



dlr Age Friendly

MAGAZINE

WINTER 2020



INCLUDES

Health & Wellbeing
Local Information & Supports
Short Stories & Poetry
Age Friendly Questionnaire
Recipes, Puzzles
and lots more...



Sláintecare.

Right Care.Right Place.Right Time.





dlr Age Friendly Alliance

The dlr Age Friendly Alliance was set up in late 2014, with senior representation from key public service providers and service organisations, involved in the County, to lead the County's Age Friendly strategy development and implementation. The Alliance is made up of members from An Garda Síochána, dlr Chamber of Commerce, Dublin Bus, Dublin & Dún Laoghaire Education and Training Board, Dún Laoghaire-Rathdown County Council, dlr Drugs & Alcohol Taskforce, Health Service Executive, Leopardstown Park Hospital, dlr Older Persons Council, Southside Partnership, Southside Travellers Action Group and University College Dublin. The Alliance is currently chaired by Eugene Magee, the former Chairperson of the Board of Leopardstown Park Hospital.



Eugene Magee

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Produced by dlr Age Friendly Programme

dlr Age Friendly Programme

Dún Laoghaire-Rathdown County Council signed the Dublin Declaration on Age Friendly Cities and Communities, committing to working with our partners to improve the quality of life of older people, strengthen and sustain our systems and services across all sectors and stakeholders, and promote a culture of innovation that will foster growth and development.

The national Age Friendly Ireland Programme supports cities, counties and towns across Ireland to prepare for the rapid ageing of our population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

Age-friendly programmes work to provide walkable streets, housing and transportation options, access to key services and opportunities for older people to participate in community activities. By doing so, these communities are better equipped to become great places, and where appropriate lifelong homes, for people of all ages. The overarching vision of the Council's strategy is that dlr will be renowned as a great place to live in and grow old in, where people enjoy a good quality of life, in an age-friendly accessible environment, and people have the opportunity to play an active role and contribute to the economic, social and cultural life of their community right throughout their lives.

Dlr Community Department works with local community and volunteer groups to support older residents in the County. For details of your local community support and groups, please access dlr's Directory of Activities and Services. Search for Directory of Activities & Services 2019 at www.dlrcoco.ie

dlr Age Friendly Programme
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T: 01 205 4893 Email: community@dlrcoco.ie
www.dlrcoco.ie/en/community/dlr-age-friendly-county

 @AgeFriendlydlr

Forward An Cathaoirleach, Cllr. Una Power



This is a brilliant new initiative, funded under the Creative Ireland Programme and Healthy Ireland. Produced by our Community Section, this magazine aims to inform, support, engage and entertain us this winter as we live under Covid 19 restrictions. This new resource is especially targeted at our older population who have been left particularly vulnerable and isolated during these difficult times.

A large number of support groups and Active Retirement Associations around the county have contributed to this magazine. Inside you will find a wonderful variety, including short stories, poetry, puzzles, recipes, quizzes, art activities and information on all the different activities taking place for older people within our county.

The magazine also contains a range of information on the services, supports and events provided by DLR County Council including Libraries, Arts, Community, Sports Partnership, Heritage, Parks, Environment, Leisure, and Local Enterprise Office which aim to support our mental health and wellbeing during these difficult times.

This is an excellent new age friendly initiative that will help the older and more vulnerable members of our county keep active and informed during these difficult times and I look forward to the Council creating future editions in brighter times.

Introduction

I want to welcome you to the first edition of the Age Friendly magazine. The last number of months have presented challenges to us all but particularly older people and those that are vulnerable to the effects of the pandemic. You have been separated from friends and family and Covid has prevented you from participating in activities that makes life enjoyable.

There have been a number of initiatives to support people through the pandemic including the Community Call that provides volunteers to carry out day to day tasks for those that were cocooned including shopping, prescription collection and social support pathways. This service is still available. As the impact of Covid continues, supporting mental health and wellbeing is a key priority. I am pleased to announce 'Keep Well' Resilience Campaign that is designed to show people how they can mind their physical, mental health and wellbeing at this time. Access to these resources is outlined in the magazine but they include activities around the library book drop, heritage, arts and culture virtual tours and activities that support physical wellbeing. The magazine also highlights the wealth of social supports that are available to you.

I want to thank everyone from our age friendly networks that contributed to the magazine and I hope you enjoy the puzzles, quizzes, poetry and short stories that encourages creativity and imagination in the age friendly community. You all play a vital role in our community and I would ask you to contact the community call helpline on 1800 804 535 if you need support.

We will get through this together and I would encourage you to respond to our questionnaire that is designed to provide a County that supports the quality of life for those of us that are older in our County. The 'Keep Well' Resilience Campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will provide guidelines, information, and tips on things that will help us keep well through the coming months.

Therese Langan, Director, Community & Cultural Development Dept





Sr. Concepta's signature pelican/kingfisher painted in magnificent red, blue and golden hues



Entrance to the tiny Oratory

The Oratory

Do you know that we have a stunning and highly regarded masterpiece of the Gaelic Revival Style right here in Dún Laoghaire-Rathdown?

In 1919, the Dominican Sisters of St. Mary's wished to commemorate the local men from the area who had fought in World War 1. It was decided to create an Oratory dedicated to the Sacred Heart.

Sr. Concepta Lynch, an extraordinary artist, started hand-painting the walls and ceiling - she continued for over 16 years until ill health forced her to stop in 1936.

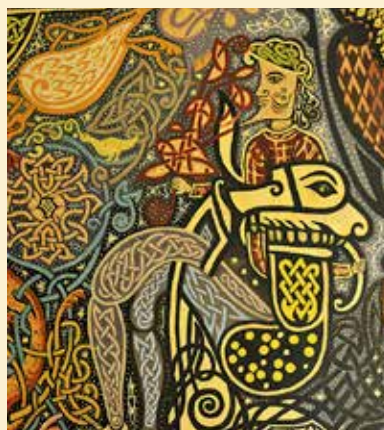
If you want to find out more about Sr. Concepta's life and times and the Oratory itself, look out for the wonderful book "Divine Illumination, the Oratory of the Sacred Heart Dún Laoghaire", published by New Island in 2019, and available in our libraries.

You can also explore the unique art of the Oratory from home by visiting this website;

<https://events.dlrcoco.ie/event/3d-tour-oratory>



Elaborate and colourful Celtic interlacing with birds



Detail inspired by the Book of Kells



Delicate treatment of filigree pattern on the roof



Dún Laoghaire Rathdown County Council owns a number of community facilities across the County. These centres offer a variety of classes, activities, social groups and more. There are centres in lots of locations around the county. If you would like to know more please give one of the community workers a call.

I would like to introduce you to the Community Development Team:

Michelle Carroll, Senior Community Officer.
Kevin Reid, Sandra Kelly and Claire Barr Area Community Officers.
Cian Ó Lonargáin, Padraic Hurley, Mary White and Niamh Curtis, Community Workers



*Michelle Carroll
Senior Community Officer*

Across the team there is a wealth of experience and extensive knowledge of supports and services across the County. The team working together and with other departments are committed to “creating

a progressive and vibrant County that is attractive, inclusive and accessible for everyone”. The County is full of vibrant and committed communities led by passionate volunteers and we are here to support this process. The team are available to support the running of community facilities both large and small, assist groups with applying for grants, supporting the setup of new groups, keeping you informed of what is happening in your local area whether you are young or old, and much more. They are happy to take a call and offer support and guidance.

W: www.dlrcoco.ie
T: 01 - 2054893
E: community@dlrcoco.ie

dlr Covid-19 Community Call

Our staff are here to help elderly & vulnerable citizens!

- Information on deliveries of essential items, medicine & food where required
- Support, engagement & referral for anyone feeling isolated
- Queries about Covid 19 Levels & Restrictions
- Queries on opening hours & availability of Council amenities

*** Monday – Saturday (9am – 5pm) * Christmas arrangements to be announced**

Call: 1800 804 535 / 01 2713199

Email: covidsupport@dlrcoco.ie



Rialtas na hÉireann
Government of Ireland

Short Story: The Cottage

Carmel Uí Cheallaigh, Senior Librarian

Carrie couldn't believe her ears.

'The house is yours,' Joe repeated. He was embracing her tightly, as was their custom each evening when he returned to their Dún Laoghaire home from his legal practice. 'But, but, how can we afford it?' she stammered, pulling gently away from her husband, trying to see his face, to detect any hint of him joking with her. 'Never you mind,' he retorted, tapping his nose with his forefinger. This was the sign he used when he didn't want her prying further. He didn't do it very often. In fact the last time she could remember was when she asked the self-same question, ten years earlier, when he presented her with a car, all wrapped up in a pink bow, for another significant birthday. He'd really outdone himself this time.

When the shaking stopped she began jumping up and down and clapping her hands. She linked him and they danced around the kitchen. Tired and dizzy Joe stopped.

'We can pick the key up tomorrow. Let's get to bed early as we have a four-hour drive ahead of us in the morning.' She tossed and turned all night. The cottage she had hankered after, many miles away in her beloved west of Ireland was to be hers. She had called there every day as a child.

It was the home of her recently deceased friend and evoked many happy memories. Her childhood voice came flooding back. 'Yes, Aggie, I will write a great book one day, that is my dream.' 'Only dreamers can make dreams come true,' Aggie responded.

She pictured it as it was: the two bedrooms and big kitchen cum living area, the holy water font inside the door, the Pope's picture in the hallway. She would retain the cast iron fireplaces in the bedrooms.

She visualised the transformation. TLC would work better than money. She was confident of that. Her love of the place would work miracles. Of course it would need some modernising. No draughty windows and damp would be tolerated. Comfort was paramount at their time of life.

The rusty little gate creaked as they pushed past it and walked up the garden path. It was less than half an acre from the front gate to the lake at the

back but she cherished it far more than any of the sprawling estate gardens she had visited over the years.

The blackberry brambles heaved with the weight of the recently ripened fruit. As she basked in the autumnal sunshine, she recalled the happy hours in the kitchen of her old friend, making jams and tarts, and later distributing their wares around to all the neighbours.

Sweet smells enveloped her now. The yellow roses they planted together before she left for Dublin were in full bloom. The orange dahlias at the top of the path nodded to her as she passed by. Every inch harboured a memory of their carefree days together.

Wiping her eyes, she put the key in the door. Joe whisked her up and carried her over the threshold.

Inside, she opened up a drawer in the big dresser in the kitchen. She uncovered a dusty biscuit box. There was a wedding photograph and a bundle of letters from Aggie's husband who had died in an accident overseas. Joe wet the tea. She hugged him again. 'Thanks for making my dream a reality,' she began.

He smiled. 'Don't thank me, thank Aggie, she left you this place in her will. I'm afraid I couldn't tell you sooner, couldn't breach client confidentiality.'

Carrie wept as she thought of her kind friend, still touching their lives.

Mugs clanked.

'I now christen her...' Joe started the toast.

'No Joe, it has always been known as 'the cottage' around here, there's no need to change that,' Carrie interrupted.

Although the nights were drawing in and the Indian summer was almost over, she felt optimistic about the future.

He went to the car to unload his fishing gear. She polished the maple writing bureau until she could see her reflection in it. Just for a minute she thought she saw Aggie at her shoulder.

He headed for the lake. She sat and stared at the blank page in front of her. At last, it was time for her to pursue her goal of becoming a writer. Where better to start than with that bundle of love letters found in the kitchen.

As part of the Artworks Home project Dún Laoghaire-Rathdown County Council asked four local poets to write poems as a way of keeping in touch with people. Poets have a unique talent of expressing beautifully in written form emotions felt by many and we are lucky to have such a wealth of talent in the County. We hope you will enjoy these poems. Look out for more poems from the Artworks Home series on our website www.dlrcco.ie/arts and social media.

Katie Donovan

Salvage

Spring sky,
white cat,
bluebells:

cobalt, silver,
and delicate,
frilled pinks.

They rise
through nettle,
bramble,
wild garlic.

The cat prances;
the bluebells offer
their silent music.

Once I picked
an armful
from the woods:
I was six.

Now I see
a snapped stem,
and reach to save it.
I place the orphan
in water,
on the windowsill.

*Drink this, I say –
and live.*

Paul Perry

Late Morning Rain

the eggs were soft when we went to touch them
it was May, or I imagine it was
though how can I really know it was so long ago
one thing I can be sure of is that summer was on its way
the silent bursting forth which the grass announces
the way it does now on the brink of release
pushing every shadow back to where it belongs
and late morning rain – let's not forget how welcome
that can be, the umbrella forgotten, and all of a sudden
it's forty years ago, and you are walking the same street,
the same road, your hand is in your mother's hand
her face hidden by ... what? her fringe, or a hat,
her voice is strong and young, and though she clutches
your fingers in hers, ever tighter now, you do not run
from the shower, you do not rush anywhere

Jessica Traynor

Airplanes

*That one is going to Spain, you say —
though sometimes when I push you
in your buggy we don't talk.*

Today, I'm silenced by the petals
falling so evenly from the cherry tree
it's like they're pulled by spider silk

and thinking how the candles on the chestnut
used to rise the heat in me while seeming, always,
like nature's evening vigil for the dead.

You slump in the buggy, I catch a glimpse
of your cheek's smooth curve. But neither of us speak,
and I wonder, is this comfort or lack?

Above us, just one airplane –
a molten drop –
sliding down the sky's blue lens.

Lucinda Jacob

Out and Back (A Lockdown Journey)

Open the front door and step through.
What's different? No sound of traffic.
Is that a robin singing?
A blackbird startles out of a hedge.
One car goes by.
Someone is coming towards us,
We cross the road,
They wave.
In our estate
People are in their front gardens,
Sitting or pottering about in the sun.
We turn for home.
Sitting or pottering about in the sun,
People are in their front gardens
In our estate.
They wave,
We cross the road.
Someone is coming towards us,
One car goes by.
A blackbird startles out of a hedge.
Is that a robin singing?
What's different? No sound of traffic
Open the front door and step through.

The Star Of The County Down

Provided by Gerry Noonan, Director of Sweet Memories Choirs, Living well with Dementia

Near to Banbridge town, in the County Down
One morning in July,
Down a bóithrín green came a sweet cailín
And she smiled as she passed me by.
She looked so neat from her two white feet
To the sheen of her nut-brown hair
Such a coaxing elf, I'd to shake myself
To make sure I was really there.

From Bantry Bay up to Derry Quay
And from Galway to Dublin town
No maid I've seen like the brown cailín,
That I met in the County Down.

As she onward sped I scratched my head
And I gazed with a feeling quare.
And I said, says I, to a passerby
"Who's the maid with the nut-brown hair?"
He smiled at me, and with pride says he,
"That's the gem of Ireland's crown!
Young Rosie McCann from the banks
of the Bann,
She's the star of the County Down."

From Bantry Bay up to Derry Quay
And from Galway to Dublin town
No maid I've seen like the brown cailín,
That I met in the County Down.

At the harvest fair she'll be surely there
And I'll dress my Sunday clothes.
And I'll try sheep's eyes and delutherin' lies

On the heart of the nut-brown Rose.
No pipe I'll smoke, no horse I'll yolk,
though my plough with rust turn brown,
Till a smiling bride, by my own fireside
Sits the star of the County Down.

From Bantry Bay down to Derry Quay
And from Galway to Dublin town
No maid I've seen like the brown cailín,
That I met in the County Down.

Good-Night by H. S. M.

Good-night, good-night, the day is done;
Rock, rock the cradle, little one;
The lamp is low, and low the sun,
Good-night!

Good-night, good-night, the Christmas bough
Bends to the rocking wind, and thou
To mother's ditty noddest now,
Good-night!

Good-night, good-night, the holy day
Bring baby sweets, and sweets away!
Rock, rock--then, tiptoe, steal away,
Good-night!

The Ceremonies for Candlemas Day

by Robert Herrick

Kindle the Christmas brand, and then
Till sunset let it burn,
Which quenched, then lay it up again
Till Christmas next return.

Part must be kept, wherewith to teend
The Christmas log next year,
And where 'tis safely kept, the fiend
Can do no mischief there.

Today

Today I'm flying low and I'm
not saying a word
I'm letting all the voodooos of ambition sleep.

The world goes on as it must,
the bees in the garden rumbling a little,
the fish leaping, the gnats getting eaten.
And so forth.

But I'm taking the day off.
Quiet as a feather.
I hardly move though really I'm traveling
a terrific distance.

Stillness. One of the doors
into the temple.

(Mary Oliver)

dlr Library Services



Catherine Gallagher
County Librarian

dlr Libraries provide services across the County through a network of eight branch libraries, including dlr Lexlcon. All dlr Libraries are accessible buildings, and are safe, welcoming, inclusive community spaces. Libraries are free to join with no charge

to borrow books, and no charge on overdue items. All library authorities in Ireland are connected and share a national catalogue. This means if you need to reserve books from a different county, it's possible to have them sent to your local library for collection. As well as books, dlr Libraries also stock large-print books, audio books, music CDs and DVDs. And all for free! Free Internet access and wi-fi is available in all branches. Black & white or colour photocopying, scanning and printing is available. You can print from the library computers but also directly from your laptop, tablet, smartphone, or remotely from your computer at home. You can also borrow laptops to use in the library.

dlr Libraries: new ways of service delivery

As we all try to get used to living with Covid-19, dlr Libraries have had to adapt our services. Depending on what Level we're at on the Government's Plan for Living with Covid-19, our library spaces may or may not remain open. However, this doesn't necessarily mean you can't get your books.

Book Drop Service

We continue to operate our Book Drop Service for older members of our community or those



Photography by Peter Cavanagh

who are particularly vulnerable during this time, who can't physically get to the library. You let us know what type of books/CDS/DVDs you like to read/listen to/watch and a selection will be delivered to your door by one of our volunteer drivers. This service is operated by the staff in dlr Lexlcon. Please contact them at 01 2801147 or via email at dlrlexiconlib@dlrcoco.ie for further information.

dlr Concert of Light 2020

Join dlr Libraries online on the evening of Monday 21 December to celebrate the Winter Solstice with a free concert of stunning music and songs of joy, hope and light. The Winter Solstice falls on the shortest day of the year and is considered a turning point by many, a time of reflection but also of looking ahead.

Our musical ensemble will be led by cellist Gerald Peregrine, who has established a career as a soloist, chamber and orchestral performer in Ireland and across Europe. Further information and details will be available via dlr Libraries' e-bulletin, website and social media platforms in due course.

This initiative is supported by the Creative Ireland Programme.

Contact us:

Blackrock Library

Tel: 01 288 8117

E: blackrocklib@dlrcoco.ie

Cabinteely Library

Tel: 01 285 5363

E: cabinteelylib@dlrcoco.ie

Dalkey Library

Tel: 01 285 5317

E: dalkeylib@dlrcoco.ie

Deansgrange Library

Tel: 01 285 0860

E: deansgrangelib@dlrcoco.ie

Dundrum Library

Tel: 01 298 5000

E: dundrumlib@dlrcoco.ie

dlr Lexlcon

Tel: 01 280 1147

E: dlrlexiconlib@dlrcoco.ie

Shankill Library

Tel: 01 282 3081

E: shankilllib@dlrcoco.ie

Stillorgan Library

Tel: 01 288 9655

E: stillorganlib@dlrcoco.ie

libraries.dlrcoco.ie

For those living with dementia and their carers/families

Tovertafels – Magic Tables

dlr Libraries have two Tovertafels (Magic Tables), one in dlr LexIcon and the other in Deansgrange Library. We hope to acquire a third one for Dalkey Library before the end of 2020. The Tables consist of a series of interactive games projected onto a normal table. The images respond to hand and arm movements, allowing users to play with light. Originally designed for those with dementia,

now expanded with programmes for adults with intellectual disabilities, and children/young people on the Autism spectrum.

Tovertafels are playful, interactive light projections that entice children, adults, and older people to get moving and have fun together. Individuals or organisations wishing to book the Tables should contact the relevant library for further information.



Bag a Book: Contact & Collect Service

If you can get to your local library, or have someone to visit on your behalf, then we can offer you our Bag a Book: Contact & Collect Service. You can use the online request form on the homepage of our website libraries.dlrco.ie to let us know what kind of books you'd like, or you can simply email or phone your local dlr library. We then prepare your bag for you and make contact with you to arrange a time for you or someone else to collect it safely from the library. While the national online catalogue remains operational, if you require particular book titles, you can request these in the usual way, using our online catalogue, using the dlr Libraries App or by email or phone to your local library. Although our doors may be closed to visitors, we can still get your books to you one way or another!

Online resources

We have lots of resources/services available on our website. You can:

- download eBooks and eAudiobooks to read to your tablet, laptop or smartphone
- read magazines and newspapers online
- take an online course
- learn a language online
- stream or download music to your device
- listen to a podcast
- watch an exhibition on your tablet, laptop or pc

You just need your library card number and your PIN, and it's all free!

What to expect when we can hold in-library events again

When we can welcome you once again into our library spaces, here's a selection of the events and services you can expect to enjoy:



*Ciara Jones
Senior Executive
Librarian*

Health Literacy

dlr Libraries are involved in the national Healthy Ireland at your Library programme. We purchase bookstock and programme events with an emphasis on health and well-being. We also run sessions on Mindfulness, Tai Chi for Arthritis and Chair Yoga.



Digital Literacy

Our digital learning programme includes group courses on Using your Smartphone, Making the most of your Tablet and how to make the most of your Library card.

Bealtaine Festival

Every May, dlr Libraries participate in Bealtaine, the national programme celebrating creativity in older people. Previous events have included film, theatre and dance performances, creative writing courses, poetry readings and the Bealtaine Book Club.



Online events

Until it's completely safe to resume our usual in-library events, we're continuing to look at innovative ways to reach out to our communities by improving access and expanding the range of services available online.

Over the next few months, we'll be hosting the following events online for you to join in with at home:

Online Book Club

Our popular online book club meets on the last Wednesday of the month at 7.30pm via Zoom. The Club is chaired by Mary Burnham

of DuBray Books. Physical copies of the books for discussion are available for collection in advance from dlr LexIcon with some titles also available online on our e-book platforms Overdrive and Borrowbox.

Chair Yoga classes

Winter Warmer Programme

Christmas craft workshops

Keep up with what's happening in dlr Libraries by signing up for our fortnightly ebulletin: libraries.dlrcoco.ie/events-and-news/dlr-libraries-ebulletin

Please email libraryculture@dlrcoco.ie for more information on the Online Book Club and other online events.



It was a typical noisy dinner at my parents's home, and Dad was having trouble following the conversations.

He kept jumping in with off-topic comments and asking for things to be repeated.

I finally told him he needed to get a hearing aid.

Looking at me as if I was crazy, he said, "What would I do with a hand grenade?"

After The Ball

Provided by Gerry Noonan, Director of Sweet Memories Choirs, Living well with Dementia

A little maiden climbed an old man's knee,
Begged for a story, "Do, Uncle, please.
Why are you single? Why live alone?
Have you no babies? Have you no home?"
"I had a sweetheart, years, years ago,
Where she is now, pet, you soon will know.
List to the story, I'll tell it all,
I believed her faithless, after the ball."

After the ball is over,
After the break of morn,
After the dancers leaving,
After the stars are gone;
Many a heart is aching,
If you could read them all;
Many the hopes that have vanished
After the ball!

After the ball is over,
After the break of morn,
After the dancers leaving,
After the stars are gone;
Many a heart is aching,
If you could read them all;
Many the hopes that have vanished
After the ball!

'Kevin'

We knelt at mass with sobbing hearts
Cold, in the dawn of day.
The dawn for us, for him the night,
Who was so young and gay.

Then from the altar spoke the priest,
His voice rang thin with pain –
Bidding us pray, a boy must die
At England's hands again.

The cruel English tortured him,
He never shrank or cried;
Sublime his faith, the gallows tree
He faced that day with pride.

Proudly he gave his life for her.
To whom his heart was given;
His dying eyes knew freedom near,
Saw death the gate of Heaven.

Bright flaming dawn of a young life,
Simple and pure and brave;
One childlike prayerful,
His end – a felon's grave.

His end! No end to lives like his:
With us he lives away.
Bright through our night, a shining star,
He lights for us the way.

And Christ, who died for love of us,
Tortured and bruised and shamed,
Gives courage to such hero souls,
Unbending and untamed.

Taken from *Wolfe Tone Annual* 1936, this poem was penned by Countess Markievicz in November 1922.

Movie Directors

N B F M T B R V T T O C S Y E L D I R K
 D A B T A F M P G Q J L I L W D A M A A
 J L M F H B S C R K L M O Q A D N Y L M
 M D P R P U P L E P T B B A G P O T O K
 A T M Q P A B V B F R J P H E E R H P R
 R C A U M L H R L N H A U G O T E W P E
 T A R E D F Y R E S O B D R R E M W O G
 I N T N T R V T I T H W B R G R A N C N
 N A I T R E B E P I Q R O W E J C P D I
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 A R S N D H J H N P B S N A U C E Y O N
 M E C T G I V M E L K F G P C K M P F A
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 B T R R H C L S E D E Q N H S O J N I R
 E C S A L H P O T J I P S D R N H E C B
 L M E N S C F E S A S S S L M F H F N D
 L N S T D O N E L L A Y D O O W H L A S
 V H E I B C R I C H A R D D O N N E R D
 L O D N L K B H H P R H N A W R U A F L
 Y J P O S L J O E L S C H U M A C H E R

Steven Spielberg
 Ridley Scott
 Richard Donner
 Martin Scorsese
 Alfred Hitchcock
 Peter Jackson
 Woody Allen
 Quentin Tarantino
 George Lucas
 Bryan Singer
 Francis Ford Coppola
 John McTiernan
 Martin Campbell
 James Cameron
 Joel Schumacher

Airplanes

I N A B L I M P
 G H W B W F I G H T E R L F
 W M B Y E F S H B A K V C Y W A
 T N G F V T H L C T K T L L A H T T
 E G M C S A I O I S G O Y A I H I S
 C W G N H E T G R C G R B M N G L S K D
 F A P A P X A A W U U H L V I O P N Y C
 H A P P G X B X E F C Y T L I A O M D C
 F C P T L G S S X S U E F N P U O H I A
 H L M L A S U N R D W D S E U W M W V R
 L H T D H I A L S E E O R S B M S B I R
 C H O L D M N H T S D A D I B O B P N Y
 E H T L A E T S S S I I P N R H U E G O
 T Y M X X G P I E R O L L B I L E L R N
 W C S N L E M D P D A L V G H W H C A S
 D O W A O G L H N F X O G R A C W N
 N W C B S A X E N R E N I L R I A A
 P G U N X L K S A M N E G Y X O
 L E M R E T P O C I L E H H
 P L G K G X G O

Airliner
 Biplane
 Blimp
 Captain
 Cargo
 Carryons
 Fighter
 FlightNumber
 Glider
 Helicopter
 LostLuggage
 MissedFlight
 OxygenMask
 PaperAirplane
 Security
 Skydiving
 Stealth
 WindowSeat

RETRO T.V SHOW QUIZ

1960's

1. Set in Chicago in the 1930s, the hour long crime show was based on real life exploits of Elliot Ness and his squad of Treasury agents.

It was a violent series for that time and received a lot of criticism.

Robert Stack starred as Elliot Ness .

2. This was one of the most popular western series in the 1960s

It was the story of the Cartwrights who owned the property the Ponderosa.

Lorne Green played the widowed father, Ben Cartwright. He had sons Big Hoss, Adam and little Joe.

3. This is the longest running soap opera in the world, it first aired in December 1960.

It is an English show that follows the lives of the characters in their terraced houses, cafe, corner shop, newsagent, factory and the Rovers Return Pub.

4. This popular show started in 1961 the story of a handsome neurosurgeon at County General Hospital.

The lead actor was Vince Edwards.

His opening words on the show were, Man, women, birth, death, infinity...

He was a heartthrob to many of his female audience.

5. This was a great show starting in 1960.

The small town of Mayberry, North Carolina was the setting for this series.

Sheriff Andy Taylor was a widower with a young son Opie played by Ron Howard.

They lived with Andy's Aunt Bee. Andy's deputy was his cousin Barney played by Don Knotts

6. This was a very funny English TV show featuring a father and son characters in 1962.

The father & son were a rag and bone team. The father Albert and his son Harold.

The father Albert was a stubborn and lazy old man and his son Harold was always attempting to better himself and trying to escape from his dad which always failed.

What was the name of this funny show starring Wilfred Brambell as Albert and son Harold played by Harry H. Corbett?

Answers available on page 81



DLR Heritage

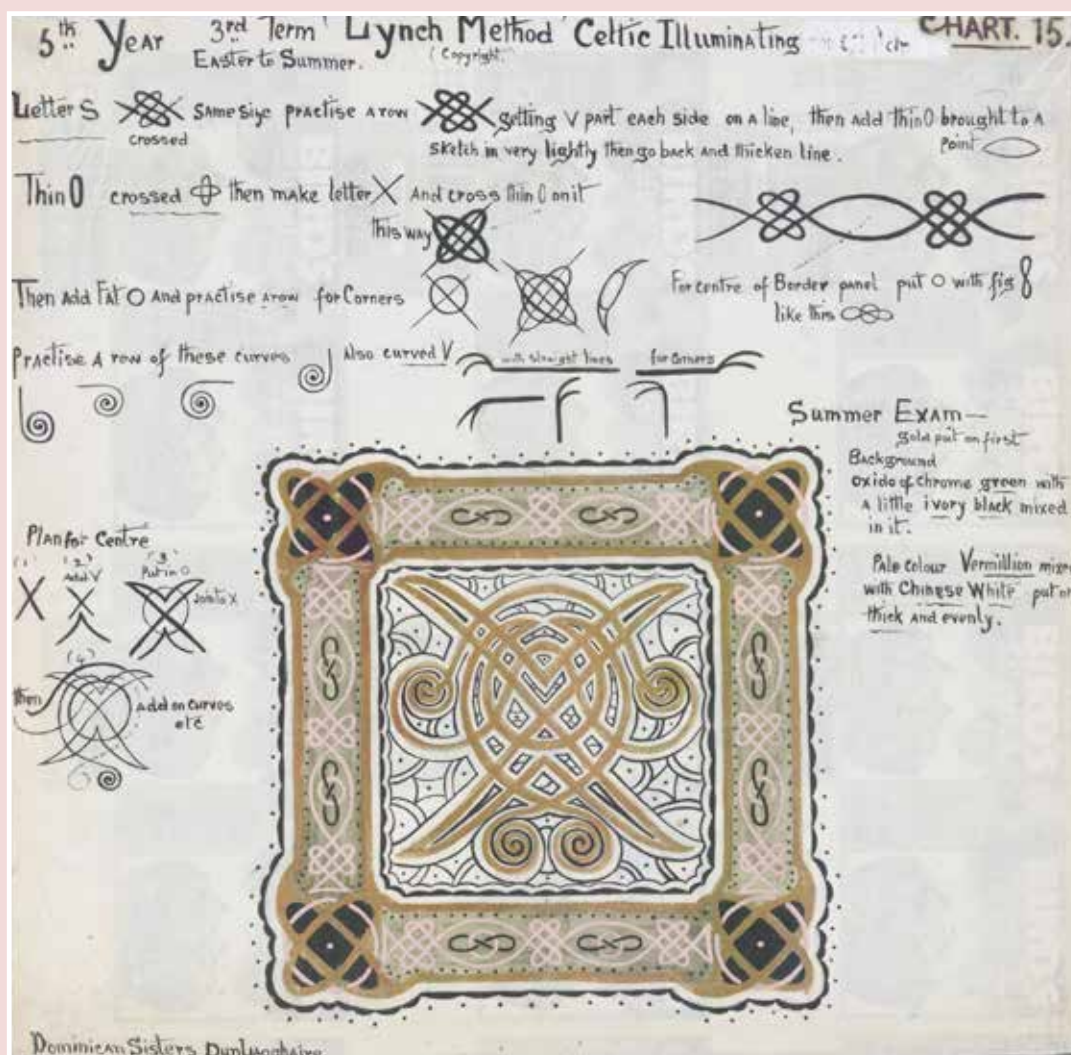


Deirdre Black,
Heritage Officer

The DLR Heritage Office runs an annual programme of walking tours, talks and exhibitions focusing on our County's heritage as well as guided tours of our special historic properties including the Oratory, Dalkey Castle, Marlay House, Cabinteely House, Martello Towers and ancient burial grounds. This summer we adjusted our normal programme to run Covid-friendly outdoor heritage walks and Dalkey Castle attained the Fáilte Ireland Covid safety

charter. We also support community groups in their work to care for and celebrate local heritage with ongoing advice and an annual community heritage grants scheme. The Heritage Team publishes books and maps to celebrate our local built and natural heritage and is currently preparing a new Heritage Plan for the county.

If you have any ideas for celebrating or caring for Heritage in the county you can email dblack@dlrcoco.ie or write to the Heritage Officer, Dún Laoghaire Rathdown County Council, County Hall, Marine Road, Dún Laoghaire.



Teaching chart created
Sr Concepta Lynch
(Courtesy of the
National Gallery of
Ireland NGI/IA/SCL/
TC15)

Why not have a go at Celtic art yourself!

These activities are from book called ***“Celtic Art, the Lynch Method of Celtic Illumination, a student guide”***. It was published by the Irish Dominican Sisters and is based on the Lynch Method which Sr. Concepta taught to her students.

Virtual Tours

The dlr Heritage Office works to raise awareness of our shared past and natural environment. Being able to access and feel connected to heritage is a key part of keeping well and we have the opportunity to tell the stories of places anew in each generation.

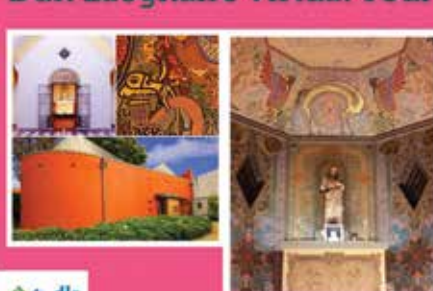
Explore more of our local heritage from your home with 3D tours of Marlay & Cabinteely Houses, Oratory and the Maritime Museum

www.dlrcoco.ie/en/heritage

Marlay House Marlay Park Virtual Tour



Oratory of the sacred Heart Dún Laoghaire Virtual Tour



Cabinteely House Cabinteely Park Virtual Tour



National Maritime Museum of Ireland Virtual Tour



dlr Times

The dlr Times is your local Council news and information periodical that is published 4 times a year in paper and digital format. It has information on your local councillors, your local parks and libraries, information on Council initiatives, public events and festivals taking place in the area as well as regular competitions and promotions. You can sign up to our mailing list, read it online

on our website, get one through your post box, or pick one up in local library or leisure centre!



For further information please visit dlrcoco.ie/dlrtimes

Oven Scones and Tea Bread

Soda Bread

1 lb. plain flour

1 level teaspoonful salt

1 level teaspoonful bicarbonate of soda

$\frac{1}{2}$ pint (approx.) buttermilk or sour milk

Sift the dry ingredients together and mix with the milk to form a soft dough. Knead swiftly and lightly. Form into one round cake and place on a baking tin. Mark the top with a cross. Bake at 450 for 30 minutes, using the third runner from the bottom of the oven.

Sultana Scones

1 lb. plain flour

1 level teaspoonful bicarbonate of soda

2 level teaspoonfuls cream of tartar

Good pinch of salt

3 oz. margarine

3 oz. sultanas

1 oz. sugar

1 egg

$\frac{1}{2}$ pint milk

Sieve dry ingredients together twice. Rub in margarine, add sugar and sultanas and mix to a soft dough with egg and milk. Turn on to a floured slab and knead lightly. Roll out to about $\frac{1}{2}$ inch thickness. If using a 2 inch cutter, this quantity makes about 24 scones. Place on floured baking sheets and brush tops with beaten egg or milk. Bake at 475 for 10-12 minutes, using *third* runner from top and *first* runner from bottom of an oven with side and bottom heating. For ovens with side heating only, use the same runner positions but after the top tray scones are removed, move the lower tray to the higher position.

Wholemeal Scones

4 oz. plain flour

4 oz. wholemeal flour

1 level teaspoonful bicarbonate of soda

2 level teaspoonfuls cream of tartar

2 level teaspoonfuls sugar

$\frac{1}{2}$ oz. margarine

1 gill milk, good measure

Sieve dry ingredients together twice, rub in margarine, add sugar and mix to soft dough with milk. Knead and roll out to about $\frac{1}{2}$ inch thickness. If using 2 inch cutter, this quantity makes 12-14 scones. Place on floured baking sheets and bake at 475 for 10 minutes. Use *third* runner from top of the oven.

Tea Bread

$\frac{3}{4}$ lb. self-raising flour

1 egg

1 level teaspoonful salt

3 oz. margarine

2 oz. sugar

$1\frac{1}{2}$ gills milk

Sieve dry ingredients, rub in margarine, add sugar and mix to a light dough with egg and milk. Turn on to floured slab and knead lightly into a good round shape. Pat into an 8 inch round, place on a greased baking sheet, and prick well with fork. Bake at 425 for 30-35 minutes, using the *fourth* runner from the top of the oven.

78

FISH

hot. Poach the cutlets of fish, then remove skin and bone and return these to the liquor. Divide the fish from each cutlet into four pieces and arrange in serving dish.

Increase the heat in the boiling plate and reduce the liquor by less than half. Strain and add to the egg yolk and cream which have been beaten together. Cook gently until the sauce thickens but do not let it boil. Add the shrimps or prawns and heat in the sauce for a few minutes. Pour the sauce over the white fish and sprinkle with chopped parsley and chives.

Sole Baked in White Wine

1 medium sized sole
1 oz. butter
 $\frac{1}{2}$ oz. plain flour
Pepper and salt

1 small teaspoonful chopped
parsley
A few drops of lemon juice
 $\frac{1}{2}$ -1 gill dry white wine

Clean and skin the sole. Butter the bottom of a fireproof dish and lay the sole in it. Sprinkle with salt and pepper and pour the wine over it. Bake for about 20 minutes at 400 using the 2nd runner from the bottom of the oven. When cooked drain the liquor from the sole into a saucepan and reduce this by boiling quickly. Meantime cover the sole and keep hot. Pour the reduced liquor into a cup and melt $\frac{1}{2}$ oz. butter in the saucepan, then add the flour and cook together until the roux is starting to turn pale brown. Add the liquor, remove the pan from the heat and beat the sauce smooth. If necessary thin the sauce down with a little water. Let it cook for a minute, then remove from the heat and beat in the other $\frac{1}{2}$ oz. butter and the parsley and lemon juice. Pour over the sole and serve.

Scallops with Mushrooms

4 scallops
5 tablespoonfuls thin cream
5 tablespoonfuls dry white wine
1 yolk of egg
4 large mushrooms

A few drops of onion juice
1 oz. butter
Seasoning of pepper and salt
About $\frac{3}{4}$ lb. hot creamy
mashed potatoes

Remove the scallops from their shells and wash free of grit. Remove the red tongues and keep separately. Cut out the muscle and slice through the white flesh.

Melt the butter in a saucepan and gently fry the finely chopped mushrooms. Then add the white flesh of the scallops and fry for a few minutes. Reduce the heat and add the white wine and onion juice and put the lid on the saucepan. Simmer for about 5 minutes, then add the tongues and cook for another 5 minutes.

Arrange the potato as a border in a serving dish or deep scallop shells and keep hot.

Remove the pan with the scallops from the heat and add the cream beaten with the yolk of egg. Stirring continuously, return the pan to a gentle heat and allow the sauce to thicken without boiling. Turn into the potato border.

MEAT

at 425 for 35-40 minutes. Use the same proportions of meat to pastry as given for the pie made with fresh meat, and the same position in the oven. For methods 1 and 2 fill up the pie with hot stock after cooking.

Cornish Pasties

12 oz. short crust pastry
 $\frac{1}{2}$ lb. rump steak
 $\frac{3}{4}$ lb. potatoes
1 medium sized onion

Good pinch of salt
A little grated nutmeg
 $\frac{1}{2}$ level teaspoonful mixed spice

Chop the onion finely and cut up the raw meat and potatoes into $\frac{3}{8}$ inch cubes. Mix with the spice and seasoning. Divide the pastry into 4 portions and roll out each into an 8 inch round. Brush edge with water and place $\frac{1}{2}$ of the filling on each round. Draw the edges of the pastry up together on each side of the filling and press together. Make about three $\frac{1}{2}$ inch folds on this top edge, brush pastry with beaten egg and make a cut on each side. Place on baking sheets and bake at 425 for 40-45 minutes, using *third* runner from the top and *first* runner from the bottom of an oven with side and bottom heating. For ovens with side heating only, use the same shelf positions but reverse the positions of the pasties from higher to lower shelf halfway through the cooking time

Shepherd's Pie

1 lb. cooked meat
2 lb. potatoes
1 large onion
Seasoning
A little hot milk

$1\frac{1}{2}$ oz. dripping
1 oz. plain flour
 $\frac{1}{2}$ pint stock or water
gravy browning

Remove gristle and surplus fat from meat and mince or chop finely. Melt 1 ounce dripping and fry chopped onion in it. Stir in the flour and cook until it starts to brown. Add the stock and bring to the boil, season and add gravy browning if necessary. Pour off half the sauce, which is later re-heated and served with the pie. Add the meat to the remaining sauce and put into $1\frac{1}{2}$ pint pie dish. Boil and mash potatoes, adding $\frac{1}{2}$ ounce dripping and a little hot milk. Season well and pile this on top of meat. Smooth over with a fork. Bake at 425 for 35-40 minutes, using *third* runner from the top of the oven.

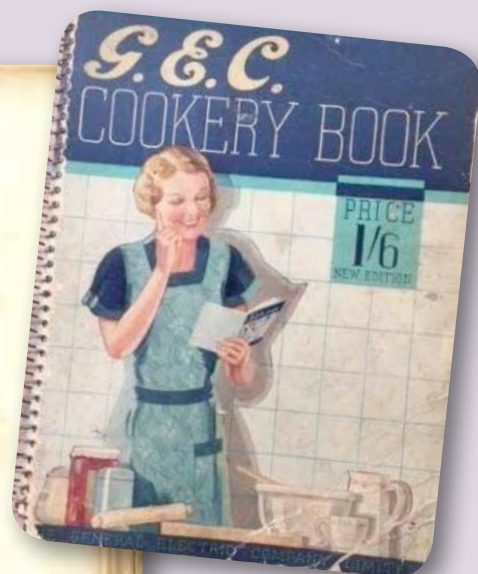
If raw fresh mince is used, bake at 400 for 1 hour.

Hotpot

1 lb. potatoes
2 large onions
2 large carrots
1 oz. plain flour

$1-1\frac{1}{2}$ lb. middle-neck mutton or lamb, or 1 lb. stewing steak
 $\frac{3}{4}$ pint stock or water
gravy browning
seasoning.

Joint meat, or cut in cubes, and dip in seasoned flour. Prepare vegetables cut in thin slices and place in layers with the meat, beginning and ending with a layer of sliced potatoes. Sprinkle with seasoning, add a little gravy browning to the liquid and pour this over the meat and vegetables. Cover with greased casserole lid or with greased greaseproof paper. Place in a cold oven on the *third* or *fourth* runner from the top of the oven and turn the oven thermostat to 325. Leave for 2 hours. If browned potatoes are required remove the lid or paper halfway through cooking.



dlr Arts Office - Winter 2020

Make sure and keep up to date with dlr Arts Office this Winter. A great place to get up to date information is to follow us on social media, we are on Facebook, Twitter and Instagram.

Sign up to our ebulletin if you don't already; www.dlrcoco.ie/arts or email us at arts@dlrcoco.ie. For more information on any of our upcoming online workshops and events please phone 01 2362759 or email arts@dlrcoco.ie



*Kenneth Redmond,
Arts Officer*

Municipal Gallery Programme

We are currently closed to the public under level 5 restrictions but we are hopeful that we will open the Gallery this Winter.

A beautiful craft exhibition is currently on display. UNFOLDING, curated by Angela O'Kelly, features the work of 9 Irish designer-makers and focuses on revealing the design and making process, representing a new approach to exhibiting contemporary craft. The designer-makers all have a connection to Dún Laoghaire-Rathdown County. The exhibition is also supported by Design & Crafts Council Ireland (DCCI).

If you can't come to the Gallery or we are closed you can watch some videos of the exhibition on our website: www.dlrcoco.ie/arts and see some of the works included from the artists - Cathy Burke, Lorna Donlon, Trudy Feighery, Elaine Harrington, Pierce Healy, Alison Kay, Fiona Mulholland, Tara Ní Nualláin, Kate O'Kelly.



Trudy Feighery work in progress



Cathy Burke

Gallery Learning Programme

An online Exhibition Learning Programme is available this Winter to make sure that everyone can still have opportunities to get creative at home. The programme is jam packed full of live online talks, conversations, demonstrations and art making workshops.

The emphasis is on exploring together as we all try new things out. Give it a go! No experience necessary to join in on any of these workshops or discussions.

The full programme includes our popular Artist in Conversation series but meeting the artist online in the Studio this time, Christmas craft workshops and colour-mixing workshops. Lots for all ages and interests, see our website www.dlrcoco.ie/arts for more information and booking.



*Christmas Stars Workshop,
image courtesy of Tunde Toth*



Cuairt agus Cultúr

We are delighted to offer a wonderful selection of online cultural activities for all care settings in the County for Winter 2020. From dancing, storytelling, singing to art workshops there's plenty for everyone to join in and enjoy!

All workshops are available online and free of charge to Nursing Homes from November 2020 until February 2021. Cuairt agus Cultúr is a cultural programme run by Dún Laoghaire- Rathdown County Council Libraries and Arts Office in Residential Care Settings for Older People in the County.

For more information on how to get involved and booking information please email: cagusc@dlrcoco.ie or phone the Arts Office (01) 2362759 or Libraries (01) 2362700

Cuairt agus Cultúr is generously funded by Creative Ireland and supported by Dún Laoghaire-Rathdown County Council.

Cuairt & Cultúr
creative time

Clár na hEalaíoch
Creative Ireland
Programme
2017-2021



Online Dementia Inclusive Tours for Winter 2020



Are you living with dementia or would you like to try something different with your loved one living with dementia? While you can't come and see our exhibitions in the Gallery at the moment, Julie, Claire and Orla have adapted our tours to an online experience that we hope you will enjoy.

Explore and discuss a selection of artworks from our County Collection in these specially created online tours that you can easily join using a mobile phone, tablet or computer. There will also be time to enjoy a cup of tea at the end of the tour with everyone from the comfort of your own home.

We look forward to seeing you back in dlr Municipal Gallery as soon as possible.

These tours are free and funded by the HSE/ dlr County Council Arts and Health Partnership and supported by the Azure network.

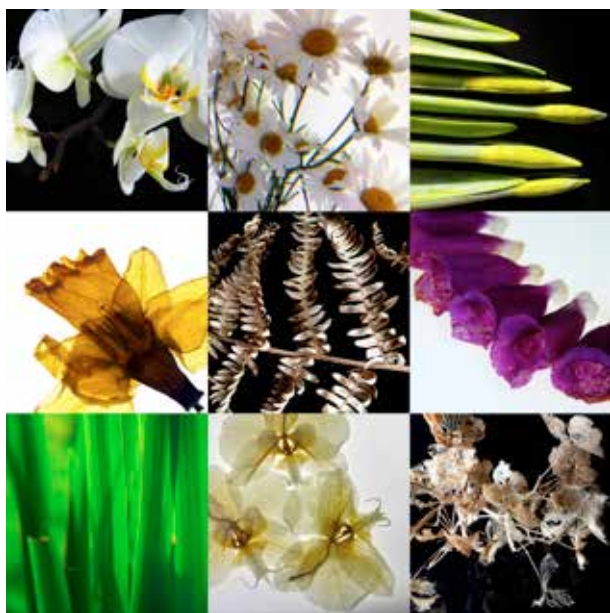
To book please ring Máire or Pia on (01) 236 2759 or email artbookings@dlrcoco.ie



'Night Ferry' by Linda Uhlemann, part of the dlr County Collection

dlr Artworks Home

The Arts Office is working with a range of artists and craft designers from Dún Laoghaire-Rathdown to create and design special artworks which are being gifted to members of the local community who are cocooning or self-isolating. Drawings, postcards and decorations are being lovingly created by artists at home in order to make a treasured gift.



9 gift cards by Fiona Mulholland

Sara Keating announced as new Writer in Residence

Dún Laoghaire-Rathdown County Council is delighted to announce Sara Keating as the new writer in residence based in dlr Lexlcon.

Sara Keating is a writer and cultural journalist from Dublin. Her work has been published in The Irish Times, the Business Post and she has contributed to a wide variety of arts programming on RTE Radio One. She has spent the last 10 years researching and writing her first book *Fall and Recover*, about the dancer Lucia Joyce, much of whose story has been excised from official histories. During her residency Sara will work on completing *Fall and Recover* which engages with issues of feminist history, motherhood, mental health, and stages a debate about art on the canvas of a young woman's body. Also during her residency look out for her upcoming interviews with authors about places in the County.

For more information
<https://www.dlrcoco.ie/arts>

Jokes for the Young at Heart



Too Many Figurines

A young girl watched her grandmother move several duck figurines from the bottom shelf to the middle shelf of a cabinet. The grandmother picked up one of the ducks and then set it down on the middle shelf. She picked up another duck figurine from the bottom shelf and set it beside the first duck. She continued moving the ducks from one shelf to the next.

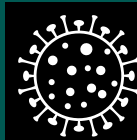
Finally, she stood back and looked at the cabinet.

"Hmm..." She moved back to the cabinet and began moving the ducks onto the top shelf.

"Grandma," the little girl finally spoke, "what are you doing?"

"I'm just trying to get my ducks in a row," the grandmother answered. -Sally Painter

Taking Care of our Wellbeing & Resilience in Dublin



Coronavirus
COVID-19
National
Programme

COVID-19 has turned 2020 into a year like no other.

The National Plan for Living with COVID-19 is fundamentally about our personal and collective resilience and wellbeing. So, let's start with ourselves — keeping well individually will help us support one another and our communities.

We all need a little help at times – Healthy Ireland is building a programme of activities around five simple actions that we can all take to keep well.

1 Keeping active

Outdoor activity is important for physical and mental health. Sport Ireland will support people to stay active through the winter. Look out for online activities you can join.

2 Keeping in contact

Person-to-person connection is vital to our wellbeing. Don't let isolation become a problem — ask for help if you need it, offer help if you can. The Dublin City and County Councils will provide a helpline and support services as part of The Community Call.

3 Getting creative

Learn something new, get back to nature, find ways to relax, rediscover your own locality. Engage creatively with local historical spaces and places. The Dublin City and County Councils and the Creative Ireland Programme will provide initiatives in the arts, crafting, culture and heritage.

4 Eating well

Make the connection between the food you eat and how you feel, mentally and physically. Bord Bia will support healthy eating this winter. Libraries will promote a grow your own food initiative for spring. Safefood's START campaign will help parents to introduce healthier habits with their kids.

5 Minding your mood

Anxiety is a real problem – do not ignore it. Find out where to go if you or someone you know needs support. The HSE's [yourmentalhealth.ie](https://www.hse.ie/yourmentalhealth) website has useful information and look out for the upcoming HSE online *Minding Your Wellbeing* programme.



The National Framework for Living with COVID-19 will help us to manage the risk associated with the virus. However, we also need to focus on wellbeing — the wellbeing of our country and the personal wellbeing of every one of us. That requires three things: healthy people, strong businesses and resilient communities.

Dublin Community Call helpline is there if you need practical support or someone to talk to:

01 222 8555 Dublin City

01 271 3199 Dún Laoghaire-Rathdown

1800 459 059 Fingal

1800 240 519 South Dublin

Make a daily plan to do at least one thing every day that will keep you well.

There is an abundance of things to do and to discover in Dublin.

Find what's available at gov.ie/HealthyIreland or on the Dublin City and County Councils' websites.

Comhairle Contae
Fhine Gail
Fingal County
Council



dlr
Comhairle Contae County Council

Comhairle Contae
Átha Cliath Theas
South Dublin County Council



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



Sláintecare.
Right Care. Right Place. Right Time.



Rialtas na hÉireann
Government of Ireland



Dún Laoghaire-Rathdown Age Friendly Strategy 2021-2026

Consultation taking place until 19th January 2021

Dún Laoghaire-Rathdown (DLR) County Council want to hear the voices of Older People in the County as we are preparing a new Age Friendly Strategy that will take us from 2021 to 2026.

Older people and citizens in Dún Laoghaire-Rathdown are invited to complete our online questionnaire to inform us of the areas which affect your life in DLR and what can be done to bring about positive changes for Older People in the County over the next 5 years. The questionnaire is available at <https://dlrcoco.citizenspace.com/community/dlr-age-friendly-strategy-2021-2026/>

The questionnaire will be **open until 19th January 2021** and feedback is being sought on areas such as Social Participation, Digital Access & Technology; Housing; Transport & Mobility; Covid 19 and Community Support & Health Services. One of the key areas identified within **the first Dún Laoghaire-Rathdown Age Friendly Strategy 2016 - 2020** was the need to hear the voice of older members of our County more clearly.

Along with the online consultation, hard copies as well as the Irish language version of our questionnaire are also available and you can **call the Community Section of DLR County Council and we will send you out a copy in the post at: 01 2054893 or email community@dlrcoco.ie**.

You do not have to answer all of the questions - only the questions that you feel comfortable with and are relevant to you. All submitted questionnaires will also be entered into a draw for a **€50 One4All Gift Card** and all information supplied will be anonymised and will only be used for the purposes of preparing our new Age Friendly Strategy and we very much look forward to hearing from you.

Background:

In June 2013, Dún Laoghaire-Rathdown County Council signed the Dublin Declaration on Age Friendly Cities and Communities in Europe and is affiliated to the WHO Global Network of Age Friendly Cities & Communities. This means that DLR is now committed to working towards becoming an Age Friendly County by creating an inclusive, equitable society in which older people can live full, active, valued and healthy lives.

The publication of the **Dún Laoghaire-Rathdown Age Friendly Strategy 2016 - 2020** (available online at <https://www.dlrcoco.ie/en/community/dlr-age-friendly-county>) and the establishment of the Age Friendly Alliance were the first steps towards delivering on that commitment. The Alliance is made up of key agencies in the County who are tasked with overseeing and progressing Age Friendly Strategies with the ultimate goal 'to make dlr a great place in which to grow old'.

Further information:

Mary White, Age Friendly Programme & DLR Social Inclusion, Community Department, Dún Laoghaire-Rathdown County Council, Town Hall, Dún Laoghaire.

01 2054893 Email: community@dlrcoco.ie

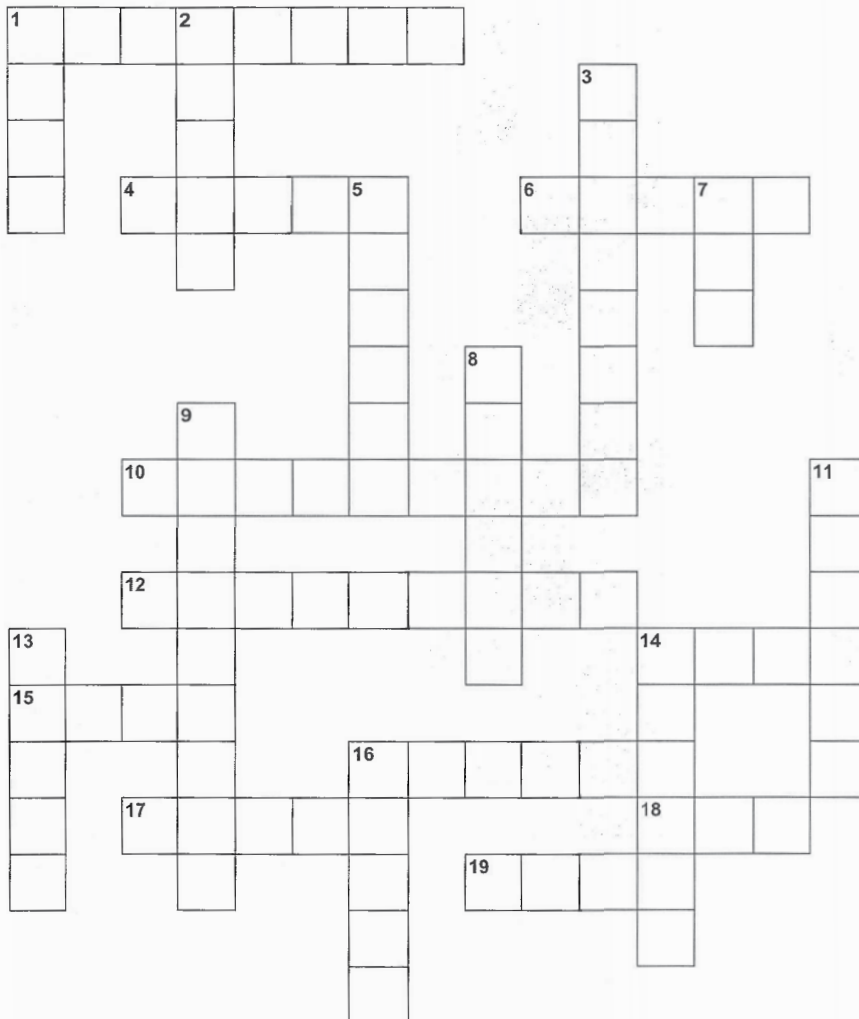
<https://www.dlrcoco.ie/en/community/dlr-age-friendly-county>

Solar System



Sun
Mars
Neptune
Mercury
Jupiter
Pluto
Venus
Saturn
Earth
Uranus

Gardening



ACROSS

- 1 Bright light of the sun
- 4 Decomposed plant matter in soil
- 6 Period between sunset and sunrise
- 10 Any young tree or plant
- 12 To sprout
- 14 Become larger
- 15 Precipitation
- 16 Blossom
- 17 Transparent, tasteless, and odorless liquid
- 18 Period between sunrise and sunset
- 19 Perennial woody plant consisting of roots, trunk, and branches

DOWN

- 1 Earth
- 2 Bush
- 3 Tool used to trim hedges
- 5 Long-handled scoop used for digging
- 7 Garden tool with flat crosswise blade and long handle
- 8 Plant that completes life cycle in one year
- 9 Having a life cycle of more than two years
- 11 Hand tool with broad curved blade used for scooping dirt
- 13 green plant with narrow flat leaves and jointed stems
- 14 Area of land used for cultivating plants and flowers
- 16 Edible plant product

Answers available on page 81

History Quiz



1. What country's flag is almost the same as Ireland's, but the colours are in reverse order?
2. What bird is the logo of Penguin Random House's children's books division?
3. Name the 2006 film directed by Martin Scorsese that was adapted from a 2002 Hong Kong thriller called *Internal Affairs*?
4. Vanilla flavouring is derived from which flower?
5. Can you name the Irish blues musician, who performed with the band Taste before having a successful solo career until his death in 1995?
6. Brian O'Driscoll played his last game of international rugby on March 14, 2014, in which Ireland won the Six Nations title. But who were they playing?
7. What golfer holds the record for the largest margin of victory in a major championship with 15 strokes?
8. Can you name the British sportsman who won gold medals at five consecutive Olympic Summer Games between 1984 and 2000?



Answers available on page 81

What sort of Cake Quiz

- 1 What kind of cake do you feed your rabbit?
- 2 What kind of cake is eaten annually?
- 3 What kind of cake does a mouse like best?
- 4 What kind of cake does a monkey like?
- 5 What kind of cake do you get in heaven?
- 6 What kind of cake is a big flop?
- 7 What kind of cake do you have for breakfast?
- 8 What kind of cake goes well on a saucer?
- 9 What is the heaviest cake?
- 10 What kind of cake is found on the ocean floor?
- 11 What kind of cake is the opposite of #5?
- 12 What kind of cake should be eaten in bed?
- 13 What kind of cake is a game for children?
- 14 What kind of cake do you order at a seafood restaurant?
- 15 What kind of cake do you find at a fabric store?
- 16 What is a pirate's favourite cake?
- 17 What cake do the English love to eat in the afternoon?
- 18 What cake has a lot of Ho Ho Ho
- 19 Which cake is name after a city in Scotland

Answers available on page 81



TALK TO US IN CONFIDENCE



SVP can offer support
when you need it

Talk to your local SVP in confidence

A little help at the right time can make a big difference.
SVP volunteers provide practical help and support to people who are
struggling to manage for whatever reason through our local Conferences.

CONTACT US:

Please call 01 8550022 or go to www.svp.ie to log your call with us and our
local conference will contact you directly



Gardening for Biodiversity and Wildlife

There are many ways you can help biodiversity in your own garden - no matter how big or small the space - and no matter where you live. There are lots of ways in which you might want to open your garden up to nature - even in very small ways - perhaps by hanging up a bird box; or in larger ways, such as making a wildlife pond.

We can all do a little bit to help biodiversity and what a great feeling it is to know you can play your part right there in your own garden.

Gardening for Biodiversity is a wonderful book that focuses on bringing biodiversity into your own garden. It is full of tips and practical advice for all ages with lots of fun and family friendly projects that can enhance the biodiversity of your own spaces.

Biodiversity in Your Garden - A Colouring Book is a lovely book for children with beautiful garden wildlife illustrations. Children will have great fun learning about biodiversity that can be found in the garden, while they colour in.

How to get these books:

The digital versions of both books can be found on our DLR Website here:

www.dlrcoco.ie/en/heritage/biodiversity

If you want a copy of the books posted to you please contact our Heritage Officer Deirdre Black at dblack@dlrcoco.ie or our Biodiversity Officer Anne Murray at annemurray@dlrcoco.ie.

The books were produced by Laois County Council and supported by the Local Authority Heritage Officers Network, Department of Culture Heritage and the Gaeltacht, N.P.W.S and the Heritage Council.



dlr Wildflower Guide

Explore some of the wildflowers commonly found within Dún Laoghaire-Rathdown. The guide was designed to be viewed on a phone as a mobile guide for people walking or in their garden. The wildflower guide can be accessed at

www.dlrcoco.ie search dlr wildflowers



The HSE Living Well with Dementia (LWwD) programme is an award-winning initiative which develops and delivers innovative services and supports to people living with dementia and their families in their communities. Our goal is to ensure that people with a dementia diagnosis are supported to remain living at home and active in their community for as long as possible.



The programme is hosted by Southside Partnership and our vision is of a community that respects, supports and empowers people with dementia, a community in which people with dementia are socially and culturally valued, and where they can actively participate in society in a safe environment. Central to the success of the programme is respect for the dignity, welfare and wellbeing, will and preferences, beliefs and values of each person living with dementia.

For the past seven years LWwD has run several weekly activity groups that are inclusive of people with dementia including choirs, dance, exercise, art and bridge. However due to Covid restrictions we have had to suspend our weekly meetings and have instead moved our choir, dance and exercise classes to an online Zoom platform. We have also started a weekly walk in Cabinteely park.

We would be delighted to welcome new members to these activities. If you are interested in joining please contact Mary Spain on 0860418450 or email mspain@livingwellwithdementia.ie.



SWAP

(Senior Wellness Activity Programme)

The Southside Partnership SWAP (Senior Wellness Programme) is funded by Healthy Ireland includes the following workshops and exercise programmes.

- Mindfulness
- Chair Zumba
- Chair Yoga
- Chair Gym Programme
- Flower arranging workshops

Interested in taking part in any of the following please contact

Angie Lennon

M: 087 109 0106 T: 01 706 0100

E: angela.lennon@sspship.ie



Healthy
Dún Laoghaire
- Rathdown



SOUTHSIDE PARTNERSHIP DLR
COMHPHÁIRTÍOCHT an DHEASBHAILE
SUPPORTING PEOPLE. SUPPORTING COMMUNITIES.



DÚN LAOGHAIRE-RATHDOWN CO. COUNCIL PARKS - OPENING HOURS

Cabinteely Park

| | |
|--------------------|-------------------|
| November - January | 8.00 am - 5.00 pm |
| February | 8.00 am - 6.00 pm |
| March | 8.00 am - 7.00 pm |

Dún Laoghaire People's Park

| | |
|------------------|-------------------|
| December - March | 8.00 am - 4.30 pm |
|------------------|-------------------|

Blackrock Park

Open 24 hours

Fernhill Park & Gardens

| | |
|--------------------|-------------------|
| November - January | 9.00 am - 5.00 pm |
| February - March | 9.00 am - 6.00 pm |

Marlay Park

| | |
|--------------------|-------------------|
| November - January | 9.00 am - 5.00 pm |
| February - March | 9.00 am - 6.00 pm |

CAR PARKING AVAILABILITY

Blackrock - Parking in park beside Phoenix Terrace.

Dún Laoghaire People's Park - On street parking along Queens Road & Park Road

Cabinteely - Onsite car park

Marlay - Onsite car park

Fernhill - Car park nearing completion

ACCESSIBILITY - ramps, steps etc.

Blackrock All entrances accessible except the step entrance at Rock Hill

Dún Laoghaire People's Park,

Cabinteely and Marlay - All entrances & paths accessible

Fernhill - Incline at entrance/exit



REFRESHMENTS AVAILABLE

Blackrock - No - the park is adjacent to Blackrock village

Dún Laoghaire People's Park - Yes & adjacent to Dún Laoghaire Town

Cabinteely - Onsite

Marlay - Onsite

Fernhill - No



T. 01 2054700

E. info@dlrcoco.ie

Twitter: @dlrcc

An Garda Síochána

Crime Prevention Information Sheet



Personal Safety Bogus Traders/Callers



Bogus Traders / Callers

Many people routinely employ door-to-door traders and repair people / contractors. Some of these people carry out very little work and charge exorbitant amounts of money for their services. This is criminal behaviour and there are common ways that these crimes are perpetrated.

There are recognised and defined criminal offences for this type of behaviour and they range from criminal damage, deception, to demanding money with menaces. All are dealt with under existing criminal legislation and offenders, when caught, can be successfully prosecuted before the criminal courts. There are broadly four ways that this form of crime can be committed:

1. Poor Work/Excessive Charges – or indeed no work performed at all.

The culprits, in this instance, usually call to the home of a victim identified by them beforehand. This is often the home of an older or frail person living alone. This information is usually gleaned by surveillance or 'discreet' / 'innocent' enquiries made by the culprits locally. They may also target the person because they have been 'successful' there previously. They will often call on the pretext of being professional roofers, guttering experts, painters or other trades people etc. and 'convince' the victim that repairs need to be carried out.



They will offer their services on the understanding that they are competent and in-expensive. They will then usually go to the roof or attic of the house identified and start hammering, drilling, painting etc. to give the appearance of working. On completing the 'work', invariably in a short period, they then demand payment by cash, often using threatening and intimidating tactics. They may even drive the victim to the bank to collect money.

2. Bogus V.A.T. Charges

Different members of the same gang may return at a future date to a victim's house posing as V.A.T. or Revenue Officials. They will demand money for 'work' already performed by them and seek further payments.

3. Deposit Scams

When the criminals are satisfied that they have hoodwinked the intended victim into engaging them for work; they will demand a deposit to purchase the materials to carry out the necessary repairs. Having secured the deposit they flee, never to return.

4. Opportunity Thefts

The thieves will target a particular area and offer a real or genuine service to the victim. Once having gained entry to the home they may decide to see what is of value to purchase or buy well below the market value. This could be furniture, paintings or other valuables. They then coerce their victim to sign receipts for the sale of the article secured by them. They can use subtle and intimidating tactics into forcing the victim to 'sell' to them what they want.

What can people do to prevent the aforementioned criminal behaviour?

If a person calls to your door offering you professional trade services observe the following:

- Tell the caller that you never employ trades people 'cold calling' to your door. Ask for a sales brochure or other documentation that you can

FOR FURTHER INFORMATION ON THIS OR OTHER CRIME PREVENTION ISSUES,
PLEASE CONTACT

your local GARDÁ CRIME PREVENTION OFFICER

or

visit the Garda website at www.garda.ie

subsequently investigate and verify as credible. This should have a contact telephone number, known address and a V.A.T. registered number.

- Be particularly careful where sales documentation only displays mobile contact numbers or incomplete addresses. Telephone directory enquiries can assist in establishing the credibility and bona fides of the company or individual concerned.
- If you are satisfied that the company or individual is credible and you still think their employment is necessary, ask for an itemised written quotation for the services being offered and the names of persons and locations where they have previously worked successfully.
- Never solely rely on the accuracy of the information being proffered. Verify the information yourself.
- Always seek comparable estimates for any services offered from other established reputable companies.
- Never engage a person who insists on cash payment for services offered. Even when employing a reputable company always use a method of payment that is traceable.
- Never leave strangers, even bona fide workers, unsupervised in your home.

If you think you have become a victim to this type of crime what should you do?

Never be embarrassed or ashamed to contact the Gardaí. **Do so immediately.**



Write down all you can remember about what happened to include descriptions of the persons, their clothing, any peculiarities or distinguishing features and any vehicles used by them. Keep safely any documents they may have given you.

For those people who may have elderly or vulnerable neighbours or friends, be a good neighbour and advise them of these possible scams. If you suspect that bogus callers or trades people are in your area and appear suspicious or are working in a vulnerable neighbour's home – never hesitate in contacting the Gardaí immediately.

Genuine trades people will not be offended by any enquiries the Gardaí may make and, indeed, usually welcome them.

Remember, if it sounds too good to be true, it usually is!

The advice contained in this information sheet is not intended to be exhaustive or absolute.

Nothing contained in this publication should be interpreted as mandatory, obligatory or designed to conflict with any statutory regulations.



Useful Contacts and Links

**The Garda National Crime Prevention Unit,
Garda H.Q., Harcourt Square, Dublin 2.
Tel: (01) 6663362, Fax: (01) 6663314
Email: crime_prevention@garda.ie**

An Garda Síochána
www.garda.ie

The Sky Seemed Haunted

by Pat Fitzgerald

The sky seemed haunted. Low dark clouds tapered off to grey spectral shapes. The weather was warm but oppressive and threatening.

I had set out on my hike confident, but as I climbed towards the masts on the Three-Rock Mountain, the cloud level dropped. The only sound was the keening noise of the wind whistling around the stay wires and the stanchions of the masts. I was the only person there even though the area was a popular recreation spot for walkers and cyclists.

Stopping to take a coffee break, I found the clouds threatening, not in the sense of a torrential downpour, which would come, but there seemed to be oppression building.

Shaking off the gloom, I carried on climbing up to Fairy Castle where the Wicklow Way and the Dublin Mountain Way diverged and turned right towards Tibbradden. At this stage, I was above the tree line, where the weather would normally be cooler.

As I proceeded along the boardwalk, put down to minimise the damage to the fragile ecology of the mountain, the horizon in front of me seemed to have shrunk. To my left, Glen Dhu lived up to its name, The Black Glen, and I thought again of the logistical miracle of Daniel O'Connell holding a monster meeting in support of Catholic Emancipation at that spot.

At the junction of the diminished horizon, grey cloud spectral figures were dancing a jig. The distant sound of thunder, I had no doubt, would bring the threatened downpour.

As I passed through Tibbradden Wood known to generations of Dubliners as Pine Forest and on through Cruagh and on up to the Feather Beds, the thunder was accompanied by distant flashes of lightning.

From the vantage point of Kilakee forest, the grey outer clouds were like ghosts dancing on the top of the Hellfire Club on Montpelier Hill the legend of the devil appearing in the building now more believable. I shivered. The thunder and now more frequent lighting flashes brought the rain, which came down in torrents, as I passed the Dodder reservoir. The river, normally a slow-moving one, was now in spate. I could see the level of the water in the reservoir rising.

The rain, drumming on my poncho, dispelled the ghostly, oppressive feeling. As I passed through Glen Na Smól on towards Bother Na Breen and then on to Kiltipper and finally Tallaght, I remembered that it was here that Óisín fell from his horse when he returned from Tír Na Nóg. A fitting thought to end an interesting day.

Dún Laoghaire Active Retirement Association.

General Knowledge Quiz

- 1: Which side of the plate should the fork be placed if you are right handed?
- 2: What do we call a sheet of ice that moves very slowly down a mountain?
- 3: Which two countries compete in the Ashes?
- 4: How many children does the Queen of England have?
- 5: What is a young wolf called?
- 6: Who wrote "To be or not to be, that is the question"
- 7: What types of creatures live in schools and shoals?
- 8: What is the outside of a cricket ball made of?
- 9: Would you expect to find Eskimos in the North or South Pole?
- 10: Who has the most bones, an adult or a young child?
- 11: How many people should be on the field during a football match?
- 12: What will the day after tomorrow be if yesterday was Monday?
- 13: What present is given on the third day of Christmas, according to the song?
- 14: Do fish and insects close their eyes to go to sleep?
- 15: What did the Ancient Romans call the carts that were pulled by horses in races?
- 16: How many neck bones does a giraffe have if a human has seven?
- 17: What happened in the Summer of 1976?
- 18: Which Queen ruled England for 64 years?
- 19: What did Alexander Graham Bell invent that is in almost every home?
- 20: What season is it in America when it is summer in Ireland?
- 21: What do the spots on the opposite sides of a dice always add up to?
- 22: How many different events must a competitor in the decathlon take part in?
- 23: Are Dolphins vegetarian?
- 24: Which has ten arms? An octopus, a squid or an ant?



Answers available on page 81

JOKES FOR THE YOUNG AT HEART



Looking for the appropriate book for a couple celebrating their fifty years of marriage, I went to an antique bookstore.

Asking the owner for a suggestion, he recommended
"A Half Century of Strife"

As Mr Ageing was browsing through an old newspaper, he read aloud to his wife a news item about men losing their memory cells faster than women do.

"It must be true" she said.
"That's the third time you've read that article to me."



An old man went to his Doctor, complaining of aches and pains all over his body.

"You're in excellent shape for a 75-year-old man" the Doctor said, "but I'm afraid I can't make you any younger."

"Who asked you to make me younger?" the man replied.

"You just make sure I keep getting older."



Decade of Centenaries 2020 at dlr Lexlcon

Dr Marian Thérèse Keyes, Senior Executive Librarian, dlr Lexlcon



An Roinn Turasóireachta, Cultúir,
Ealaíon, Gaeltachta, Spóirt agus Meán
Department of Tourism, Culture,
Arts, Gaeltacht, Sport and Media

What's in a name? Dun Leary – Kingstown – Dún Laoghaire. A visual history through postcards celebrating the centenary of the town's name change during the War of Independence.

In 1821 the name Dunleary or Dun Leary was changed to Kingstown in honour of George IV's visit to this bustling and rapidly developing town. In 1920 it was officially given the name Dún Laoghaire, referring back to the original Irish name for Dunleary. It is asserted that the name came from an old fort (Dún) that belonged to a chieftain called Laoghaire. It was a deliberate political act during the War of Independence, an act of defiance against the old order in Ireland. Council Minutes from the Urban District of Kingstown reveal that the change was proposed by Seán Ó hUadhaigh from the Kingstown Township on 6 July 1920, later confirmed by Dublin County Council on 24 July 1920 and acted upon a month later on 5 August 1920. At the same meeting on 6 July, several other name changes were proposed and carried, including that 'the name of the Royal Victoria Baths be altered forthwith to Dún Laoghaire Baths'.

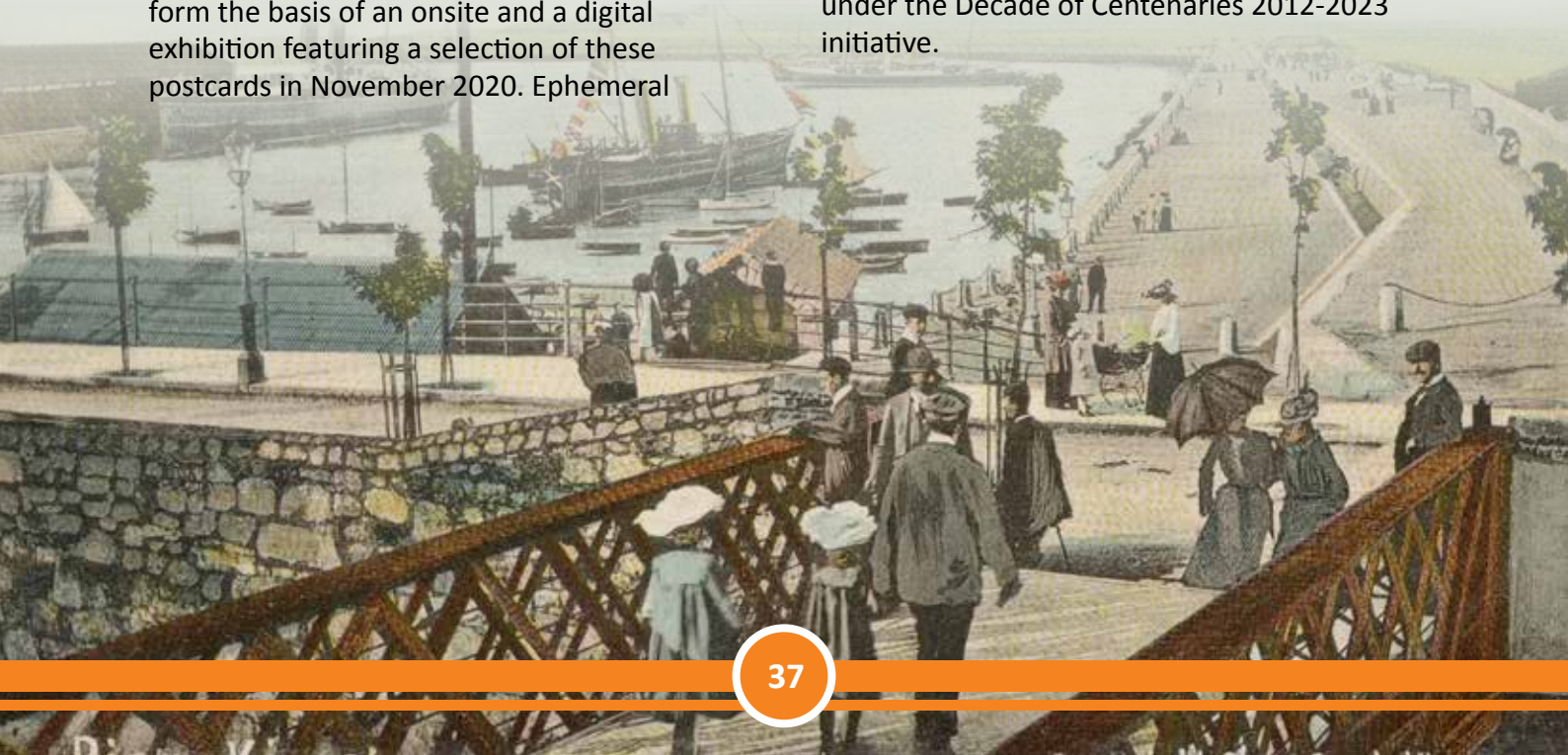
dlr Libraries acquired nearly 700 postcards of this area from the sale of the Seamus Kearns Collection of Postcards in 2019. They are currently being catalogued and digitised and, along with a further approx. 300 postcards already in the Local Studies Collection will form the basis of an onsite and a digital exhibition featuring a selection of these postcards in November 2020. Ephemeral

material adds colour to the national story, tells individual stories and informs our understanding of the social and cultural preoccupations of the period.

It is hoped that by celebrating the name change from Kingstown to Dún Laoghaire that it will highlight the dlr Local Studies Collection of postcards and enhance the importance of public libraries and archives in their role to promote, curate and digitise significant events within the local community through the provision of free public access to ephemera and collections.

dlr Libraries Local Studies collection is based at dlr Lexlcon. It includes over 15,000 books as well as periodicals, audio-visual material, photographs, prints, plans and maps relating to the history and social development of Dún Laoghaire-Rathdown. You can have a look online at many of our earlier exhibitions held since dlr Lexlcon opened in 2014. These include exhibitions on the Bicentenary of Dún Laoghaire Harbour (2017), Christ the King sculpture in the grounds of dlr Lexlcon (2016), Edward Lee (2016), F.M. O'Flanagan Recorder of Dalkey (2019) and St Michael's Church (2020) to name but a few. Have a look at <https://libraries.dlrcoco.ie/events-and-news/online-exhibition> for further details.

This initiative is supported by the Department of Culture, Heritage and the Gaeltacht under the Decade of Centenaries 2012-2023 initiative.



The Best Cinnamon Rolls You'll Ever Eat

Recipe provide by Rose Foran of Dún Laoghaire Active Retirement Association

Prep Time 1 hour 30 minutes, **Cook Time** 20 minutes,
Total Time 1 hour 50 minutes **Servings** 9 large cinnamon rolls

INGREDIENTS:

For the dough:

¾ cup/ 180 grams warm milk
2 ¼ teaspoons/ 7 grams active yeast
¼ cup/ 50 grams granulated sugar
1 egg, plus 1 egg yolk at room temperature
¼ cup/ 57 grams unsalted butter melted
3 cups/ 380 grams bread flour
¾ teaspoon salt

For the filling:

2/3 cup dark brown sugar
1 ½ tablespoons ground cinnamon
¼ cup unsalted butter, softened

For the cream cheese frosting:

4 oz cream cheese, softened
3 tablespoons unsalted butter, softened
¾ cup powdered sugar
½ teaspoon vanilla extract



Instructions:

1. Add warm milk to the bowl of an electric mixer and sprinkle yeast on top. You'll know your yeast has activated if it begins to foam after a few minutes. If it hasn't, then start over; your milk was either too hot or too cold
2. Once yeast begins to foam, add in sugar, egg & egg yolk and butter. Mix until well combined. Next stir in flour and salt with a wooden spoon until a dough begins to form.
3. Place dough hook on mixer and knead dough on medium speed for 8 minutes. Dough should form into a nice ball and be slightly sticky. (If you don't want to use an electric mixer, you can use your hands to knead the dough for 8-10 minutes on a well-floured surface).
4. Transfer dough ball top well oiled bowl, cover with plastic wrap and a warm towel. Allow dough to raise for 1 hour to 1 ½ hours, or until doubled in size.
5. After dough has doubled in size, transfer dough to a well-floured surface and roll out in to a 14x9 inch rectangle. Spread softened butter over dough, leaving a ¼ inch margin at far side of the dough.
6. In a small bowl, mix together brown sugar and cinnamon. Use hands to sprinkle mixture over the buttered dough, then gently rub in into the butter a little.
7. Tightly roll dough up, starting from the 9-inch side and place seam side down making sure to seal the edges of the dough as best you can.
8. Cut into 1-inch sections with a serrated knife or floss. You should get 9 large pieces.
9. Place cinnamon rolls in a greased 9x9 inch baking pan or round 9-inch cake pan. (I also recommend lining the pan with parchment paper as well, in case any of the filling ends up leaking out). Cover with plastic wrap and a warm towel and let rise again for 30 minutes.
10. Preheat oven to 350 degrees F or 177 degrees C. Remove plastic wrap and towel and bake cinnamon rolls for 20-25 minutes or until just slightly golden brown on the edges. You want to underbake them a little so they stay soft in the middle, that's why we want them just slightly golden brown. Allow them to cool for 5 minutes before frosting.

To make the frosting:

In the bowl of an electric mixer, combine cream cheese, butter, powdered sugar and vanilla extract. Beat until smooth and fluffy. Spread over cinnamon rolls and serve immediately.

GOPA (Garda Older Persons Association)

Senior Alert Scheme

Important message from Dún Laoghaire
Neighbourhood Watch and the Garda Older
Persons Association

Are you over 65? Did you know that older people living in any part of the county can get a free personal alarm if you are living alone, living with another person who is age eligible or living alone for significant periods of time during the day?

The process is simple- just ring Margaret on 01-2897213 and she will discuss the details with you and send you an application form. This form is simple. You fill out your name, address, date of birth and phone number and state your living [not financial] circumstances. You will also be asked who told you. The form signed and dated should be returned to Margaret in the stamped addressed envelope that she will send you.

Margaret then sends the information electronically to Pobal, -acting for the Department of Rural and Community Development- who pay for the cost of the equipment, the cost of installation and the first years monitoring charge. If you have a landline you will pay nothing for a year and after that it will be €66 per annum! If you do not have a landline don't worry-a mobile system can be used at an additional cost of €72 per annum payable from day one.

In an operation that takes about 10 mins TASK install a small box and give you a button which can be worn as a pendant around the neck or on the wrist like a watch. When pressed it connects you to the monitoring centre and they speak to you through the box. If they don't hear you answer they ring your phone and if there is no reply they seek outside help by ringing the emergency contact numbers that you give them when it is being installed.



The good news is that more than one person in a household can receive a button and there will be no extra monitoring charge! Better still, it is waterproof and can be worn in the shower or bath.

Why wait any longer- ring Margaret at 01-2897213 today. Don't wait for any emergency [break-in, trespasser, illness etc] because then it is too late.

Mobile support service

An Garda Síochána now offer mobile support service to assist older people in the area who are unable to attend their local Garda Station. The service provides advice on security, stamping of documents in the comfort of the older persons home, care home or hospital. This service also sees Community Gardaí visit the homes of elderly victims of crime.

| | |
|----------------------|--------------------|
| Blackrock | 01 666 5200 |
| Dundrum | 01 666 5600 |
| Bray | 01 666 5300 |
| Rathfarnham | 01 666 6500 |
| Cabinteely | 01 666 5400 |
| Shankill | 01 666 5900 |
| Donnybrook | 01 666 9200 |
| Dún Laoghaire | 01 666 5000 |





I Just Got Me Money Back

by Kay Morrison

My husband is a lovely guy,
But the unluckiest by far.
He can't win anything at the races,
Goes off in his little red car.

He could go to Fairy-house or Galway,
Or feck off to Leopardstown,
But when he returns, its always the same,
He looks sad and feeling down.

"I just got me money back"
He says, looking me in the eye.
"I just got me money back"
As he begins to cry.

"I should have backed them each-way,
Not put a tenner on to win"
But as he looks away,
I'd swear I see him grin!

The Grand National has come and gone,
And me hopes started to soar.
Maybe this time he'll win a little,
Just enough for a new mower.
But no, here he comes,
With that same sad old face,
"I just got me money back,
It wasn't a good race"

Raging Hormones, Loughlinstown

HAIKU: YUKO OTOMO

Aistriúcháin go Gaeilge /

Irish translations: Gabriel Rosenstock

Rogha Gabriel -

<https://roghaghabriel.blogspot.com/>

Ah, drops of water -
one and two become one

Á, braonta uisce –
a haon is a dó is ea a haon

Snow falls
footprints rise and fall

Titeann sneachta
éirí is titim rian na gcós

forked path:
the dazzling early bloom daffodils!

conair ghabhlach:
loinnir na lusanna cromchinn luatha!

Soft spring:
I talk to birds
with words

Earrach séimh:
le briathra a labhraím
leis na héin

Peeling potato skins;
I get in touch with
one thousand things

Ag scamhadh prátaí;
mé i dtiúin
le míle rud

Christmas Bells

By Henry Wadsworth Longfellow
1807-1882

I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, good-will to men!
And thought how, as the day had come,
The belfries of all Christendom
Had rolled along
The unbroken song
Of peace on earth, good-will to men!
Till ringing, singing on its way,
The world revolved from night to day,
A voice, a chime,
A chant sublime
Of peace on earth, good-will to men!
Then from each black, accursed mouth
The cannon thundered in the South,
And with the sound
The carols drowned
Of peace on earth, good-will to men!
It was as if an earthquake rent
The hearth-stones of a continent,
And made forlorn
The households born
Of peace on earth, good-will to men!
And in despair I bowed my head;
"There is no peace on earth," I said;
"For hate is strong,
And mocks the song
Of peace on earth, good-will to men!"
Then pealed the bells more loud and deep:
"God is not dead, nor doth He sleep;
The Wrong shall fail,
The Right prevail,
With peace on earth, good-will to men."

I always knew you'd do something like this

By Pat Keeley

I always knew you'd do something like this.
You can't be left to your own devices for
five minutes because the Lord only knows
what you'll get up to.

You're worse than the kids ever were.
Already on this holiday, you've slipped
and fallen on a boardwalk trying to get
me to dance; the rowboat you insisted on
hiring had to be towed in by staff because
you couldn't get us back on land: every
shortcut we've taken has led us miles off
our destination; you give out to me when
we're driving because you say that it's not
helpful to tell you to turn left after we've
passed the turn (I'm only trying to help);
I could go on and on but you'd say I was
nagging.

But now this. You might not be fully aware
that you're no longer a spring chicken.
You are being treated for hypertension,
heart failure and chronic asthma and
we won't even mention the most recent
development.

And now this. Why in God's name did
you do it? Booking a bungee jump goes
beyond the beyond and you've even
bragged that you negotiated a 'seniors'
rate' with the operators in spite of, in your
own opinion, not looking your age.

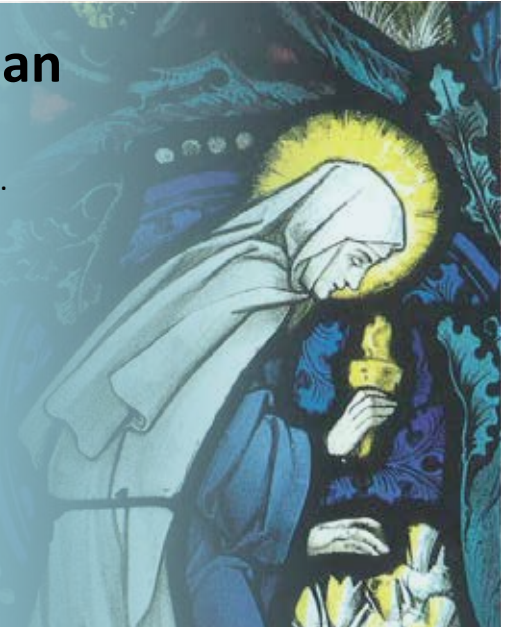
Mother of divine mercy!

Dún Laoghaire Active Retirement Association

Brigid Earth Woman

Anna Hennessy

Brigid earth woman, drape your cloak of generosity around us.
Gift us with far seeing eyes that recognize fresh possibilities
And hearts that respond with compassion and courage.
Broaden our vision to see beyond the horizon.
With Divine Energy may we embrace the challenges of
Our contemporary world.
This graced time offers us the chance us to bring a
Contemplative heart to all aspects of life.
May each of us marinate in Brigid's spirit and
Drink deeply of her wisdom.



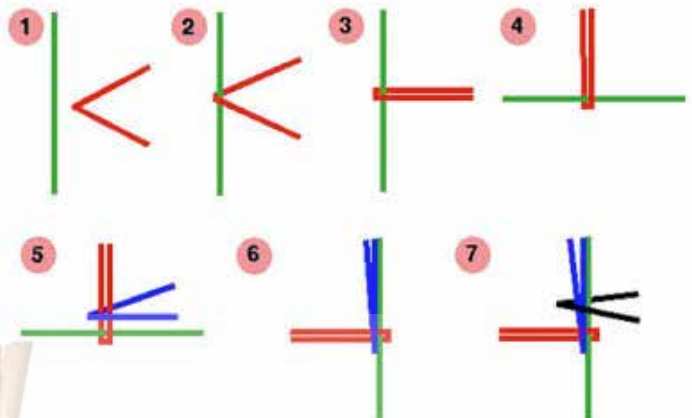
Make a St Brigid's Cross

Making a St Brigid's Cross is a custom in Ireland. The St Brigid's Cross is made out of plants called rushes for hanging above the entrances to dwellings to invoke the help of St Brigid in warding off disease. St Brigid's Day is celebrated on the 1st February each year and the crosses are made at that time. Rushes were traditionally used to make the St Brigid's Cross. These were collected from wetlands and cut into pieces, 8-12 inches long. Rushes can be hard to get for city dwellers so ordinary drinking straws are a good substitute. Use rubber bands to tie up the ends.

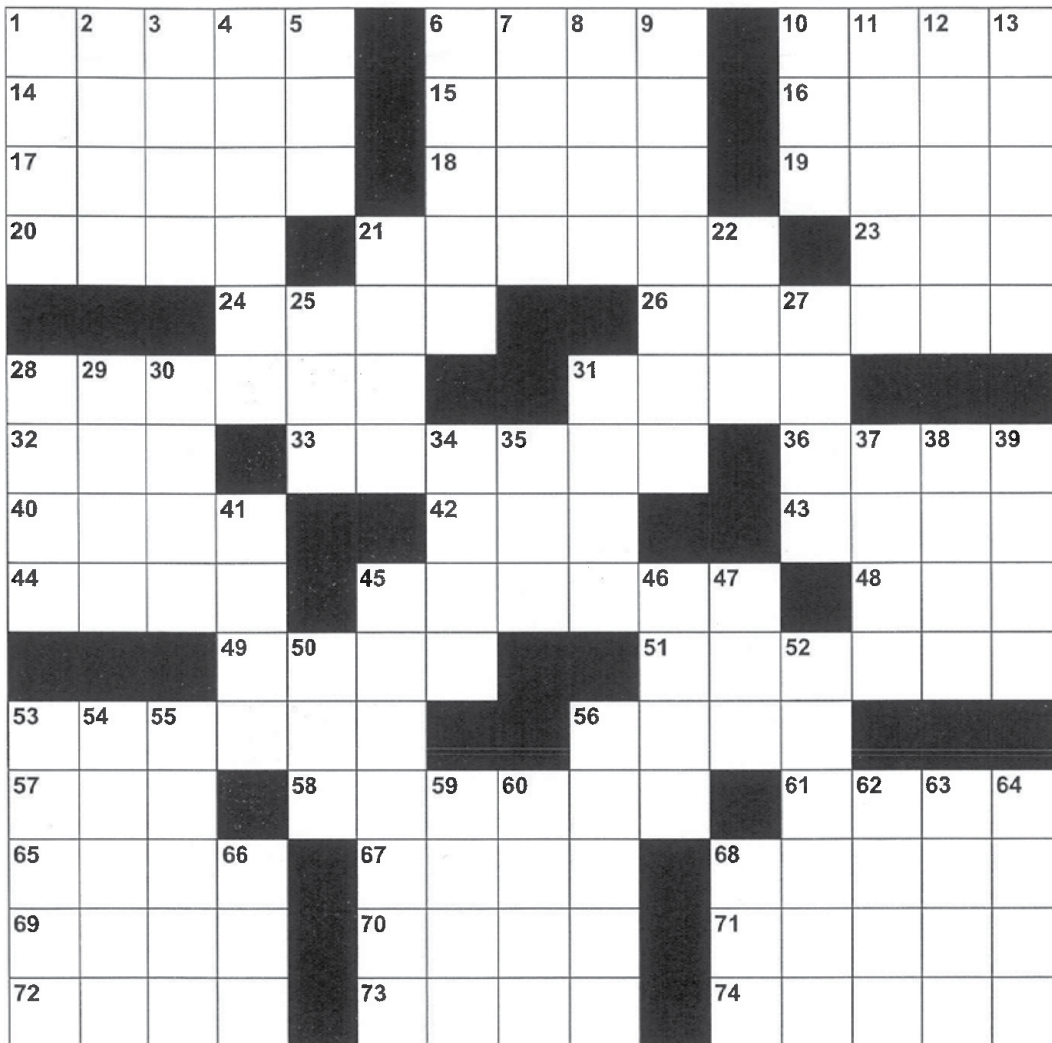
What to Do:

1. Hold one of the reeds vertically. Fold a second reed in half as in the diagram.
2. Place the first vertical reed in the centre of the folded second reed.
3. Hold the centre overlap tightly between thumb and forefinger.
4. Turn the two rushes held together 90 degrees anti-clockwise so that the open ends of the second reed are pointing vertically upwards.
5. Fold a third reed in half and over both parts of the second reed to lie horizontally from left to right against the first straw. Hold tight.
6. Holding the centre tightly, turn the three reeds 90 degrees anti-clockwise so that the open ends of the third reed are pointing upwards.
7. Fold a new reed in half over and across all the rushes pointing upwards.
8. Repeat the process of rotating all the rushes 90 degrees anti-clockwise, adding a new folded reed each time until all rushes have been used up to make the cross.
9. Secure the arms of the cross with elastic bands. Trim the ends to make them all the same length. The St Brigid's Cross is now ready to hang.

**You will need: 16 Reeds (or Straws),
4 small rubber bands and Scissors**



Crossword



ACROSS

- 1 Gravy
- 6 Dog food brand
- 10 Light source
- 14 Fable writer
- 15 Vault
- 16 Seaweed substance
- 17 Australian bear
- 18 Dress decoration
- 19 Nude
- 20 Information
- 21 Counterfeiters
- 23 Pastry
- 24 Man who built the arc
- 26 Sea between Turkey and Greece
- 28 Mythical deities
- 31 Sun
- 32 North by east
- 33 Hydrocarbon
- 36 Dueling sword
- 40 Do what you're told
- 42 United States
- 43 Sweet potatoes
- 44 Grow smaller
- 45 Salt's opposite
- 48 Drink slowly

DOWN

- 49 Eager
- 51 Framework
- 53 Fine fiber
- 56 Hawkeye State
- 57 Self-esteem
- 58 A way out
- 61 Cast off
- 65 Astringent
- 67 Stagger
- 68 Utilization
- 69 Fly alone
- 70 Doing nothing
- 71 Charming tomboy
- 72 Has toed
- 73 Green seedless plant
- 74 Brazen woman

DOWN

- 1 Protected from harm
- 2 Neurological disease
- 3 Below
- 4 6th month (Jewish calendar)
- 5 Highest quality
- 6 Emergency Medical Services
- 7 Toilet
- 8 Plan for two of these routes from each room
- 9 Winged
- 10 Elite intellectuals' society
- 11 Evening
- 12 TV lawyer Matlock
- 13 Alternative (abbr.)
- 21 Demands
- 23 Possessive pronoun
- 25 Performing couple
- 26 Eastern Time
- 28 Immerses
- 29 Flexible tube through which liquids are conveyed
- 30 Owing
- 32 Mr.'s wife
- 35 "To the right!"
- 36 Fall behind
- 37 Athletic fields
- 38 Heat, light, and flames made from something that burns
- 39 Upon
- 40 Form of energy that makes something very warm
- 41 Unusual
- 42 Knock
- 43 Possessive pronoun
- 45 Internal Revenue Service
- 46 Measure of how long
- 48 Resulted
- 49 Rib joiners
- 50 Sir Philip ____ (english poet)
- 52 National Association for the Advancement of Colored People
- 56 Popular stadium
- 57 Try out
- 58 All right
- 59 Rodent
- 60 Wing
- 61 Mountain Man Bridger
- 63 Regret
- 64 Santa's helper

Answers available on page 81

SeniorLine has been the national, confidential listening service for older people, run by trained older volunteers since 1998. This peer-to-peer helpline for older people receives in excess of 10,000 calls per year.

The corona virus is a particular threat to older people and subsequently SeniorLine has put in place a number of protocols to support our many older callers from all over Ireland. Any caller, concerned about Covid 19, will receive the most up to date guidance as recommended by Government sources. Good health practice is reinforced at all times. This information is updated daily as the situation

changes and is available to each of our volunteers at the phones.

SeniorLine is a FREEPHONE service and our older callers can call free between 10am and 10pm every day of the year on 1800 804591

Website: www.thirdageireland.ie

Facebook: @thirdageireland

Twitter: @thirdageireland

Instagram: @thirdageireland



ROSEMOUNT FAMILY RESOURCE CENTRE

www.rosemountfrc.ie

frcrosemount@gmail.com

01-2166131



Contact us

- Mon - Fri. 9.30am-5pm
- Email us
- Follow us on Facebook, Twitter and Instagram



Online Services

- Knitting Online
- Play Therapy Online
- Yoga Online
- Well being Online
- Coffee Morning Online
- Art Classes - Small groups only
- Grinds Available - One to one



Counselling Services

- Counselling service available over the phone or by email.
- Aimed at families, child, youth and individuals.
- A well being mentor is available for parental support by phone or email.



Befriending Service

- To support people through self isolation and cocooning.
- Weekly telephone calls are made to ensure the well being of those most vulnerable.



Supporting Families

- Family Supports available
- Community Recycle/Reuse table, providing Adult/Child Books, DVD's, CD's and Clothes
- Child and activity Packs are being delivered/emailed/posted or simply pick one up from our door-step
- Food Packs delivered weekly - includes food donated by Lidl.

RHYMING RIDDLES

All answers rhyme with the answer to No:1

| | |
|----|----------------------------------|
| 1 | Engage in conflict |
| 2 | Not left |
| 3 | How tall you are |
| 4 | A toy for a windy day |
| 5 | Sudden fear or alarm |
| 6 | Cut with your teeth |
| 7 | Great Power |
| 8 | Period of darkness |
| 9 | The opposite of dim |
| 10 | Power of vision |
| 11 | The opposite of loose |
| 12 | The colour of snow |
| 13 | Construction location |
| 14 | Set of stairs |
| 15 | Ask someone to come over |
| 16 | A real joy |
| 17 | Use pen and paper |
| 18 | Start to burn |
| 19 | On fire |
| 20 | Someone who wears shining armour |

Answers available on page 81

EASY RIDDLES

1. Two women applied for a job. They are identical. They have the same mother, father, birthday, height and weight etc... the interviewer asks "Are you twins?" . They say "no". Why?
2. It's black when you buy it, red when you use it and grey when you throw it away. What is it?
3. I'm a green house. Inside me is a white house. Inside my white house is a red house and in my red house are my babies. What am I?
4. First you throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What is it?
5. What's the longest word in the English Language?
6. What goes to bed with its shoes on?
7. What runs but never walks?
8. What has no beginning, middle or end?
9. David's father has 3 sons: Adam, Bob and ...who?
10. What can you never eat for dinner?
11. When you say this word, it disappears. What is it?



Out bicycling one day with my eight-year-old granddaughter, Carolyn, I got a little wistful.

"In ten years," I began, "you'll want to be with your friends and you won't go walking, biking, and swimming with me like you do now."

Carolyn shrugged, "That's okay, because in ten years you'll be too old to do all those things anyway."

Name the Hollywood Actors



1



2



3



4



5



6



7



8



9

Answers available on page 81

An Garda Síochána

Crime Prevention Information Sheet



Personal Safety Security for the Older Person



Introduction

Believe it or not - older persons are less often the victims of crime than many of their younger neighbours. Cases of assault are infrequent, although we would all love if they never happened at all.

Older persons are, however, subjected to burglary and thefts as frequently as the rest of the population. A lifetime of experience coupled with the physical problems associated with aging can make older persons feel vulnerable and more fearful of becoming a victim of crime.

Home Security

- Fit a door viewer. This will allow you to safely see who is outside prior to opening the door.
- Fit a door chain / limiter. This will allow you to open the door partly while still allowing you some control over security.
- Front and rear doors should be kept locked day and night. Windows should also be locked.
- Keep a list of emergency numbers that you can refer to in an emergency situation e.g. family, relations, neighbours, Gardaí, doctor, district nurse etc.
- If you have a mobile phone, ensure that you have emergency contact numbers recorded under the ICE (In Case of Emergency) system.
- Keep a Personal Information Pack in your fridge (see Age Action Ireland website for further information).
- Number your house clearly so that Gardaí and emergency services can find you quickly when necessary

Distraction Burglary

Some burglars will try to trick their way into your home. A distraction burglary is where a bogus caller to your home gains entry on a pretext / lie or creates a diversion so that an accomplice can sneak in separately.

Unfortunately, older persons are frequently targeted with this crime. Bogus callers will say anything to get into your home -

"There's been an accident, can I call an ambulance?"

"I've broken down, can I use your phone?"

"I've had a fall, could I have a glass of water"

"I'm from the council, there's a burst main, I need to turn off your supply" etc.

Some will keep you talking at the front door while their accomplice sneaks in the back door. In all cases you need to **be wary of strangers calling to your home.**

Take precautions -

- Do not open the door to anyone before you've checked who it is and what they want. Use your door viewer and chain / limiter.
- Check identification, where appropriate.
- Do not leave strangers unattended at your doorstep.
- Ensure your back door is locked when you answer a call at the front door.

**Remember -
if in doubt, keep them out**

Cash / Financial Security

Thieves and burglars love nothing better than cash. It is therefore important to observe the following as far as possible -

- Do not keep large amounts of cash in your home. Use banks, building societies, credit unions, post offices etc. as much as possible.
- Keep all credit and debit cards in a secure location, including bank and other financial books and statements etc.
- Old, out-of-date cards should be appropriately destroyed
- Do not give your credit / debit card passwords to anybody.
- When out and about, avoid having large sums of money on your person.

**FOR FURTHER INFORMATION ON THIS OR OTHER CRIME PREVENTION ISSUES,
PLEASE CONTACT**

your local GARDA CRIME PREVENTION OFFICER

or

visit the Garda website at www.garda.ie

Property:

Mark your property and record serial numbers where appropriate. It makes it easier to identify if stolen and recovered. UV markers and/or special etching tools can be used. Use a unique reference number such as your initials and date of birth. Seek advice about marking high value property e.g. antiques, paintings etc.

It is also a good idea to photograph your property. Photograph items such as jewellery against a ruler or some other common household item (for size reference). If taking digital photos, keep copies of your property photographs elsewhere than on your own computers.

Make use of good neighbours.

Having and being good neighbours is a vital component in the prevention of crime, in feeling secure and in reducing the fear of crime. This is particularly important for the older person. A good neighbour is someone who keeps an eye on their neighbours' property and calls regularly to see if everything is OK.

You too can be a good neighbour, its all about awareness of what is happening around you and keeping a friendly lookout for the person near you. Arrange a 'buddy system' with your peers to check on each other daily. Consider also joining a Community Alert or Neighbourhood Watch scheme if there is one in your area. These schemes can assist in getting funding for various security systems available for qualifying older persons. Your local Garda station or Garda Crime Prevention Officer can provide more information on the setting up of such schemes.

Out and About

- Avoid travelling alone, where possible. Go with family, friends and neighbours.
- If travelling by car, keep all doors locked. Be alert when parking and getting in / out of your vehicle.
- On public transport sit as close to the driver or exit as possible.
- Keep cash to the minimum. Carry only credit / debit cards that you need.
- Keep wallets and purses out of sight; hand or shoulder bags should be kept close to the body and not dangling by the straps.
- Try to avoid walking at night. If you must, it is advisable to have a companion, walk in well-lit streets and as close to the roadside as possible.

Scams

Be alert to con artists. Don't fall for anything that sounds too good to be true.

- In general, do not give out personal information over the phone unless you know whom you are talking to. This also applies to internet communication.
- Do not give out your credit / debit card, bank account, social welfare numbers etc to anyone over the phone.
- Do not leave old and no longer relevant financial statements lying around. Shred as appropriate.

- Be wary of bogus trades people calling to your door and advising you that your roof needs to be repaired, gutters are blocked and need to be cleared, trees need to be felled etc.

Elder Abuse

Elder abuse can fall into the following categories -

- Physical abuse
- Psychological abuse
- Financial abuse
- Material abuse
- Sexual abuse
- Neglect (active or passive)

In many cases, the victim can be subjected to more than one type of abusive behaviour.

Everybody has the right to be free from abuse and neglect. If you are a victim of elder abuse, or you suspect someone of being the victim of elder abuse, report it to the appropriate authorities.

Conclusion:

Following the advice in this leaflet will help to stop you becoming a victim of crime. Your local Garda Crime Prevention Officer can also help in this regard.

In the event that you are threatened by physical force do not resist. Try to remain calm and, if possible, concentrate on getting a good description of the culprit.

The advice contained in this information sheet is not intended to be exhaustive or absolute.

Nothing contained in this publication should be interpreted as mandatory, obligatory or designed to conflict with any statutory regulations.



Sudoku 1

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | | | | | | |
| | 6 | | | | 1 | 5 | 7 | |
| 5 | 2 | | | | | | 4 | |
| 2 | | | 7 | | 6 | | | |
| | | 3 | | | 2 | 1 | | 7 |
| | | | 9 | | | | 3 | |
| | 8 | 2 | 6 | | | 9 | | |
| | | | 4 | | | | | 3 |
| 3 | | | | 8 | | | | |

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Sudoku 2

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 7 | | | | | 2 | |
| | | | | 2 | | 7 | | |
| | | | | | | 4 | 9 | 8 |
| | | | | 1 | | 6 | 4 | |
| | | | | | 5 | 1 | | |
| 4 | | | | | 7 | 5 | | 9 |
| | 5 | 9 | 2 | | | | | |
| | | 8 | 1 | | 6 | | | 7 |
| | 4 | | 8 | | | | | |

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Sudoku 3

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | | | 3 | | 9 | |
| | | 5 | | | 1 | | | 4 |
| | 1 | 6 | | | | 2 | | |
| 5 | | 9 | | 1 | | | 8 | |
| | | | 7 | | 2 | 3 | | |
| | 7 | | | | | | | |
| | 9 | | 8 | | | | | |
| | | | | 3 | | 8 | 2 | |
| 4 | | | | | | | | 9 |

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Sudoku 4

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 9 | | | | 7 |
| | | 3 | 1 | | | | 2 | |
| 8 | | 5 | | | | | 4 | 1 |
| | | 4 | | 8 | | | 6 | |
| | | | | | | | 3 | 2 |
| | 6 | | | | | 5 | | 8 |
| 4 | | | 2 | | | | | |
| | 5 | 7 | 4 | 1 | | 8 | 9 | |
| | | | | 5 | 6 | | | |

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SUDOKU

Making Connections Befriending & Supports

Making Connections is a registered charity based in dlr County since 2009. The organisation provides Befriending and Supports for people over 65 years who are experiencing loneliness or isolation. The charity works in partnership with health care professionals - public health nurses - who refer older people to the charity.

As a member of dlr Community Response Forum during COVID-19 Emergency crisis, Making Connections provided a variety of supports including:

- Delivered nutritious meals in partnership with Airfield Estate
- Grocery shopping and pharmacy collection
- Garden concerts in partnership with dlr Arts office /Arts Council Ireland
- Befriending visits
- Telephone check in calls



**making
connections**

Making Connections
CHY number 21301 CRA 20149635

Address: 36 Roebuck rd,
Clonskeagh Dublin 14

Tel +353 1 2951053

info@makingconnections.ie

www.makingconnections.ie

[https://www.facebook.com/
MakingConnections.ie](https://www.facebook.com/MakingConnections.ie)

https://twitter.com/connections_ie

Online videos available live at 11:00am on the Siel Bleu Ireland Facebook page and 2pm on the Siel Bleu Ireland Youtube channel

Siel Bleu Ireland are running a number of adapted exercise classes online with something for all fitness & ability levels. These videos can be accessed on our Siel Bleu Ireland Facebook page live at 11am daily or just go to the video section on the page and pick one. If you don't have access to Facebook but you can access Youtube just search Siel Bleu Ireland and on our Youtube page there

are loads of free exercise videos. We also do a live session on Youtube at 2pm daily. The classes on Facebook are slightly more advanced but always have seated alternatives for those who cannot do the standing exercises and the Youtube videos are mostly seated with some standing. If anyone has trouble accessing the videos you can email info@sielbleu.ie and we can help you.

Contact info@sielbleuireland.ie for more information



Religious Services

Archdiocese of Dublin

Daily Mass from St. Mary's Pro-Cathedral, the Cathedral Church of the Archdiocese of Dublin, through their web cameras.

Mass will be broadcast live from St. Mary's Pro Cathedral each day – click 'Schedule' to see a list of Mass times.

<https://www.dublindiocese.ie/watch-listen-live/>

Daily Mass 10:30am – Weekly



RTÉ broadcast of daily Mass

RTÉ Religious Worship information about Masses and Services on RTÉ TV and

Radio available from

<https://www.rte.ie/radio1/sunday-worship/>

Aifreann an Domhnaigh / Sunday service on RTÉ Raidió na Gaeltachta

<https://www.rte.ie/rnag/aifreann-an-lae/>

Church of Ireland

Worship section of the Church of Ireland's website.

<https://www.ireland.anglican.org/prayer-worship>

Follow Church of Ireland broadcast/online services with the Book of Common Prayer

Webcams

Around the country, some parish churches and cathedrals have installed webcams for the broadcast of Mass and these can be accessed on the following websites:

<https://www.churchservices.tv/churches/>

<https://www.mcnmedia.tv/cameras>

<https://www.parishwebsites.ie/>

Vatican Television

During these days, Pope Francis has arranged for his celebration of Mass to be televised from the Vatican. The broadcast is simultaneously translated into the English language. For access please link to <https://www.vaticannews.va/en.html>

Irish Jewish Community

www.jewishireland.org

Post: PO Box 12628, Rathmines, Dublin 6

Islamic Cultural Centre of Ireland

[http://youtube.com/](http://youtube.com/IslamicCulturalCentreofIreland)

[IslamicCulturalCentreofIreland](http://youtube.com/IslamicCulturalCentreofIreland)

Facebook page

<https://www.facebook.com/islamireland/>



dlr Leisure

dlr Leisure operates 4 leisure facilities within the county of Dún Laoghaire Rathdown, each of them with a longstanding commitment to providing a range of both dry and wet based activities for the older adult.

Within the facilities these programmes include:

- **Aqua Aerobics**
- **Water Rehab**
- **Active Swims**
- **Healthy Hearts**
- **Chair Aerobics**
- **Active Dance**
- **Active Fit (Gym session)**

As well as providing a fun fitness based session all of the programmes guarantee an opportunity to meet up and socialise with fellow participants and do so in the company of qualified friendly encouraging staff.

The four facilities are located at:

**Ballyogan, Loughlinstown,
Meadowbrook & Monkstown**

Please also note you are very welcome to just call into any of the facilities and talk to a member of staff and on what is on offer for you to enjoy.



For any further information on the activities and options available contact: **01 537 5036** or visit our website on www.dlrleisure.ie.

There is hope

by Tony McCarthy

Pandemic grips the world.
Fear fills our hearts.
Social distancing the new gospel.
Many affected.
More isolated.
Older cocooned.
Serious in I.C.U.s.

But there is hope!
Pilots fly in supplies,
Healthcare staff battle,
Applaud those discharged.
Victims mourned
As in Famine times

But there is hope!
Birds still fly.
Fish still swim.
Animals still feed.
Butterflies weave patterns.
Flowers are blossomed.
Crops thrive.

There is hope!
Christ has risen!

Dún Laoghaire Active Retirement
Association



Tony Mc Carthy

Dún Laoghaire Active Retirement Association



"Hi Granda. Are you alright"

"I am Sean. I'm okay"

"But what are you doing on the ground? Are you doing the Joe Wicks exercises?"

"No Sean. No. Get your mother"

"Can't you get up Granda! Why stay lying there?"

"No! I can't Sean. Get your mother"

"What happened Granda?"

I will tell you later Sean. Get your mother please."

"Mum, mum Granda wants you"

"What does he want now. Always looking for attention."

"He's on the floor Mum"

On the floor where? What's he doing there?"

"At the bottom of the stairs"

"I'm coming. Granda what are you doing"

"Can't you see I have fallen and can't get up"

"What happened yez?"

"I slipped off the bottom step of the stairs"

"Were you at that whiskey bottle again?"

"No. I was doing the exercises"

"What exercises?"

"The ones on television for us older people who can't go out to exercise."

"That's a laugh. The only exercise you ever did was walk the 50 yards to the pub. Was it arm exercises you were doing?"

"Cut the sarcasm and get me off the ground. You were complaining when I was doing no exercise and now you are mocking me for doing it. Will you get me up!"

"I'm sure Joe what you call him, didn't fall in his programme"

"Who said I was watching exercise programmes?"

"Well what put the idea into your head?"

"Didn't the Minister say that we should get in exercise!"

«I always knew you'd do something like this. Imagine listening to bloody politicians. When did they ever tell the truth?

"Are you going to spend the day pontificating or are you going to help me off the floor?"

"Why can't you get up yourself?"

"Do you not see that my leg is twisted under me?"

"What leg?"

"You must be bloody blind. It's you should be going to Specsavers"

"I'll help you Granda. Straighten your leg"

"Stop! Sean that really hurts"

"Do you think its broken Granda?"

"It's very sore Sean"

"Granda I'll get the sweeping brush and we will put the head of it under your arm and use that as a lever to lift you up"

"Good man Sean. I always knew you were a clever lad. If I'm not moved soon, I will have hypothermia"

"Will you stop being stupid Dad. Sure, the central heating is on".

"Well I'm shivering"

"That's probably shock. Sure, you got a fright"

"A fright. I'm in bloody pain"

"Now Granda. Put this under your arm."

"Would it be better under the other arm Sean?"

"No Granda. It must be under your right arm because it's your right leg is sore"

"Sore! I think it's feckin broken"



Older Adult Home Exercise Plan

Sport Ireland and our network of Local Sports Partnerships work with trusted professionals and valued volunteers to engage communities across the country to deliver inclusive, impactful and sustainable opportunities to become physically active.

Older Adult Home Exercise Plan

This is a 4-week home exercise initiative for Older Adults of all abilities. Over a 4-week period, the guidelines are to try and reach the minimum of 30 minutes of daily physical activity, as recommended in Ireland's National Physical Activity Plan.

Try to be active for 30 minutes in one go or for 3 bouts of 10 minutes at a time. A good idea would be to combine the exercises in this booklet with some other aerobic activity such as walking, cycling or gardening.

Adults of all ages should be physically active, at a moderate intensity, for at least 30 minutes a day



Making it Happen

- 1 Every evening decide which activities you are going to do tomorrow.
- 2 Decide when and where you will do your activities.
- 3 Prepare and layout any equipment you will need the night before.
- 4 Be active and enjoy the sense of wellbeing afterwards.

To help you, we have included a simple activity planner at the end of this booklet.

Why use this resource?

- ➔ It helps us age better – we are living longer and being active enhances the quality of those added years.
- ➔ It helps us retain our independence – it is important to be able to do things in life that enable us to live as independently as possible.
- ➔ It helps protect us from common diseases like heart disease and diabetes. It also reduces our risk of falling.
- ➔ Being physically active can help us feel better – physically and mentally by keeping our minds sharp!

All activities in this booklet

- Can be modified to suit all abilities and ages
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or with a family member or friend.

If you want help with any aspect of this plan or would like to know how and where to avail of other physical activity opportunities, please contact your Local Sports Partnership (details below).



ALL EXERCISES CAN BE PERFORMED IN SEATED OR STANDING POSITIONS. YOU CAN USE A CHAIR, COUNTERTOP OR STABLE SURFACE TO MAINTAIN YOUR BALANCE.

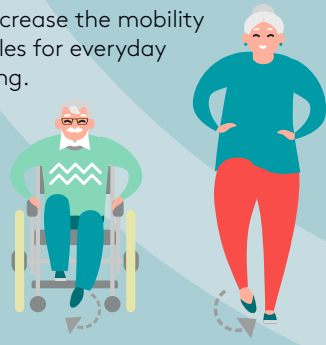
ANKLE CIRCLES

What do I do?

- Place one hand on a stable surface for balance, if possible
- Lift one foot off the ground
- Draw circles in the air leading with your toes
- Change direction
- Switch feet and repeat

Why would I do it?

- It will help you to increase the mobility and stability of ankles for everyday tasks such as walking.



MARCHING ON THE SPOT

What do I do?

- Sit or stand tall
- Feet shoulder width apart
- March on the spot by raising your knee high and then lower this leg back to the start position
- Repeat with opposite leg

Why would I do it?

- It will help you to perform everyday tasks such as climbing the stairs and clearing uneven footpaths



REMEMBER:
If you have an underlying medical condition or are currently inactive, you should consult with your GP before starting any new exercise programme

Moderate intensity exercise means that you're huffing but not puffing or still able to talk but not sing while being active

SIT TO STAND

What do I do?

- Place your chair against the wall
- Whilst seated on the chair move your bottom forwards in your chair
- Place your feet behind your knees
- Lean forwards bringing your head over your knees
- Push off with both hands to stand up
- Step back until you feel the chair against your legs
- Bend in the middle, reaching back for the arm rests and slowly sit back down

Why would I do it?

- It will help you to perform everyday tasks such as getting out of the car, and getting up from a chair
- To make it harder, try to stand up without pushing off the arm rest



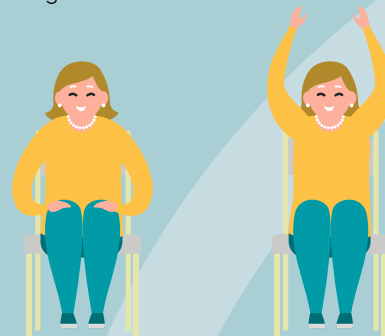
OVERHEAD REACH

What do I do?

- Sit in chair
- Arms by sides, inhale
- Exhale as you reach your arms overhead
- You can add a weight by using a water bottle or food tin

Why would I do it?

- It will help you to increase the range of motion in shoulders for everyday tasks such as reaching for an object out of a cupboard overhead, and washing hair



ALL EXERCISES CAN BE PERFORMED IN SEATED OR STANDING POSITIONS. YOU CAN USE A CHAIR, COUNTERTOP OR STABLE SURFACE TO MAINTAIN YOUR BALANCE.

SIDE LEG LIFTS

What do I do?

- Standing tall, hands on support, feet hip width apart
- Take the weight on one leg, keep knee slightly bent and slowly lift other leg out to the side for a count of 4
- Bring foot back to other foot for count of 4, and repeat

Why would I do it?

- It will help you to strengthen your hips for everyday tasks such as side stepping when walking, and getting out of bed

For more ideas on how to adapt activities, contact your Local Sports Partnership

Remember to assist those who may need extra help in taking part.



BODY TWISTS

What do I do?

- Sitting in a sturdy chair, lift elbows to chest height
- Slowly and gently start turning your head and shoulders to look over one shoulder
- Return back to start position, repeat on other side

Why would I do it?

- It will help you to improve the strength and mobility of your mid-section for everyday tasks that involve twisting and bending such as gardening and sweeping the floor



TOE & HEEL RAISES

What do I do?

- Standing tall, hands on support, feet hip width apart
- Slowly raise heels off the ground until you're on the balls of your feet, pause and slowly come back to start position
- Slowly raise toes off the ground until you're on the heels of your feet, pause and slowly move back to start position

Why would I do it?

- It will help you to improve your lower body stability for everyday tasks such as stepping backwards, and reaching for objects overhead



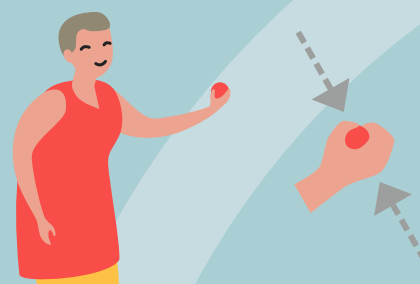
HAND SQUEEZES

What do I do?

- Hold your chosen object in one hand (Ball, rolled up socks, etc)
- Slowly squeeze it as hard as you can and hold it for a count of 4 and then release
- Repeat the squeeze and release

Why would I do it?

- It will help you to improve hand strength for everyday tasks such as opening jars, turning keys, holding and carrying shopping items



Age & Opportunity Active is a national programme designed to get older adults more active and participating in recreational sport and physical activity. Further details can be found at www.ageandopportunity.ie/active

Answer the below 3 questions and then, at the start of each week, set out your physical activity goals

EXAMPLE

| | | |
|--|--|--|
| Why do I want to be active? What is my overall goal? Focusing on an overall goal will help you to stay motivated over the 4 weeks. | I want to be able to play with my grandkids more. | |
| When and where will I do my activities? If you maintain a consistent routine, you are more likely to remain physically active. | In the morning time in the living room. I feel like I have the most energy in the morning. | |
| Who will I share my exercise journey with? If you inform a friend or family member of your intention to be more active or get active with another person, you have a better chance of success. | My friend Mary. I have told her to ask me whether I am reaching my daily target. | |

Every evening decide which activities you are going to do tomorrow. Prepare and layout the equipment you will need the night before.

| WEEK NUMBER | WEEK 1 | | WEEK 1 | | WEEK 2 | | WEEK 3 | | WEEK 4 | |
|------------------|----------------|------------------|----------------|------------------|----------------|------------------|----------------|------------------|----------------|------------------|
| Minutes per week | Target Minutes | Achieved Minutes | Target Minutes | Achieved Minutes | Target Minutes | Achieved Minutes | Target Minutes | Achieved Minutes | Target Minutes | Achieved Minutes |
| | EXAMPLE | | | | | | | | | |
| Monday | 30 | 20 | | | | | | | | |
| Tuesday | 30 | 35 | | | | | | | | |
| Wednesday | 0 | 15 | | | | | | | | |
| Thursday | 30 | 30 | | | | | | | | |
| Friday | 30 | 35 | | | | | | | | |
| Saturday | 0 | 20 | | | | | | | | |
| Sunday | 30 | 15 | | | | | | | | |
| My Weekly Total | 150 | 170 | | | | | | | | |

| | | | | | |
|--------------------------------|---|--|--|--|--|
| How did I do this week? | I am happy with myself. I was active for 20 minutes more than my target and I feel great. | | | | |
|--------------------------------|---|--|--|--|--|

#BeActive

Don't forget to share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use #BeActive



Helpline for Older Person: **0818 222 024**

Dublin Tel: **01 679 1032**

Email: **hello@alone.ie**

CORONAVIRUS HELPLINE FOR OLDER PEOPLE:

0818 222 024

If you have concerns or queries
about COVID-19 call ALONE's
dedicated support line, 8am-8pm

Age Actions' Getting Started KIT supports older people to keep in touch with their loved ones during the Covid-19 pandemic. We all are feeling the effects of social distancing, and older people are particularly impacted being asked to cocoon at home. Now it is more important than ever to keep in touch with family and friends so Age Action drew on our Getting Started programme which offered face to face digital skills classes, to create easy How To Guides.



The Getting Started
KIT is made up of
seven How To
guides that will
support older people

to learn, use, and be confident using
smartphones and applications.



We are grateful for the support of RTÉ, NALA, ChangeX, Media Literacy Ireland, the DCU Institute of Future Journalism and the Printing Federation of Ireland for their help in producing and distributing the Getting Started KIT. The Age Action Getting Started KIT materials are available to download below or people can call 01 8730372 leave their name and address and Age Action will post the How to Guides within 10 days.

<https://www.ageaction.ie/how-we-can-help/getting-started-kit>

Care Homes Community Focus

Community is about reaching out with compassion, staying connected and sending love to each other. That's why at An Post, you can now send love to communities living in care homes across Ireland with free postage. Recognising the increased restrictions in nursing homes across the country and to bring a little joy, An Post will ensure free delivery of all card and letter mail posted to and from



residents of Nursing and Care homes in the State until January 31st 2021.

By writing FREEPOST where the stamp would normally be affixed, An Post will carry cards, letters large envelopes and packets weighing up to 2KG without a postage stamp. Customers can send these items through the Post Office network and post boxes across Ireland.

Anon Provided by Anne Keegan, Raging Hormones, Loughlinstown



There is nothing whatever the matter with me,
I'm just as fine as I can be
I have arthritis in both my knees,
And when I talk, I talk with a wheeze
My pulse is weak, my blood is thin.
But I'm awfully well for the shape I'm in.

My teeth eventually had to come out,
And my diet I hate to think about
I'm overweight and I can't get thin
But I'm awfully well for the shape I'm in



Arch supports I have for my feet,
Or I wouldn't be able to walk on the street
Sleep is denied me every night,
And every morning I'm such a sight
My memory is failing, my heads in a spin
But I'm awfully well for the shape I'm in.

Old age is golden so I've heard said,
But I often wonder as I go to bed
With my "ears" in a drawer, my "teeth" in a cup
My specs on a table until I get up



When sleep dims my eyes, I say to myself,
Was there anything else I should lay on the shelf?
But I'm happy to say as I close my eyes,
My friends are the same as in days gone by.

When I was young, my slippers were red
And I kicked my heels right over my head
As I grew older, my slippers were blue,
But still I could dance the whole night through
Now I am old my slippers are black
When I walk to the corner, I puff coming back



The reason I know my youth has been spent;
My get up and go has got up and went
But I really don't mind as I think with a grin
Of all the old places my "get up" has been.

I rise every morning and dust up my wits
I pick up the paper and read the obits
If my name is missing, I know I'm not dead,
So I have a good breakfast and go back to bed



Now the moral is this, as the tale I unfold,
To you and to me who are all growing old
It's better to say, "I'm fine" with a grin





Deiseanna chun do chuid Gaeilge a labhairt i nDún Laoghaire - Ráth an Dúin:

Opportunities to use your Irish in Dún Laoghaire Rathdown

Cultúrlann na hÉireann, 32 Cearnóg Belgrave, Baile na Manach, Co. Bhaile Átha Cliath
01 280 0295 / eolas@comhaltas.ie

Regular Irish language events in Cultúrlann na hÉireann, 32 Belgrave Square, Monkstown and through local Comhaltas Ceoltóirí Éireann branches www.comhaltas.ie

“Is maol gualainn gan bhráthar” – “It’s a bare shoulder without a friend.”

- Imeachtaí rialta agus Ranganna comhrá saor in aisce eagraithe ag ‘Le Chéile’ faoi scáth Chraobh Chualann info@craobhchualann.net
- Ciorcal Caidrimh rialta le Moira Uí Lafáin i gCultúrlann na hÉireann
- Craobh Phiarais Uí Ghreagáin i gCultúrlann na hÉireann, www.craobhphiarais.ie
- Craobh Naithí i mBaile Átha Cliath 16, craobhna@gmail.com / www.craobhnaithi.com

Ciorcal Comhrá, Seanchill faoi stiúir Seán Uí Raghallaigh / Shankill Irish Language Group:

Imeachtaí rialta – maidineacha caife, siúlóidí agus faoi láthair ciorcal comhrá ar Zoom gach maidin Déardaoin ón 11.00 - 12.00 agus eolas faoi ‘Caife agus Comhrá’ ar Zoom gach Luan ón 11.00r.n.

Seol teachtaireacht nó cur glaoch ar Sheán ag 087 6900 710 / seanseosamh@gmail.com

Leabharlanna Dhún Laoghaire Ráth an Dúin / DLR Libraries:

<https://libraries.dlrcoco.ie/>

Grúpaí Comhrá; Club Leabhair agus Imeachtaí rialta do leanaí

Regular Irish language Conversation Groups, Book Clubs and Events for children

Ag foghlaim na Gaeilge – Acmhainní ar líne le cabhrú leat:

www.duolingo.com

Ceachtanna gearra, spráíúla Gaeilge atá ar fáil saor in aisce – bí i gcomhlúadar an 1.06 milliún foghlaimeoir gníomhach Gaeilge ar líne!

www.teanglann.ie

Leabharlann Teanga agus Foclóireachta saor in aisce chun rochtain a thabhairt do lucht úsáidte na teanga ar shonraí foclóireachta, gramadaí agus foghraíochta a bhaineann le focail sa Ghaeilge agus teacht ar fhoclóirí de Bhaldraithe (1959), Ó Dónaill (1977) agus an foclóir nua Béarla-Gaeilge (2013 ar aghaidh).

www.sloinne.ie

Bunachar sonraí cuimsitheach ar líne do shloinne Gaeilge agus leaganacha Béarla.

www.logainm.ie

Aimsigh leaganacha agus cúlra i dtaobh logainmneacha ó fud fad na tíre agus léarscáileanna stairiúla, foilseacháin, léaráidí agus cartlann fuaime do na logainmneacha céanna!

Learning Irish Online Resources to help you:

www.duolingo.com

The world's most popular way to learn Irish online – free, bite-sized, fun Irish lessons. Join the 1.06 million active Irish language learners online!

www.teanglann.ie

The online *Dictionary and Language Library* providing free, easy-to-use access to dictionaries and to grammatical and pronunciation information relating to words in the Irish Language encompassing the de Bhaldraithe (1959) and Ó Dónaill (1977) dictionaries and the new English-Irish dictionary project (2013 onwards).

www.sloinne.ie

An online database of Irish language surnames and their English versions

www.logainm.ie

Find out the Irish and English versions and meanings of place names nationwide with historical maps, publications, illustrations and sound archives of place name recordings.

Obair Dheonach le Raidió na Life - Cuisle na Cathrach!

Volunteer with Raidió na Life – Dublin's Irish Language Community Radio!

Tá deiseanna i gcónaí ar fáil le páirt a ghlacach i Raidió na Life do laithreoirí, taighdeoirí, cúntóirí, léiritheoirí, teicneoirí agus eile. Má tá spéis agat nó aithne agat ar aon duine ar spéis leo a bheith ag obair go deonach i stáisiún pobal deonach, bí i dteagmháil!

63-66 Sráid Amiens, Baile Átha Cliath 1

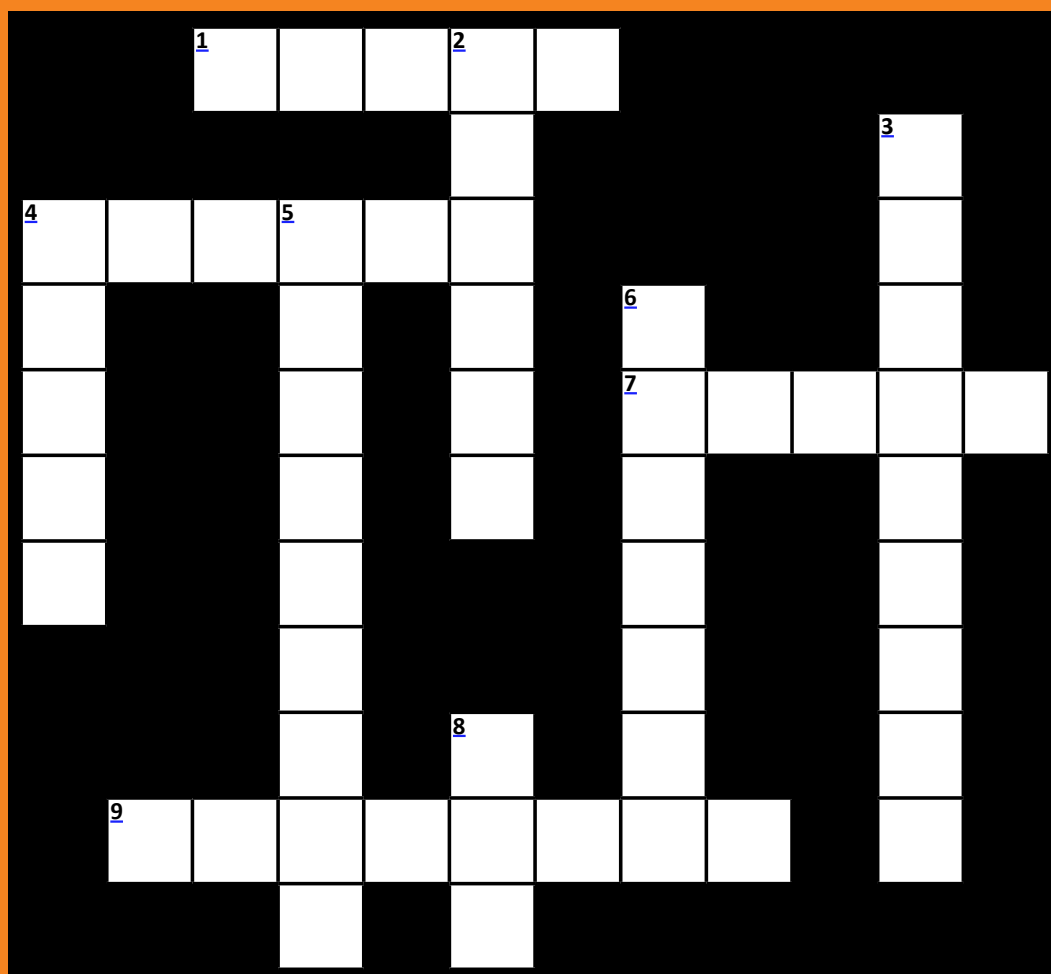
Gúthan: +353 1 6616333 / Téacs: +353 86 600 1064 / Rphost: eolas@raidionalife.ie

Grúpa comhrá Gaeilge ar WhatsApp – ‘Caife ‘s Caint!’ / *Irish Language What's App Group:*

Riarthóir - Paddy Connolly – Glaoigh air ag 0896011744 más mian leat a bheith páirteach sa ghrúpa!

Crosfhocal

Buíochas le tuairisc.ie agus freagraí idirghníomhach le fáil ag
<https://tuairisc.ie/crosfhocal-dfhoghlaimeoiri-08/>



Trasna:

1. An Ghaeilge ar an logainm 'Carrick-on-Shannon.' Cora Droma ???
4. Nuair a bhuamar an cluiche bhéic mé in ard mo chinn is mo ???
7. Bhí sé seo ag teastáil ón mbean sa dán Colscaradh. 'Meas na ???'
9. (Réitigh) sé go leor fadhbanna gach lá.

Síos:

2. An té is mó a osclaíonn a bhéal is ea is lú a osclaíonn a ???
3. An Ghaeilge atá ar 'proud.'
4. An rud nach gcloiseann an chluas ní chuireann sé buairt ar an ???.
5. Bíonn an comhlacht sin ag (truailligh) na habhann.
6. Níor thaitin críoch an (amhrán) liom.
8. Táim ag tnúth go mór leis an gceolchoirm. Táim ar ???



Dún Laoghaire Rathdown Volunteer Centre would like to invite you to be part of their Volunteer From Home campaign. Why? Because while many things are changing, volunteering is still a wonderful way to connect with one another and the causes we care about. It is a way to look after ourselves, others and the world around us.

How to get started

Step 1: Pick a project

Step 2: Volunteer

Step 3: Tell us about it



Write

Volunteer with CRITiCALL to write letters of courage & hope to those experiencing domestic violence.

- Address letters to Dear Friend.
- Artwork and poetry welcome.
- Do not include any personal info in the letter, you are welcome to sign it but do not include email, address, phone number etc.
- Wash your hands before writing.
- Seal with sellotape; do not lick.



Make

Mask Makers needed to help St. Joseph's Shankill.

Do you have a sewing machine, some sewing skills and time to give? We need your help! We're looking for people who enjoy sewing to make masks for St. Joseph's Shankill.

Masks will be sold to raise money for the care of those with dementia. Patterns and material will be provided.



Knit or Crochet

Volunteer to raise money for Age Action by being part of the Innocent Big Knit

Knit small hats for Innocent Smoothies, posting them any time before the summer 2021. You can include your name, address and how many hats you've knitted so a thank you card can be sent.

For every hat sold - 30c will be donated to Age Action



To get started:

Post to Kelley Bermingham, CRITiCALL, St Patrick's Cathedral, St Patrick's Close, Dublin D08 H6X3

To find out more:

Contact Nicola Yau on 01 282 3000 or email nicola.yau@sjog.ie

To volunteer & donate:

Donations can be posted to: The Big Knit 2021, innocent Drinks, Fruit Towers, 2 Ballsbridge Park, Dublin 4

What our volunteers say about Volunteer from Home

"For me, this volunteering, this connection with the group, has given the days of a cocooning a great purpose and keeps my brain alert"
Gabrielle, Volunteer

I got involved in Super Knitter, as it is something I could do safely from home. I am aged 68 years and have some auto-immune conditions, so I would not be confident about volunteering outside my home. I've also completed surveys... organised by UCD" -
Anne, Volunteer

For more roles or to tell us about your volunteering contact us:

W: www.volunteerdrlr.ie/volunteerfromhome **T:** 014414444

E: info@volunteerdrlr.ie



Text **HELLO to 50808, anytime day or night**

50808 is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small.

50808 provides a safe space where you're listened to by a trained Crisis Volunteer. The Crisis Volunteer will introduce themselves, reflect on what you've said, and invite you to share at your own pace. You'll text back and forth, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you sort through your feelings until you both feel you are now in a calm, safe place.

You might be provided with some signposting to other services offered by our partner organisations, so that you can continue to get support. Our service is based on a tried and tested model of crisis support. 50808 staff work alongside our Crisis Volunteers and monitor conversations 24/7.

Text **HELLO to 50808, anytime day or night**

Visit www.text50808.ie for more information.

The service is funded by the Health Service Executive (HSE).



A Little Piece of History

Cycling on Footpaths

James Scannell, Old Dublin Society

From the 1880's onwards, cycling as a pastime enjoyed tremendous popularity as cyclists were able to go at speeds faster than horse drawn traffic with the added bonus that very little preparation was required prior to venturing out on a journey. As most roads were not laid down to modern standards and were covered in horse and cattle droppings in addition to other surface debris, some cyclists opted to cycle on footpaths at various locations as sometimes these were in better condition than the adjacent road surfaces, much to the irritation and annoyance of pedestrians who considered them arrogant and a nuisance with the result that cycling on footpaths was a regular topic aired in the Letter's Pages of the various local and national newspapers on sale in the DLR area at that time. The topic of Cyclists v Pedestrians still continues to surface in Letters to the Editor pages on a regular basis.

It was, and still is, against the law to cycle on a footpath, except where it is marked as a designated cycleway

Cycling on footpaths appeared to have been a regular occurrence in the 1890's throughout south County Dublin based on the following letter published in the Irish Times of 29 December 1897.

"Sir,

On the 22nd inst. about 8.30 p.m. an old man named John Murphy, a cripple, was walking with the aid of his crutches on the footpath of the Cabinteely Road where it joins the Johnstown Road. He met a man on a bicycle, who knocked him down, broke both bones of his left leg and then rode away. John Murphy is at present lying in Loughlinstown Union Hospital [St. Columcille's Hospital] under my care. He related the history of the accident as I have written it and I have no reason to disbelieve his story. He made no complaint of the cyclist and, in fact, from the manner he spoke of the affair, he conveyed to me the idea that he looked on it as nothing out of the common. I have no dislike to the cycle. I do not ride myself, but hope to learn. The present arrangements as to riding on footpaths, I cannot but look on as dangerous in the extreme to the elderly pedestrian and to children. Driving through the country a great deal as I do, I see many narrow escapes, not to speak of the fright which everyone almost experiences when a cyclist dashes by, almost touching his fellow foot traveller. At present the road is much safer than the footpath for walking on."

The letter was signed by Dr James Hamilton, who resided at 1 Duncairn Tce, Bray, and was also published in The Wicklow People.

In 'South Dublin Jottings' of the September 30th 1905 edition of the weekly Wicklow Newsletter, it was stated: 'The heavy fines recently imposed by the magistrates at the Cabinteely Petty Sessions [District Court] on those riding their bicycles on the footpaths have had a most satisfactory effect, for at last Wednesday's sitting of the Court, it was reported that the practice had practically ceased.'

On the basis of an editorial comment published in the March 17th 1906 Bray and South Dublin Herald, it appears that the police in Shankill were extremely active in enforcing the road traffic laws



and previously had clamped down on the activities of motorists passing through the District who transgressed existing legislation and summoned them before the courts for even minor infractions resulting in the police in this part of county Dublin coming in for considerable criticism for their actions. Unfazed, they now turned their attention to the activities of cyclists especially those who cycled on footpaths within their jurisdiction with the March 17th 1906 issue of the Bray and South Dublin Herald describing the police in neighbouring Shankill as

“an extremely active set of fellows, and act on the principle that ‘all fish they get in their nets.’ Some time ago they came to be the most abused body of men in county Dublin on account of their bringing a number of reckless motorists to book, Now, however, that the motorists have ‘ceased their troubling’. Acting-Sergeant Cooper and his confreres have turned their attention to the footpath-riding cyclists, the first results of which were seen at last Saturday’s Cabinteely Petty Sessions when two of the offenders were punished for their offences. Cyclists therefore will be well advised if they keep to the road. Not only is the road a safer track than the footpath in question but an infinitely better one for running over.”

The fine for cycling on the footpath was usually 2s.6d. or 5s. for the first offence with repeated offenders being fined more every time they appeared in court.

Shop Local, Click Local!

A survey earlier this year in response to Covid 19 showed that seventy per cent of people were making an effort to shop locally. This figure was even higher among those aged 55 and over, and showed that people understand that it’s never been so important to support local. The good news is that even with all but essential retail outlets closed, businesses have been adapting to ensure that you can still support your local shops.

One of the biggest changes in the last few months is the number of outlets that have developed websites to let you to shop online. There’s no longer any need to stick to the big international online retailers – check around to see what’s available, you might be surprised to see how many great Irish producers and retailers will now deliver straight to your door.

What you can do to support local:

- Shop locally, safely - some retail shops have stayed open, providing essential services. If you’re using them, observe all safety measures and avail of hours reserved for older customers
- Buy gift cards for future use - many retailers will allow you to do this online
- Order take away directly from your favourite local restaurant
- When shopping online buy from local stores

Even in extraordinary times, we can all make a difference by staying local, shopping local and clicking local.



Comhairle Contae County Council

dlr Economic Development Unit



Boiled Fruit Cake

Recipe provide by Gabrielle Lowe of Dún Laoghaire Active Retirement Association

Ingredients

1 lb sultanas or raisins
½ lb butter
7 ozs sugar
1 gill water (5 fluid ounces)
10 oz flour
½ teasp ground cloves, ½ teasp grated nutmeg, ½ teasp mixed spice
¼ teasp bread soda. ½ teasp salt
2 eggs

Method

- Boil fruit, butter, sugar and water together for 10 minutes.
- Stir well while cooling.
- Stir in the flour, spice, ground cloves, nutmeg, bread soda, salt and beaten eggs.
- Turn into a greased 7-inch square tin.
- Bake in a very moderate oven. Time – about 1 ½ hrs.
- Turn out and cool on a wire tray.



Music Quiz

1. What was Peter Blake a pop art designer's most famous work?
2. What kind of apple is on the Beatles record label?
3. Everest Evans became famous after changing his name to what?
4. Who was known as the King of Swing?
5. What was the name of the Rolling Stones 1st number one hit?
6. What was the name of The Troggs most famous hit?
7. What actor was called 'the voice of Canada' and had the 1964 hit 'Ringo'?
8. When you graduate with a degree in music, what colour tassel do you wear?
9. What was the name of the first British instrumental to top the American charts?
10. Devil woman was a hit for what artist?
11. Lionel Bart wrote what Cliff Richard Song?
12. What was the name of the 1st Pink Floyd album?
13. What musical instrument does Vladimir Ashkenazy play?
14. What pop group dropped Iain Stewart because he looked too normal?
15. What is Milan's Opera House called?
16. Rolling Stones were signed by what record label in 1991?
17. Who did the carpenter and the walrus ask to walk with them?
18. Another name for a Kazoo is what?
19. What Henry Mancini recording won the 1961 Grammy for record of the year?
20. A penny whistle is another name for what musical instrument?
21. About which famous person did Philip Glass write an Opera?
22. What is the more commonly used name for the Londonderry Air?
23. In music, what is meant by pianissimo?
24. Mary Isobel Catherine O'Brian was born in 1939 and was better known as who?
25. What was the song that Debby Boone sang and was the number one song of the 70's?
26. John Richie achieved fame and fortune under what name?

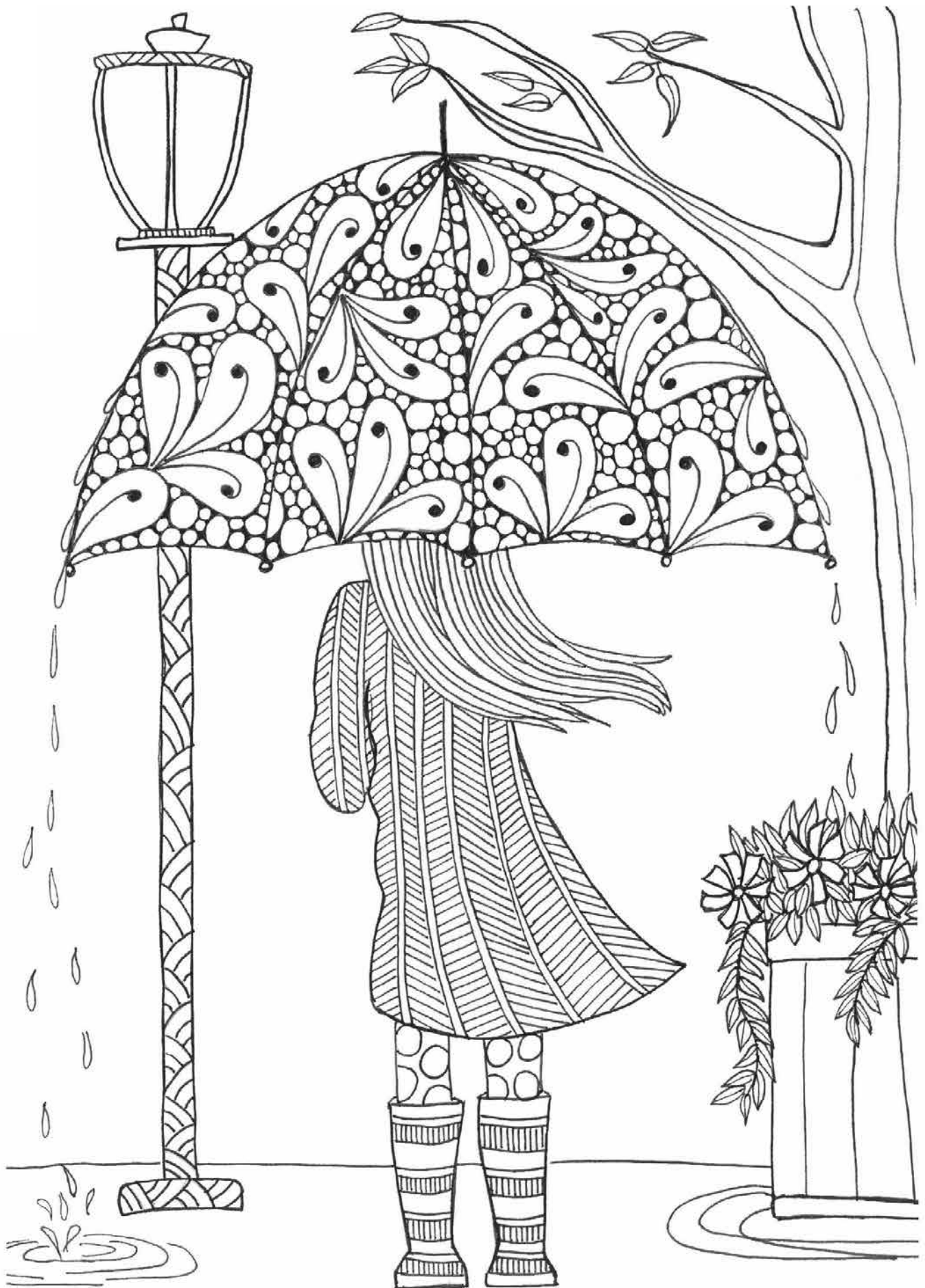
Answers available on page 81

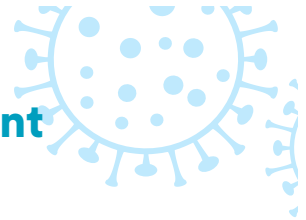


Colouring Pages



Colouring Pages





Minding Your Long-Term Health Condition During Coronavirus (COVID-19)

Asthma & COPD



Diabetes



Heart Disease



Stroke



People with long-term health conditions may be more at risk of serious illness if they get coronavirus. You need to take extra care to protect yourself from coronavirus.

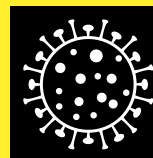
During this time of uncertainty, our daily lives have changed a lot. If you have a long-term health condition you still have to do the things that help you stay well.

- Set a daily routine. Get up, get dressed and get moving.
- Continue to monitor your condition.
- If your condition worsens call your GP or hospital to get the advice you need.

This guide is to help you self-manage your long-term health condition during this time.

Some people who have a long-term health condition need to cocoon. Cocooning means you should stay at home at all times and avoid face-to-face contact. People who are cocooning should minimise contact even within their own home. People who need to cocoon include people over 70 and people with severe asthma or severe COPD. For more information check www2.hse.ie/conditions/coronavirus/cocooning.html You can also talk to your GP or call HSE Live: 1850 24 1850

Minding your long-term health condition during coronavirus (COVID-19)



Coronavirus
COVID-19
Public Health
Advice

MONITOR YOUR CONDITION

Continue to monitor your condition as you usually do. For example, note your symptoms, check your blood glucose (sugar), track your peak flow, etc. Be aware of how you are feeling.



HELPFUL
TIP

Plan a daily routine which includes your checks. Responding to changes quickly helps keep your long-term health condition under control. Follow your care-plan if you have one.



If your condition worsens contact your GP or hospital immediately to get the advice you need. National help lines can also provide support and advice.

Asthma advice line: 1800 44 54 64

COPD advice line: 1800 83 21 46

Diabetes Ireland helpline: 01 842 8118.

Irish Heart Foundation heart and stroke helpline: 01 668 5001

TAKE YOUR MEDICATION

Keep taking your regular medications. Make sure you do not run out of any medication. Talk to your GP or pharmacist if you have any concerns. Order your medication over the phone so that it is ready for collection.



HELPFUL
TIP

Make a list of your medicines. This is important information to give to health workers if you become sick. Ask your pharmacist for a copy of your medications or you can get a medication list on www.safermeds.ie which you can complete or ask someone to help you.



Many pharmacies offer a delivery service. Or you can ask someone you trust or phone your **Community Call helpline** if you need help to collect your medication.

MIND YOUR MENTAL HEALTH

Being stressed about COVID-19 is normal and not unexpected. Stress and worry can make your underlying condition worse. There are things you can do to help you get through this time. Plan your day, include some nice activities, eat healthy foods that you enjoy and keep active.



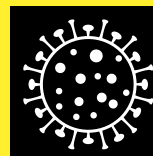
HELPFUL
TIP

Make a daily routine which includes chatting with someone at least once a day. If you need advice talk with people you respect and trust such as your family, friends or your healthcare team.



If you need help to cope contact your GP or go to HSE website www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html
You can also call **ALONE** on 0818 222 024 for support or a listening ear.

Minding your long-term health condition during coronavirus (COVID-19)



Coronavirus
COVID-19
Public Health
Advice

EAT WELL

Remember to eat well. Ensure your routine involves regular healthy meals through out the day which includes some fresh food.



HELPFUL
TIP

Plan ahead and do a weekly shopping list or discuss having meals brought in to you.



Call your **Community Call helpline** if you need help with collecting your shopping or meals. You can find useful information about healthy eating and exercise here. www2.hse.ie/wellbeing/healthy-eating-for-families.html and <https://www.safefood.eu/Home.aspx>

KEEP ACTIVE

It is still important to keep yourself active by getting up and moving around as much as possible. If you have a garden or balcony, spend time outside to get fresh air and vitamin D from the sun.



HELPFUL
TIP

Include being active as part of your daily routine. Check with your usual healthcare provider for advice about exercise suitable for you.



Go to www2.hse.ie/file-library/health-eating-active-living/chair-based-exercises-for-older-adults.pdf.

STOP SMOKING

There are lots of good reasons to stop smoking. The health benefits of quitting start right away. You will also be protecting your family from second-hand smoke.



HELPFUL
TIP

Talk to your GP or pharmacist about aids to help you quit smoking



Call the **Quit Line** on: 1800 201 203 or visit Quit.ie

REDUCE ALCOHOL INTAKE

Cut back on alcohol and you will feel better physically and mentally.



HELPFUL
TIP

Try to have some alcohol free days every week.
Talk to your GP if you are worried about the amount you are drinking.



For Drug and Alcohol Supports call the **helpline** on 1800 459 459 or visit askaboutalcohol.ie

Coronavirus COVID-19



Know the signs



High Temperature



Shortness of Breath



Breathing Difficulties



Cough

If you have symptoms, self-isolate
to protect others and phone your GP.



Wash



Cover



Avoid



Clean



Stop



Distance

If you need to go to hospital as a result of getting coronavirus, prepare a single hospital bag. This should include your next of kin or emergency contact, a list of the medications you take (including dose and frequency), any information on your planned care appointments and things you would need for an overnight stay (pyjamas, toothbrush, medication etc.). If you have a care plan, please bring it with you. **Keep your EIRCODE near your phone in case you need to call 999 or 112 if you become very unwell.**

Community Call

Your local Authority has set up a COVID-19 Community Call service in your area. The Community Call service has a phone line available 7 days a week. The phone line is for high risk people or those asked to cocoon. You can ring the phone line to get help with deliveries of shopping, food, medicine and fuel.

Dublin City Council:

☎ 01 222 8555

✉ covidsupport@dublincity.ie

Dún Laoghaire-Rathdown County Council:

☎ 01 271 3199

✉ covidsupport@dlrcoco.ie

Wicklow County Council:

☎ 1800 868 399

✉ covidsupport@wicklowcoco.ie

More information and contact for other councils: https://www.citizensinformation.ie/en/health/covid19/community_support_during_covid19.html



Protection from coronavirus.
It's in our hands.



Rialtas na hÉireann
Government of Ireland

Health and wellbeing

This is a difficult time for people worldwide as the outbreak of Covid-19 forces us to change the way we live in order to stay safe and to protect each other. In the midst of all this, Age & Opportunity will continue to provide opportunities for older people to be more active; more visible; more creative; more connected; more often.

We have a variety of resources available for people ranging from building your resilience during this strange time, keeping active while staying at home and getting creative in new and inventive ways. We also want to make sure you are up to date with the latest news on Covid-19 from reputable sources and have access to the helplines that you, or those you know, may need for extra assistance.

Mental wellbeing

Mental wellbeing does not have a single universal definition, but it does encompass factors such as:

The sense of feeling good about ourselves and being able to function well individually or in relationships

The ability to deal with the ups and downs of life, such as coping with challenges and making the most of opportunities

The feeling of connection to our community and surroundings

Having control and freedom over our lives

Having a sense of purpose and feeling valued

Of course, mental wellbeing does not mean being happy all the time, and it does not mean that you won't experience negative or painful emotions, such as grief, loss, or failure, which are a part of normal life. However, whatever your age, being physically active can help you to lead a mentally healthier life and can improve your wellbeing.

Our routines may be affected by the Covid-19 outbreak in different ways. But in a challenging time like this it's best if we can keep some structure in our day. So for example, you could try to:

- exercise on a regular basis, especially walking, or take part in our Movement Minutes www.ageandopportunity.ie/covid/keepactive
- keep a regular sleep routine
- maintain a healthy balanced diet
- avoid excess alcohol
- practice relaxation techniques such as breathing exercises (see our five part video series on boosting resilience on our website) www.ageandopportunity.ie/covid/resilience
- read a book
- search for online exercise or yoga classes, concerts, religious services or guided tours, if possible, in your area
- improve your mood by doing something creative: (we have lots of suggestions on our website) www.ageandopportunity.ie and www.ageandopportunity.ie/covid/getcreative.
- monitor the amount of Covid news we listen too

The Movement Minutes on Age & Opportunity You Tube also contain videos demonstrating Pilates and Tai Chi and many of the videos are for seated exercises.



Connect with others

Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch with friends, family, and others to help you (and them) feel more connected and supported.

Explore ways of connecting that work for you, whether that's by post, over the phone, social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.

Planning the day

We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.

Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

Being creative

Being creative is great fun and is wonderful and can really add to our quality of life: try out some of the activities with Tom Meskill and Carmel Balfe and check out the Bealtaine resources as well.

www.ageandopportunity.ie/covid/getcreative.

What impact does physical activity have on wellbeing?

Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood.

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems. Include a mixture of aerobic and muscle strengthening activities: see the Age & Opportunity "Steady Sevens" physical activity sessions or call us to post you a DVD: 01 8057733.

Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings.

Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax.

Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better: join us on our Facebook page for 'Age & Opportunity Movement Minutes' every:

Monday, Wednesday and Friday at 11am.

The following suggestions might be helpful

10-20-30

10 (try to have ten minutes every day for personal reflection/meditation/prayer/silence)

20 (try to have a good conversation at least once a day with a friend, family member, neighbour)

30 (aim for 30 minutes of physical activity 5 times a week: this can be broken down to 3 x 10 minutes if preferred)



5-2-7

5 (aim for five portions of vegetables and/or fruit most days)



2 (aim to drink 2 litres of liquid per day, tea, coffee and juice count as part of this and we should make sure we include water as well)

7 (aim for 7 hours sleep most days: though we recognise that sometimes we need less sleep as we get older)

Impact on our mood

Physical activity has been shown to have a positive impact on our mood. A study asked people to rate their mood immediately after periods of physical activity (e.g. going for a walk or doing housework), and periods of inactivity (e.g. reading a book or watching television). Researchers found that the participants felt more content, more awake and calmer after being physically active compared to after periods of inactivity. They also found that the effect of physical activity on mood was greatest when mood was initially low.

There are many studies looking at physical activity at different levels of intensity and its impact on people's mood. Overall, research has found that low-intensity aerobic exercise – for 30–35 minutes, 3–5 days a week, for 10–12 weeks – was best at increasing positive moods (e.g. enthusiasm, alertness).



Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax.



And aim to keep your brain active

Check out the following resource:
www.hellobrain.eu

Doing crosswords, sudoku, word challenges, learning a language, reading aloud and writing by hand all help us to maintain our brain health. Let's all do more of these activities regularly.

Take time to reflect and practice self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small. Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed.



DÚN LAOGHAIRE RATHDOWN SPORTS PARTNERSHIP

FOSTERING ACTIVE COMMUNITIES

LOOKING FOR IDEAS AND OPPORTUNITIES TO BE ACTIVE?

CHECK OUT OUR WEBSITE
WWW.DLRSPORTSPARTNERSHIP.IE

CONTACT US TODAY
01 271 9502
E: SPORTSPARTNERSHIP@DLRCOCO.IE

[@dlrsportsteam](https://twitter.com/dlrsportsteam)
[@dlrsportspartnership](https://facebook.com/dlrsportspartnership)



Check out our website at **www.ageandopportunity.ie** and our Age & Opportunity Face Book page and our Age & Opportunity YouTube channel. You can also call us on 01 8057733 if you would like us to post you a physical activity DVD.

Puzzle Answers

Crossword 1

Solution:

| | | | | | | | | | | | | | | | | |
|----|---|---|---|----|----|----|----|----|---|----|----|----|----|---|---|---|
| 1 | S | A | U | C | E | 6 | A | L | P | O | 10 | L | A | M | P | |
| 14 | A | E | S | O | P | 15 | L | E | A | P | 16 | A | G | A | R | |
| 17 | K | O | A | L | A | 18 | L | A | C | E | 19 | B | A | R | E | |
| 20 | I | N | F | O | 21 | F | A | K | E | R | 22 | S | 23 | P | I | E |
| 24 | N | O | A | H | 26 | A | E | G | E | A | N | 27 | | | | |
| 28 | S | A | T | Y | R | S | 31 | S | T | A | R | 32 | N | B | E | |
| 33 | E | T | H | 34 | A | N | E | 36 | E | P | E | 37 | | | | |
| 40 | O | B | E | 41 | Y | 42 | U | S | A | 43 | Y | A | M | S | | |
| 44 | W | A | N | E | 45 | P | E | P | P | 46 | E | R | 48 | S | I | P |
| 49 | A | V | I | D | 51 | G | A | N | T | R | Y | 52 | | | | |
| 53 | F | I | B | R | I | L | 56 | I | O | W | A | 57 | E | G | O | |
| 58 | E | G | R | E | S | S | 59 | | | | | 61 | S | H | E | D |
| 65 | A | L | U | M | 67 | R | E | E | L | 68 | U | S | A | G | E | |
| 69 | S | O | L | O | 70 | I | D | L | E | 71 | G | A | M | I | N | |
| 72 | T | O | E | D | 73 | M | O | S | S | 74 | H | U | S | S | Y | |

GARDENING

Solution:

[illegible]

Rhyming Riddles

1. Fight, 2. Right, 3. Height, 4. Kite, 5. Fright, 6. Bite,
7. Might, 8. Night, 9. Bright, 10. Sight, 11. Tight,
12. White, 13. Site, 14. Flight, 15. Invite, 16.
Delight, 17. Write, 18. Ignite, 19. Alight, 20. Knight

Easy Riddles

1. Triplets, 2. Coal, 3. Watermelon, 4. Corn,
5. Smiles, 6. Horse, 7. River or nose, 8. Circle, ring
or donut, 9. David, 10. Lunch/breakfast, 11. Silence,
12. Stamp

Retro TV Show Quiz 1960's

1. The Untouchables, 2. Bonanza, 3. Coronation Street, 4. Ben Casey, 5. The Andy Griffith Show, 6. Steptoe and Son

Retro TV Show Quiz 1950's

1. I Love Lucy, 2. The Cisco Kid, 3. The adventures of Superman, 4. Hopalong Cassidy, 5. Annie Oakley, 6. Candid camera, 7. Roy Rogers

History Quiz

1.The Ivory Coast, 2.A Puffin, 3. The Departed,
4. Orchid, 5.Rory Gallagher, 6.France, 7. Tiger Woods,
8.Steve Redgrave

What Sort of Cake Quiz

1. Carrot Cake, 2. Birthday Cake, 3. Cheesecake,
4. Banana Cake, 5. Angel Food Cake, 6. Upside Down
Cake, 7. Pancake, 8. Cupcake, 9. Pound Cake,
10. Sponge Cake, 11. Devil's Food Cake, 12. Sheet, Cake,
13. Patty Cake, 14. Crab Cake, 15. Red Velvet Cake /
Chiffon Cake, 16. Rum Cake, 17. Tea Cake,
18. Christmas Cake, 19. Dundee

Name the Hollywood Actors

1.Rita Hayworth, 2.Gregory Peck, 3.Robert Mitchum, 4.William Holden, 5.Joan Crawford, 6.Veronica Lake, 7.Bette Davis, 8.Charlie Chaplin, 9.Tony Curtis

General Knowledge Quiz

1.Left, 2. A glacier, 3.England and Australia, 4.Four,
5.Cub, 6.William Shakespeare, 7. Whales, 8.Leather,
9.North, 10.young child, 11.23, 12.Thursday,
13. French Hens, 14.no, 15.Chariots, 16. Seven,
17.The Thames dried up, 18.Victoria, 19.telephone,
20.Summer, 21.Seven, 22. 10, 23. No, 24.White,
25. Squid.

Music Quiz

1. Beatles Sergeant Peppers Covers, 2. Granny Smith, 3. Chubby Checker, 4. Benny Goodman, 5. Its all over now, 6. Wild Thing, 7. Lorne Green, 8. Pink, 9. Telstar by the Tornados, 10. Cliff Richard, 11. Living Doll, 12. Piper at the gates of Dawn, 13. Piano, 14. The Rolling Stones, 15. La Scala, 16. Virgin, 17. The Oysters, 18. A Mirliton, 19. Moon river, 20. A flageolet, 21. Albert Einstein, 22. Danny Boy, 23. Very softly, 24. Dusty Springfield, 25. You light up my life, 26. Sid Vicious.

Health Service Executive (HSE)

Primary Care Services

Callsave 1850 241 850

HSE's National Information Line:



Tel 1850 24 1850

From 8am to 8pm

Monday – Saturday

ALONE:

Supporting older people to age at home.

Helpline: 0818 222 024 Email: hello@alone.ie

PIETA:

Provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. Call Free on **1800 247 247**

Text HELP to 51444

YOUR MENTAL HEALTH

Advice on how to mind your mental health.

www.yourmentalhealth.ie

AWARE:

Provides support & information for people who experience depression or bipolar disorder and their concerned loved ones.

Freephone 1800 80 48 48

Email: supportmail@aware.ie

GROW:

Support with Mental Health.

Helpline 1890 474 474 Email: info@grow.ie

AGE AND OPPORTUNITY:

01-8057709 Email: info@ageandopportunity.ie

DLR County Council Covid-19 Community Call

Help line for older, cocooning and vulnerable citizens, **Freephone 1800 804 535** or

01 271 3199 Email: covidsupport@dlrcoco.ie

Senior Line

Confidential listening service for older people provided by trained older volunteers -

Lines are open every day 10am to 10pm,

Freephone 1800 804 591

ESB Emergency/Fault

Networks Emergency and Loss of Supply
Contact Information

Tel: 1850 372 999 (24/7 service)

GAS Emergency:

Gas Networks Ireland 24 hour emergency line immediately or 1850 20 50 50.

Citizen Information

Dún Laoghaire CIC:

Tel: 0761 07 7400

Email: dunlaoghaire@citinfo.ie
www.citizeninformation.ie

Dundrum CIC:

Tel: 0761 07 7430

Email: dundrum@citinfo.ie

MABS

Dún Laoghaire:

Mobile: 086 059 4896 Tel: 0761 07 2530

Email: dunlaoghaire@mabs.ie

Dundrum:

Tel: 0761 07 2310 Fax: 01 296 4027

Email: dundrum@mabs.ie



Dún Laoghaire-Rathdown County Council

Tel: 01 205 4700 Email: info@dlrcoco.ie

If you have an emergency outside normal working hours, please call 01 677 8844.

Making Connections

Befriending and supports for people over 65 years of age who are experiencing loneliness or isolation.

Telephone: 01 2951053

Email: info@makingconnections.ie



LOVE'S OLD SWEET SONG

Once in the dear dead days beyond recall,
When on the world the mists began to fall,
Out of the dreams that rose in happy throng
Low to our hearts Love sung an old sweet song;
And in the dusk where fell the firelight gleam,
Softly it wove itself into our dream.

Chorus:

Just a song at twilight, when the lights are low,
And the flick'ring shadows softly come and go,
Tho' the heart be weary, sad the day and long,
Still to us at twilight comes Love's old song,
Comes Love's old sweet song.

Even today we hear Love's song of yore,
Deep in our hearts it dwells forevermore.
Footsteps may falter, weary grow the way,
Still we can hear it at the close of day.
So till the end, when life's dim shadows fall,
Love will be found the sweetest song of all.

Chorus:

Just a song at twilight, when the lights are low,
And the flick'ring shadows softly come and go,
Tho' the heart be weary, sad the day and long,
Still to us at twilight comes Love's old song,
Comes Love's old sweet song

LOCH LOMOND

By yon bonnie banks and by yon bonnie braes,
Where the sun shines bright on Loch Lomond
Where me and my true love were ever wont to
gae,
On the bonnie bonnie banks of Loch Lomond.

Oh! Ye'll take the high road, and I'll take the
low road,
And I'll be in Scotland afore ye,
But me and my true love will never meet again,
On the bonnie, bonnie banks of Loch Lomond.

'Twas then that we parted, In yon shady glen,
On the steep, steep side of Ben Lomond,
Where, in purple hue, The highland hills
we view,
And the moon coming out in the gloaming.

The wee birdies sing, And the wild flowers
spring,
And in sunshine the waters sleeping.
But the broken heart it kens, Nae second
spring again,
Though the waeful may cease frae their
greeting.

DANNY BOY

Oh Danny Boy the pipes, the pipes are calling
From glen to glen and down the mountain side
The summer's gone and all the roses dying
'Tis you, 'tis you must go and I must bide

But come ye back when summer's in
the meadow
Or when the valley's hushed and white
with snow
'Tis I'll be here in sunshine or in shadow
Oh Danny Boy, Oh Danny Boy I love you so

And when ye come and all the flowers
are dying
If I am dead, as dead I well may be
You'll come and find the place where I am lying
And kneel and say an Ave there for me

And I shall hear tho' soft you tread above me
And all my grave will warmer sweeter be
If you will bend and tell me that you love me
Then I shall sleep in peace until you come
to me



Dublin South FM 93.9

www.dublinsouthfm.ie



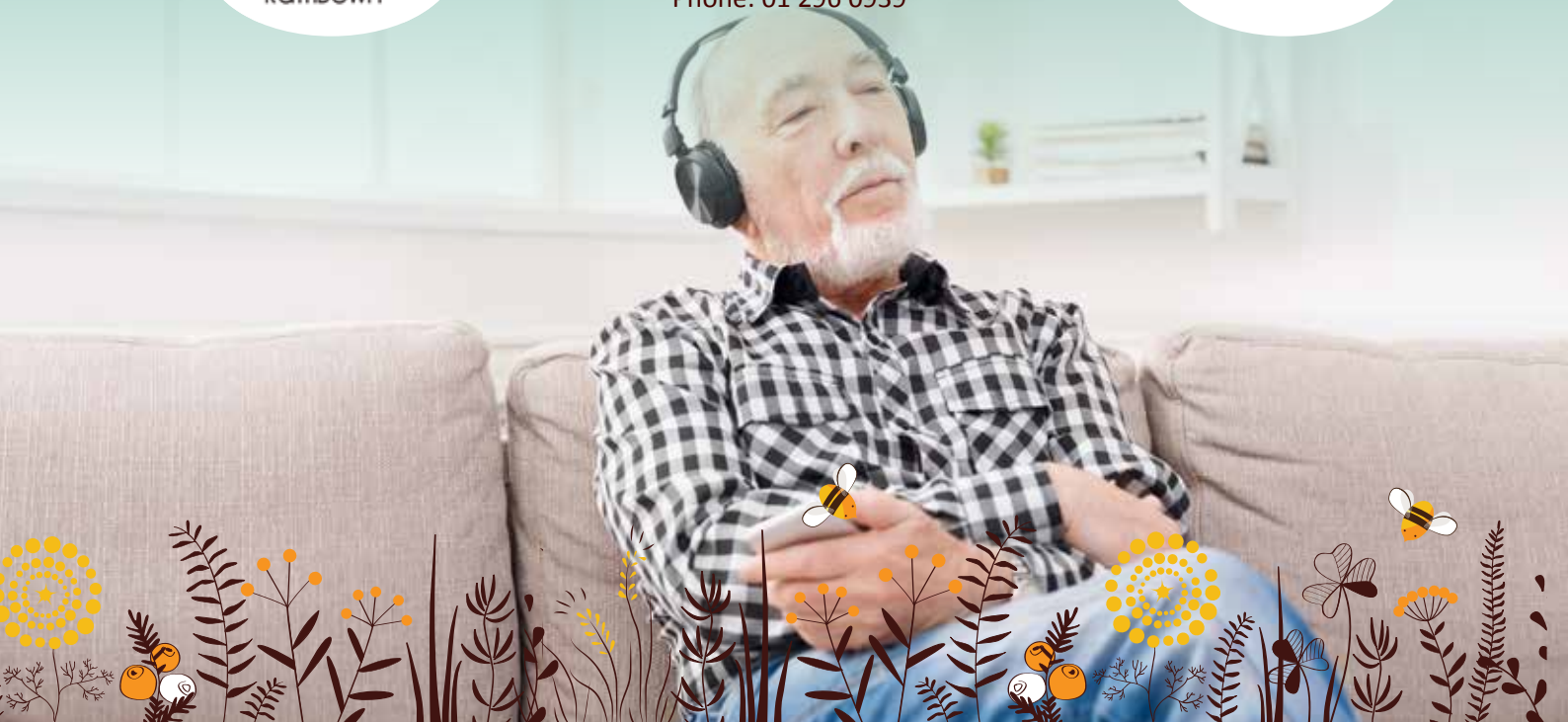
Dublin South FM 93.9 Community is delighted to announce that the dlr County Council Age Friendly Programme and dlr Social Inclusion are partnering with Dublin South FM's great programme presented by one of our favourite presenters, Martha Lynam and her programme "Memory Lane"!

Martha will be featuring some great ideas from the new DLR Age Friendly Magazine for Older People in our County this winter!

So tune in, every Thursday 4pm
"Down Memory Lane"
On 93.9FM or online!

We look forward to you joining us! Please tune in any time – to a great range of programming from 11am to 11pm from Dublin South FM 93.9fm Community radio serving the DLR Community for over 25 years broadcasting from Dundrum Town Centre!

Dublin South Community Broadcasting
Co-Operative Society Limited
Level 5, Dundrum Town Centre, Sandyford Road,
Dundrum, Dublin 14
Phone: 01 296 0939



Rialtas na hÉireann
Government of Ireland



Clár Éire Ildánach
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