephen and Anto created Walk and Talk and invited the whole community to take part in the free walks at places all over Dublin.

At a time when the cost of living continues to rise, the housing crisis is still in full swing and we're in the early stages of recovering from a global pandemic, it can be easy to forget about the simple joy and relief that comes from being in nature, going for walks and being around people.

Whether you have mental health issues or just want to be more engaged in the world around you, going for a walk is never a bad idea.

Chances are that if you have something on your mind, a burst of fresh air and some light aerobic exercise will give you a clearer mind when it comes to confronting the issue.

Perhaps a solo walk to gather your thoughts or just admire your surroundings is all you need, or the communal and convivial nature of Walk and Talk is more to your liking.

Whatever the case, why not put on a pair of walking shoes and pound the pavement where you live – your mind and body will thank you for it.

Calls for social media platforms to face up to responsibility to children

FINE Gael spokesperson on social media Emer Higgins is alarmed by a recent study on children using social media, reports *Cliodhna Brooks*.

Deputy Emer Higgins called on social media platforms to face up to their responsibility for children using their platforms, following an alarming study released by Cybersafe Kids to mark Safer Internet Day 2023.

Deputy Higgins said: "This study found that half of children 8-12-years-old already feel, at their young age, that they spend too much time online

which is a real cause for concern in terms of internet addiction.

"And even more concerning is that almost a quarter of children have seen content on the internet they would not want their parents to know about," added Deputy Higgins.

Deputy Higgins goes on to express her concerns about the age limits on social media not being policed, exposing children to negative and abusive content.

"Social media platforms have age limits, but the facts are they are not

policed because we know that children as young as 8-years-old are using these platforms and seeing content that would be distressing or damaging even for an adult, never mind a child.

"CyberSafeKids has joined forces with the National Parents Council to launch a new campaign. The campaign calls on parents to approach parenting children online in the same way that they are parented offline.

"The likes of Instagram, Snapchat and TikTok know they have massive numbers of children using their

platforms and they need to either make it a safer environment or enforce their age restrictions more strictly.

"Niamh Hodnett will shortly take up the role of Ireland's first Online Safety Commissioner giving her the powers to hold internet platforms to account for harmful online content as well as implementing an individual complaints mechanism."

Deputy Higgins expresses that they need social media platforms to work with them to create a safer online environment for children.

"I'm expecting the social media platforms who are headquartered in Ireland to fully engage with the Online Safety Commissioner to address the scourge of harmful online content, especially with regard to young people.

"This Safer Internet Day, we see that parents will do everything they can to keep their kids safe online and we will support them with the policy to do that but now we need the social media platforms to come to the table," concluded Deputy Higgins.

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THE Echo

Woman who tampered with gas meter is fined €1,600

Court hears Gas Network Ireland carried out an investigation at the property

By Aideen O'Flaherty
aideen@echo.ie

A TALLAGHT woman was recently fined €1,600 after being convicted on three charges of unlawful interference with a gas meter and dishonestly using or causing gas to be diverted.

Bridget Pawley, of Brookview Drive in Tallaght, was convicted at Dublin District Court 8 under Section 15 of the Energy (Miscellaneous Provisions) Act 1995 last month.

The court heard that Gas Networks Ireland had carried out an investigation at the property in September 2022 and found the gas meter in situ had been unlawfully installed

and tampered with.

While Ms Pawley didn't appear in court, Judge Anthony Halpin proceeded with the case as Ms Pawley had previously been successfully served with the summons for the court hearing.

It was found that gas had dishonestly been diverted, and that there had been interference with an article owned by Gas Networks Ireland.

Judge Halpin commented that the case was "a most serious and dangerous matter", and convicted Ms Pawley under sections 15(2), 15(3) and 15(6) of the Energy (Miscellaneous Provisions) Act 1995 as amended by section 5 of the Energy (Miscellaneous Provisions)



INTERFERENCE:
A gas meter was tampered with (stock photo)

“ This verdict sends out an important message to the public that meter tampering is a serious crime with potentially deadly consequences, and the theft of gas is a very serious issue

Act 2012.

Ms Pawley was fined €500 in respect of each offence and directed to pay €100 towards the cost of the meter, with a total of €1,600 to be paid by Ms Pawley.

Gas Networks Ireland's networks safety manager, Owen Wilson, said:

“This verdict sends out an important message to the public that meter tampering is a serious crime with potentially deadly consequences, and the theft of gas is a very serious issue.

“But far more serious is the risk to life that meter tampering poses to the perpetrator and to people nearby.

“We are working to end unlawful interference with gas meters and the dangers associated with this activity.”

Due to the dangers involved, gas meter tampering is a criminal offence with possible fines of up to €5,000 and prison sentences of up to six months for those found guilty of the crime.

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FUNDING: Pictured following the announcement of the successful applicants were Prof Dominic McCabe (Consultant Neurologist), Dr Deirdre Smith (Vascular Neurology Researcher), Dr Hannah O'Keeffe (Clinical Innovation Fellow), Nina Holden (Clinical Specialist Physiotherapist), Dr Alison Hay (ED), Dr Andrew Ngaditono (ED), Jonas Monsees (PACU Nurse), Sabina Mason (CNM 2), Niamh Gavin (Chief Executive of AHF), Dr Vicky Meighan (Consultant in Emergency Medicine) and Dr Natalie Cole (Head of Innovation)

Funding of €60,000 awarded to 10 hospital staff initiatives

TUH is confident that all of the projects that received funding will benefit patients very quickly

FUNDING of €60,000 has been awarded to 10 staff-generated, innovative initiatives at Tallaght University Hospital.

The Adelaide Health Foundation (AHF), working in partnership with Innovate Health at the local hospital, this week announced the funding – which will support healthcare innovations and improvements.

By the end of 2022, a record number of applications were submitted by staff members for the long-running New Initiatives Scheme at Tallaght University Hospital (TUH).

Among the 10 projects selected to receive funding is virtual reality for Emergency Department education.

This project will use the latest Oxford Medical Stimulation software and virtual reality headsets to train

By **Mary Dennehy**
mary@echo.ie

emergency doctors, who work in high-stress environments which require rapid information processing and time critical decision making.

The virtual reality training will help doctors rehearse how they might handle a serious medical emergency, so they are even better prepared to provide care for a critically ill patient in the resuscitation room.

Another project receiving funding is the creation of an accessible, jargon-free infographic in the waiting area of the new ICU.

This infographic will help families familiarise themselves with the ICU equipment being used at a loved one's bedside.

Staff also suggested a solution for the lack of natural light in some of the Post Anaesthesia Care Unit bed spaces.

No natural light can make orientation to time difficult for patients coming out of surgery.

This project will install a 'virtual skylight' to aid day and night differentiation, reducing the risk of patients developing delirium.

Funding will also support a study to improve treatment for patients with COPD, the purchase of a new bedside ultrasound for the lungs and respiratory muscle training in Critical Care.

The development of an acute respiratory hub in ED is also among funded projects.

This hub for people presenting with acute breathing difficulties, will see

patients cared for in a dedicated area where they will be treated with special air nebulisation.

A special video to help patients deal with the psychological consequences of long Covid is also receiving funds, alongside a new study to help improve treatment for stroke patients.

Lastly, funding will support the purchase of two new stimulation devices to help patients with difficulties swallowing.

Welcoming funding, Dr Natalie Cole, Head of Innovation at TUH said: "I would like to take this opportunity to thank the AHF for their very generous and much appreciated financial support."

"These important new projects will further empower the hospital to create the conditions where we can become even more efficient at introducing

healthcare innovations and improvements."

The Adelaide Health Foundation is a voluntary, charitable organisation, which supports projects that improve services for patients and investment in nursing, medical education and healthcare research.

Adelaide Health Foundation Chief Executive Niamh Gavin said: "To date our New Initiatives Scheme at TUH has been extremely successful and we were delighted with the quality and breadth of applications in this round."

"We are confident that all of these projects which have just received funding, will benefit patients very quickly."

"We look forward to collaborating with Natalie and her team on the 2023 scheme."

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Constituency office, Monastery Rd, Clondalkin Village: Mondays & Fridays 11am-1pm

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Palmerstown Youth & Community Centre:
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Ronanstown Youth Service (Beside Neilstown Shops):
Every Friday 10-11am



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Concerns 54% increase in number of children waiting for psychology

THE increases in the number of children waiting on psychology treatment since the formation of the government is very concerning.

Sinn Féin spokesperson on Mental Health Mark Ward TD was speaking about a response to his parliamentary question stated that nearly 12,000 children and young people were waiting for psychology treatment as of December.

This is a 54% increase in the number of children and young people waiting on Psychology treatment between August 2020 and December 2022.

Teachta Ward said: "I am very concerned about the number of children and young people waiting for psychology appointments with almost 12,000 waiting on psychology treatment as of December."

"This is a 54% increase on the number of children and young people waiting on psychology treatment since the formation of this Government in 2020."

"What is also worrying is that over 4,000 children waiting over a year for an appointment with a psychologist."

"Early intervention is key and the potential harm to young people that waiting longer than a year for a crucial appointment is immeasurable."

"These waiting lists are because of years of incompetence in the provision of mental health services by successive governments, but we have seen a rapid increase in the last two years since this government took office."

"This is not sustainable and immediate action is required."

"There have been large increases in waiting lists in 8 out of the 9 CHO areas. This must be inspected, and for the CHO area 3, which includes Clare, Limerick and North Tipperary, where there has not been an increase, successful practices must be adopted nationally."

"We must also address the postcode lottery that exists. CHO area 3 has almost 400 people young people waiting for treatment while CHO area 7, which includes Kildare/West Wicklow, Dublin West, Dublin South City, Dublin South West, has over 2,700 waiting. Access to treatment must be based on need, not on where you are living."

‘Mary just loves her job and all the staff are really kind’

Hard worker Mary celebrates her 50th birthday and working 25 years in her shopping centre

By **Maurice Garvey**
maurice@echo.ie

A MILESTONE takes place this week for a major “ray of light” in the community.

Mary Kearney will be 50 on February 13, but she also recently celebrated 25 years working for Tesco in Ballyfermot.

Born with down syndrome, Mary initially started in Tesco’s on work experience.

She loved the job and camaraderie with staff so much, that when a permanent position came up, Mary was delighted to accept the role, and has been there ever since.

“Mary just loves her job and all the staff are really kind to her, always helping her and looking out for her,” said Angela Kearney, Mary’s sister.

“If they didn’t pay her, she would still work.”

Everyone in the area knows Mary, her smile and good humour a source of comfort for anyone she encounters.

“Everyone knows her, and she is such a good hard worker,” said Angela.

Mary, from Spiddal Road, has three

sisters and two brothers.

She went to school at St John of God’s Islandbridge, and after school, she completed a number of short courses at local college and educational institutions.

St John of God helped Mary to secure work experience at Tescos, and she has flourished at the supermarket, but also leads a very outgoing and social life.

Angela continued: “Mary has a busy life and like all young ladies, loves to go clothes shopping and on holidays abroad. She is a member of a dance/fitness class which we have been going to for a few years. She recently won a special award in Blackpool Tower for being a ‘ray of light’ to everyone and received a lovely glass trophy for it.

“Mary just loves life and sees things her own way which is great. She’s never in bad form, always brings a smile to people’s faces and is the life of any party. All her achievements over the years and holding down a job for 25 years deserves recognition. She is a great sister and I hope she has many more happy years of working and enjoying her life.”



BIRTHDAY GIRL: Mary will celebrate her 50th birthday and working 25 years in Tesco

RAS and HAP properties acquired by the council

ACQUIRED: SDCC have acquired seven RAS and HAP properties



THERE were seven Rental Accommodation Scheme (RAS) and Housing Assistance Payment (HAP) properties acquired by the housing department in South Dublin County Council in 2022, reports *Hayden Moore*.

Councillor Derren Ó Brádaigh asked South Dublin County Council management to list the number of properties acquired by housing procurement with tenants in situ in 2022.

Part of the question, which was raised at the Lucan/Palmerstown/North Clondalkin area committee meeting, was to indicate whether they were HAP or RAS properties.

In response to the question, the council detailed that the acquisition of properties is funded by the Department of Housing, Local Government and Heritage (DHLGH).

“The Council’s delegated authority allowed the purchase of properties to meet priority needs (e.g., medical needs etc.), to exit households from homelessness, and to acquire specific property types/sizes reflecting local needs,” the local authority said.

“Our scope for acquisitions has recently been extended to include increased flexibility on the

purchase of properties with HAP/RAS tenants in situ who are at risk of homelessness due to Notices to Quit.”

Potential acquisitions are limited by DHLGH cost limits and prioritised on how imminent the risk of homelessness is, together with the specific households needs – while alternative accommodation options are pursued by the council.

Properties need to be valued and inspected prior to negotiation or agreement on the sale price and following the completion of the processes, a council tenancy will be put in place.

Throughout 2022, there was a total of seven purchases made with HAP or RAS “tenants in situ completed or agreed in 2022”.

According to South Dublin County Council, as stated on January 24, there are several additional potential purchases being examined presently.

It was also revealed recently that the council is currently reviewing all expressions of interest from property owners and landlords wishing to sell their property to the authority.

Property owners and landlords “will be notified of a decision in due course”.



ddletb
Bord Oideachais agus Oiliúnaí Dublin and Dún Laoghaire
Átha Cliath agus Dhún Laoghaire Education and Training Board

Dublin and Dún Laoghaire Education and Training Board (DDLETB) is seeking an organisation with experience of providing services to young people, to deliver a new service to young people in Clondalkin and the surrounding area. This is being established in line with the UBU Your Place Your Space Scheme funded by the Department of Children, Equality, Disability, Inclusion & Youth (DCEDIY).

The services will be targeted and specific to the needs of the young people in the area.

The organisation sought should:

- ✓ Exemplify good practice in relation to vision, methodologies, governance, compliance, programme design and delivery
- ✓ Be experienced in working with teenagers and young adults, using a non-formal educational methodology
- ✓ Operate in an out-of-school setting, including evenings, weekends and holidays
- ✓ Understand the nature and needs of a diverse youth population and offer appropriate responses
- ✓ Able to devise and measure effective responses
- ✓ Be committed to on-going sharing of learning and collaboration

Application is by means of an Application Form and Pre-Qualification Questionnaire.

For an **Information Pack, Pre-Qualification Questionnaire and Application Form**, please contact **Denise Cummins**, Staff Officer at denisecummins@ddletb.ie

Closing date for receipt of Application Form and Pre-Qualification Questionnaires, in four hard copies: Thursday 1st March at 12 noon.

Please return completed Application Form and Pre-qualification questionnaire to:

Caitriona Murphy,
Chief Executive Officer,
Reference: **UBU DLR New Service**
DDLETB, 1 Tuansgate, Belgard Square East,
Tallaght, D24, D24X62W

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An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth

€22m allocated for cycling and pedestrian infrastructure

A total of €2.5 million has been ring-fenced for the D24 Neighbourhood Cycle Network

By Aideen O'Flaherty
aideen@echo.ie

OVER €22m has been allocated to South Dublin County Council by the National Transport Authority for the development of pedestrian and cycling infrastructure.

The highest level of funding, totalling €4m, has been awarded to the fourth section of the Dodder Greenway, encompassing Springfield Avenue and Dodder Road Lower.

A total of €2.5m has been ring-fenced for the D24 Neighbourhood Cycle Network, €1.75m is for the Clonburris Southern Link Street, while €1m is for the Castletymon District Centre Enhancement Project.

Staff costs for the Active Travel office has received an allocation of €700k, as has the Tallaght to Knocklyon Active Travel Scheme.

The Grand Canal to Lucan Urban Greenway has received an allocation of €600k, the Airton Road Extension has received €500k, as has schools' infrastructure in Clondalkin and Palmerstown.

Rapid Deployment Cycle Facilities have also received funding, namely Glendown Road (€300k), Airton Road (€200k), the R136 in Lucan (€150k), and Doddsborough Road (€50k).

Anne Graham, CEO of the National Transport Authority said: "2023 is going to be an important [year] for active travel.

"With a growing number of active travel schemes moving from design into construction and delivery, we can encourage more people



GREENWAY Minister for Transport Eamon Ryan TD joined the CEO of the National Transport Authority (NTA) Anne Graham and Minister of State at the Department of Transport and at the Department of Environment, Climate and Communications, Jack Chambers, at the DodderGreenway

“With a growing number of active travel schemes moving from design into construction and delivery, we can encourage more people across the country to walk or cycle within and beyond their local community”

across the country to walk or cycle within and beyond their local community.

“The funding being announced today will allow the NTA to continue to work alongside local authorities as we accelerate the delivery of improved cycling and walking

infrastructure.

“From new segregated cycle lanes and footpaths, to dedicated pedestrian and cycling bridges, the active travel projects receiving funding will make it easier and safer for people to choose active travel modes.”

“The extensive work being undertaken in partnership with Active Travel teams within Councils nationwide will help improve the health and wellbeing of our communities and make them more accessible and attractive for everyone.”

€2 million ring-fenced for greenway scheme between Killinarden and Sean Walsh Parks

Cllr Mick Duff

"I am here for my constituents, to help in any way I can. Please get in touch"

Mick can be contacted on:
087 2865570

Email: mduff@cllrs.sdublincoco.ie
Twitter: @CllrMickDuff



AN ALLOCATION of €2m has been ring-fenced by the National Transport Authority for the development of the Killinarden Park and Greenway scheme, reports Aideen O'Flaherty.

The greenway will be a landscaped pedestrian/cycle route within Killinarden Park and between Killinarden Park and Sean Walsh Park, on a total site area of approximately 4.50-hectares.

The Minister for Transport Eamon Ryan TD confirmed last week that the National Transport Authority had allocated funds to several local authorities for walking and cycling infrastructure.

The allocation for Killinarden Park and Greenway is one of several walking and cycling schemes that will receive funding from the NTA.

Minister Eamon Ryan TD said: "Continuous and substantial funding for active travel across the country is a key commitment in the Programme for Government and a cornerstone of our Transport Strategies.

"Last year, all of the money allocated was drawn down by local authorities and I am confident that the same will happen this year.

"This will mean that communities across the country will be better connected with safe and people-friendly corridors to visit friends, go to the shops, or cycle or walk to school, sports training or other activities.

"People very often think that greenways, cycle-ways or walkways are primarily tourism amenities.

"Of course, they serve that purpose really well, but first and foremost they are about local people and improving local life, connecting suburbs, local villages or townlands that have often become disconnected from one another because of busy and dangerous roads."



SCHEME: The proposed greenway - red line coming from Killinarden Park to Sean Walsh Park

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'It felt like the nation got behind us'

Pop band Wild Youth will represent Ireland at the Eurovision Contest

By Aideen O'Flaherty
aideen@echo.ie

A POP band with members from Tallaght were selected on Friday night to represent Ireland at the upcoming Eurovision Song Contest after impressing both the judging panels and the public.

The four-piece band, Wild Youth, is composed of Callum McAdam from Jobstown, Ed Porter from Springfield, David Whelan, and Conor O'Donohue.

The group competed against other Eurovision hopefuls on a special edition of 'The Late Late Show' last Friday and wowed the audience with their energetic performance.

Wild Youth, who previously toured with the Script and Kodaline, performed their uplifting and anthemic song 'We Are One' and soared to the top of the leaderboard.

Drummer Callum McAdam, who is a past pupil of St Mark's Community School, told *The Echo* on Wednesday morning about what the whirlwind win has been like for him and the band.

"There were so many different factors on the day," he explained. "But being behind the drums is always my happy place – it's the one place where reality can't get me!

"It was the best feeling ever, and especially being there with my musical brothers and knowing all of the work that we'd put in to get to that point, and seeing the result was

really gratifying.

"The result was so close, and all of the other acts were fantastic on the night.

"The competition was so high that none of us thought being selected was a sure thing."

Guitarist Ed Porter said that the moment Wild Youth were announced as the winners was surreal, and the fact they will be representing Ireland at the Eurovision is still settling in for him.

"It was quite tense when we were in the green room," he said. "When we found out we'd won, we were just on autopilot and I still haven't fully digested the whole thing, to be honest."

In the run-up to the 'Late Late Show' special, Wild Youth felt the support of their community, including articles in *The Echo* and a display in the centre mall in The Square Shopping Centre.

Callum said: "I want to say thank you to *The Echo*, to all of Tallaght, Clontarf, Raheny...all of the areas that we're from.

"It felt like the nation got behind

us, they wanted to send us to Eurovision and push us through."

Wild Youth's sights are now firmly set on the Eurovision Song Contest semi-finals in Liverpool next May, with preparations now being in full swing.

Ed said: "To be picked to represent your country is an honour and a privilege. We're just figuring out staging and trying to get all our ducks in a row and make sure everything is organised.

"We're all very focused and ready to do what's asked of us."

Reflecting on the overall experience, Callum added: "You just have to hope that people believe in you, and you don't force it on them – you hope they see in you, what you see in yourself.

"When the public voted for us and pushed us through – even people that we'd never met were at home and voted for us and took the time to help us reach our dream – we can never thank them enough.

"We want to make sure we put on the best show for everyone that has supported us."



CONTEST: Guitarist Ed Porter from Springfield with Conor O'Donohue



DELIGHT: Ed, Conor, David and Callum who will represent Ireland at the Eurovision in Liverpool

Mount Seskin College students form cultural link with Berlin school



CULTURE: Student from Mount Seskin Community College with students from the Romain Rolland Gymnasium in Berlin

MOUNT Seskin Community College are delighted to form a cultural link with the Romain Rolland Gymnasium in Berlin, reports Clíodhna Brooks.

The visiting students got the opportunity to participate in many subjects from the Irish curriculum like History, Art, and Woodwork. The German students loved the practical side of the College's learning space.

The German Language Teacher, Susan O'Connor, who organised the event, said: "Both our students and our German visitors got so much out of this cultural experience and at the

same time formed some new friendships along the way."

The Berlin students attended the First year German class, providing a wonderful opportunity for the young MFL learners of MSCC to engage with young native speakers.

"Speed Dating" chats gave Sixth Years a wonderful opportunity to practice for their Leaving Certificate orals with their German peers. To finish, students experienced a traditional Irish music class with Mark Heffernan.

"Due to the warm welcome and hospitality shown by both

staff and students of MSCC, the Romain Rolland Gymnasium has kindly offered to host students from Mount Seskin in the coming months and have even offered accommodation to any student of the College who wishes to improve their language skills and to experience life in Berlin with a German family.

"We are already looking forward to planning a trip to Berlin! We currently have a PME student from Gottingen University on our staff. So, we are looking forward to continuing our cultural links with Germany."



FINE TUNE: Ed, Callum and Conor



Looking good

NEW GEAR: Clondalkin Celtic U9 Girls soccer team are delighted to show of their new gear sponsored by Tower Credit Union Ltd

Courier (27) caught with over five kilos of cannabis in delivery van jailed for three years

A DUBLIN courier who was caught with over five kilogrammes of cannabis in his delivery van has been jailed for three years, reports Sonya McLean.

Kyle Boland (27) of Isolda Road, Ringsend, Dublin pleaded guilty at Dublin Circuit Criminal Court to having the drugs for sale or supply, valued at €117,762, on May 14, 2021.

Garda Stephen Gillespie told Aoife

McNickle BL prosecuting, that gardai stopped Boland's van on the Rathfarnham Road in Dublin having received a tip off. A holdall with a kilogramme of the drug was found beside the sliding door of the vehicle.

The vehicle was seized and taken to a nearby garda station where a further cardboard box containing the remainder of the drugs were discovered. A phone and a tick list were found in the front of the van.

Gda Gillespie said Boland's 99 previous convictions were mainly for road traffic offences but included possession of a flick knife.

Gda Gillespie agreed with Fiona Murphy SC, defending, that Boland had been living in a hotel at the time. He had agreed to transport the drugs on the promise of €500 to knock off a drug debt. He accepted a suggestion from counsel that Boland "was

clearly doing the bidding of someone else".

Judge Martin Nolan said Boland is an intelligent young man who could change his life, "but that is up to him". He said he was "involved in a reasonably big drug dealing enterprise" but accepted he was a minor cog in that enterprise.

Judge Nolan said Boland deserved a custodial term before he sentenced him to three years in prison.

Ongoing use of canisters is going to lead to tragedy

The larger bottles of Fastgas canisters in the picture contains 615 grams of nitrous oxide gas

By Maurice Garvey

maurice@echo.ie

THE ongoing use of gas canisters by teens, is going to lead to another tragedy, unless there is a change in legislation, according to Cllr Francis Timmons (Ind).

Timmons, who has raised the issue before in the council and with local gardai, says the canisters are "everywhere".

"I've picked them up with Clondalkin Tidy Towns at St Johns Cemetery on Monastery Road, the community centre in Cherrywood, they seem to be everywhere."

A resident sent *The Echo* a photo of empty discarded canisters in Corkagh Park, on the Cherrywood side. It is a familiar site in many communities in recent years.

The larger bottles of Fastgas canisters in the picture contains 615grams of nitrous

oxide gas.

Known as 'hippie gas' the product is openly sold on the open market for the purpose of cooking and use in the drinks industry.

However, the product is widely abused by teens inhaling the gas to obtain a short high.

"It's not illegal but it is being used for dangerous purposes, and it is only a matter of time before we have the death of another young person," said Timmons.

"Years ago, tipex and glue were popular among teens, now it is this. Parents need to be talking to kids about the danger. You could be the unlucky one among your friends."

Gardai believe the current legislation with regard to nitrous oxide is "unworkable" in order to mount prosecutions.

Correspondence between Timmons and a member of the Clondalkin garda drugs unit last August, indicated the legislation is "quite weak and unworkable" to deal with "epidemic proportions of abuse" of the canisters by minors in the local area.

“Years ago, tipex and glue were popular among teens, now it is this. Parents need to be talking to kids about the danger. You could be the unlucky one among your friends



CONCERNS: The 'hippie gas' canisters found in Corkagh Park

Theft of cars more than doubles

Gardai have identified certain car models that don't have immobilisers

IMPORTED cars that do not have immobilisers or alarms, are attributed by gardai to an increase of vehicle thefts, reports Maurice Garvey.

Theft/ unauthorised taking of vehicles in Tallaght more than doubled in 2022 – with 213 such cases last year.

In Lucan, unauthorised taking of UT of vehicle was up 146 per cent in 2022, with 32 such cases last year.

Speaking at the recent Joint Policing Meeting, Clondalkin Superintendent Anthony Twomey said a lot of vehicle

thefts in his district are happening at commercial centres.

"We are liaising with commercial operators, the Luas is one area where we had a spike in them," said Supt Twomey.

Superintendent Tomás Gormley, Tallaght Garda Station, said they have identified certain makes and models that seem to be imported.

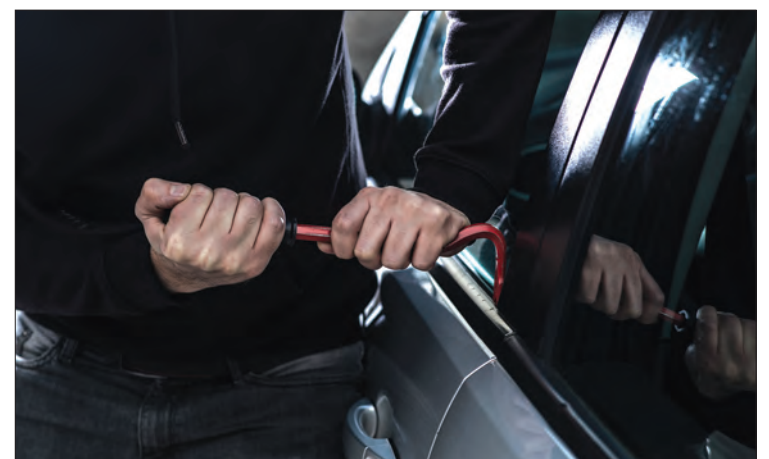
These cars are particularly attractive for juveniles to steal.

Supt Gormley said there was a similar situation here 20/25 years ago, with

European cars which "didn't have immobiliser and didn't have alarms when they were purchased".

"Unfortunately, we are seeing problems now with a select number of imported cars which are being sold without an immobiliser or sold without an alarm. So we are trying to tackle that," he said.

Supt Gormley said gardai have identified a number of people responsible and are trying to expediate them through the juveniles diversion scheme and criminal justice system.



Stainless steel and glass bus shelter approved

PERMISSION has been granted to the National Transport Authority for the placement of a stainless steel and glass bus shelter at a bus stop on Grange Road, Rathfarnham.

The subject site is near the junction at Nutgrove, and the bus shelter includes two internally illuminated advertising panels, each of 2sq.m area, on the public footpath.

South Dublin County Council granted permission for the structure on January 23.

THE Echo
Real Local News
 news@echo.ie
 01-468 5350

Over 14,000 people are waiting for driving tests

Minister criticised for not aiding those who have to wait months for tests

By William O'Connor
 william@echo.ie

THE Minister for Transport Eamon Ryan has been criticised for failing to step up and aid the people of Tallaght who are forced to wait months for a driving test while the RSA do the bare minimum and allow a huge backlog to build up.

At the start of December 2022, there were 14,054 people waiting for a driving test in the Tallaght testing centre, by far the highest in the country.

Teachta Crowe said what was required is a new testing centre in south Dublin to relieve the Tallaght centre and prevent such a backlog from building up again.

Sinn Féin TD for Dublin South West Seán Crowe said: "There are now over 14,000



BACKLOG:
 The driving test centre on Broomhill Road

people waiting on a driving test in the Tallaght testing centre. That is 14,000 people whose ability to access employment,

education or childcare is being restricted.

"Minister for Transport Eamon Ryan has failed to step up and aid these people, preferring to hide behind the RSA instead. What good is a Minister who does nothing but pass the buck?"

"The RSA blame Covid for the backlog

but that does not explain why waiting lists grew by 4,000 in the last 4 months of 2022.

"When I put simple questions to the RSA, I was told there are no plans to do anything except hire a few extra testers on temporary contracts. This isn't good enough.

"Quite simply, the RSA is doing the bare minimum and it is the people of Tallaght and its

hinterland who are suffering because of it.

"Minister Ryan should step in and instruct the RSA that an additional testing centre is needed in south Dublin to relieve the Tallaght centre and prevent such a backlog from building up again.

"Anything else is not acceptable and is just papering over the cracks."

“The RSA blame Covid for the backlog but that does not explain why waiting lists grew by 4,000 in the last four months of 2022

€8m for development site with plans for 131 residential units

A RESIDENTIAL development site on Stocking Lane in Rathfarnham, with planning permission for 131 residential units, has gone on the market with a guide price of €8m, reports Aileen O'Flaherty.

The subject site has planning permission for a Strategic Housing Development (SHD) comprising a mix of 21 houses, 46 duplexes/duplex apartments, and 64 apartments.

The site is zoned for the protection and/or improvement of residential amenities, and benefits from being in close proximity to the M50, Marlay Park and St Enda's Park.

In the property listing, selling agent Andrew Sherry from Savills Commercial stated: "The site is irregular in shape and extends to approximately 2.49 ha (6.16 ac),

is set in grass with a gentle slope from west to east.

"The site frontage onto Stocking Lane is characterised by hedging and mature trees in various conditions.

"The entire comprises: 2.42 ha (5.94 ac) site with planning permission for 131 residential units and 0.09 ha (0.22 ac) site with an existing four-bed house known as 'St Winnows'."

However, the development is currently the subject of a judicial review, after High Court proceedings were brought by Ballyboden Tidy Towns against the developer behind the plans last year.

The group claims that An Bord Pleanála's decision to grant permission is flawed, in terms of both domestic and European law, and should be set aside.



ON MARKET: An artist impression of the plans for the site on Stocking Lane

Phoenix show raises €7k for children's charity Barnardos



VIBRANT SHOW: Phoenix Gymnastics Club members at the show

OVER 600 young athletes from a local gymnastics club put on a vibrant show last month in the National Basketball Arena and raised over €7,000 for children's charity Barnardos, reports Aileen O'Flaherty.

The performers from the Phoenix Gymnastics Club, which holds classes in Tallaght and Park West, put on their dazzling display in the basketball arena on December 16 last for the Phoenix Show 2022.

The show was a full-scale event for the performers, whose ages spanned four- to 25-years-old, with lighting, a DJ, and a backstage team.

Wayne Healy, CEO of Phoenix Gymnastics, told *The Echo*: "The atmosphere was electric.

"We had an event team and sound and lighting and staging for the event and we did it to a level that we haven't done before.

"We've been running the show every year for a

couple of years but it has expanded into something bigger so we rented the basketball arena this year so more people could come."

The show went off without a hitch and was a positive experience for both the performers and the spectators, and all of the proceeds from the ticket sales went to Barnardos.

Explaining why Barnardos was the chosen charity for the event, Wayne said: "They were people in the club who had previously been supported by Barnardos.

"We had hoped to raise about €5,000 for them so we were delighted when we saw how much we'd raised, and to be able to give back to the local community that supports us."

Plans are already afoot for the Phoenix Show 2023, according to Wayne, with hopes for it to be another large-scale event following the success of last December's show.

Green Eye

Nature on our doorsteps



Rosaleen Dwyer is the County Heritage Officer at South Dublin County Council – every week she gives us an insight into the natural heritage around us and the beautiful biodiversity of the plants and creatures

Signs of spring



FLOWER: Wildflowers like Red Dead Nettle often flower very early in spring

THE traditional date for the start of spring in Ireland is February 1.

The ancient Celts celebrated this day as the feast of Imbolc.

After the dark months of winter, Imbolc was seen as a time of new growth, when plants began to send out new shoots and when animals would begin to give birth.

It is also the feast of St Brigid, who is associated with the gifts of wisdom, poetry, and with fertility and new life, especially of the domesticated animals that communities depended upon.

February 1, comes halfway between the winter solstice in December (which has the shortest daylight hours in the year), and the spring equinox around 20th March (which has equal hours of daylight and darkness).

This halfway point was judged by our ancestors to be the time when the winter season changed into

spring.

Signs of spring are beginning to be seen all around us at the moment.

The lengthening of the days since the winter solstice in December has triggered some birds to begin to call out their springtime songs at dawn.

While robins tend to sing quietly all through winter, by February the male's song becomes louder as he grows more confident and determined.

Blackbirds and thrushes are also beginning to sing, as they start to mark their territories and advertise their availability as a mate.

In the plant world, the dangling, bright yellow 'lamb's tails' of the Hazel catkins are noticeable in hedgerows and parks, bringing colour to the bush's bare, leafless, branches.

Hazel's flowering will be followed shortly by the catkins of other trees such as Alder and Birch, and the soft furry catkins of Willow in March.



NATIVE: Hazel's yellow catkins are one of the first native tree flowers to appear in spring

CELEBRATIONS: Street performers parading through Clondalkin village heading for the Round Tower
See more photos on page 49



Thousands the patro

Positive feedback from La Fhéil

By Aideen O'Flaherty
aideen@echo.ie

THOUSANDS of people took part in festivities in Clondalkin last week and through to bank holiday Monday in celebration of the patroness saint, St Brigid, both as a saint and a Celtic goddess.

Officially called the La Fhéile Bride/Brigid's Day Festival Clondalkin, the event ran across six days with a host of events to appeal to people of all ages and interests.

Over 100 people took part in a ritual at St Brigid's Well and there was a series of St Brigid and Celtic-themed events at

Aras Chronain.

There was also a well-attended Pilgrim Walk from Stanhope Street to Clondalkin, but the highlight of the festival was a street performance and parade in Clondalkin village.

The parade was led by a pipe band, and featured a merry band of Mummies – which in medieval tradition are travelling entertainers, typically dressed in straw.

Sinead Curran, who is on the organising committee for the festival and dressed up as one of the Mummies, told *The Echo*: "Everybody came out of their houses and watched the parade.

"I was one of the Mummies, it was a complete disguise. Even people who knew me didn't recognise me!"

The committee received resoundingly positive feedback across their events,

“ We have St Brigid's Well and we have had low-key events in previous years. But a lot of people and local businesses came out, took part and supported the festival



ds celebrate ness saint

le Bríde with a host of events taking place



FESTIVAL: Molly, Ciara, Shona, Mary and Millie at Round Tower GAA Club

which included Irish dancing and the story of St Brigid being told by fire. This was the first large-scale St Brigid event held in Clondalkin, after several smaller events being held in the locality in previous years. Judging by the strong response the festival received this year, the committee is already looking forward

to building on their success with next year's festival. "We've found something that I think is unique to Clondalkin," said Sinead. "We have St Brigid's Well and we have had low-key events in previous years. "But a lot of people and local businesses came out, took part and

supported the festival." The committee is going to meet later this week to discuss plans for next year's festival, which includes getting art related to St Brigid into more venues in Clondalkin and expanding the festival's colouring competition to include secondary school students.

RAMS choir are given special guest treatment in the Dáil



UNIQUE EXPERIENCE: Members of RAMS outside the Dáil

Group of 11 members raise thousands for charity with their lively performances

By Aideen O'Flaherty
aideen@echo.ie

A LOCAL retired men's choir visited the Dáil last week at the invitation of local Fine Gael TD Emer Higgins.

A group of 11 members of the Newcastle-based RAMS [Retired Active Men's Social] in Rhythm Choir were treated as special guests when they went to Government buildings last Wednesday, February 2.

RAMS in Rhythm are perhaps best known for raising thousands of euros for charity through their lively performances all around the county, in places like The Square, The Mill, and Peamount.

However, the group got to rest their voices last week and enjoy a lunch in the Dáil and a tour of the building.

Matt Dowling from RAMS in Rhythm told *The Echo*: "On arrival, we were guided to the Dáil restaurant by the house usher, and Emer, as special guests on the day.

"The Maître'd greeted us all personally to the restaurant and introduced us to many of the dining room personnel.

"We were all seated in a very

pleasant area and served by excellent professional staff.

"We were served a very pleasant light lunch, and much banter was heard among all our members.

"Following lunch, and bidding our farewell and thanks to the dining room staff, we were again greeted by the usher, who gave us all a wonderful tour of the house, a visit to the live Dáil chambers, where the Dáil was in session. It was a very unique experience for us all.

"Following the Dáil session, we then visited the lower chamber, Seanáid, which too was a lovely experience.

"Our host, Deputy Emer Higgins, was in the chambers, as we made our exit, and we are very grateful for a wonderful day, and an excellent experience."

Matt added that the experience was one for the group to tick off their bucket list, and has set them in good stead for their upcoming performances.

On Tuesday, February 14, RAMS in Rhythm will perform in Peamount at 11am, and again on Wednesday, March 15 at 11am.

They will also perform in Tallaght University Hospital on March 16 from 1 to 2pm, and Avoca Rathcoole on March 18, from 12 noon.

“Following lunch, and bidding our farewell and thanks to the dining room staff, we were again greeted by the usher, who gave us all a wonderful tour of the house, a visit to the live Dáil chambers. It was a very unique experience for us all

FoodCloud agrees three-year partnership deal with Danone

Social enterprise tackles the issue of food waste and food insecurity is based in Broomhill

FOODCLOUD, a social enterprise tackling the twin issues of food waste and food insecurity in Ireland, to help educate and empower community groups nationwide to prepare nutritious meals using surplus food, has agreed a three-year partnership with Danone Ireland.

The partnership aligns with Danone's mission to 'bring health through food to as many people as possible' and will see the company provide a nutrition education programme as part of FoodCloud's Community Support Programme, which assists approximately 600 charities and community groups around Ireland with educational resources and training.

Through the partnership, Danone's registered dietitians and nutritionists will directly support FoodCloud's charity and community group partners which is based in Broomhill in Tallaght, with an annual webinar and the provision of recipes and nutritional information.

The aim is to help charities and community groups around Ireland in making the most of surplus food and preparing nutritionally balanced meals for those who use their services.

In a recent report, the Department of Social Protection estimated that during 2022, 9% of people in Ireland experienced food poverty. By contributing to its Community Support Programme, Danone aims to help FoodCloud increase the volume of food redistributed by 10% and grow the number



PARTNERSHIP: Killian Barry (Managing Director of Danone Ireland), Aoibheann O'Brien (Partnerships Director at FoodCloud), Brendan Dowling (Whitefriar Community Centre) and Grace Milton (Head of Corporate Affairs, Danone Ireland) at FoodCloud's hub in Tallaght
Photo by Julien Behal

“ We are committed to not only ensuring that perfectly good food does not go to waste, but also supporting our community group partners to make the most of surplus

of charities and community groups it supports by 50 new charities annually. The three-year partnership will also allow FoodCloud to distribute the equivalent of over 600,000 meals.

Furthermore, Danone's unlimited volunteering policy means its more than 740

employees around Ireland can support FoodCloud at its three food distribution hubs in Dublin, Cork and Galway.

Aoibheann O'Brien, Partnerships Director at FoodCloud said: "We are committed to not only ensuring that perfectly good food does not go to waste, but also

supporting our community group partners to make the most of the surplus food they receive.

"We look forward to working with Danone to develop recipes that support our brilliant network of charity chef partners nationwide with new ideas on how to use the

surplus food we provide."

FoodCloud's recent survey with its charity partners revealed food purchasing has become more challenging for families and individuals.

One charity that will benefit from the partnership is Whitefriar Community Centre in Dublin.

Dunnes Stores nears deal to take over Buymie service

DUNNES Stores has declined to commit to retaining the more than 300 employees that work for Buymie, the on-demand grocery delivery service, as it nears a deal to buy the company, reports Maurice Garvey.

The *Business Post* reported that Dunnes was close to acquiring the start-up as part of a deal that will see most investors walking away with nothing.

Buymie was founded by CEO Devan Hughes, Gabor Krasznai and Art Sokhikyan in 2015.

The start-up was located in Tallaght Village before relocating its Ireland office to Dublin 2.

According to the *Business Post*, Hughes and Sokhikyan will be among the hardest hit of the investors, who will

have to take a significant financial hit arising from the sale of Buymie in the hope that employees at the company would be protected.

However, Dunnes has declined to offer any commitment if it will retain the 300 employees at the company, according to sources with knowledge of the negotiations.

Buymie was ranked as the fastest-growing Irish tech company in Deloitte's Fast 50 awards last year, having recorded growth of more than 6,900 per cent in the past four years.

The company has existing partnerships with Dunnes and other key retailers Lidl and Woodies, and is considered a well-run business.

However, difficulties arose late last

year after it failed to secure additional funding.

Having raised around €18m to date from backers, Buymie hired Goodbody stockbrokers to help it raise and additional €10-20m but fundraising efforts ran into difficulty as a result of the weakening economic environment, rising interest rates and the collapse in sentiment towards the tech sector.

Dunnes emerged as an interested buyer and sources told the *Business Post* that the retailer initially agreed to acquire Buymie for a sum on the region of €15m – however Dunnes subsequently lowered its offer several times over the following weeks to a much-reduced figure.

Sources say Buymie is unlikely to find an alternative buyer.



FOUNDER: Buymie was founded by Devan Hughes from Tallaght



SHOWCASE: At Clogher Road Community College was Minister for Education Norma Foley, together with Sheila Porter, SciFest Founder and CEO, and student Luke Sullivan
Photo by Keith Arkins

STEM fair programme launched

Now in its 18th year, climate action will be the theme of this year's STEM event

SCIEFEST, Ireland's most inclusive STEM fair, announced climate action as its eighteenth annual competition's theme at the launch in Clogher Road Community College in Crumlin, reports *Clíodhna Brooks*.

At the launch of the SciFest 2023 programme, it was announced that EirGrid is joining SciFest as a project partner, joining long-time partners Intel and Boston

Scientific. EirGrid will sponsor a new award, the 'Climate and Delivering Cleaner Energy Future' award at this year's regional fairs and at the SciFest National Final.

Speaking at the launch, SciFest founder and CEO, Sheila Porter, said: "SciFest has now been running for 17 years and 2023 will mark our 18th year of the competition. The growth of SciFest is reflected in the

establishment of our project partnership with EirGrid, who have already shown steadfast support to the competition over the past year at the local level.

"I am delighted to announce climate action as the theme of this year's competition. We greatly look forward to seeing students' innovative solutions, from across a range of STEM fields, which we know will play an important role in helping us

address many of the challenges facing society."

In SciFest, second-level students showcase STEM projects at a series of one-day science fairs held locally in schools and regionally at venues in the Technological Universities.

The winners from each regional STEM fair will go on to compete at the National Final in November. The winner(s) of the

SciFest National Final 2023 will be presented with a trophy and will represent Ireland at the Regeneron International Science and Engineering Fair in Los Angeles, California next year.

Doireann Barry, Head of Strategy and Sustainability with EirGrid, said: "Leading on sustainability and decarbonization is central to our strategy. By extending this partnership with SciFest, we

want to continue to provide a space for second level students to explore and develop their ideas for a cleaner energy future, as we work to transition to low carbon, renewable energy."

Students wishing to follow in these student's footsteps can log on to the SciFest website (www.scifest.ie) And enter online. Completed entry forms for SciFest 2023 must be submitted by March 10.

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Over the past 43 years, *The Echo* has had to adapt to ensure its survival – and to ensure that our communities continue to have a space to raise concerns, challenge decisions and celebrate local life. Our survival over four decades is thanks to you, our readers, our advertisers and our communities, your support has secured the continuation of independent local news and quality local journalism since 1980. Here at *The Echo*, we have a professional and committed team of local journalists and photographers who work hard to capture the stories that matter most to you.

Our team write more than 80 news, community, sport and feature articles every week, attending events and meeting with groups and organisations to speak with those living, working and volunteering locally.

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**The Echo* is on sale in local stores from Thursday to Monday each week, please ask in-store if it is not on shop shelves

AS PART of *The Echo* celebrating over 40 years, we're celebrating you, and local faces and places. Over the last two years we've shared the stories of local people, and remind ourselves of the great community spirit alive across local areas. This week, **Hayden Moore** talks to retired electrician, Ian Hanratty, volunteer with the Irish Cancer Society for Daffodil Day.

VOLUNTEER: Ian Hanratty, cancer survivor and volunteer with the Irish Cancer Society for Daffodil Day



***The Echo* – celebrating community for over 40 years**



LAUNCH: Father Ted star, Pauline McLynn, Kilnamanagh volunteer Ian Hanratty and Irish Cancer Society CEO Averil Power at the Irish Cancer Society's Daffodil Day Supporter's Launch 2023. Daffodil Day takes place on Friday, March 24. For more information, please visit www.cancer.ie



MORE people are surviving cancer than ever before. Yet, the prospect of the being one of the 43,500 people to get cancer in Ireland each year can be quite intimidating.

Cancer is the leading cause of death in Ireland, and while survival rates for individual cancers vary, there was around 207,000 cancer patients or former patients alive at the end of 2020.

Reframing what it means to be diagnosed with cancer is at the crux of what Daffodil Day, which is on March 24, is all about.

The big days and the little days, cancer can take those precious special moments away but the work of the Irish Cancer Society, through Daffodil Day, is aiming to take those moments back.

That experience of hearing a doctor say "you have cancer" is an experience Ian Hanratty's family knows all too well.

Originally from Walkinstown, Ian was one of four children born to Peter and Maura Hanratty.

While he was "brutal in school", Ian did attend Scoil Bríde and Coláiste Mhuire, before training as an apprentice electrician in 1973 with the Gallagher brothers.

"I got married in 1979, and my father died of prostate cancer in 1979," Ian tells *The Echo*.

"Most of my father's family, I say most, I mean a lot of his family died of cancer before they were 65.

"Cancer is the bastard in our family. When Daffodil Day started, it was obviously after our father had died and my sister Máire started it in Knocklyon to raise money for the Irish Cancer Society.

"Then afterwards she kind of decided that we'd do it bigger and better, providing daffodil's all over and when I retired I was able to help out a

bit more."

Ian retired in 2014 and he misses working as an electrician, "like a hole in the head", as it has allowed him to give more time as a volunteer for Daffodil Day.

Within the space of six-months, in 2016, Ian's mother Maura, his brother and sister all died – with his siblings dying from cancer-related issues.

Then, in 2021, Ian had his own brush with the disease.

For the Kilnamanagh resident, it was prostate cancer, the most common non-skin cancer, that came knocking at his own door.

The 65-year-old showed an abnormality in the prostate-specific antigen (PSA) found during a blood test.

"It came back positive for prostate cancer, and they said to me 'your one of the lucky ones' because they caught it early," Ian says.

"I was a bit afraid initially. But there is a lot of supports out there for people.

"You would hear people telling a story about how they knew somebody with prostate cancer that got the pellet thing done and you'd ask 'how did they get on?'.
 "Ah they're grand now, the pellet thing is brilliant', and you're thinking, 'right maybe this will be grand'.

"I heard of so many who had the treatment and it made me feel like it could be quite positive."
 The "pellet thing" is a form of radiation therapy known as brachytherapy.

Brachytherapy is when a sealed radiation source is placed in the prostate gland, allowing the radiation to kill the cancer cells while causing less damage to healthy tissue nearby.

There is a recovery process, and Ian has a upbeat outlook on the whole thing, quipping that

he "was home on the same day" as the treatment to "see the second half of Ireland beating the All-Blacks".

"I'll tell you a story actually," the father of two says with a chuckle.

"When you get this treatment done, you're not allowed sit beside somebody who might be pregnant for an extended period of time afterwards, because of the radiation.

"I'd travel over to Spain a bit, me and the wife have an apartment over there.

"On this occasion, I was heading over myself and I'm sitting down next to this young Spanish lady. I'm thinking 'how am I supposed to ask her if she might be pregnant without sounding like a weirdo?'.
 "So, I have this translation written down. But then, I just go 'are you pregnant?' and she says 'no', and I think 'thank god', and show her the written translation of what the story with me is.

"I had to do that all the time, it was funny when you think of it. I had to keep asking these women 'any chance you might be pregnant?' every time I was on the train, the bus, the plane."
 While the implications of cancer have massively impacted Ian's family, all throughout his conversation with *The Echo*, he has humorous tales about his own experience with it.

But there is no denying that there is an emotional hurdle to overcome.
 "Emotionally, there's no doubting that it is a big day when you go in to get your bloods done, or when you're waiting on the results, or when you find out you have cancer, getting the treatment and finding out if you're all clear six-months after that," Ian candidly says.

"Of course, when it's terminal, that's difficult. There is always a fear about anything that could

kill you.

"If it's not terminal and there's a treatment for it, and you talk to people about having cancer in these support services, that's brilliant.

"But the way I look at it, when it's saving your life, it's not that bad."

A few years ago while attending a launch for Daffodil Day, Ian was listening to a speaker who spoke about the Irish Cancer Society's mission to reframe what it means to have cancer.

"I heard a speaker and they were saying that what they were aiming to do is to have people dying with cancer, not from it.

"That's because they want to be able to manage it and treat it.

"So, all money raised through Daffodil Day, and other fundraisers, go towards providing research into cancer providing care to people, running people back and forth to hospitals for operations and things like that."

Ian's PSA had showed 6.0 when he was diagnosed with cancer. At a check-up recently, after undergoing brachytherapy in late-2021, his PSA displayed 0.35 – a massive boost.

Today, he keeps busy and was hot off a round of golf in Killeen when he picked up the phone to *The Echo*.

The gaeilgeoir plays golf twice a week and is fond of a pint over a game of darts on a Friday night in Kilnamanagh Family Resource Centre.

Come March 24, Ian will be busy helping with Daffodil Day, which aids in raising a large portion of the yearly funds required to run the Irish Cancer Society.

Every year, the Irish Cancer Society spends €14m per cancer research, patient care and support.

Visit www.cancer.ie for more information.

“When you get this treatment done, you're not allowed sit beside somebody who might be pregnant for an extended period of time afterwards, because of the radiation. I'd travel over to Spain a bit, me and the wife have an apartment over there. On this occasion, I was heading over myself and I'm sitting down next to this young Spanish lady. . . So, I have this translation written down. But then, I just go 'are you pregnant?' and she says 'no', and I think 'thank god', and show her the written translation of what the story with me is

CARE: Ian says that all money raised through Daffodil Day, and other fundraisers, go towards providing research into cancer providing care to people and running people back and forth to hospitals for operations



Local history with Monica McGill

The legend of St Valentine suggests he was persuasive

In the 19th century, some of his relics were gifted to Dublin where they remain

WITH apologies to all, there are very few facts about St Valentine and many legends swirling around him.

That's not really surprising. Many verifiable records were destroyed or lost during turbulent historical events occurring in the years between his time and ours.

Allowing for lost records, it seems fairly reliable that St Valentine was a priest or a bishop, living in Rome or visiting there, before his martyrdom on 14th February, 269AD.

He ministered to the needs of his fellow Christians who were undergoing a persecution ordered by the Emperor, Claudius II.

The persecution included a ban on spreading the Gospel and people marrying in the Christian rite.

Apparently, this didn't stop Valentine from fulfilling his religious duties. He also saved Christian men from being enlisted in the Roman armies which were sorely needing new recruits at the time.

His activities brought him into direct confrontation with Roman imperial authorities.

Valentine was imprisoned and eventually martyred by being severely beaten and then beheaded, as the Emperor ordered.

He was buried on the outskirts of Rome and re-interred much later in a church there. In the 19th century, some of his relics were gifted to Dublin, where they remain.

As for Claudius II, he was Emperor for only two years – from 268 to 270AD. Commanding Rome's legions, he defeated the Goths (a Germanic tribe) who had invaded as far as the eastern shores of the Adriatic Sea.

He repelled other invasions of the Empire also. Claudius II died in 270AD (a year after St Valentine's martyrdom) reputedly from "pestilence", possibly a plague infecting the Empire's provinces at the time.

Modern historians acknowledge that



LEGEND: Statue of St Valentine at his shrine in Whitefriar Street church, Aungier Street, Dublin.

Imperial biographers of the day tended towards exaggeration and flattery, either because of their political allegiances or fear.

While the dates of Emperors' births, military service and deaths can usually be verified, other details may be less reliable.

Amongst other feats, biographers of Claudius recount his military fearlessness, his renowned physical strength and the occasion when he knocked out a horse's teeth with a single punch. Not a man to be

confronted, apparently.

St Valentine and Dublin

In the 1800s, Fr John Spratt was an Irish Carmelite. He was a celebrated preacher and was invited to present a sermon of his in Rome.

Because Fr Spratt's sermon was so outstanding, he was offered some of St Valentine's relics so he could bring them permanently to Dublin.

To great rejoicing, the relics were brought to Whitefriar Street church in the city, where a special altar enshrines them. They are said to include St Valentine's heart. Throughout the year, thousands of people from Ireland and abroad visit this shrine to honour the saint and invoke his assistance regarding romantic and relationship matters.

Legends

One of the legends about St Valentine suggests he was a friendly person, an excellent conversationalist and very persuasive.

While in prison in Rome, Valentine and his jailer became friends.

The jailer had a daughter who was blind. Knowing Valentine's deep Christian faith, the jailer asked (or challenged) him to cure his daughter.

Having prayed fervently, Valentine cured the daughter by the power of God and her sight was granted to her. Following this, Valentine and the jailer's daughter understandably also became friends.

Then came the day when the Emperor called for Valentine to be brought to him for interrogation.

Unexpectedly, Claudius was impressed with Valentine's demeanour, his behaviour and interesting conversation.

The Emperor often invited

Valentine to converse with him.

For a time it seemed that Valentine's further imprisonment might be cancelled and this personable prisoner released without more punishment. Unfortunately, this was not to be.

Eventually, Valentine suggested to the Emperor that he might consider converting to Christianity himself.

This resulted in the Emperor ordering Valentine to be beaten until he forsook his faith.

It didn't work. Then the Emperor threatened the saint with death by beheading if he would not reject Christianity.

That didn't work either.

The night before his execution, Valentine apparently wrote to the jailer's daughter ending his farewell note with the words "Your Valentine". This is said to be the origin of the words we know so well today.

Almost 800 years later, the popularity and significance of St Valentine's Day has increased greatly for lovers and romancers, although it can involve enormous expense.

Greetings card manufacturers, chocolate makers, florists and restaurateurs anticipate this annual revenue bonanza.

Who can blame them, given the last two years particularly?

Woe betide the spouse or partner who forgets to make the expected – sometimes unvoiced – Valentine's Day arrangements for their loved one.

Residence in the proverbial dog-house may ensue until peace returns to the relationship.

Rumours of price-gouging aside, St Valentine's Day is big business.

In America alone, one greetings

card-maker reputedly sells 145 million Valentine cards each year.

It is reported that 250 million roses are grown annually (especially red ones) to supply the needs of customers world-wide on the day.

Since rose-producing weather doesn't usually start in our part of the world until well after 14th February, it seems our Valentine's Day roses are specially grown in warmer climates and jetted in, just in time for them to be purchased at our local florists.

The symbol of a heart pierced by an arrow on Valentine cards is said to originate from the ancient Greek god of erotic love, Eros (called Cupid in the ancient Roman tradition).

He is most commonly portrayed as a cheeky winged cherub, firing his arrows at random passers-by, so ensuring that they will fall madly in love with the next person they meet.

There's an impressive statue of Eros in London's Piccadilly Circus, erected in the 1890s.

These days, there's a heart-and-arrow emoji available for convenient use.

Possibly the oldest surviving love letter in the English language is in the British Library. (Link:

<https://www.bl.uk/learning/timeline/item126579.html>) In February 1477, Miss Margery Brews writes to John Paston - her fiancé, her "right well-beloved Valentine". Her health is affected "until I hear from you", she writes. She states she's worried because her dowry is less than ... em ... expected. She declares her great love for him, hopes that he loves her too because after all, money isn't everything. (Yes – they did get married!)



GOLD: A gold medallion depicting Claudius II, Emperor of Rome, minted 268AD (Image: British Museum)

Business is recognised for transforming its shopfront

Local business owners are encouraged to make use of Shopfront Grant Scheme

PAINT, wallpaper, and decor experts Templeogue Décor have been awarded €1,000 in recognition of the work undertaken to transform the shopfront design of its business premises, reports *Cliodhna Brooks*.

The award of Best Designed Shopfront was in addition to a grant received to part fund the installation of an improved shopfront design from South Dublin County Council under the Council's annual Shopfront Grant Scheme.

The annual Shopfront Grant Scheme provides grants for shopfront improvements, ranging from painting updates to replacing an entire shopfront. Grants are available for a maximum of 50% of overall costs with the prize awarded for the Best Designed Shopfront under the scheme.

"I would like to congratulate Templeogue Décor on winning Best Designed Shopfront as part of the Shopfront Grant Scheme 2022," said Mayor Emma Murphy.

"The vision shown by Nicola and her colleagues, and the improvement made is fully deserving of this fantastic award. The wonderful upgrades made to Templeogue Décor exemplify perfectly how minor changes can make a huge difference to our villages. I would encourage all business owners in our villages to engage with South Dublin County Council and make use of this valuable service."

Under the scheme, Templeogue Décor was granted approval for painting, installation of a new awning, and the addition of green enhancement. The works carried out have made a huge improvement to the



RECOGNITION: Mayor Emma Murphy with (L-R) Patricia O'Reilly (County Promotion Unit, SDCC), Stephen van Loon (Templeogue Décor), Tom Rooney (Head of Enterprise, Local Enterprise Office), Nicola van Loon (Templeogue Décor), Ralph McGarry (County Promotion Unit, SDCC) and Robbie Murtagh (County Promotion Unit, SDCC)

shopfront and the aesthetics of Templeogue Village, exemplifying the benefits of the scheme for business owners.

Nikki van Loon, from Templeogue Décor, explained the work they did that ultimately won them the award. She said: "In the second half of 2022, the shop underwent a facelift to the

exterior of the premises. The existing wooden store frontage was fully repaired, and the lettering and signage was removed, cleaned, and repainted.

"We installed a motorized and retractable awning in self-cleaning fabric with powder coated finish for durability. Additional green wooden planters were also installed to enhance

the front entrance and tie in with the recent refurbishment of the village.

"All of this was possible with the help of South Dublin County Council's Shopfront Grant Scheme."

Last year was the ninth successive year of this progressive scheme, supported by South Dublin County Council. The scheme is becoming

increasingly popular, and the council would encourage local businesses to apply for the 2023 scheme.

Details of the scheme including Terms and Conditions and application details for 2023 are available on the Council's website at <http://www.sdcc.ie/business/enterprise/business-support/shop-front-grant>

Settlement reached in dispute over right-of-way at apartment development

A SETTLEMENT has been reached in a dispute over the right-of-way for an access point to an apartment development in Palmerstown that is currently under construction.

The residential development of 250 build-to-rent apartments, called Palmerstown Gate, is being carried out by Randelswood Holdings Ltd.

The scheme is now at an advanced stage of construction, however issues arose in 2021 in relation to a proposed access point through

By Aideen O'Flaherty
 aideen@echo.ie

Palmerstown Business Park exiting on to the old Lucan Road.

Palmerstown RPM brought High Court proceedings seeking to prohibit Randelswood using the access route through the business park.

It was one of two proposed access

points to the development, with the second one at the Kennelsfort Road/old Vincent Byrne site being unaffected by the proceedings.

The High Court case was due to be heard by Mr Justice Michael Twomey on Tuesday, however the court was told that the two parties had reached a settlement.

The settlement was reached following talks between the parties involved and a recent site visit by engineers.



CONSTRUCTION: The Palmerstown Gate development at the former Vincent L Byrne site

ADAM Security specialise in commercial fire security systems

Ballymount security company have numerous projects on the go at all times

By **Maurice Garvey**

maurice@echo.ie

THE fast paced nature of changing technology is something security systems providers have to stay on top of, but it is another element of the job, that keeps it exciting for people like Jonathan Cummins, a Senior Fireman Engineer with ADAM Security.

Ballymount company ADAM Security, who specialise in delivering state-of-the-art integrated commercial fire and security systems, have numerous projects on the go at all times, and also cater for a wide range of clients that include hotels, corporate giants, and schools.

New improved technologies can make a big difference for a security system, and it is this area that people like Cummins "have to keep up to speed with".

"We have a good relationship with our suppliers, and get one to one training with manufacturers, it is exciting, with the technology always changing," says Jonathan.

An electrician by trade, Cummins has over 23 years experience working with security systems.

More recently, with ADAM Security, he has transitioned into a more senior office role, involved in project management, logistics and stock management, but it is out in the field where the main nature of his work is still carried out.

"I'm part of a team with three other

FAST PACED: Derek Swan, Jason Sheridan, Adam O'Loughlin and Jonathan Cummins



service engineers, we're out in the field all day. We do a lot of commercial work for big business, a lot of work for the construction industry, various electrical contractors, a lot of private

work including schools, and a bit of residential work, but that would be more for our clients."

Long gone are the days when a simple alarm system and security

camera constituted the main aspects of equipment.

Jonathan and his team cover nine different disciplines, namely gas detection, intruder alarm, emergency

lighting, fire extinguisher, fire safety training, CCTV and access control.

It is a varied job, with no one day the same as the other.

"At the moment, I have three/four different projects going on, including a revamp of the Gresham Hotel, who are one of our clients," he said.

"As service engineers, you could be doing services, breakdowns, callouts, and in charge of projects. We just completely upgraded 120 apartments in Santry with a video intercom, a step-up from a doorstep intercom. That was a three month job, along with the installation and door space, you are contacting tenants to see when they are home, arranging times."

The intercom system allows the tenant to see who is calling them on the front door, and the tenant can decide to press a button and let the person in.

CCTV quality has improved massively, with the higher costs, securing higher quality imagery, and the ability to trawl back on footage up to 30 days, depending on the equipment employed.

Trying to wind down is not always possible for someone like Jonathan, who even when out in a coffee shop, will find himself inadvertently "looking at the cameras, stress testing the environment".

He will likely adopt that security approach while on an upcoming holiday with his wife and two kids. We could tell you where he is going, but that would represent a security breach.

One man traditional barbers shop hopes to attract younger generation

By **Maurice Garvey**

maurice@echo.ie

A NEW barbershop opened this week and at it's helm is a young man who is only 26-years-old.

Jordan O'Connor is the brains and scissors behind barbershop 'Motion Hair Studio', which opened on Manor Road in Palmerstown.

A Whitethorn resident, Jordan completed

a three year apprenticeship when he was 19 in Dublin city centre and won junior barber of the year.

Jordan has worked in Dublin and Sydney and Melbourne in Australia, but upon returning home, he wanted to branch out with his own venture.

However, the biggest challenge was finding the right location.

"It has been a long time coming," said Georgia Gargan, Jordan's girlfriend.

"This has been going on for a year and a half, back and forwards, to try and find the

right place. We were lucky to have good family, to give us a dig out, and secure a premises without it being steeped in high rent.

"It's also important to have it on the ground floor, so that elderly customers or people with mobility issues don't have to walk upstairs."

The barbershop is a one man show for now, with Jordan fusing traditional services with the new.

Along with providing the usual hair cuts and styling, Motion Hair studio also provides

beard styling and trimming, and hot towel shaves.

"It's very much an upmarket barbershop, with all the usual services, plus hot towel shaves, essential oils. Very much not a barbershop of old. Jordan wanted something like that for the area, and to attract the younger generation to Manor Road."

An opening celebration took place on February 4, but the barbershop officially opened for business on Tuesday, February 7.

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Start-up aims to help people track sustainability targets

Company's system allows users to combine a reusable smart water bottle with an App

By **Maurice Garvey**
maurice@echo.ie

A SAGGART start-up is aiming to help people and businesses track and improve personal sustainability targets via a new smart water bottle – akin to a ‘fit bit’ for the environment.

Ciaran Maguire created Love Earth Smart Water System, which allows users to combine a reusable smart water bottle with an app, to track their CO2 emissions, and check data that shows how their refills help reduce water waste, and improve life for marine animals.

It also saves water bottles from production while featuring a hydration tracking system.

A major hotel group in the USA are currently trialling out the bottle and app for their staff at one of their hotels and plan to roll it out for customers – a move which could see Ciaran's smart bottle used by tens of millions of customers.

Ciaran came up with the idea when he was in the supermarket with his wife, and as he would always be looking for sustainability benefits of products, and noticed it was difficult for people to identify real tangible ways they can know if they are making a difference.

“It takes vast resources to produce one plastic water bottle, 82.4 grammes of CO2 for one plastic bottle, and Ireland produces two and a half million plastic bottles daily,” said Ciaran.

“We do not have the capacity to recycle. In Ireland, 66 per cent of plastic bottles are

recycled, globally it is 92 per cent. And in 2018, China said they are not taking in all our plastic for recycling.”

Recognising Ireland “already has a good source” of water from the tap which is “even better regulated than bottle water”, Ciaran used his background knowledge in IT and marketing, to create a machine that creates personalised water bottles, with their own QR code.

“We should be filling up our own bottles, there shouldn't be a need for plastic bottles,” he said.

Global directives on sustainability for the corporate and business world, aligned with people's own desire to do their bit for the environment, are the perfect match for this venture, which is attractive for users as it engages and incentivises them, providing a personal impact of making a difference.

“I've used coding that people are incentivised,” said Ciaran.

“When you reach 78 refills, you get an environmental award, and see that you have saved water resources, x amount of carbon emissions. When you receive five awards, a tree is planted in your name (the venture uses mango trees in Cuba).”

“One feature of the app, is you can build your own forest as you accumulate, and see the forest growing. Another page on the app is for family and business. If there are 20 staff in a business, you can see combined results, and it is good for banter groups and for families.”

Ciaran says it is all about changing human behaviour, which can take about 28 days for a reprogramming.

Feedback for the fledgling venture, has



SUSTAINABILITY:
Ciaran Maguire, creator of the Love Earth Smart Water System

been fantastic.

Along with interest from the major hotel group, details of which are commercially sensitive until a deal is finalised, the app has also been trailed with focus groups and researchers at universities.

“It is a really cool way for businesses to boost green credentials, and with the hotel, they are linking it up with their rewards

programmes, so potentially refills will lead to things like a free breakfast or discount of a future room,” said Ciaran.

“The Irish government is using a report by Engineers Without Borders, which states that we can't recycle our way out of this. Plastic bottles are one of the biggest polluters in the world, killing 100m marine animals a year.

Scholars Ciara and Ariane awarded Intel Women in Technology scholarships

CIARA Barry from Ballyfermot and Ariane Hannon from Lucan are among 13 women across Ireland awarded the Intel Women in Technology Scholarships, reports *Clíodhna Brooks*.

Intel in Ireland launched its Women in Technology scholarship program 17 years ago to encourage a new generation of high-achieving women to take up the challenge of a career in science and technology and to



CAREER: Ciara Barry

empower them by fostering educational opportunities.

A spokesperson from Intel told *The Echo*: “Since [the scholarship began], the program continues today to form an important part of our wider commitment to advancing diversity and inclusion at every level of our company and the broader industry.”

This new cohort of scholars, including Ciara Barry, electronic and software engineer student in TU Dublin and Ariane Hannon, Electronic engineer student in University College Dublin, join Intel's wider scholar network as they continue to pursue their studies.

The scholarship program offers a monetary grant, valued at €3,000 per annum, as well as opportunities for work placements at the Intel Leixlip and Shannon campuses.

Each scholar is also assigned a mentor who is an Intel employee to assist and provide advice on managing their academic career. Several scholars have gone on to become Intel employees.

In recent years Intel Ireland has driven a unique approach to academic partnership through their Memorandum of Understanding (MoU) program.

Intel works closely with many institutes of Technology across Ireland to share details of this initiative and identify suitable candidates for the scholarship program. This year scholarships were awarded by numerous



OPPORTUNITY: Ariane Hannon

business groups across Intel including Movidius, Manufacturing & Product Engineering, Corporate Services, and Intel Shannon.

This year, Intel is also continuing to offer a ‘Women in Construction’ scholarship, awarded by their Construction Enterprise Team.

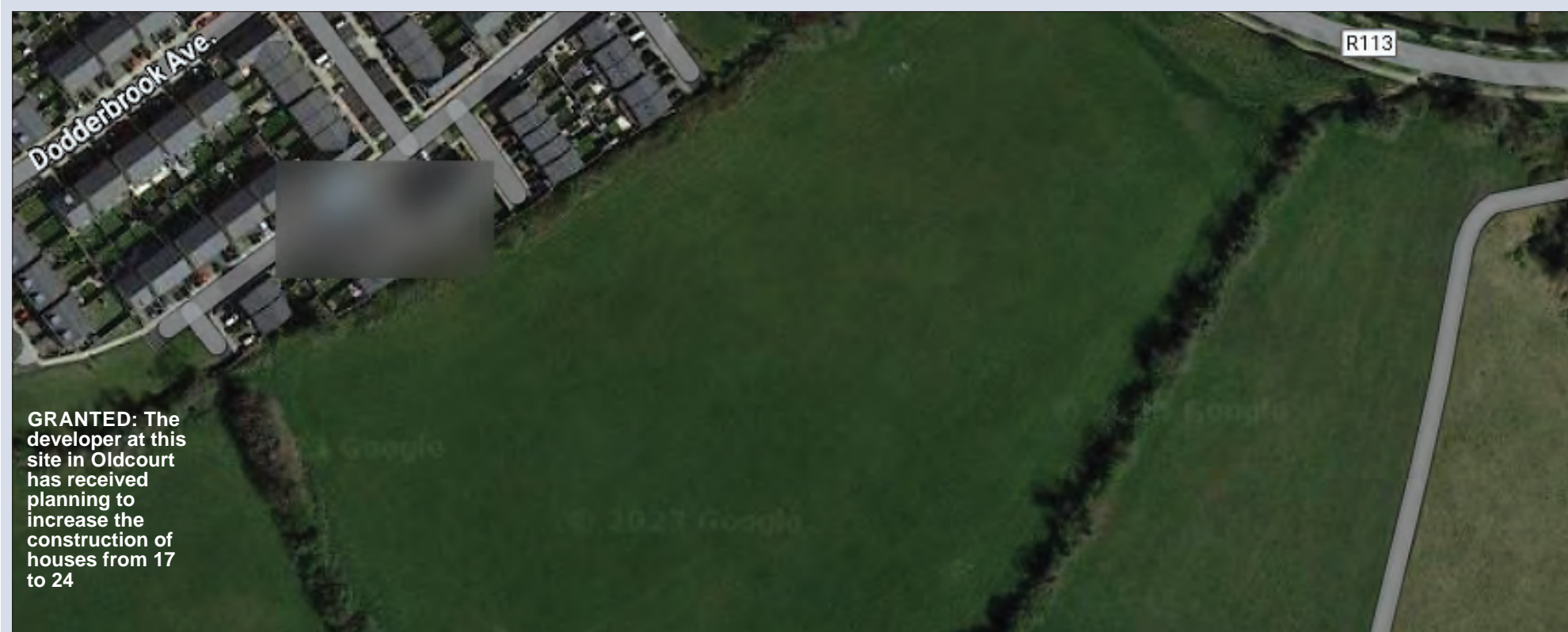
Since the Intel Women in Technology scholarship program began, it has supported 152 students and a total of €1,800,000 has been invested in the initiative to date.

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GRANTED: The developer at this site in Oldcourt has received planning to increase the construction of houses from 17 to 24

Permission granted for seven more houses at Oldcourt site

Developer Capami Ltd granted planning at Ballycullen Gate development

PERMISSION has been granted for an increase in the number of houses in a permitted development called Ballycullen Gate on the Oldcourt Road in Firhouse, from 17 to 24 houses, *reports Aideen O'Flaherty.*

Capami Ltd previously received planning permission for the development of 17 houses, however, last September, they lodged an application seeking to

increase the number of houses to 24.

The proposed development consists of changes of dwelling type and an increase in unit number from 17 permitted houses to 24 proposed houses.

The proposed dwellings include five three-bed detached bungalows, one two-bed detached bungalow, and two two-bed semi-detached bungalows.

Also included are one two-storey, four-

bed, detached house; one two-storey, three-bed, detached house, two two-storey, two-bed, semi-detached houses and 12 two-storey, three-bed, semi-detached houses.

The proposed development also includes for all associated site development works, car parking, open spaces, and landscaping, on a site area of c. 0.88 hectares.

On January 27, South Dublin County Council granted permission for the change of dwelling types and for the increased number of houses to be developed, with a number of conditions.

These conditions include the stipulation that no two-storey developments can be constructed on the upper slope lands, and the submission of a revised taking-in-charge document.

Plans refused for dwelling at rear of Copper Kettle Café

By **Aideen O'Flaherty**
aideen@echo.ie

PLANS for the development of a dwelling to the rear of the Copper Kettle Café on Main Street in Rathcoole have been refused permission.

Applicant Garocal Limited submitted a planning application for the construction of a two-storey, two-bed dwelling to South Dublin County Council in January 2021.

The property was to be serviced by a private amenity space to the rear and one on-curtilage vehicular parking space accessible via Barrack Court. Provision of two replacement vehicular parking spaces for use by residents of Barrack Court was included.

Permission was also sought for all ancillary works, inclusive of SuDs surface water drainage, site works, boundary treatments and landscaping necessary to facilitate the development.

The application attracted two third-party objections, where issues raised included the potential impact on car parking in Barrack Court, the scale of the scheme, and potential overshadowing.

On January 26 last, South Dublin County Council refused planning permission for the dwelling because of issues related to vehicular access, traffic, and pedestrian safety.

"The applicant has not sufficiently demonstrated legal interest or appropriate consent to utilise the indicated right of way through Barrack Court," stated the council in its decision.

"[The applicant] has failed to demonstrate the successful deliverability of the revised car parking arrangement for the existing and proposed residential units without compromising the comfort and safety of pedestrians, cyclists and residents within Barrack Court.

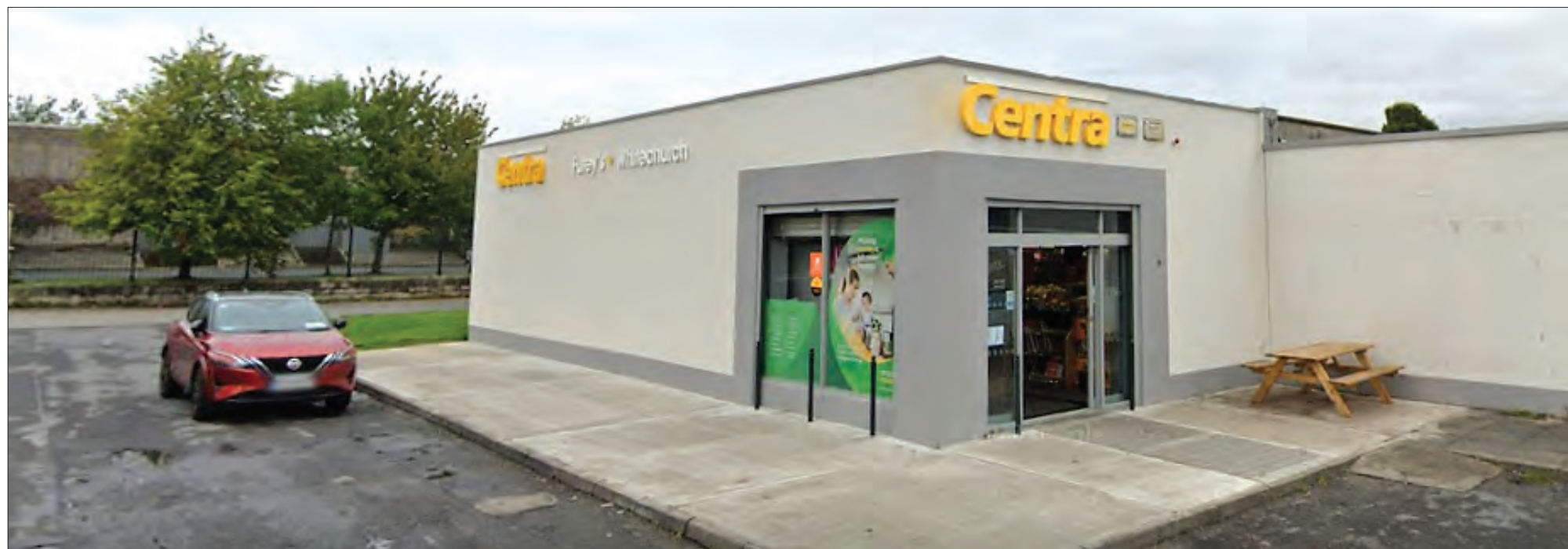
"The proposed development would, therefore, be contrary to the proper planning and development of the area."



REFUSED: Plans for a dwelling at the back of the Copper Kettle Café were refused permission

Coffee shop and office plans constitute a traffic hazard

Council refuse permission for coffee shop and office development at shopping centre



REFUSED: The Centra at Whitechurch Shopping Centre proposed to connect to a coffee-shop and office development

PERMISSION has been refused for the construction of a two-storey, own-door coffee shop and office development connected to the Centra at Whitechurch Shopping Centre in Rathfarnham.

The proposal is “significantly deficient in car parking and bicycle parking provision” and could constitute a traffic hazard, according to South Dublin County Council.

Damien and Peter Furey applied for planning permission for the

By Aideen O’Flaherty

aideen@echo.ie

development last May, including two own-door ground floor shops to the rear with two first floor offices above of 48.0sq.m each.

Provision of a new pedestrian footpath and all associated site works was also included in the Fureys’ planning application.

However, on January 25 last, South

Dublin County Council refused permission for the development as evidence of “relevant landowner consent” for a portion of the land has not been provided.

The council referred to a ‘red line boundary’ which denotes the area that is within the ownership of the applicant.

“The applicant is proposing works essential to the consideration of the proposed development that are outside the development’s red line

boundary,” stated the council.

“The applicant has not demonstrated an ability to deliver the layout alterations, EV car parking or bicycle parking indicated, providing no confirmation of ownership of these lands or a letter of consent from the relevant owner to permit their inclusion within the planning application.

“Given the proposed intensification of use at the shopping centre, adequate car and bicycle parking

facilities are a crucial consideration in the determination of the application, as well as traffic safety concerns regarding the location of bin storage and bin truck access, and the requirement for a turning head as part of car parking upgrades.

“The proposed development is significantly deficient in car parking and bicycle parking provision and other transport-related provisions, were it to proceed it could constitute a traffic hazard.”

Permission sought for three-storey office building at Citywest Campus

By Aideen O’Flaherty

aideen@echo.ie

PLANNING permission is being sought for the development of a three-storey office building in a plot labelled 3000A on Lake Drive in Citywest Business Campus.

Applicant Channor Citywest Limited’s proposal includes a three-storey office development with a total gross floor area of c. 2,992sq.m.

Provision of 51 car parking spaces, including two accessible spaces and 27 EV spaces with charging points and accessed via the existing vehicular entrance from Lake Drive is included.

Two pedestrian access points to the north and east of the site, bicycle parking facilities, an ESB substation, waste storage facilities, signage, soft and hard landscaping works, form part of the plans.



PV panels, external lighting, piped infrastructure and ducting, SuDS drainage and all ancillary site excavation and development works above and below ground are

included. A decision on the application is due from South Dublin County Council by March 19.

The subject site is one of

three sites that the Channor Group has acquired in the business campus, with plans for commercial schemes on each site pending planning permission.

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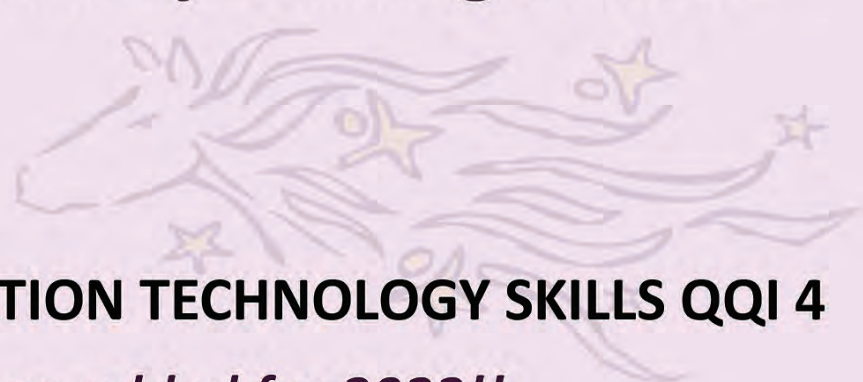
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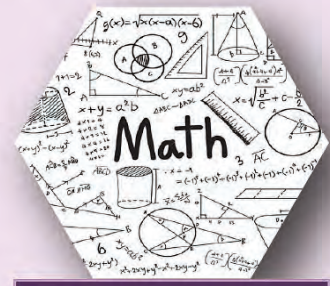
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Cleaner required to work after school hours (2 hours) per day, commencing March 2023. The cleaner must be available every afternoon Monday to Friday.

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E letters

Letters and emails should be kept as short as possible. We reserve the right to edit any submissions. Letters must be received by Tuesday, 3pm prior to publication

Katie Taylor's Croke Park debut scuppered by costs

Dear editor;

NEWS that the Croke Park homecoming fight of Katie Taylor who spent her life fighting for, has effectively ruled out the possibility of 'Amhran na bhFiann' raising the rafters at Croke Park, signalling a proposed May 20 bout against Amanda Serrano.

The Heineken Cup final is at the Aviva on that date which is what forced them to

relocate to the 3Arena.

Why can't they be more flexible on the date?

The indoor 3Arena can only accommodate 9,000 spectators as opposed to 80,000 plus at Croke Park.

Eddie Hearn who staged bouts at Europe's largest stadia: Wembley Stadium, Tottenham Hotspur Stadium, Principality Stadium in Cardiff, Nottingham, Sheffield said: "The cost of

hire, the cost of everything involved with the event is three times nearly more than staging it at Wembley Stadium. It's unbelievable.

"It's so frustrating. It's a business. Ultimately, Katie Taylor has her financial demands for this fight. So does Amanda Serrano and we want to make sure we deliver on that.

"But we're so far out on the possibility with the cost of running that show and

we're out of time in terms of delivering that date to the broadcaster so we've got to move."

Katie Taylor beat Amanda Serrano by a split decision after a tantalising bout at Madison Square Garden last year.

Yours sincerely,
Gerry Coughlan, Kilnarnagh

€50 Electric Ireland refund on the cards

Dear Editor:
ELECTRIC Ireland is to repay every household €50 after mistakenly overcharging electricity users for more than a decade.

An Oireachtas Committee was told Electric Ireland misapplied a support measure for 1,500 of the largest power consumers which led householders being penalised with erroneous bills over a 12-year period.

Ever since 2010, the Electric Ireland has been collecting money off retail/domestic customers to subsidise large businesses that have massive networks that require a great deal of electricity and as a result of errors of commission, or omission the Electric Ireland has over-collected what it was entitled to collect - collecting a percentage, rather than a fixed amount, off every single household for the last decade.

Electric Ireland says the €50 credit including VAT will cost the energy supplier €50.5 million, allowing for 9 per cent VAT.

The refunds will be automatically reimbursed to user's accounts by way of its retail arm Electric Ireland.

This billing anomaly is cause to pause not least because of the nonchalance with which electricity consumers were notified of the erroneous bills a decade later.

Yours sincerely,
Gerry Coughlan,
Dublin 24

Residents will remain hyper vigilant on protecting green belt

THE LUNGS OF TALLAGHT:
The green belt between Tallaght and Clondalkin which is owned by Hibernia REIT

Dear editor;

I THOUGHT you would be interested in the result of our complaint to The Planning Enforcement Section of SDCC regarding deliberate draining of the wetland area on the Green Belt by Hibernia REIT.

The owners of the land have been advised that the wetland area in question, even a relatively small one in this location, should be considered for retention and be incorporated and enhanced in any possible future proposals.

We are completely aware that Hibernia REIT could make another attempt to get this area rezoned in the next County Development Plan, but rest assured we will remain hyper vigilant in the protection of the Green Belt.

The wealth of biodiversity that exists here is beyond measure and only benefits us all - having always being referred to as "the lungs of Tallaght".

It must be protected from hungry developers who unfortunately only measures wealth in hard currency!

Many thanks once again for allowing our campaign have a voice in *The Echo*.

We are not going away and will remain vigilant about any attempts to destroy the Green Belt in the future.

Kind regards,
Mary Keogh,
Kingswood resident.

Editor's note: In October 2022 *The Echo* won an award at The Local Ireland National Media Awards for its coverage of the issue headed 'Green Belt Under Threat'. The award was for the 'Best News Series' and was written by *Echo* reporter Aileen O'Flaherty.

Resolution is unlikely to address fact that this development will add traffic problems

A chara,

A RESOLUTION has been reached on a right-of-way dispute relating to the development on the old Vincent Byrne site in Palmerstown.

Unfortunately, any resolution is unlikely to address the fact that this development will only add to the traffic problem in the area.

The BusConnects plan will see drivers forbidden from turning left

towards the city centre when exiting the village via Kennelsfort Road Lower, meaning all traffic bound for the city centre will use the exit at the Applegreen end of the Old Lucan Road.

This could potentially lead to congestion as far back as Aldi, where the right-of-way exit from the new development is located.

This is quite alarming if you are a resident in any part of Palmerstown

village.

It must be asked how An Bord Pleanála deemed it appropriate to grant planning permission to the development in the first place, considering that this dispute relating to one of the two entrances referenced in the planning application is only being resolved now.

It is clear that an overpass is needed in Palmerstown. This would allow traffic coming from

the west to the city centre to flow freely, it would allow people in Palmerstown to get on to the bypass with ease and, by keeping that traffic largely separate from purely local traffic, it would make it easier for people to drive from the village into the rest of the Palmerstown.

Le meas,
David Gardiner
The Workers' Party

The truth eventually won out

Dear Editor
THE recent disclosure that the State's legal strategy to limit refunds on illegal nursing home charges is the not the first time the State has been resistant with the truth.

During the HIV blood problems, the then Minister for Health in 1985 knew it was imperative to introduce HIV screening for all blood products and despite this, seven known haemophiliacs were infected with the deadly virus from contaminated blood products between July 1985 and August 1986.

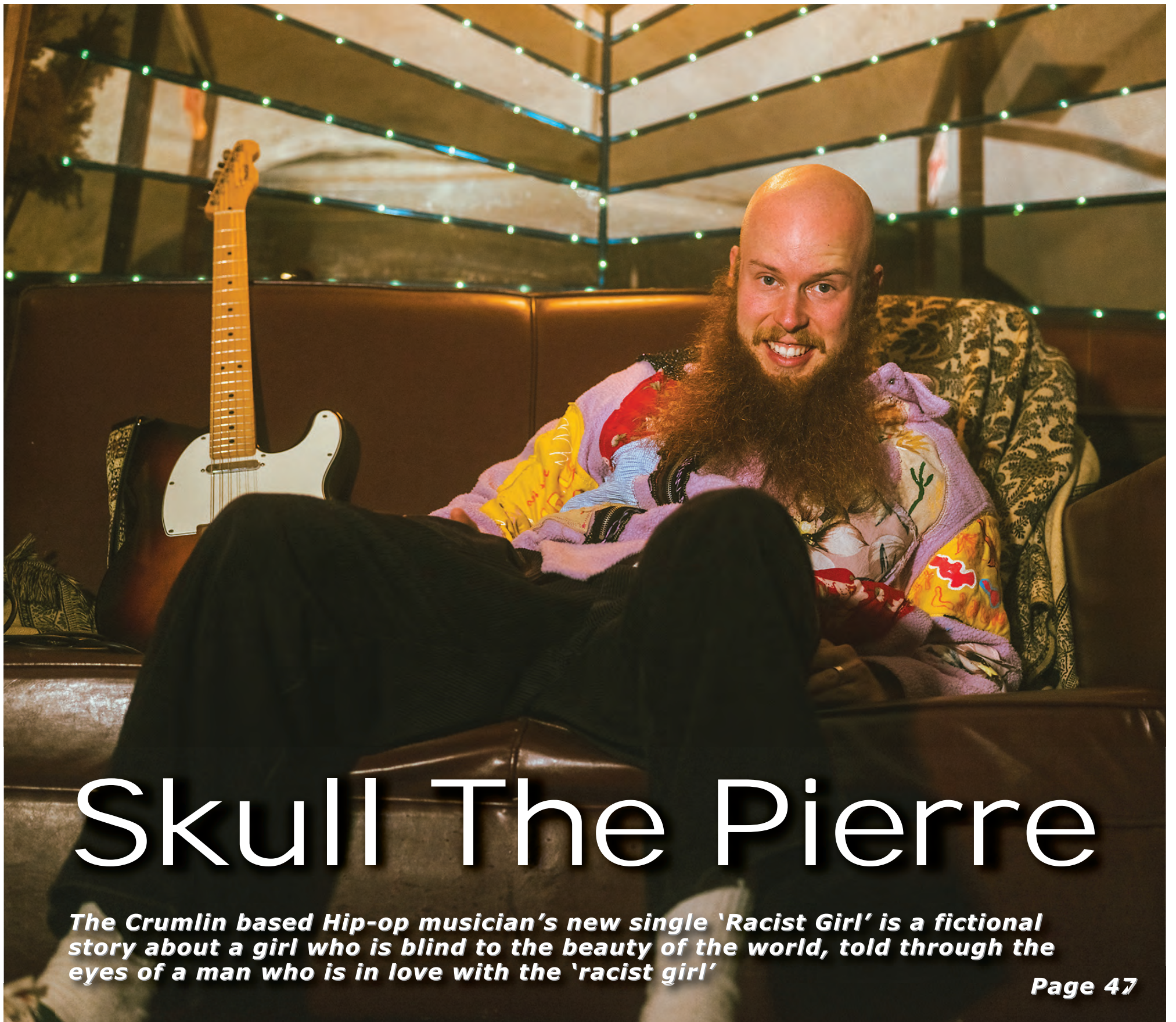
The truth eventually won out.

Yours
Paul Doran, Clondalkin

ECHO LIFE MAGAZINE

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22-Page LIfe SuPPLement



Skull The Pierre

The Crumlin based Hip-op musician's new single 'Racist Girl' is a fictional story about a girl who is blind to the beauty of the world, told through the eyes of a man who is in love with the 'racist girl'

Page 47

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Photos by Paddy Barrett

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Aileen Treacey, Andrea Lawlor and Sinead Curran



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Gemma McIntyre and Liam Morrín



Eve Brennan, Laura Nolan, Matthew McNabb, Sarah Maloney, Emma Smith and Sarah Gannon

Unrequited Love

TAYLOR D SET TO RELEASE HER 11TH SINGLE 'WASTING ALL MY LOVE'

by Aideen O'Flaherty / aideen@echo.ie

The trials of unrequited love take centre stage in the new single from 17-year-old Clondalkin musician Taylor D, and the song will be released this Valentine's Day.

The talented performer, who is a fifth year student in Coláiste Bríde, lists Olivia Rodrigo and Ed Sheeran as key influences for her musical output.

Taylor D's new single, 'Wasting All My Love', is her first release in 2023 and follows on from an exciting 2022 that saw her win First Choice Radio's Unsigned Music Show's Artist of the Year.

On the cusp of releasing her eleventh single, Taylor D told *The Echo* about what it's like to balance her music career with schoolwork, the perils of unrequited love, and she shared details about her upcoming EP.

What is it like to balance schoolwork with your burgeoning music career?

My school, Coláiste Bríde, has been so supportive of my music. They are always willing to share my journey on their Twitter and they get me to perform at every school celebration. So far, it has been easy to juggle school and music life. My priority is and always will be schoolwork, so it's important to be organised. Weekends and mid-terms free up a lot of time and this is normally when I schedule a studio for recording. I'm due back at the studio to record the second single from the EP on our February mid-term break.

Can you remember how you felt when you released your first single?

My first single that I released was a Christmas melody called 'Here's to a Merry Christmas'. I only released it on YouTube as I didn't have a Spotify or Apple profile at the time. Within a week it had over 1,000 views on YouTube – without any promotion. It got its first radio airplay the next week on GCR radio by a DJ called Robbie Kane. He loved it so much he added it to their radio playlist. I was ecstatic! I knew after all that excitement that I wanted to keep doing this.

How does it compare to how you feel now, on the cusp of releasing your new single 'Wasting All My Love'?

'Wasting All My Love' is my eleventh release and is a revamp of an earlier song I wrote. I feel confident that people will enjoy the track, as I feel that my lyrics and style, and also my voice, have matured immensely since my very first release. How did you feel when you first heard the final version of 'Wasting All My Love'?

When I heard the finished track, I had a moment of nostalgia, thinking of how far I've come as a musician since I had first written the song. The song is about unrequited love, why was this a topic that you chose to cover in your music?

As teenagers, we've all been there, be it a

boyfriend or a celebrity crush! It's quite a regular topic amongst my peers over lunch or just hanging out. Most of the rom-com movies are about it. Watching Tom Holland in 'Spiderman' was actually my spark for the song. So, Tom Holland has a song written about him, and he doesn't even know it! What reaction do you hope it will get from listeners?

The track is being released on Valentine's Day, as I think it's a perfect song for the day and I'm hoping people will use it in their playlists.

This is the first release from your upcoming EP 'Fan Girl'. When are you planning to release the EP and what is

the concept behind it?

The concept behind 'Fan Girl' was actually inspired by a recent Vamps concert. There were lots of screaming girls, including myself, and I thought to myself, 'This is going to be so relatable to every girl that has ever gone to their idol's concert'. The second song of the same title, 'Fan Girl', will be released closer to summer. The whole EP will be released in autumn.

'Wasting All My Love' will be out on all streaming platforms on February 14 and can be presaved on Spotify.

For more information follow @taylor_d_music_ on Instagram or @TaylorDMusic on Facebook.



Taylor D performing on stage



Noreen Moore, Jess Hayes and Lily O'Connor



Linda Tomney, Carmel Murphy and Michelle Tyrell



Barbara, Sinead, Fiona, Lisa and Shelly (Bridesmaids)



Karl Goodwin with Grace Hillard (Best Actor The Snapper)



Karl Goodwin with Darrah Fulham (Best Supporting Performance Peaky Blinders)



Karl Goodwin with Holly Nevins (Best Supporting Performance The Snapper)



Karl Goodwin with Gerry Anderson (Highest Grossing Individual)



The Judges Kevin Keeley, Ciaran McMahon and Tom Dempsey



Gareth O'Shea, Tony Hayes, Gerry Anderson and John Brennan



Declan, Jacinta, Brian, Patsy and Myles



Esther Keenan, Ciara Moran, Gillian Lawlor and Sinéad Flood



Best Film Forrest Gump show off their awards

St Anne's GAA OsKaRs

55 MEMBERS OF CLUB PARTICIPATE IN FUNDRAISER

Photos by Paddy Barrett

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Sean Nevins and Grace Hilliard



Luke Reddy and Laura Maguire



Vanessa and Noel Gavin



Karl Goodwin with Jack Jones
(Best Actor Forrest Gump)



Karl Goodwin with Shelly
Coleman (Best comedy
performance, Bridesmaids)



Karl Goodwin with Declan Douglas
(Judges Choice, The Field)



Jeff and Michelle Bibby



Ann O'Connor and John Brennan
(Spirit of Oskars)



Evan, Michelle and Brian Tyrrell



Glenda and Stephen Smullen



Alisha Foster, Lily O'Conner and Laura
Douglas

“ I meditate in the morning, I have my centering, I need that. For me, training is also my meditation.

Dwayne “the Rock” Johnson

Health & Fitness

HOW TO MEDITATE

by Lee Moroney / info@coachapproach.ie



How to meditate? Breath, and watch your breath.

Among the documented benefits of meditation are less anxiety, being more mindful, reduction in irritability and moodiness, better learning ability and memory and greater creativity. That's just for starters. Then there is anecdotal evidence in slower ageing, feelings of vitality and rejuvenation and it may help lower blood pressure, and higher blood oxygen levels

How to Meditate Right Now?

Here's a simple technique that will give you results in minutes. Sit comfortably, close your eyes, and tense up your whole body. Sigh deeply, then breath deeply through your nose and release the tension from every muscle. Just feel each part relaxing, watching for parts that may hold onto tension, like a tight jaw.

If you still have tension somewhere, tense up that part again, then let it relax. It may also help to repeat silently “relax” as the tension drains. This will train your body and mind to recognise relaxation. Later you may be able to relax more easily just by repeating “relax” a few times.

Breath through your nose. This is important because it brings in more oxygen by involving your diaphragm more. You can test this - breath with your mouth and you'll notice that your breathing is shallower. Then breath through your nose and you'll notice that your abdomen extends more. Air is being drawn deeper into your lungs.

LEE MoRoNEY HAS BEEN CoACHING ADULTS, TEEnS AnD CHILDREN For oVER 20 YEARS, SPECIALISING In TUTORING For DDLETB In SPoRTS, ExERCISE AnD FITnESS QQI LEVEL 5S, ALong WITH MAnY CoMMUnITY EDUCATION CoURSES ARoUnD wELLBEIng. THE 1,450TH PERSoN CoMMEnCED In 2020 BY gETTIng oFF THE CoUCH For HIS 'CoUCH To 5kM' PRoGRAMME — oVER 500 PEoPLE HAVE USED HIS onLInE wEIGHt-LoSS PRoGRAMME.



Allow your breathing to fall into a comfortable pattern, and pay attention to it. Pay attention to your breath as it passes in and out of your nose. Your mind may wander endlessly, but all you have to do is continually bring attention back to your breath.

If your mind is still too busy, try naming the distractions as a way of setting them aside. For example, say in your mind, “itchy leg”, “worried about work,” or “anger” and then immediately return attention to your breathing. Use any way you can to identify and set aside distractions.

That's it. Continue for five or ten minutes, or for 100 breaths. Afterwards, open your eyes and sit there for a few seconds. You'll feel relaxed, and your mind will feel refreshed.

And you'll be better prepared for any mental challenges. That's how to meditate.

I have used Meditaion as part of a health and well being program that I deliever for the DDETb and I have also added it to the exercise program in Tallaght Psychartc ward – I have found that patients and students become more relaxed not only immediately after it but when they return the following week.

Fancy Footwork

LOCAL DANCERS AVOID ELIMINATION FOR ANOTHER WEEK

by Aideen O'Flaherty / aideen@echo.ie

IT WAS another successful week for local dancers and celebrities on RTÉ's 'Dancing with the Stars' as their fancy footwork meant they all avoided elimination on last Sunday's show.

The show opened with a performance by comedian Kevin McGahern and his pro partner, Lucan woman Laura Nolan, who danced an energetic cha-cha-cha.

The disco-style dance to 'Canned Heat' by Jamiroquai was positively received by judges Brian Redmond, Arthur Gourounlian and Loraine Barry.

Loraine said: "It's a disco theme tonight, you brought cha-cha-cha and had the basic steps, the hockey stick.

"Well done, Laura, great choreography. So much energy. A little bit staccato at times but so much energy. A groovy start."

Brian added: "Every week this presents new challenges. This may have been your biggest one yet, but you took on advice we gave you. Big, big improvement. Keep improving the feet and hands."

Kevin and Laura netted a score of 20 from the impressed judges.

Later in the show, Shamrock Rovers footballer Stephanie Roche and her dance partner Ervinas Merfeldas danced a powerful Paso Doble to 'Edge of Seventeen' by John Gibbons featuring Lyra.

Brian said: "The slow start – the Paso Doble – maybe it was slightly mis-interpreted. About intensity...you're getting there, for sure.

"I need you to start working the body more, it needed more volume of movement for me."

Loraine commented: "You said you're not a natural dancer – you are definitely working hard.

"Opening was tremendous, the opening of the body just wasn't enough. Back to the drawing board. Keep working."

Stephanie and Ervinas scored 14 from the judges.

Ballyfermot professional dancer Karen Byrne then took to the stage with her celebrity dance partner, former Ireland rugby player Shane Byrne.

The duo danced a well-received, comedic routine to 'Cuban Pete' by Jim Carrey, earning them a score of 21 from the bemused judges.

Loraine said: "My cheeks are hurting. Shane, if you don't mind, I'll come to Karen first.

"Karen that was absolutely brilliant. She was feeding you the salsa, the hips, the fun. It was all there. Not one, not two but three lifts – fantastic.

Brian added: "Steamy, sultry, sexy, samba – it was not. But in a weird way, I loved it. Yes, the lifts were sticky, in and out of them, but who cares."

All of the couples composed of local dancers and celebrities managed to avoid elimination last week, with Dublin GAA footballer Paul Brogan being voted off on Sunday night's show.

The next episode of 'Dancing with the Stars' is on RTÉ One on Sunday at 6.30pm.



Rugby Star Shane Byrne with his Dance Partner Karen Byrne from Ballyfermot



Kevin Mc Gahern with his Dance Partner Laura Nolan from Lucan



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“I like to do ‘Garfield Mondays’: lasagna and napping in a box.

Chris Pratt

Food with Passion

LASAGNE OF LOVE

by John Paul Kennedy / jpkennedy.kennedy@gmail.com

I've used the same authentic Lasagne recipe for over a decade now but recently I've found myself scouring through my vast supply of cookbooks looking for new inspiration to already tried and tested family favourite recipes. While flicking through my books last week I came across 'Lasagne of Love' by Nigella Lawson from her fabulous cook book 'Cook, Eat, Repeat' and I remembered how frequently people posted about how good this recipe was on many of the foodie social media groups I follow. As it was the bank holiday weekend I decided I would give it a go, so I studied the recipe and devised my own slightly adapted version; which I give you now. I found with the recipe there was too much fluffing about with the bechamel sauce, for example, so I tweaked it slightly; a mixture of Nigella and my own tried and tested version plus; I didn't layer it up the way Nigella does in her recipe; finishing with a layer of Ragu followed by cheese! I stuck with tradition; final layer being pasta, bechamel sauce followed by cheese. All I can say was this went down an absolute storm with my family and while there are a few more stages to this recipe than a conventional lasagne, it is perfect for lazy weekends when you have more time to attend to recipes that involve a few stages albeit most of them repetitive! With 'Love' in the title this could be perfect to make this coming Valentine's Day for your someone special!

Ingredients: (Feeds 8 people)

350g mince beef
350g mince pork
800g tomato passata
500ml of beef stock
2 carrots
2 onions
1 stick of celery

Teaspoon of garlic powder
4 teaspoons of tomato puree
150g streaky bacon / rindless pancetta
½ teaspoon dried chilli flakes
200ml red wine
3 bay leaves



1 tablespoon freshly chopped thyme
Small bunch of chopped flat leaf parsley
1 teaspoon of sea salt
2 teaspoons of freshly ground black pepper
3-4 tablespoons of olive oil
10- 12 lasagne pasta sheets (I don't make my own, but fresh pasta sheets are great here)

Bechamel Sauce:

800ml milk
100g plain flour
100g unsalted butter
½ teaspoon nutmeg
3 teaspoons of tomato puree
3 tablespoons of grated parmesan

Topping:

1 full bag of grated mozzarella
Generous grating of parmesan cheese all over
Freshly ground black pepper

Method:

1. Finely chop the onions or pop them into a food processor and add to a large heavy cast pan with the oil and on a medium heat cook them for 15 minutes. I used a cast iron casserole pan.
2. Using the same processor add the carrots, celery, herbs, streaky bacon and garlic and pulse everything together but not too finely that it turns to mulch.
3. Heat your oven to 170 degrees / 150 Fan. Then scrape every piece of the mixture in on top of the onions, add in the beef and mince pork, and mix everything together and cook on high heat for 5 minutes then reduce the heat and cook for another 5 minutes. Then add in the chilli flakes and cook for another 5 minutes.
4. Add the wine, tomato puree, passata (or tins of chopped tomatoes), beef stock, bay leaves and seasoning and bring to a bubble for about 10 minutes.
5. Clamp down a lid and place into the pre-heated oven for an hour. Then start making the bechamel sauce.
6. Melt the butter over a moderate heat; add the flour and cook for two minutes whisking constantly to get rid of the taste of raw flour. Add the other ingredients to the milk in a large measuring jug and in three pouring's add to the butter and flour mixture, whisking all the time to ensure the sauce has no lumps and until it is nice and thick.
7. You are now ready to start building the lasagne. I stuck to tradition with meat sauce, followed by pasta, then bechamel sauce; repeating until you have no meat sauce left. The finish with a final layer of pasta sheets, remaining bechamel sauce and adorn with the grated mozzarella and parmesan cheese. Cover in foil pop into a preheated oven at 180Degrees fan for 40 – 45 minutes. Remove the foil and leave to bake and brown for another 20 – 30 minutes, until it's slightly scorched in parts and bubbling! Leave to stand for 20 – 30 minutes before diving in and trying to cut into portions; it will adhere better and won't fall apart on you once left to stand but will still be piping hot inside.

This freezes really well and is great for batch cooking. You can get ahead and build the lasagne the day before. If doing so I would add another 15 minutes to the initial cooking time in the oven to allow it to cook through. Serve with a simple side salad, home-made fries / potato wedges and listen to all the Emmmmmm and yummmmm sound effects at the dinner table – then you know the little bit of effort was worth it! Next week another adapted version of my heavenly brownies – Sour Cream Swirl brownies!

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Email: JPKCooking@gmail.com
Instagram: jpkennedy.kennedy



Beauty and the Beast

INCHICORE VARIETY GROUP PANTO IN THE OBLATES

A

75-strong cast from the Inchicore Variety Group are currently in rehearsals in advance of their panto, 'Beauty and the Beast', running from February 15 to 19 in Arus Mhuire Hall in the Oblates.

The enthusiastic cast range in age from five to 80-years-old, and they are excited to bring to life the story of 'Beauty and the Beast'.

by Aideen O'Flaherty / aideen@echo.ie

Colette Ashley from the Inchicore Variety Group told The Echo: "We have 75 cast members for this year's panto.

"Many more people are helping out backstage, side-of-stage, directing, choreographing, singing and volunteering. "We chose 'Beauty and the Beast' as we

have never produced this show before and we thought it was a great time to bring this show to Inchicore.

"The audience can expect a spectacular show, fabulous dance routines, beautiful singing, and some great comedy sketches.

"This really will be a show for all to enjoy – both young and old."

When asked how rehearsals are going, Colette said they're going well, and the cast are eager to tread the boards later this month.

"Rehearsals are going fantastic," she said. "It's full-on now and the cast are perfecting all of the dance routines, songs, and of course, scripted lines.

"We think this will be one of the best shows we have ever produced, and we are looking forward to welcoming everyone to the Oblates, Inchicore for show week."

'Beauty and the Beast' will be on from February 15 to 19, doors open at 7.30pm nightly, while the show starts at 8pm on Wednesday, Thursday, Friday and Saturday.

For the Sunday show, doors will open at 2.30pm for the matinee show starting at 3pm.

Tickets are €16 for adults, €12 for children/seniors, while a family ticket is €55. They can be purchased in advance at www.gr8events.ie. There will also be a sweet shop on site.



Skull The Pierre's New Single

ABOUT BEING BLIND TO THE BEAUTY OF THE WORLD

by Aideen O'Flaherty / aideen@echo.ie

Crumlin-based hip-hop musician Pierre Miguel Fonseca, aka Skull the Pierre, recently released a single that looks at ignorance and racism, interspersed with hope for unity and togetherness.

The track, 'Racist Girl', was written by the Swedish musician as a way of highlighting the importance of diversity, which Pierre is a proponent of, as his father was a political refugee from Colombia.

Commenting on the idea behind 'Racist Girl', Pierre told *The Echo*: "Racist Girl' is a fictional story about a woman who is blind to the beauty of the world.

"She is blind to the beauty that different cultures, different foods, and different grooves bring.

"However, the story is told through the eyes of a wise and well-travelled man who is in love with this 'racist girl'.

"Despite her prejudices, he sees the beauty in her and wants her to see it too.

"He sings, 'It ain't about the blood, nor the DNA, it ain't no race, my racist girl', in the hopes that she will open her heart and mind to the richness and diversity of the world."

This is a concept that Pierre carries with him in his day-to-day life, thanks to the influence of his father.

"For me, this song is not only about celebrating diversity and unity but also about spreading love and understanding," he said.

"My father, a political refugee from Colombia, instilled in me the importance of loving and accepting everyone from a young age.

"Spreading love is something that I feel compelled to do with almost all of my work, for I feel like I am in the incredibly privileged position of being able to do so."

Pierre is an experienced live performer, having played gigs in The Workman's Cellar, The Grand Social and The Bernard Shaw.

'Racist Girl' is now a proud part of Pierre's setlist, and he's hoping the song will have a lasting impact on listeners.

"Racist Girl' was created with the intent of celebrating diversity, love, and unity," he said.

"I hope my song can inspire understanding and love for one another, and if it gets people dancing whilst doing that – then I'm a happy man!

"The importance of dancing can never be understated, and it's, to me, one of the greatest and most beautiful ways of showing love."

'Racist Girl' is out now on all streaming platforms. For more information, visit skullthepierre.com.



Crumlin based musician Pierre Miguel Fonseca
Photo by fnati.c headshots



Aoife and Sadie



Arthur and Peter Kavanagh



Coláiste Chillian students



Breeda, Aoibheann and Simon



Ciarán, Darragh and Rita



Conor and Niamh with Rua



Sinead and Louise



Eala Ní Dhuinn



Gardaí Sean, Keith, Maeve and John on duty



Rose Academy Dancers



The O'Connor Family



Meagan, Katie, Tara and Emma

Lá Fhéile Bríde

CELEBRATING ST BRIGID'S WEEKEND IN CLONDALKIN

Photos by Mark Pollock

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You can view *The Echo* Photography Policy on echo.ie



The Fingal Mummers



Richie, Bernie, Sadie, Tilly and Louise



Stephen, Heidi and Louise



The Dixon Family



St Joseph's Pipe Band



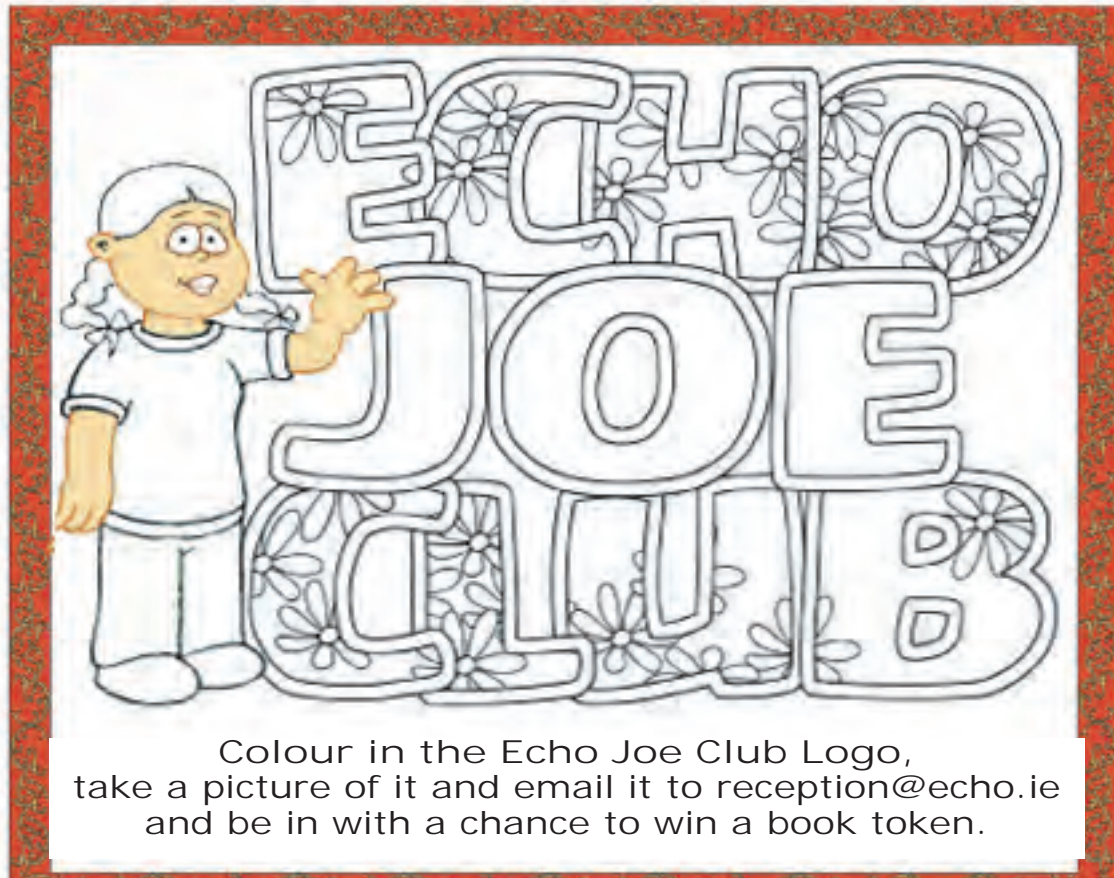
Mark, Elaine, Liam and Sam



Sorcha, Sharon and Soirse



The Aherne Family



Colour in the Echo Joe Club Logo, take a picture of it and email it to reception@echo.ie and be in with a chance to win a book token.

A Word with Echo So...

Valentine's Day

CLUBBERS, HOW MANY WORDS (TWO LETTERS OR MORE) CAN YOU MAKE FROM THE ABOVE WORDS?

5-20 pretty good! 21-35 excellent! 36 and over - you do realise these have to be real words, don't you!

1	14	27
2	15	28
3	16	29
4	17	30
5	18	31
6	19	32
7	20	33
8	21	34
9	22	35
10	23	36
11	24	37
12	25	38
13	26	39

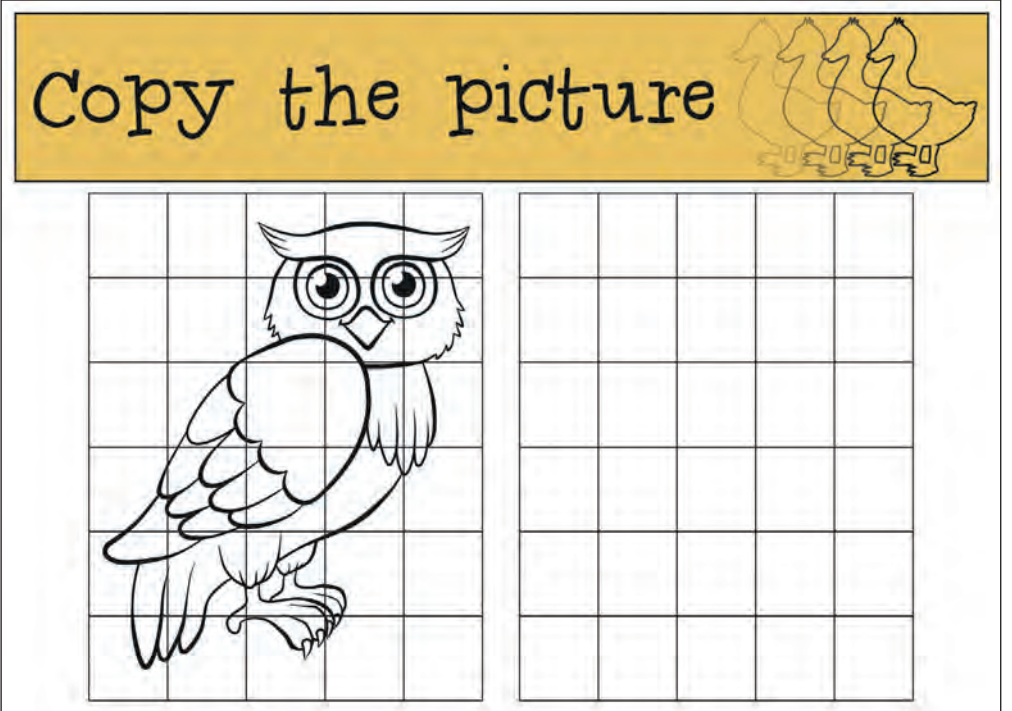
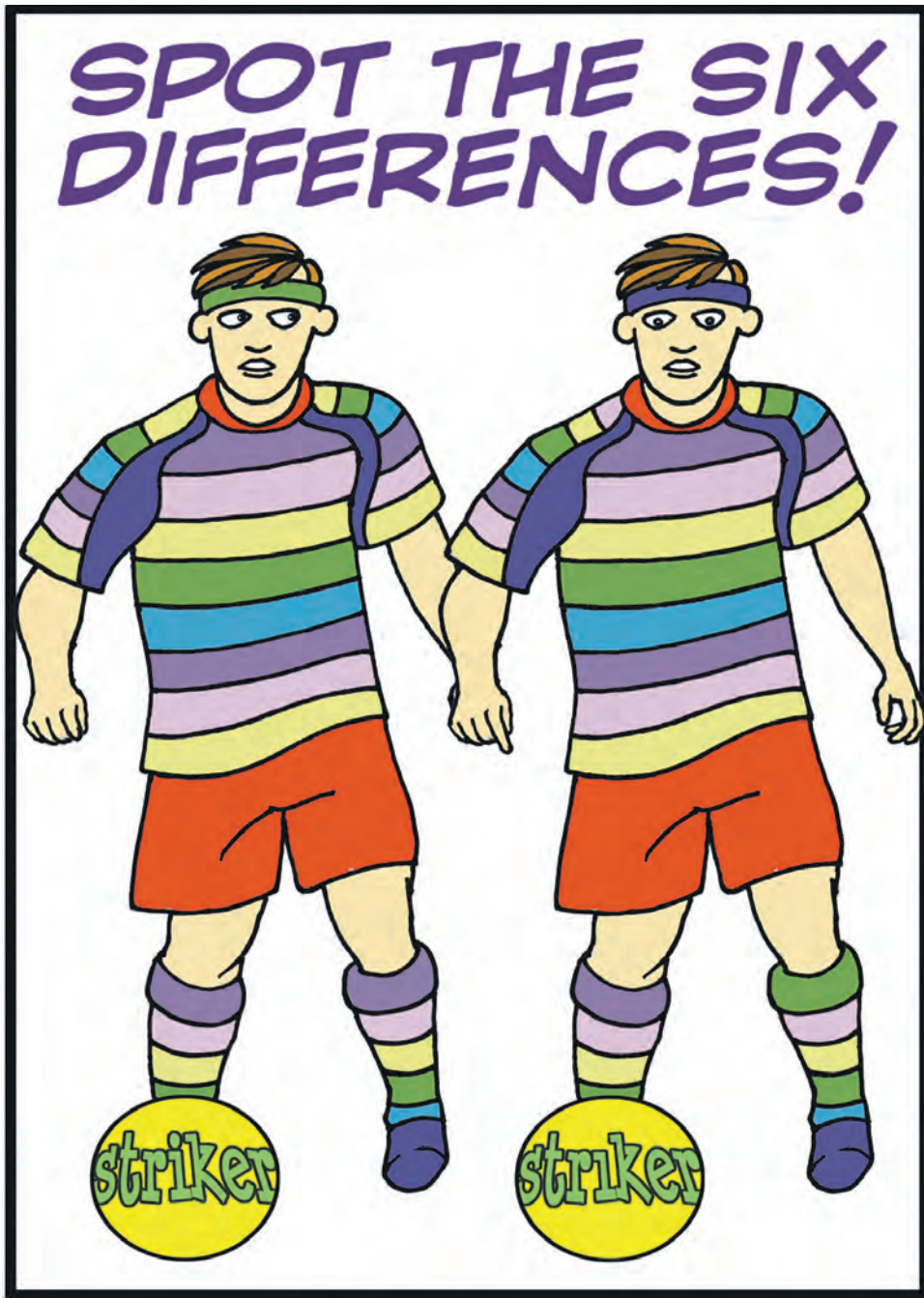


SQUARES

A GAME WITH/ FOR SQUARES

HERE'S A GREAT LITTLE GAME FOR TWO OR MORE PLAYERS. TAKE TURNS TO CONNECT ANY TWO DOTS WITH A VERTICAL OR HORIZONTAL LINE. THE PLAYER WHO COMPLETES ANY SQUARE INITIALS IT, THEN TAKES ANOTHER TURN TO DRAW A LINE. WHEN ALL SQUARES ARE COMPLETED, THE PLAYER WITH MOST SQUARES IS THE WINNER!

BE BRAVE CLUBBERS! GRAB A MARKER AND HAVE A SHOT AT FINISHING THIS DRAWING OF FRANKENSTEIN'S MONSTER!



LETTER LINK LOG-JAM

A MISSING LETTER ON EACH ROW FINISHES ONE WORD AND STARTS THE NEXT...

BUT WHAT ARE THE LETTERS?

ACH		DDY
BEL		HUG
DAM		LUG
PLO		ANK
MON		NIT
FUN		ROP
HOL		XIT
LAN		RIP

the missing letters: E, T, P, T, K, D, E, D.

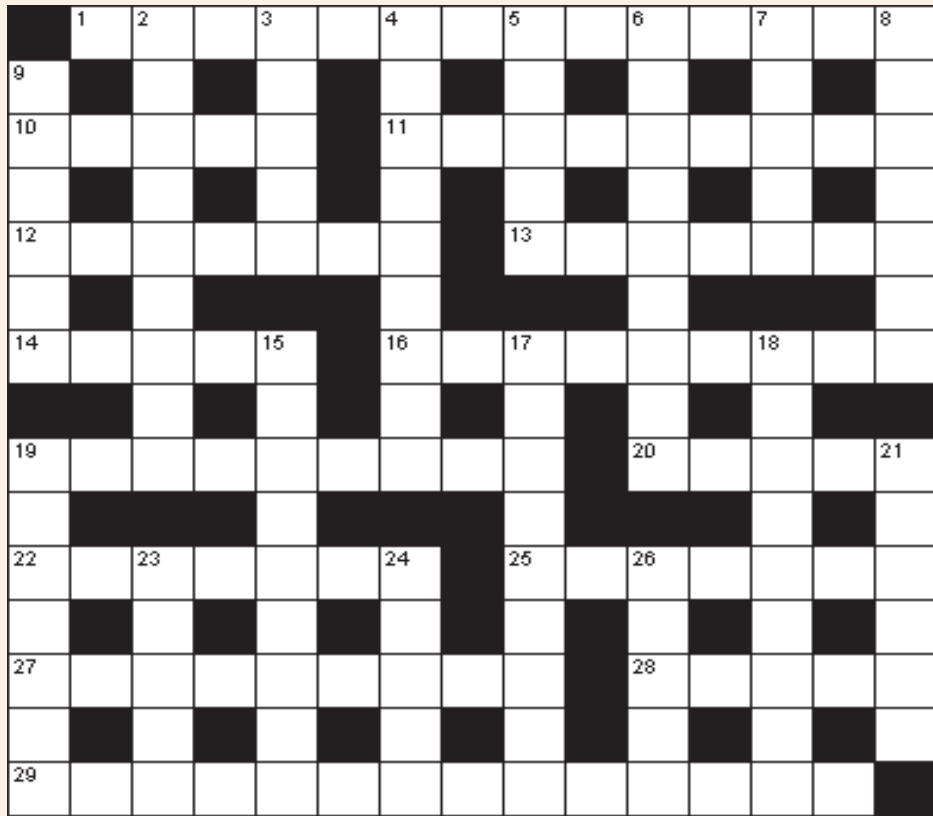


Eva Age 8 and Grace age 12 are this week's winners of The Echo Joe Club logo colouring competition. Eva and Grace, your prize will be on the way to you soon. Big hello to your nana, who has been buying the ECHO for 30 years!

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ACROSS

- 1. Achievement (14)
- 10. What a book is called (5)
- 11. Excitement (9)
- 12. Kettledrum (7)
- 13. A small house (7)
- 14. Mistake (5)
- 16. Efficacious (9)
- 19. Large stuffed pasta tubes (9)
- 20. Hebrew unit of dry measure (5)
- 22. Penalties for parking infractions (7)
- 25. The state of being behind (7)
- 27. Unable to speak (9)
- 28. Up to a time (5)
- 29. A caretaker (14)

DOWN

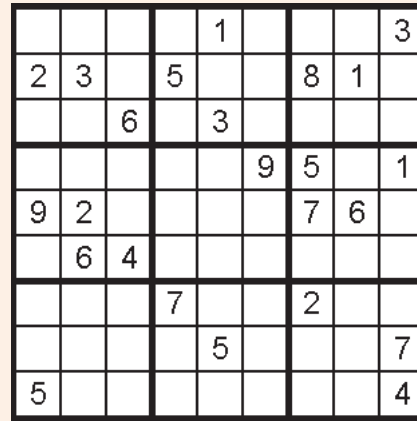
- 2. Sailboat (9)
- 3. Greek last letter (5)
- 4. Pernicious (9)
- 5. A dialect of Ancient Greek (5)
- 6. Intense sorrow (9)
- 7. Heath (5)
- 8. A trigonometric function (7)
- 9. A sculpture representing a human (6)
- 15. Criminal (9)
- 17. Chicken stew (9)
- 18. Embolden (9)
- 19. Reasons behind actions (7)
- 21. Bother (6)
- 23. Crunchy (5)
- 24. Coil of yarn (5)
- 26. Not square (5)

LAST WEEK'S ANSWERS 0202

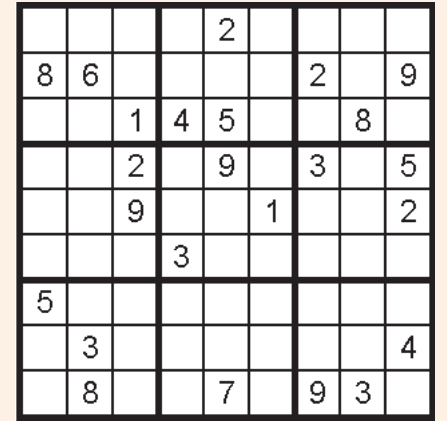


CAN YOU BEAT THIS WEEK'S CROSSQUIZ?

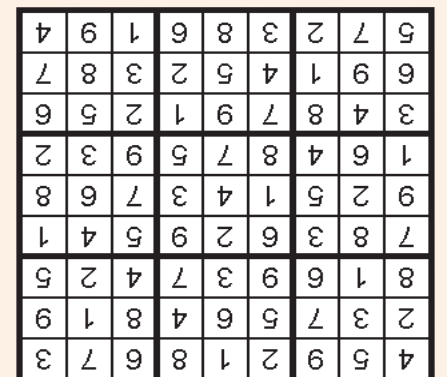
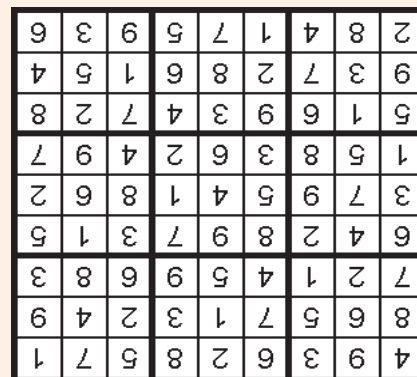
SUDOKU 1



SUDOKU 2



ANSWERS



SUDOKU 2

SUDOKU 1

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Important Notice

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ANNIVERSARY



But in summer just gather some flowers,
And remember the place where I lay.
And come in the evening,
When the sun paints the sky in the west,
Stand for a few moments beside me,
And remember only my best.
Sending all my love today and always. So hard to believe it's 5 long years since you gained your angel wings, your presence is beyond missed my snail. Forever in my heart, love always your heartbroken sister Caroline and Karl.
xxxxxxx

Carroll, Pauline
5th Anniversary away from home occurs on the 12th of February. Late of Kilmartin Park. Loving Daughter, Mammy, Fiancée, Sister & Auntie. x Also remembering our Danielle who is 5 and a half years in heaven, we hope our beautiful Daughters are dancing in the sky & resting peacefully together. x

Daughter
The day you left and gained your wings,
Our hearts just broke in two,
We wish you could have stayed with us,
But Heaven needed you.
You left us with the memories,
And we love you dearly still,
No matter how much times goes by,
You know we always will.
You were a very special person,
With kindness in your heart,
And the love we had together,
Grows stronger now we're apart.
We know we cannot bring you back,
Although I wish it every day,
But a piece of us went with you,
The day you went away.
Love and miss you Pauline more than words could say. Our world hasn't been the same since you gained your angel wings 5 years ago. Love you always and we will miss you till the day we're all reunited again. Until then lots of our love to heaven, your heartbroken Ma and Da.
xxxxxxxxxxxx

My Beautiful Sister
When I come to the end of my journey,
And I travel my last weary mile,
Just forget if you can, that I ever frowned,
And remember only the smile.
Forget unkind words I have spoken,
Remember some good I have done,
Forget that I ever had a heartache,
And remember I had loads of fun.
Forget that I have stumbled and blundered,
And sometimes fell by the way,
Remember I have fought,
Some hard battles and won,
Ere the close of the day.
Then forget to grieve for my going,
I would not have you sad for a day,

Our beautiful Auntie
If Heaven had a window,
And God granted me a view,
Of all the beauty it beholds,
I'd only look for you.
I'd listen for your laughter,
That was always music to me,
If I could only view once more,
That smile that warmed my heart,
I'd treasure that moment as Long as I live,
And we must be apart.
Here on Earth I search for you,
And pray to God for signs,
And every day that passes,
You're still with me in my mind.
Love and miss you always, your heartbroken little niece Brooke, nephews Blake, Braxton, DJ and Carter Woo.
xxxxx

Pauline
May the winds of heaven blow softly,
And whisper in your ear,
How much we love and miss you,
And wish that you were here.
Thinking of you Pauline on your 5th anniversary away from home. Love always from Nicky, Lou, Shauna and Glen.
xxxxx

Pauline
In loving memory of a special friend
You were always such a special friend,
So loyal, kind and dear,
My heart is filled with sadness,
Knowing you're no longer here.
I miss you more than ever,
Why did you have to leave,
I think of you and hope you knew,
How much your friendship meant to me.
Now I'm here without you,
Remembering happy times we shared,
So much joy and laughter,
And the way you truly cared.
I will never forget you,
A friend like you is hard to find,
You had so many lovely qualities,
I feel blessed that you were my special friend.
Happy heavenly 5th anniversary Pauline, missing you always and forever, my beautiful friend. Wishing you were here every day, but until we meet again. Love always your heartbroken best friend Linda and nephew Dean. xxx
Lost without you. xxx

NOVENA

Miracle Prayer

Dear heart of Jesus I ask you this special favour (mention one) take it dear heart of Jesus and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favour not mine. Amen. say this prayer 3 days promise publication and favour will be granted never known to fail. T.G.

ANNIVERSARY



Gaffney, Ellen (Lena)
12th Anniversary away from home on 11th February. Also remembering her Birthday that occurred 29th January.

You rest in the arms of angels,
In a place of peace and love,
Watching over us always,
From heaven up above,
The bond can't be broken,
Made from love so pure,
Death doesn't break the bond,
It lives on forever more,
You rest in the arms of angels,
Free from illness and pain,
Waiting for the day,
We are together once again.
Sadly missed by her loving husband Tony, Children, Grandchildren and Great-grandchildren.
Simply the Best.

NOVENA

Angel Of Portugal
Most Holy Trinity, Father, Son and Holy Spirit, I adore you profoundly. I offer you the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference by which he is offended. And, through the infinite merits of his Most Sacred Heart, and the Immaculate Heart of Mary. I beg of You the conversion of poor sinners. T.G.

ANNIVERSARY



Byrne, Eddie
20th Anniversary occurs 11th February. Late of Ballyfermot.

Our hearts still ache with sadness,
Secret tears still flow,
What it meant to lose you,
No one will ever know.
The parting came so suddenly,
We often wonder why,
The hardest part for all of us,
We never said goodbye.
They say you're in a better place,
We hope and pray it's true,
But today is your anniversary,
And we are missing you.
Your loving wife Patsy and all the Family. xxx

NOVENA

Novena to the Sacred Heart
Dear Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it dear Jesus and place it within your broken heart where your holy Father sees it. Then in His merciful eyes it will become your favour, not mine. Amen. Say prayer for 3 days. Promise publication and favour will be granted. M.C.

ANNIVERSARY



Thompson, Claire
9th Anniversary away from home occurred on 8th February. Late of Kilnarnagh. In memory of a wonderful and loving, Wife, Mam and Nanny. So sadly missed.

Those we love remain with us,
For love itself lives on,
And cherished memories never fade,
Because our loved one has gone.
Missing you always x All of our love, Johnny, Gordon, Jennifer and Pamela and Grandchildren Ella & Sofia. Forever in our hearts.

NOVENA

Miracle Prayer
Dear heart of Jesus I ask you this special favour (mention one) take it dear heart of Jesus and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favour not mine. Amen. say this prayer 3 days promise publication and favour will be granted never known to fail. T.G.

NOVENA

August Queen of Heaven
Sovereign Mistress of the angels!
Thou who from the beginning hast received from God the power and mission to crush the head of Satan, we humbly beseech thee to send thy holy Legions, that, under thy command and by thy power, they may pursue the evil spirits, encounter them on every side, resist their bold attacks and drive them hence into the abyss of eternal woe. Amen T.G.

NOVENA

August Queen of Heaven
Sovereign Mistress of the angels!
Thou who from the beginning hast received from God the power and mission to crush the head of Satan, we humbly beseech thee to send thy holy Legions, that, under thy command and by thy power, they may pursue the evil spirits, encounter them on every side, resist their bold attacks and drive them hence into the abyss of eternal woe. Amen T.G.

NOVENA

Prayer to Our Lady of Mount Carmel
O most beautiful Flower of Mount Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein that you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and earth, I humbly beseech you from the bottom of my heart, to succor me in this my necessity. There are none that can withstand your power. O show me herein that you are my Mother. O Mary, conceived without sin, pray for us that have recourse to thee. (3 times). Sweet Mother, I place this cause in your hands. (3 times) M.L.

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**ANNIVERSARY/
BIRTHDAY
REMEMBRANCE**



O'Toole, Daniel
19th Anniversary occurred 6th February. Late of Glenshane Grove, Tallaght. Also remembering Daniels 38th Birthday occurs 10th February.

We never thought of losing you, And maybe that's what's wrong, You always were a part of us, That would always carry on, Although we really miss you, We know you are not alone, For you are watching over us, In a place you now call home. We will always love you Daniel xxx From your Ma and Da.

Daniel
Deep are my memories, Precious they stay, No passing of time, Can take them away. Love forever, Jennifer and Ayse. xxxxx

Daniel
This message comes with love for my brother, From here on earth to the heaven above, I miss you more than words can say, In my heart you will always stay. Love from your sis Karen, Dan and nephews Nathan and Arlo & Hannah.

Daniel
I'm thinking of you today, But that is nothing new, I thought about you yesterday, And the day before that too, Although I cannot see you, You are with me every day, And all the love I have for you, Will never fade away. Love from your brother John, Katie, niece Amber and nephew Daniel, & Emilie Mae.

Daniel
Like fallen leaves the years roll by, With deep and sad regret, The hearts that love you dearly, Are the hearts that won't forget, May the winds of love blow softly, And whisper for you to hear, Happy birthday Daniel, As it dawns another year. Love you always, aunty Ann and William. xxx

ANNIVERSARY



Gibbons, Josephine
3rd Anniversary away from home occurs on the 12th of February. Late of Millbrook Lawns.

I thought about you today, Mam, But that is nothing new, I thought about you yesterday, And the day before that too. I will think about you tomorrow, As I will my whole life through, For the day I fail to think of you, God will have taken me too. Loved and missed by your daughter Imelda, Son-in-law & Grandchildren. xxxx

Gone are the days we used to share, But in our hearts you are always there, The gates of memory will never close, We miss you more than anyone knows, With tender love and deep regret, We who love you will never forget. Love Dermot and Hannah.

**BIRTHDAY
REMEMBRANCE**



Berkeley, Cormac
1st Birthday Remembrance away from home, on his 37th birthday, occurs 12th February.

Though his smile is gone forever, His hands we cannot touch, We still have so many beautiful memories of him. His memory is a keepsake, With which we will never part, God has him in his keeping, We always have him in our hearts. Deeply and lovingly missed by his heartbroken fiancée Helen, son Myles, daughter Bella, Mother, Father, brothers David, Séan & Conór, sister Linda, Rita, Johnny & family and large circle of friends. Padre Pio pray for him.

Angels above give our Daddy a great big hug and kisses. Tell him we look to the sky for him. Love Myles & Bella.

ANNIVERSARY



Nolan, Fran
13th Anniversary on 11th February. (Kilnamanagh) Also remembering my father Sean Creagh.

The world changes from year to year, Our lives from day to day, But the love and memory of you Fran, Shall never pass away. We hold you close within our hearts, And there you shall remain, To walk with us throughout our lives, Until we meet again. From Rita and Family.

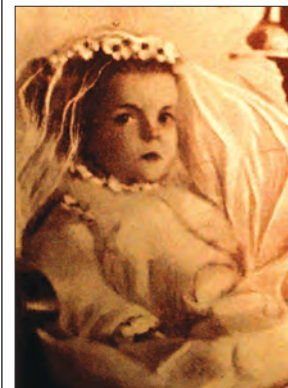
ANNIVERSARY



Mellon, Hugh (Luey)
29th Anniversary. Late of Mount Pelier, Bohernabreena.

Luey
February comes with sad regret, It brings a day we will never forget, Time unfolds another year, But memories keep you always near. Sadly missed by your loving wife Carmel and Family.

NOVENA



O Jesus, Divine Friend of little children, we thank Thee for the signal graces Thou didst confer upon Thy holy servant Little Nellie by inspiring her with such great devotion to Thy Sacred Passion and such ardent love of Thy Blessed Eucharist. Grant, we beseech Thee, O Lord, the fulfilment of Thy designs regarding Thy loving little servant for Thy greater Glory and for the sanctification of souls. We adore Thee, O Jesus, ever present in the Blessed Sacrament; we pray that Thy Sacred Presence may be honoured daily more and more, that the little ones, whom Thou desirest to come to Thee, may frequently approach Thy Holy Table. O Sacrament Most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine. P.G.

NOVENA

Angel Of Portugal
Most Holy Trinity, Father, Son and Holy Spirit, I adore you profoundly. I offer you the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference by which he is offended. And, through the infinite merits of his Most Sacred Heart, and the Immaculate Heart of Mary. I beg of You the conversion of poor sinners. T.G.

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planning notices

All planning applications must be in before 5pm Monday

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South Dublin County Council

I, Greg Kelly, am applying for planning permission for ground floor front porch with pitched roof over. Build up of existing hip in roof to side of roof into dutch hip at attic level, with window in gable wall, dormer roof window & 1No. roof light on rear slope of roof all at attic level. Attic conversion with w.c. at 59 Ferncourt Green, Firhouse, Dublin 24, D24P6D0. The Planning application may be inspected or purchased at the offices of South Dublin County Council, County Hall, Town Centre, Tallaght, Dublin 24. During its public opening hours of Monday to Friday from 9.00am - 4.00pm, and may also be viewed on the council's website - www.sdcc.ie. A submission or observation in relation to the application may be made in writing to South Dublin County Council on payment of a fee of (20.00 euro) within the 5 weeks of receipt of the application by South Dublin County Council and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions or may refuse to grant permission.

Dublin City Council

Planning permission being sought for the demolition of existing single story extension, to rear of dwelling, and the construction of a two story and single story extension to the rear of dwelling, the

construction of a front porch and alterations to existing ground floor and first floor layout ,all associated site works at 238 Mounre Road, Drimmagh, Dublin 12 , D12P26P. Signed: Jennifer Hynes. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Dublin City Council, Planning Department, Block 4, Ground Floor, Civic Offices, Wood Quay, Dublin 8 during its public opening hours (9.00a.m. - 4.30p.m.). A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee (€20.00) within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the planning authority in making a decision on the application. The planning authority may grant permission subject to or without conditions, or may refuse to grant permission.

South Dublin County Council

I Mark Kyle am applying for full planning permission for retention of a single storey extension to the rear of existing dwelling along with retention of partially completed garage and full planning permission for completion of the garage along with all associated site works at 4 Gortnum Cottage, Brittas Co. Dublin D24K302 The Planning application may be inspected or purchased at the offices of South Dublin County Council, County Hall, Town

Centre, Tallaght, Dublin 24. During its public opening hours of Monday to Friday from 9.00am - 4.00pm, and may also be viewed on the council's website - www.sdcc.ie. A submission or observation in relation to the application may be made in writing to South Dublin County Council on payment of a fee of (20.00 euro) within the 5 weeks of receipt of the application by South Dublin County Council and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions or may refuse to grant permission.

South Dublin County Council

Petronela & Mihai Terenteac are applying for permission for the construction of a single storey extension to the front of existing 2-storey end of terrace & all associated site works at 1 Bolbrook Avenue, Tallaght, Dublin 24, D24 Y9NN. This application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of South Dublin County Council during its public opening hours of 10am - 12pm & 2pm - 4pm, Mon-Fri, and a submission or observation may be made to South Dublin County Council in writing and on payment of the prescribed fee (€20.00) within the period of 5 weeks beginning on the date of receipt by South Dublin County Council of the application.

SOUTH DUBLIN COUNTY COUNCIL - LOCAL GOVERNMENT (PLANNING & DEVELOPMENT) ACTS 1963 - LOCAL GOVERNMENT (PLANNING & DEVELOPMENT) REGULATIONS 1977 TO 1994

PLANNING APPLICATIONS RECEIVED WEEK ENDING JANUARY 27, 2023

<p>SD22A/0263 26 Jan 2023 Permission Additional Information Applicant: Ger and Gillian Fox Location: 79, Moy Glas Chase, Lucan, Dublin Description: Sub-division of existing site to allow for the construction of a new 2 storey, 3 bedroom detached dwelling with a pedestrian access gate in the side boundary wall, all to the side of the existing dwelling and all associated site works.</p>	<p>infrastructure, drainage, lighting, CCTV unmanned systems, landscaping and site development works. SD22A/0403 27 Jan 2023 Permission Additional Information Applicant: Nicola Lynch, Brian Dunne, Ciara Lynch and Richard O' Farrell Location: Lynbrook, Whitechurch Road, Rathfarnham, D16T2P7 Description: Two 2 storey dwellings and associated site works on the site and adjacent to an existing 2 storey dwelling. (For clarity the existing dwelling Lynbrook is to remain). Proposed dwellings A: 4 bedrooms 241sqm, B: 5 bedrooms 240sqm. Access is proposed to be by an existing driveway from the Whitechurch Road serving the existing dwelling on site. The driveway will be extended to serve the proposed dwellings, 4 car parking spaces, on site drainage treatment, additional soft and hard landscaping are proposed.</p>	<p>Dublin 24 Description: Provision of a 3 storey office development with a total gross floor area of c. 2,992sq.m (excluding the c. 205sq.m plant room at roof level); Provision of 51 car parking spaces (including 2 accessible spaces and 27 EV spaces with charging points), accessed via the existing vehicular entrance from Lake Drive; Provision of 2 pedestrian access points to the north and east of the site, bicycle parking facilities, an ESB substation (c. 22sq.m), waste storage facilities (c. 20sq.m); signage, soft and hard landscaping works, PV panels, external lighting, piped infrastructure and ducting, SuDS drainage and all ancillary site excavation and development works above and below ground.</p>
<p>SD22A/0346 24 Jan 2023 Permission Additional Information Applicant: Old Nangor Road Ltd. Location: The Finches Public House, Finches Shopping Centre, Neilstown Road, Clondalkin, Dublin 22, D22 H7X9 Description: Mixed development consisting of 1 public house and 26 apartments. The overall development will comprise the following: demolition of the existing single storey public house (area 910sqm), construction of a 4 storey apartment block within the footprint of the site (1267sqm) comprising of 26 apartments (4 one bedroom units, 22 two bedroom units) and smaller public house at ground level (area 156sqm and total area 2717sqm), all apartments have balconies/terraces. Car park for 12 cars (including 1 disabled space), bin stores and bicycle stands at ground level. Communal areas include 1st floor courtyard above carpark and 3rd floor roof terraces for apartments. Streetscape proposals within site boundaries to facilitate and enhance the public realm.</p>	<p>SD22B/0376 25 Jan 2023 Permission Additional Information Applicant: Gary & Louise Keenan Location: 50, Crannagh Road, Dublin 14 Description: Alterations and extension of the existing dwelling including the demolition part of the rear facade to facilitate the construction of a part single and part two storey extension to the rear of the house; general internal alterations and conversion of the existing garage into living accommodation with associated, alterations to the front facade and the widening of the existing vehicular entrance along with ancillary landscaping and site works.</p>	<p>SD23A/0010 24 Jan 2023 Permission New Application Applicant: Spectrum Merchandising Ltd. t/a Spectrum Signs Location: B&Q Liffey Valley Retail Park East, Coldcut Road, Irishtown, Clondalkin, Dublin 22 Description: One 6.25m wide x 2.5m high internally illuminated sign to be mounted on existing front (north-facing) elevation of B&Q premises.</p>
<p>SD22A/0363 23 Jan 2023 Permission Additional Information Applicant: Certas Energy Ireland Limited Location: Fonthill Road, Liffey Valley, Clondalkin, Dublin 22 Description: A new unmanned service station development consisting of construction of new petrol filling station forecourt with 4 dispensers, 2 underground fuel storage tanks with canopy structure (covering c. 235sq.m and 6.2m in height) with associated signage; Widen existing site entrance to the north-east of the site and creation of new egress location onto the Fonthill Road along the northern boundary to allow one-way internal road network incorporating new pedestrian crossing over existing footpath at site egress location; Automatic brush car wash and adjoining jet car wash with water recycling system; Single storey services building structure comprising of a car wash plant room and comms room area (gross floor area 16.3sq.m.) ; 4 electric charging bays, each comprising of a parking space and electric vehicle charging unit and associated signage; 3-room ESB substation to cater for EV charging infrastructure (gross floor area 38.3sq.m.); Air/Water services area with 2 car parking spaces; 2 internally illuminated double-sided totem signs, 1 at site entrance (4m high x 1.91m wide) with advertising area 15.3sq.m and 1 adjacent the new site egress location (5.8m high x 1.91m wide) with advertising area 22.16sq.m; All other associated underground and overground</p>	<p>SDZ22A/0016 24 Jan 2023 SDZ Application Additional Information Applicant: Sunil Varghese Location: 11, Shackleton Abbey, Lucan, Dublin Description: The Construction of a single storey rear extension incorporating a playroom & office plus all associated site works within a Strategic Development Zone.</p>	<p>SD23A/0011 24 Jan 2023 Permission New Application Applicant: Aidan Wylde Location: 5, Willbrook Estate, Dublin 14 Description: Demolition of garage, boiler house and part of the kitchen of the existing house and the construction of a new two storey dwelling in the side garden, using existing vehicular access, creating a new vehicular access to existing dwelling, garden shed and all associated siteworks.</p>
<p>SD23A/0008 23 Jan 2023 Permission New Application Applicant: Olive Mulligan & Paul Kelly Location: 11 Meadowview Grove, Hillcrest & 73 Westbrook Park, Hillcrest, Lucan, Co. Dublin. Description: Construction of a new two storey dwelling house, vehicular entrance onto Westbrook park on a site located at 11 Meadowview Grove and 73 Westbrook Park and all associated site works.</p>	<p>SD23A/0014 25 Jan 2023 Permission New Application Applicant: Robyn Lawlor Location: 21, Main Street, Rathfarnham, Dublin 14 Description: Change of use from Butchers shop to restaurant.</p>	<p>SD23A/0014 25 Jan 2023 Permission New Application Applicant: Robyn Lawlor Location: 21, Main Street, Rathfarnham, Dublin 14 Description: Change of use from Butchers shop to restaurant.</p>
<p>SD23A/0009 23 Jan 2023 Permission New Application Applicant: Channor Citywest Limited Location: 3000A, Lake Drive, Citywest Business Campus,</p>	<p>SD23B/0017 23 Jan 2023 Permission and Retention New Application Applicant: Laurence O' Reilly Location: 36, Whitethorn Crescent, Dublin 22 Description: The development requiring retention permission consists of the construction of a utility shed in the rear garden.</p>	<p>SD23B/0017 23 Jan 2023 Permission and Retention New Application Applicant: Laurence O' Reilly Location: 36, Whitethorn Crescent, Dublin 22 Description: The development requiring retention permission consists of the construction of a utility shed in the rear garden.</p>
	<p>SD23B/0018 23 Jan 2023 Permission New Application Applicant: Keith Baker and Emma Byrne Location: 32, Marian Crescent, Ballyboden, Dublin 14. Description: The development will consist of works to existing 2 storey dwelling at 32 Marian Crescent, Ballyboden Dublin 14. The development will consist of single storey rear extension with flat roof and 2 rooflights and all associated site development works.</p>	<p>SD23B/0018 23 Jan 2023 Permission New Application Applicant: Keith Baker and Emma Byrne Location: 32, Marian Crescent, Ballyboden, Dublin 14. Description: The development will consist of works to existing 2 storey dwelling at 32 Marian Crescent, Ballyboden Dublin 14. The development will consist of single storey rear extension with flat roof and 2 rooflights and all associated site development works.</p>

Contact **The Echo** to have a planning notification published
Call **468 5350** or email **reception@echo.ie**

Echo Sport

Deputy Sports Editor: William O'Connor

Thursday, February 9, 2023

Local players included in U17 Irish squad

By William O'Connor
william@echo.ie

A NUMBER of local players are included in the Ireland Men's Under-17 22-man squad for a friendly double-header against Hungary this week.

Ireland take on Hungary in Pinatar, Spain on Thursday and Saturday as they step-up preparation for their U17 EURO Qualifiers in Cyprus next month - the Young Boys in Green are in Group 6 along with Italy, Ukraine and hosts Cyprus.

O'Brien has included seven players that were part of the Ireland MU16s Victory Shield winning squad from November - Marcus Gill, Kaylem Hartnett, Matthew Moore, Niall McAndrew, Mason Melia, Ike Orazi and Matthew Murray. Finn Harps's Aaron McLaughlin earns a first Ireland call-up.

Included in the squad are defender Cory O'Sullivan of Shamrock Rovers, midfielders Taylor Mooney (St.Patrick's Athletic), John O'Sullivan and Freddie Turley, both from Shamrock Rovers.

Mason Melia from St Patrick's Athletic is included in the forwards along with Ike Orazi and Nai Razi of Shamrock Rovers.

Tallaght Stadium to host soccer friendly ahead of World Cup

SUPPORTERS will get to cheer on the Republic of Ireland Women's National Team before they depart for FIFA Women's World Cup 2023 with a game against France scheduled for Thursday, July 6 in Tallaght Stadium.

Vera Pauw's team will host a team currently at Number Five in the FIFA Women's World Rankings and who reached the semi-finals of UEFA Women's EURO 2022. They will also compete at this summer's World Cup.

The game will be included in a first ever WNT Season Ticket package, which will take in the UEFA Women's Nations League fixtures that are scheduled for later in the year.

WNT Manager Vera Pauw said: "It is fantastic that we will get to play in front of our fans in our home of Tallaght Stadium before going to Australia for the World Cup.

"I'd like to thank everyone at the FAI who has helped to organise this game because we need to test ourselves against a high quality opponent in order to prepare us for the World Cup. France are one of the top teams in the world and will provide us with the type of challenge that we require.

"A lot of hard work continues to be done around our preparations for the World Cup with some excellent games lined up. We are excited to be returning to Tallaght Stadium - that is where we have made so many great memories.

"It is also brilliant news to have a season ticket package for our home games in 2023. This is another significant part of the ongoing development of women and girls' football in Ireland and we are looking forward to playing in front of our fans in some big games."



Republic of Ireland captain Katie McCabe will lead the Ireland women's team out for one last time at Tallaght Stadium before going to Australia for the World Cup

Adeleke produces another stunning run

RHASIDAT Adeleke produced another stunning performance by smashing the Irish 400m record that stood for 21 years held by Karen Shinkins.

The Tallaght athlete won in a world leading time of 50.45 at the New Mexico Collegiate Classic on Saturday - recording the fastest 400m either indoors or outdoors by an Irish woman in history.

The time ran by Karen Shinkins, who ran the 400m in 51.58 back in 2002.

The time also improves on Adeleke's previous record of 50.53, set outdoors in August last year and is the fastest 400m indoor time set in the world this year.

This follows on from last week's stunning race in Albuquerque at the City of New Mexico, running a new Irish indoor 200m record.

The 20-year-old was representing University of Texas in the Dr MLK Invitational with the former Tallaght AC posting a winning time of 22.52 seconds, the fastest 200m in the world this year.

The run beats her own previous Irish record of 22.85, set at the same venue last February.



Rhasidat Adeleke produced another stunning performance in the 400m

McGovern stars in Sweden show



page 58

Former St Francis player joins St Pat's



page 61

Tallaght Athletes in flying form



page 62

Boxing

McGovern stars in Sweden



Kilnamanagh's Georgia McGovern

OVER the weekend a young boxer from Kilnamanagh who boxes out of Setanta Boxing Academy travelled to Borås Sweden with an 18 strong team to box in the Golden Girl Championships.

The tournament which brings girls together from all over the world to box for the Golden Girl crown saw over 100 clubs and 500 boxers in attendance.

Georgia McGovern, a youth boxer who is the current Irish National and youth champion at 48kgs, boxed in the 50kg division when her opponents vacated the weight class.

Georgia happy to make the move up being no stranger to international Boxing and will represent Ireland at the World and European Youth Boxing Championships in 2023.

The talented star has previously brought home a bronze medal from the European championships to go with the previous European silver medal she won as a Schoolgirl in Tbilisi 2019.

Georgia was drawn to box against French

International Maireen Clodomir who is current National French champion at 50kg.

This proved to be a pulsating match-up between two top International level opponents. McGovern was fast of the mark in the first round and quickly countered her French opponent.

Throughout the bout the French champion continued to be frustrated by the silky skills of the Irish prospect.

Over the 3 rounds McGovern continued to dominate as she grew in confidence. The French girl seemed happy to hear the final bell. Georgia was declared the winner by a unanimous decision. She had caught the eye of all in attendance including the officials who awarded her the best Youth boxer of the tournament.

In addition, Georgia was voted by the public as the people's champion and received that award. To take home the title was an achievement but to also take home two awards considering the level of competition was outstanding.

Cricket

Laura Delany from Knocklyon will captain the Irish team in the 2023 ICC Women's T20 World Cup



'The World Cup is where every team wants to be in sport'

Delany to captain Ireland cricket team at World Cup

On the eve of the Ireland Women cricket team's T20 World Cup in South Africa, captain Laura Delany opened up about what is driving her ambitions for this tournament and what the squad are expecting at their first involvement at a global tournament since 2018.

By William O'Connor

william@echo.ie

Ireland, qualified after coming through a tough qualifying tournament in Dubai last September, has been drawn in Group B where they will face England, India, Pakistan, and West Indies.

This will be the second T20 World Cup that Delany from Knocklyon will captain the Irish side, having previously done so in 2018, and will be playing in her fourth T20 World Cup.

Delany is one of two local players involved with the squad along with Mary Waldron from Bohernabreena.

Delany said: "We're all looking forward to getting over there. By the time we face England in our first Group game we will have played four warm-up games in local conditions."

"This opportunity to acclimatise will be crucial as we are coming from the middle of our winter back at home.

We have been preparing well in our indoor facilities and at the Sports Institute in Dublin and Belfast, but it will be a welcome opportunity to get out on grass in South African conditions."

According to Delany, narrowly missing out on the last T20 World Cup was a motivating factor:

"It hurt us the last time, not qualifying for the T20 World Cup in Australia. It was hard for us as a squad to watch those games, but the way that we've come back has shown what this team is all about - our character and we're now relishing the opportunity of going over and playing against some of the best sides in the world."

"The World Cup is where every team wants to be in any sport, so we're really looking forward to it. There should be a strong Irish support there all right, as I know there are some families going out to South Africa to support us, which is brilliant. It's nice to have support when you're away from home, particularly at a World Cup."

How has the team progressed in the lead-up to the tournament Laura went on to say: "We have quite a young squad [average age 24], but a squad that has certainly grown in confidence and character over the last few years. Nothing exemplifies this more than

our tour to Pakistan late last year when we lost the ODI series, but bounced back to claim the T20I series at the end of a tough tour.

"I thought we had a really good summer. We had series wins against Holland and Scotland and then we had a really good performance against South Africa, winning one of the T20s at the start of June. So from a team point of view, everything's heading in the right direction. From an individual point of view, some of the girls have put in really good performances over the last 12 months and I'm excited for them to go and show the world what they can do at the next level."

"We have a number of players with a great deal of experience and a cohort of younger players who have come into the senior set-up in the last 18 months."

"In terms of our strengths, we have quite an adaptable squad that has the ability to change based on the opponent, the conditions, or the state of the match. In years gone by, we perhaps lacked depth but that's changing - we have a good pool of players now to call upon. Compared to the bigger nations we may have a small pool overall, but entering tournament conditions, we believe we have a good squad, and we're keen to perform on the world stage."

Hockey

Glens hold YMCA to a draw

GLENANNE made the short trip down the M50 to Wesley College to face local rivals YMCA in a mouth-watering EYHL fixture on Saturday playing out a 3-3 draw.

Glens coming off a hard fought win against Annadale last week, with YMCA narrowly falling to defeat at the hands of Banbridge,

In the first quarter, both teams traded opportunities and penalty corners but coming to nought, However YMCA made the first move with a well taken penalty corner drag flick goal from Adam Walker into the roof of the net.

Glenanne had an immediate response, with Jay Rogan tapping in from a reverse shot from Richie Shaw- however the goal was disallowed with the umpires deeming Shaw's shot to have been with the back of the stick.

Glenanne started the second quarter well, earning a succession of penalty corners, which were well saved by Jakim Berndsen in the YMCA goal.

Tom Power put one wide for the hosts before Glenanne countered- finding Gary Shaw in midfield, turning, and playing a pass to the baseline.

Glens crossing to find Gav Gibney alone on the far post to round off a good team goal. The visitors almost got a second straight after- a deflection from Jay Rogan going just over the bar before the half-time hooter.

After the break, there was a good amount of pressure from YMCA - Adam Walker getting his second from another PC drag-flick into the bottom right corner this time.

Both teams went down to 10 men for green cards respectively for professional fouls and the match opened up as a result. Glenanne had another goal disallowed with the touch inside the circle deemed to have been taken off a defender and not an attacker.

Each team had a few PC's but the defensive resolution from both meant the scores remained unchanged. This forced teams to try variations and Glenanne pulled level again with Brad Venter scoring a well worked deflection off a Shane O'Donoghue drag flick. The scores now 2-2 and nothing to separate the sides.

Despite being down to 9 players, YMCA hit Glenanne on the counter-attack, Ross Henderson rounding Glenanne goalkeeper to take the lead for the third time to lead 3-2

In a tense last quarter Glenanne pulled level a third time, captain Brad Venter scoring in the bottom left corner following some good interplay with Neil Byrne from a long corner. Both teams had half chances to win thereafter but all came to nothing, a 3-3 draw seeming a fair result on the balance of play.

Glenanne next host Three Rock Rovers in St Andrews on Saturday 11 February in the EYHL.

Meanwhile On a fine Saturday morning the Glens women's first headed to Muckcross Park for what promised to be a good pairing. Given the last two games between the two sides had left each team with a win.

Glens started strong and were unfortunate to a goal down from open play which flew across the back post for a tap in.

Quarter two was evenly matched with Audrey McCormack making her comeback for Glens after a year hiatus.

Unfortunately, the third quarter saw a few unlucky decisions for Glens. The momentum was with Muckcross now and they scored from a well-executed corner to claim the match spoils.

Muckcross finished off with another goal leaving them 4-0 winners.

Glenanne secure bronze in All-Ireland indoor finals



Glenanne indoor hockey team

GLENANNE ladies travelled to Antrim at the weekend to play in the All-Ireland Hockey Indoor finals.

In a repeat of the Leinster final, the Glens lost out to Railway Union in the semi-finals.

They went on to play the

Connacht champions in the 3rd/4th playoffs.

Following a great team performance with goals from Liz Hasset (2), Marie Buttle, Aoife McCarthy and Moirin O'Neill the girls won 5-1 in a comprehensive victory.

Rugby

Bolger signs new contract with rugby league side Cornwall

PAUL Bolger has signed a new one-year contract with rugby league side Cornwall reports William O'Connor.

A former Gaelic football player with St Anne's in Bohernabreena and a former student at St MacDara's Community College, Bolger only linked up with the club in January 2022.

The former youth international from Tallaght has certainly impressed Cornwall general manager John Beach in the off-season who said "Paul has really got his head down during the off season and has signed a new contract based on his endeavours alone.

"He took on board what he learnt during the 2022 season and we look forward to seeing him back in a Cornwall shirt for 2023.

"Paul hasn't missed a training session over pre-season with his attitude and commitment a huge plus point during our preparations for the

new campaign."

This new deal will see the Irish prop remain at the Memorial Ground for the upcoming Betfred League 1 season.

Bolger, who has gained representative honours at age-grade level for Ireland, cut his teeth in professional rugby league with the now defunct West Wales Raiders in 2021.

After a handful of appearances for the then Llanelli-based outfit, Bolger attended Cornwall RLFC's first open player trial 12 months ago and signed for the Choughs shortly after.

The 27-year-old was a mainstay of Cornwall's matchday 17 during the club's first ever professional season and his all-action style saw him become a firm favourite in the Memorial Ground stands.

"I'm back in the fray and at the moment that feels a bit surreal,"

"I still get goosebumps when I

think about running out at the Memorial Ground and to hear the fans chanting and the noise they bring.

"I am raring to go and it really is something else to play in front of a passionate Cornish crowd. I know they will be pleased to see me back again and I am pleased to be back also although every other day until I signed, I thought that perhaps I may not have been returning.

"But I back myself and my pre-season began the Monday after our final game of 2022 against Midlands Hurricanes. I focused on what I could control and that was putting in hard graft whilst nobody else was looking.

"That has put me in a position where the club want me for 2023. They have put faith in me and I know what is expected of me and how I can improve for the sake of my team mates - I don't want to be the person who lets everyone down."



Tallaght man Paul Bolger has signed a new one-year contract with rugby league side Cornwall

Badminton

Great start to the year for Frost

KATE Frost has had a great start to 2023. Over the weekend, Frost won her second Women's Doubles badminton National title and took home silver in the Mixed Doubles in the National Indoor Arena, Blanchardstown bringing her national title tally to three after winning the women's singles title in 2019 and the women's doubles in 2021.

Frost from Templeogue teamed up with long-time partner Moya Ryan (Co. Clare) to come through three rounds of matches to clinch the title. In the opening round, Frost and Ryan faced Ruth Kilkenny and

Ciara Dwyer. This was not an easy match for Frost and Ryan who had to settle in and gain control over the match against tricky opposition. The girls did just that and won the match 21-13, 21-4.

Next up in the semi-final Kate and Moya faced Sara Boyle and Sophia Noble, two talented women's singles players, the latter who went on to claim women's singles gold on the day. As with the first round, frost and Ryan knew they needed to settle in quickly and find their rhythm as the girls would come at them all guns blazing.

However, the skill level and experience Frost and Ryan had really showed through as they stormed through the opening set winning it 21-5. The second set was much more competitive as the pairs won point for point all the way up to 19-19.

At this stage, Frost and Ryan just took the edge to win the next two points to win the semi-final in straight sets (21-5, 21-19).

In the final, Frost and Ryan came up against two underage Irish internationals in Paige Woods and Michelle Schochan. The young pairing had a good run to the

final as they beat last year's winner so it was essential that Frost and Ryan used their experience to help them through this tie.

Frost and Ryan did just that as they pulled out all their shots and expertise to win in 2 sets 21-10 and 21-13.

That wasn't the end of the day for Frost who had made a second final in the mixed doubles with partner Scott Guildea. As a new partnership, Frost and Guildea made it all the way to the final before falling short to Joshua Magee and Moya Ryan.

However, Frost and Guildea can be really proud of their performances over the weekend as they took out the 3/4 seeds Brian O'Mahoney and Ruth Kilkenny in the opening round 21-10 and 21-13. They then beat Eoin Walsh and Ciara Dwyer 21-19, 21-9 to set up an exciting encounter with number one seeds Declan Bennett and Lauren in the semi final. Again, Frost and Guildea showed just how good their partnership could be as they won this match in two straight sets 21-12, 21-13.

This win meant they were through to the National Championship mixed doubles final in their first event as a pair. However, this was the end of the road for the new partnership as they came up short against Irish number ones Joshua Magee and Moya Ryan in what was an exciting encounter which ended 21-16, 21-16.

Kate Frost wasn't the only Frost who had a good weekend, as her younger brother Robbie Frost made his first senior national championship semi-final in the mens singles, aged 17.

This was a great tournament for Robbie who is an Irish junior international. He recorded wins against, Jack McIvor in the opening round, Jack Armstrong in Round Two and Conor Bradley in the quarter-finals to set up a semi-final with Adam McAllister.

Unfortunately, Adam was too strong on the day who used his senior presence and experience to win the match and progress to the final.

But Robbie can be very proud of his achievement in reaching the semi-final stage at such a young age and we will see more from him in the future.

Basketball

Éanna get the better of Vincent's

DBS Éanna were 82-60 Dublin derby winners over Bright St Vincent's in the North Conference Super League.

It was a tight opening half, with just a point separating the sides, DBS Éanna ahead 41-40. Head coach Darren McGovern said that tweaks at half-time paid dividends.

"We are delighted with our second half adjustments and held Vincent's to only 20 points. "We had to get this win on the board, so we can move onto the next part of the season."

Joshua Wilson and Marko Tomic headed their scoring efforts with 17 apiece, as they moved to 10-4 for the season.

The other Dublin derby of the weekend went the way of Killester, winning 90-85 against Griffith College Templeogue at the National Basketball Arena.

Brian O'Malley hailed the "majestic" Paul Dick, who finished with a game-high 32 points in their victory. Killester had a 16 point lead six minutes into the opening quarter, but it was a three point game by half-time, Brian O'Malley's side 44-41 in front. In a topsy turvy game, which had 11 lead changes, Killester got their noses in front at the crucial stage.



Moya Ryan, Breda Connolly (President of Badminton Ireland) and Kate Frost

GAA

Second win for Dubs in Division Two



Ross McGarry of Ballyboden St Enda's

THE DUBLIN senior footballers claimed their second win in Division Two with a comfortable victory over Limerick 2-17 to 1-11 in the Gaelic Grounds.

The Dubs were full value for their win with the full forward line of Con O'Callaghan, Dean Rock and Ross McGarry accounting for 1-13.

Indeed McGarry from Ballyboden St Enda's stood out for the winners with four points while Rock helped himself to a 1-5.

The match also saw three players from Templeogue Sygne Street involved with Killian O'Gara coming off the bench to kick a point while Lorcan O'Dell who started in the half forwards also kicked a point.

The third Templeogue player in the squad was Niall Scully who started in the half forwards.

While Dublin did enjoy a good win, Dessie Farrell is using the games to introduce new players like Daire Newcombe from Lucan Sarsfields who came off the bench to kick a score.

Ballyboden St Enda's Colm Basquel also came on in the second half in what was Dublin's first league match in the Gaelic Grounds since March 1993.

Midfielder Brian Fenton scored his second goal in a row for the Dubs as the travelling party were 2-12 to 0-5 in front at the interval.

St Jude's Tom Lahiff started in midfield for the Dubs while half back Cian Murphy from Thomas Davis started in the half back line.

Next up for the Dubs in the meeting of Cork on February 19 in Pairc Ui Rinn.

Soccer

Former St Francis player joins St Pat's



Conor Carty has joined St Pat's on loan

FORMER St Francis player Conor Carty has joined St Patrick's Athletic on loan from English Football League One side Bolton Wanderers reports William O'Connor.

The 20-year-old attacker Carty joined Wolverhampton Wanderers from St Francis in 2017 and signed his first professional contract at Molineux in April 2020.

After five years at Wolves, Carty joined Bolton Wanderers in June 2022 and has had loan spells this season with English National League sides Oldham Athletic and Gateshead before his arrival in Inchicore.

The Ireland underage international is delighted to have joined The Super Saints saying: "I'm really happy to be here. Tim Clancy was in touch with Bolton and I had a zoom call with Tim and Alan Mathews, we had some good conversations and they won me over on the call, I'm really looking forward to getting started."

"I also spoke to Eoin Doyle who was at Bolton previously, I know Anto Breslin too from my time at Wolves, they told me a lot about the club and the league, I'm looking forward to training and playing with Doyler and the rest of the squad."

"The lads were saying that St Pat's have great supporters and get great crowds for the games home and away so I'm really looking forward to playing in those atmospheres and I'll be doing my best to help the team and the club."

Manager Tim Clancy added: "We are really happy with the addition of Conor to the squad, he gives us a third option in the centre forward position and he is a little bit different to Eoin Doyle and Tommy Lonergan in terms of how he plays. Conor likes to make runs in behind which gives us another good option in that area of the pitch."

"This loan move is good for both ourselves and for Conor, it will give him exposure to first team football, he's had two loans in the National League too where he's gained good experience there which we hope he'll be able to add to here at Pat's."

"We've got two excellent young strikers now in Conor and Tommy to work alongside someone like Eoin Doyle and other experienced players in the squad like Chris Forrester, we'll be hoping to play a good brand of attacking football, creating lots of chances and hopefully lots of goals, with that in mind we are delighted to be adding a player of Conor's quality to the group."

Bushy maintain top spot in league

BUSHY Athletic maintained their joint top spot in the UCFL Division 3B section, along with Team Zimbabwe, when they came from three goals behind, on three occasions, to beat Benbulbin United 6-5 in Stannaway Park on Saturday morning.

The home side can count themselves a trifle lucky to get maximum points as they had to wait until the final five minutes before securing the win, and that was against 10 men for almost an hour after Evan Byrne was sent off in the opening half for a clumsy foul that led to a penalty.

It was really tough on United who had led 3-0, 4-1, 5-2 but just ran out of steam as the game wore on, and with 11 on the field they most likely have won.

They had raced into a 3-0 lead inside 12 minutes with a Ben Moore header, an Aidan Hall strike, he netted a hat-trick, and a super free kick from Anka Canbola.

However, Alec Leddy pulled one back on 16 minutes but Hall restored their three goal lead on the half hour mark, after combining with Gary Delaney to create the opening.

Back came Bushy and, after a couple of efforts went the wrong side of the post, they were awarded a penalty after Byrne got his timing wrong and pulled down Ben Lenahan, who scored from the spot.

But Hall completed his hat-trick three minutes from the break when he chased a Hugh John Cash clearance and smashed home.

They knew they would face an onslaught in the second half and within five minutes of the restart the home side were back in the game, when Glen Patchell slotted home.

But, to be honest, the onslaught never materialised, even though Leddy on the mark with an hour gone, and it wasn't until the dying minutes that Bushy finally got the better of a tiring United.

Ross Hand set up the equaliser for Patchell and before United, who were out on their feet at this stage, could regain their composure Mark Soper delivered the winner.

BUSHY ATHLETIC: A. Kiernan, T. Harbella, S. Corrigan, R. Hand, C. Horace, E. Ryan, B. Lenahan, M. Spoer, A. Leddy, S. McCabe, D. McClelland, G. Healy, G. Patchell, K. POwell, C. Ardiffe.

BENBULBIN UNITED: J. Kenny, E. Rozgus, S. Kelly, J. Cash, E. Byrne, G. Kenny, B. Moore, A. Hall, G. Delany, A. Canbola, A. Lee, A. Casey, J. Sheridan.

REFEREE: W. Gahan.



Bushy Athletic came from three goals behind to remain joint top of the division



Benbulbin United lost out to Bushy Celtic after going down to ten men

GAA

OUT AND ABOUT WITH THE ECHO

Photos taken by Echo photographers are available to purchase in digital or print format. Email pictures@echo.ie or call 01 4685350



Clonburris National School participated in the blitz



Gaelscoil na Camoige



Action from Clonburris versus St Joseph's

Round Tower GAA Schools hurling blitz at Monastery



A student from Gaelscoil Chluain Dolcain in action



Gaelscoil Chluain Dolcain took part in the blitz



St Joseph's hurling team in Monastery Road on Tuesday

Athletics

Tallaght athletes in flying form

LAST weekend was a super weekend for Tallaght Athletic Club with Rhasidat Adeleke breaking the Irish National Indoor 400m record at the New Mexico Collegiate Classic on Saturday.

Her superb time of 50.45 shattered the 21-year-old record of 51.58 which was set by Karen Shinkins over 21 years ago.

There was further success for the club at the first two days of the Dublin Juvenile Indoor Championships which were held in the National Indoor Arena in Abbotstown where Jack Kelly won both the U19 800m and 1500m titles in emphatic fashion.

The U17 boys and U18 girls 400m titles also went the way of Tallaght when Alan Geraghty and Hazel Jordan triumphed after brilliant performances on Sunday, and both made the podium in

their respective 800m finals the previous day with Alan taking Silver and Hazel Bronze.

Dean Nolan, in his first ever outing won his U17 400m semi-final and just missed out on a podium place when a good 4th in the final.

One of the most encouraging performances on Sunday came from Khalad Kourrini in the U17 1500m when his podium chances appeared to be gone after he was overtaken with 150m remaining, but he fought back bravely in the finishing straight to take the bronze medal on the line.

In the sprint contests Rhasidat Adeleke's younger brother Abdullahi ran a superb race to take silver in the U15 boys 60m and Gilbert Kaletta added bronze for the club in the U19 60m while Charlie Mooney won bronze in the U19 200m.

Other finalists included Ellie Carruth and Joanna Shodido, with both making the U17 60m final, Kamal Oresanya (4th in the U15 60m), Uche Disu (4th in the U18 60m & 5th in the 200m).

There were encouraging performances from Zane Van Zyl and Gabriella Azeez in the U15 60m, Amaya Mitchell U17 200m, Victoria Tinubu U17 60m and high jump, Ellie Carruth in the U17 200m and Olivia Tyrrell in the U18 200m.

Elsewhere, at the National Masters Indoor Championships in Athlone Michelle Metcalfe ran a new personal best time of 8.82 when taking silver in the O/40 60m and she added bronze in the 200m with a time of 29.80.

Tallaght juvenile athletes will again be contesting Day 3 of the Dublin Indoor Championships in Abbotstown next Sunday.



Shirley Murray (coach), Khalad Kourrini (bronze U17 1500m), Alan Geraghty (U17 400m Gold and 800m silver), Dean Nolan (4th U17 400m), Hazel Jordan, (U18 400m gold and 800m bronze) and coach Cecil Johnston

GAA

Former Kilkenny star appointed Lucan Sarsfields new senior manager

FORMER All-Ireland winner with Kilkenny Charlie Carter is the new manager of Lucan Sarsfields senior hurling team.

By William O'Connor
william@echo.ie

Carter takes over from Cathal Fenton who stepped down at the end of last season and who guided the team to their first All-County Division One league success last July and to the quarterfinals of the championship.

Carter brings with him a wealth of experience winning two Wexford Championships with St Martin's while he was also involved with St Martin's Kilkenny and Young

Ireland's camogie team.

Lucan have been one of the up-and-coming teams in the county with a number of players involved with the Dublin side at the weekend including John Bellew in defence and substitutes Paul Crummey and Ronan Smith.

On top of this, Lucan have a strong squad that includes former Dublin player Johnny McCaffrey and his brother Matt along with Paul Smith.

Dublin player Chris Crummey is away travelling at present and is expected to join up with the squad ahead of the championship.

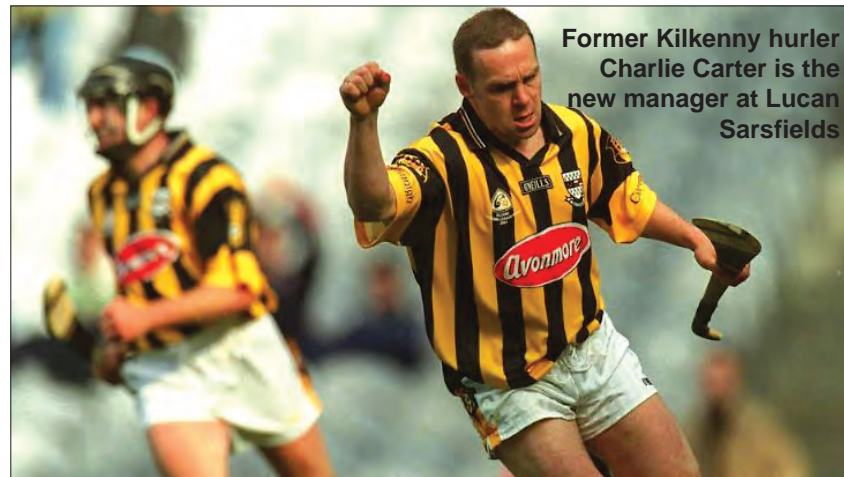
The squad also has former Cork U20 player Chris O'Leary in their side who joined them last year.

"We are delighted to welcome

Charlie Carter as our new Senior Hurling Manager, a club spokesperson said.

"Charlie had a glittering playing career winning three All-Ireland titles with Kilkenny and two County Championships with his club, Young Irelands.

"He also won three All-Stars. He has extensive experience as a coach and manager, winning two Wexford championships with St Martins, having previously been involved with St Martins Kilkenny and Young Irelands Camogie. Charlie's full management and backroom team will be finalised soon. All in Lucan Sarsfields welcome Charlie to the club and wish him and the team the very best for the season ahead".



Former Kilkenny hurler Charlie Carter is the new manager at Lucan Sarsfields

Dubs hurlers battle hard for draw

By William O'Connor
william@echo.ie

THE Dublin senior hurlers had to fight tooth and nail to secure a 3-16 to 2-19 draw with Davy Fitzgerald's Waterford in Dungarvan at the weekend.

While the Dubs will be happy enough to come away with the draw, they will be concerned with their slow start after Waterford came out all guns blazing.

However, the Dubs with Donal Burke impressing with a 1-7 including the equalising point, soon found their feet to see the sides go in all square at the break.

"It was a difficult first day out," said Dublin manager Micheal Donoghue after the match.

"It was a tough game, physical game but our lads battled really hard," he said.

The team started with Lucan Sarsfields John Bellew in defence and Davy Keogh starting in the full forward line.

Two Cian Boland goals, one just before the break kept Dublin in the contest at key times while Cian Boland sent over three points as he tormented the Waterford defence throughout.

The Deice did have two players sent off during the second half, however the Dubs did not take advantage and found it difficult to move on.

Waterford did look in a good position when they converted a penalty but Dublin to their credit battled hard with Burke sending over a late point.

The Dubs have Antrim at home in the second round of the league in Parnell Park on Sunday.

Bohan pleased with resolve of his players

DUBLIN manager Mick Bohan was pleased with the resolve his players showed after letting a ten-point lead slip and then battling back for victory against Cork in the Lidl NFL Division 1, reports Anthony Newman.

It was an outstanding game in Páirc Uí Rinn with the sides sharing seven goals, and Cork showing heart and determination to overturn a big 4-8 to 0-10 half-time deficit.

Nevertheless, Dublin were champions as recently as 2021 and showed all of their class as Carla Rowe stepped up to score the last two points of the game and rescue the win.

"We started off poor and they put us under pressure but when we squeezed up on them we

found ourselves with a lot of really good opportunities. We did really well at that period of time," said Bohan.

"Very disappointing at start of second half and they were a bit lucky with the first goal but we know this, it can swing the energy of the game away from you.

"But in fairness we came back and answered it and would be happy with the way we finished as it could have slipped away from us.

"It's an awful lot easier to travel the three hours home with the points in the bag in a difficult place to get them."

These two had dominated the landscape before Meath arrived on the scene and their rivalry

carried over into another classic on Bank Holiday Monday.

Cork took the early ascendancy with points from Eimear Kiely (two) and Katie Quirke giving the home side a 0-3 to 0-0 lead after four minutes.

But Hannah Tyrrell from Clondalkin wriggled free for Dublin's opener moments later and that was a sign of things to come. Dublin got through for their first goal that Rowe finished neatly in the 16th minute.

It was 2-5 to 0-8 when Caoimhe O'Connor came up with their second and further goals arrived from Tyrrell and Kate Sullivan for a ten-point half-time advantage.



Kerri Owens of Dublin and Thomas Davis during the 2023 Lidl Ladies National Football League Division 1 Round 3 match between Cork and Dublin
Photo by Sportsfile



Hannah Tyrrell of Dublin is presented with the Player of the Match award
Photo by Sportsfile

Cork could have dropped their heads but they didn't and Erika O'Shea's looping ball finished in the net before Eimear Kiely brought it back to 4-9 to 2-11 by the 37th minute.

The scores continued to flow at both ends until Cork substitute Orlaith Cahalane netted for a 3-14 to 4-11 scoreline. Quirke pushed Cork in front but it was only short-

lived as back-to-back frees from Rowe won it for Dublin.

Thomas Davis player Kerrie Owens came on as a second half substitute for Kate Sullivan while Abby Shiels from Lucan Sarsfields started in goal for the Jackies.

Ballyboden St Enda's Julie Vaughan and Tammy Quinn Corbally from Thomas Davis were on the bench for the Dubs

One *bite* beats a dozen roses



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