



Rathcoole Newsletter

July 2014

Four Districts Fun Day

September 13th

Rathcoole Community Centre

1pm - 5pm

Also In This Issue :

Day Care Centre Garden Fête Success
New Bus for Day Care Centre
Campaign for Rathcoole Dog Park
An Hour at the Old Glebe
and much more...

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This publication is supported by the Department of Social Protection, which is funded by the Irish Government under the National Development Plan, 2007-2014.

Day Care Centre

Return of the Four Districts Day Care Centre Fete 21st June

For the first time in 15 years the Four Districts Day Care Centre held their Garden Fête and it was a wonderful success. The organisers were very grateful that the combination of good food, good music and events all came together with the weather to make for a wonderful day out. Special thanks must be given to all the staff of both the Day Care and Community Centers and volunteers who supported the day.

There were great refreshments at both the BBQ and café. Donations for the feast were provided by Avoca and Brennans on the day, the stations were manned and womaned by Joe and Ian for the BBQ with Áine and Catherine and others for the café.

Music was provided by Liam O'Donnell and the Newcastle Rams choir, Noel Heenan and Brookfield Music Club, Philip Mahony and Peter Gaynor. Peter also acted as MC in his own inimitable style. Thanks to Noel Heenan for use of his equipment. Spin the wheel wonderfully was run by Francine and Celine O'Neill and was a huge success. The sponge throwing, mini-football and face painting were taken care of by Karen Grimes.

One of the highlights of the day was the Bonny Baby boy and girl contests for those under 2 years of ages. Thanks to all the stall holders and those that donated prizes particularly the Rathcoole Inn and Baur nafae House. Emer Higgins, Terry Ivory and Bernadette McIntyre had the unenviable task of judging the bonny baby contests for the bonny boy and bonny girl. All entrants were deemed gorgeous in the judges' opinion.



Garden Fête

Unfortunately, there were not enough entrants for the King and Queen of the Fête contests, so maybe next time! Winners of the bonnie babies are pictured below.

Thanks to the HSE for their co-operation, and the loan of equipment from Lisheen Nursing Home. Further thanks to St Mary's GAA and to Vinnie O'Brien for helping with his van. First Aid cover was provided at short notice by Niamh but we are pleased to say was not required.

Finally, we would like to offer a special thanks to our Day Care clients, without whom all this would not be worthwhile. It is our hope that the Fête will return again and that hosting the garden party was a learning experience for all involved as well as being a wonderful day out.

For those that would like to see more of the events of the day there is a slideshow available on the 4- Districts Day Care Centre Facebook Page "The Return of the Fete". Become a friend of the Four Districts Day Care Centre. If you or your family want to recall some of the memories of the Day Care Centre a special DVD of images captured over the years is on sale in the Day Care Centre, all proceeds to the Centre.

Neville Graver—Treasurer Rathcoole Community Council

If you have a loved one who could avail of the Day Care Centre services please contact Áine or Catherine on 01-4580339 and they will be delighted to provide you with any information or assistance you require.



New Bus for Day Care Centre

Blessing of the Bus in the Day Care Centre

Monday 19th May 2014 was a landmark for the 4 Districts Day Care Centre. The new bus purchased through a grant from the National Lottery was blessed by Father Shortall and Father McGowan.

At the blessing, in addition to the clients and staff of the Day Care Centre were the Minister of Justice Francis Fitzgerald. Minister Fitzgerald is seen here talking to Father McGowan and long term client Tom Hoxey from Rathcoole, a sprightly 94 years young. The special guest was Lar Kilcoyne who was the driver when the previous bus was acquired in 2000, pictured with current drivers. Here's to another 14 years of happy and safe driving!



Paddy's

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Rathcoole Community Centre

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Irish Water Metering and Charges from 1st October 2014 for Domestic Users

A new system of domestic water charges is being introduced for homes that are connected to a public water supply. Irish Water, the new national water services authority, will administer the charges. Water meters are being installed at present and the **first bills for domestic water will issue from January 2015 in respect of the last quarter of 2014**. Many of you may now have had meters fitted. If you have had any bad experiences report them to Irish Water or to us on newsletter@rathcoole.info.

Where your supply or quality is poor report any problems with water supply or water quality to Irish Water on: 1890 278 278. The public consultation on the draft direction ended on 16 June 2014. **A final decision on the level of water charges will be made in August 2014.**

Will you have to pay? The occupier of the property that gets water and/or wastewater services from Irish Water will be liable to pay domestic water charges. If you own a property, you will be presumed to be the occupier, unless it is proven otherwise. Owners of more than one dwelling will have to pay water charges for each dwelling. There will be interaction between Irish Water and customers in advance of customer billing, to ascertain certain customer information. The following table shows which types of system will and will not be subject to domestic water charges:

Water supplier	Waste water	Charged for domestic water?
Public mains	Public sewer	Yes
Public mains	Own treatment (septic tank or wastewater treatment system)	Yes
Group water scheme	Public sewer	Yes
Group water scheme	Own treatment	No
Private well	Public sewer	Yes
Private well	Own treatment	No



The estimated average charge is €240 per year at present. The Commission for Energy Regulation (CER), which is the economic regulator for Irish Water, will make a final decision on the level of domestic water charges in **August 2014**, following a public consultation process. However, this may be reviewed after 2 years according to statements of the CEO of Irish Water. **Charges** will be based on the household's metered usage after free allowances are taken into account. The free allowances will be 30,000 litres per household, with an extra allowance of up to 38,000 litres per child under age 18. The latter may be under review. There will be no standing charge in respect of principal residences, but a minimum charge may apply to second homes – this will be a matter for the CER. There are some exemptions or capping of charges for people with certain medical conditions.

If your meter is not installed by October 2014 Contact Irish Water. Where the meter is not installed in time your usage will be assessed using an estimated reading primarily based on occupancy. **The water meters will be accessible** for householders to check. You can monitor your usage by checking the meter regularly – estimated average usage per person in Ireland is 145 litres per day.

You can identify leaks by checking the meter before and after a period when the water system isn't being used – for example, if you are away for the weekend. Notify Irish Water if you find a leak. There will be a **'free first fix'** scheme for leaks on the customer side of the meter – Irish Water will be announcing details shortly. Your meter will be placed in a meter box, which will be fitted underground on public land. You will be able to access the meter to check your usage. The meters are fitted with Automated Meter Reading (AMR) technology so that readings can be taken automatically. There is practical information about water conservation on websites such as taptips.ie and greenschoolsireland.org. **You can pay the bill in installments** and Irish Water plans to offer a range of payment methods, including an easy payment option for regular payments of €10 or more.

If you are on social welfare and low incomes you may qualify for assistance under the Household Benefits Package, which will be extended to assist with water costs. The value of this additional benefit will be approximately €100 a year to each recipient, beginning in 2015. The Exceptional Needs Payment is available to people experiencing severe financial difficulties. **If you don't pay your domestic water bill** Irish Water will offer easy payment options but if you don't pay your bills it can reduce your water supply. However, you will not be cut off completely. Free allowances will only be provided to people who pay charges on time.

Irish Water will administer the domestic water charging system. There will be interaction between Irish Water and customers in advance of customer billing to get customer data. The economic regulator (CER) will approve water charges plans (including the domestic water charges rate) and set codes of practice for Irish Water. The Minister may give CER directions of a general policy nature.



Bin Collections Rathcoole Area Too Many Waste Collections



Many residents are concerned that there are too many bin collectors in Rathcoole and you can have different collectors on different days on the same road or even on the same days. We all want competition and the opportunity to make a choice for our services but when the Council privatised its waste collection responsibility. It led to the current chaos. It would appear that the Bin Collection Companies do not talk to each other and, as a result, the roads of Rathcoole and surrounding areas are being clogged up by waste collectors. This now poses a serious risk to the safety of residents.

This is an appeal to the Waste Collection Operators.

If you want to help the local community and reduce risk please get together to work out an operational plan to minimise traffic movements and, for those that perhaps are not getting much business on a particular road, come to an arrangement with one of the other operators to collect on your behalf.

I know the argument will be all about economics, but, where there is a will, there is a way. The Community Council would be happy to host a meeting of all the operators with local resident association representatives.

BE PART OF THE COMMUNITY BY HELPING US TO HELP YOU AND YOU MAY EVEN INCREASE YOUR PROFITS BY REDUCING COSTS.

Pulling 2gether for Shane
RIP



tug of war challenger

Fun day with races, food & music
Jousing Sumo Suits Slides and Rodeo Bull

Saturday 6th September
St. Mary's GAA Saggart
1pm-4pm

U-18 All girls teams
Adult female teams welcome
U-18 Boys teams must have 1 girl



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PILATES CLASSES

with Master Trainer & Fitness Expert Sarah
Rathcoole Community Centre

(Beside The Church of The Holy Family)

Pilates is a mat-based class that de-stresses AND delivers a full body workout in 1hour.
It strengthens the deepest Core muscles, abdominals, back, and works to promote full control of your body. It not only increases flexibility, coordination of the spine and limbs, but also corrects posture, prevents/reduces pain & likelihood of injury.
It gently, but effectively strengthens, lengthens and tones up muscles without "bulking".
The full mental focus on each exercise emphasizes the quality of the movement, the coordination and the breathing

Suitable for Men & Women (18+) all fitness levels.

6 week term €50 (spaces are limited, BOOKING ESSENTIAL)

Wednesday 23rd July 9:30am – 10:30 (New terms every 6 weeks)

Thursday 24th July 6.45pm - 7.45pm (New terms every 6 weeks)

Please bring along with you an exercise mat, water and small towel.

www.facebook.com/sarahtoninpilates



Zumba Fitness (Adults 16+)

Every Thursday 8-9pm

€7 pay as you go / pre-pay 5 for €25

Your 1st class is free.

You don't need to have any background or experience in dance,

'Coz we're only serious about having fun!

There is no better non-judgemental environment

to Burn 600-1000 calories per class,

Lower your body fat, tone your body (especially bums & tums),

Boost your moods and metabolism, all while feeling like you're at a party!

Please bring water and a small towel

www.facebook.com/ZumbaPartyAnimal

Sarah is a fully licenced Zumba Instructor, Personal trainer, fitness & education specialist,
with 10 years fitness training experience.

Sarah: 085 822 5522

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VILLAGE PARKING NOTICE

Please be aware that the narrow car park between the Bank of Ireland and the Newsagent / Bus stop is privately operated with the pay and display machine located at far end of the car park opposite the shops. The pay and display machine outside the Newsagents is for parking on Main Street and is not for parking on the Mall. Please pay particular attention to the displays in the area. Parking on the mall is pay and display Monday to Saturday.

Please exercise caution when parking in estates around the village as parking carelessly can lead to accidents or damage to your property. Further it restricts the access of emergency and service vehicles to these estates.

PROJECT MATHS GRINDS RATHCOOLE STARTING SEPTEMBER

CLASSES EVERY SATURDAY MORNING AND AFTERNOON

RATHCOOLE COMMUNITY CENTRE - JUNIOR AND LEAVING CERT ALL LEVELS

FULL NOTES PROVIDED FROM EXPERIENCED PROJECT MATHS TUTOR.

MAXIMUM 8 PER CLASS TO INSURE PERSONAL ATTENTION.

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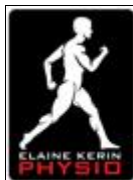
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*Valour & Oakes are delighted to announce our
doors are now open at The Village at Lyons.*



*We have an array of luxurious
clothing and gifts for ladies,
men and children and are Ireland's
exclusive retailer of Holland
Cooper clothing, most
commonly seen on the
Made in Chelsea cast and
Dragon's Den Peter Jones.*



Open Friday – Sunday 11am – 6pm
Private bookings available

The Village at Lyons, Lyons Rd,
Celbridge, Co. Kildare
085 2279 252



Newly established boutique Valour & Oakes is making a mark on the Irish fashion scene, by becoming the exclusive Irish stockist for luxury brand Holland Cooper. The elegant designs which are also available from Harrods of London. Valour & Oakes is based amidst the fairy-tale setting of Tony Ryan's breath taking legacy, the historical Village at Lyons in Celbridge, Co. Kildare. Valour and Oakes stocks unusual pieces including; structured tweed blazers with ostrich leather collars, quirky bow ties, reindeer skins, praxinoscopes and alpaca wool hats, scarves and capes. The boutique also features 'Nessa Blaise' stylish headpieces from upcoming local milliner Nessa O'Reilly.

A perfect complement to Valour & Oakes is Valour & Oakes Junior. Walk through the archway and step into a mystical room with a leafed ceiling filled with exclusively stocked Melissa and Doug educational wooden toys, giant teddy's and fantastical costumes. 'Once Upon a Time' reading sessions for children will launch this summer. Valour & Oakes isn't just a business, it's a home from home" said Natasha Sturdy, Valour & Oakes Owner and Entrepreneur.

KICK CANCER IN THE BUTT

CANCER



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TRIATHLON

5KM RUN, 5K BIKE & 10 LENGTHS OF THE POOL

GOLF DAY

TEAM OF FOUR FOR €100

SHAVE OR WAX

FULL MONTY

PARTY NIGHT & RAFFLE

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FOR GERALDINE GALVIN

26TH JULY

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- We take great pride in the care we offer to the horses / ponies and clients in our centre with experienced and friendly staff to offer help and advice.
- Our instructors are trained to help you achieve your goals in a fun and safe environment.

**Child
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€15**

**Adult
Introductory
Lesson
€20**

**Have
Fun!**

Calliaghstown Equestrian Centre, Rathcoole, Co Dublin



Fáilte Ireland
National Tourism Development Authority





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Monday-Closed
Tuesday- 9.30-5
Wednesday- 9.30-5
Thursday- 9.30-5
Friday- 9.30-5
Saturday-10.00-4

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Her inspirational advice will make you feel confident and excited about fashion and clothes again. If you want to look in your wardrobe and see nothing but fabulous clothes, if you want to walk out of your front door every morning feeling confident and stylish or if you want to really stand out for all the right reasons at that important event, then 'The Boutique' is the right place for you!

Sizes range from 8 to 24

Four Districts Fun Day

Rathcoole Community Centre

September 13th

1pm - 5pm

LIVE MUSIC
SPORTS BBQ
FACE PAINTING
BOUNCY CASTLES
MAGIC SHOW
CHILDREN'S
ENTERTAINMENT
DANCING GAMES
FIRE ENGINES
CARD FLEET DISPLAY

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Shop is Open
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09:30 - 18:00

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Co. Dublin

We are known for our affordable prices & unique touches of fashion and bring the collection which give us a standard from the rest. Our customers love us for our great going-out unique look. We are the perfect place to pick up everything you need & get a complete fabulous look.



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€29.50



Campaign for Rathcoole Dog Park

Dogs that are highly socialised and exercised are healthier, happier, and less aggressive in behaviour. They are less likely to bark or be destructive or aggressive if they are able to expend pent-up energy during regular play or exercise.

Off-leash dog areas, or dog parks, provide a community setting in which people can gather and socialise and where they can observe the interaction of groups of dogs at play. Dog parks allow owners and their dogs to spend time together and offer dogs a space for play and companionship with others. Leashes can cause dogs to become territorial. Roaming free is beneficial for dogs.

Studies have shown that people find it easier to talk to each other with dogs as the initial focus, breaking down the usual social barriers that make people perceive others as strangers. Research has also shown that dogs improve the health of their owners by lowering their blood pressure and increasing resistance to disease. They reduce anxiety and depression, stimulate people to exercise, connect people with others, and help redevelop a sense of purpose. Companion animals are very beneficial for the elderly, many of whom are unable to properly exercise their dogs and who stand to benefit from taking their dogs to a dog park.

Additional benefits of a dog park to the community include promoting responsible dog ownership as well as accommodating dogs and their owners in a public open space, which has been shown to lead dog owners to higher levels of compliance with relevant laws.

A dog park is a park for dogs to exercise and play off-leash in a controlled environment under the supervision of their owners. These parks have varying features, although they typically offer a 4' to 6' fence, separate double-gated entry and exit points, adequate drainage, benches for humans, shade for hot days, parking close to the site, water, tools to pick up and dispose of animal waste in covered trash cans, and regular maintenance and cleaning of the grounds. Dog parks may also offer wheel-chair access, a pond for swimming and a separate enclosure for small dogs.

Facebook page: <https://www.facebook.com/RathcooleDogPark>

Petition <http://www.change.org/petitions/open-dog-park-in-rathcoole-park>

Kind Regards

Pamela

**Views expressed are not those of the community Council

RETRACTION: We like to offer our apologies for an error that occurred in the last newsletter. **Stephen Hunter** is the proprietor of Enlightenment Counselling Services and we would like to offer him our deepest apologies for entering his name in error as "Robert Hunter" in the previous newsletter. Stephen's practice is located in Library Square, Main Street, Rathcoole.

Community Employment Project Jobs Vacancies

Are you aged over 25, unemployed for the past 12 months or more and in receipt of a Social Welfare Benefit? If so, you could be eligible to work on our Community Employment Project based in Rathcoole Community Centre.

To work on Community Employment you must go to your local DSP Employment office or any Obair/LESN office to register your interest for positions that come available on Community Employment. The officer in the office will be able to establish if you are eligible for CE Participation

Are you interested in starting up a small café in the local area?

We may be able to facilitate you.

For more information contact Tricia on 4586134/5.



Christina (Dina) McDonnell, RIP

The McDonnell Family would like to thank relatives, neighbours and friends for their support on the sad loss of their mam, Dina. A special thanks to Father Enda, Margaret King and the choir for their lovely service. Thanks also to all those who donated to the Day Care Centre. Mass will be offered for your intentions.

Regarding Church Services

A very special thanks to Mark Smith and Muldowneys Bar, Rathcoole, for the continued facilitation of parking during Mass times, and in particular during funeral services, at the Church of the Holy Family. Making this extra parking available is invaluable and makes attending services a lot easier.

For those attending these services we would ask you to be careful not to obstruct access to the extended car park. We also ask that you be aware that this area is used by many people not all attending the Church services.

We appreciate your cooperation.

LIST OF OFFICERS AND COMMITTEE MEMBERS

2014

Chairperson	Terry Ivory
Vice Chairperson	Vincent Dempsey
Treasurer	Neville Graver
Assistant Treasurer	Christy McDonnell
PRO	Marie Smyth
Company Secretary	Neville Graver
General Secretary	Bernadette Doyne
Assistant Secretary	Bernadette McIntyre
Centre Development Officer	Sean Reid
Committee Member	Dick Butler
Committee Member	James Connell
Directors	Francina O'Neill
Director	Stephanie Donnelly



Time to party your way into shape with Zumba® Fitness

The Latin-inspired dance fitness programme!

Zumba® Fitness is easy, effective & fun! Great for all round fitness & toning – burn up to 1000 calories an hour!!

Beginners welcome any time – open to all, regardless of age, fitness or dance level!

Date & Time: Every Monday, 7.30pm-8.30pm

Location: Rathcoole Community Centre, Main Street, Rathcoole, Co. Dublin (beside the church)

Contact Details: Fiona Harold (Mobile) 087-4138385

Cost: Prices slashed for 2014!! Pay as you go: €8 OR Pay in advance offer for 6 classes: €40 (save €8!)/New joiners – first class is FREE!!



BenefIT III

Community IT Training Centre

Community Centre, Main Street, Rathcoole, Co. Dublin

FREE Computer Training

€20 administration charge

4 x 2hr classes

Various days and times available

If you have previously been on a course with us please feel free to come along for another one.

Modules include

Basic Internet Skills

Career Planning

Computer Safety & Security

Call Jennifer for further info:

Ph.: 4586134

4586135

4580238



BenefIT III

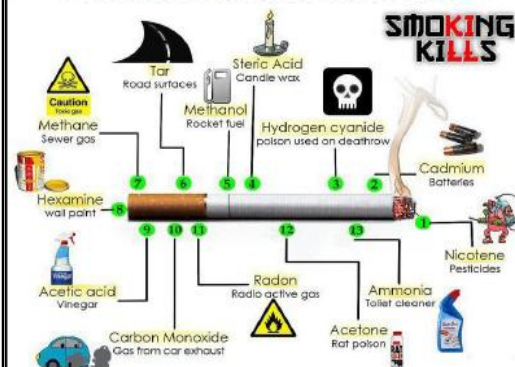
Department of Communications, Energy & Natural Resources

Day	Time	Activity	Location
Monday	8.00am-6.00pm	Irish Pre school and After School **	Crèche /John Nolan Room
	9.15am-12.15pm	Little Rascals Pre-School **	Coolamber Room
	10.00am-1.00pm	Thatch Bridge Club **	Main Hall
	2.00pm-3.00pm	Active Retired Meeting **	New Boardroom
	3.00pm-4.00pm	Speech & Drama **	Coolamber Room
	4.00pm-7.00pm	Irish Dancing **	Main Hall
	7.00pm-8.30pm	Karate (Kieran)	Sports Hall
	7.30pm-8.30pm	Zumba Classes (Fiona)	Main Hall
	8.30pm-9.30pm	Krav-Maga (Karl) **	Sports Hall
Tuesday	8.00am-6.00pm	Irish Pre School and After School **	Crèche /John Nolan Room
	9.15am-12.15pm	Little Rascals Pre-School **	Coolamber Room
	9.10am-2.40pm	Scoil Chronain **	Sports Hall
	10.30am-12.30pm	Parent & Toddler group **	Main Hall
	5.00pm-9.30pm	Dancity Ireland	Main Hall
	5.45pm-7.15pm	Weight Watchers	Coolamber Room
	6.15pm-7.15pm	Boot Camp	Sports Hall
	8.00pm-10.00pm	Community Council Meeting (Every 2nd week)	New Boardroom
Wednesday	8.00am-6.00pm	Irish Pre School and After School **	Crèche /John Nolan Room
	9.15am-12.15pm	Little Rascals Pre-School **	Coolamber Room
	9.30am- 10.30am	Pilates (Sarah)	Main Hall
	11.00am-1.00pm	Active Retired (Every 2nd Week) **	Sports Hall
	10.30am-12.30pm	Men's Club **	Main Hall
	2.00pm-4.00pm	Speech & Drama **	Coolamber Room
	4.00pm-5.30pm	Baton Twirling	Sports Hall
	4.30pm-7.00pm	Irish Dancing **	Main Hall
	5.00pm-7.45pm	Karate (Louie)	Main Hall
	7.15pm-8.15pm	Hip-Hop Dance	Sports Hall
	7.30pm-9.00pm	Youth Café **	Youth Café
	8.00pm-10.00pm	Bowls **	Sports Hall
Thursday	8.00am - 6.00pm	Irish Pre School and After School **	Crèche /John Nolan Room
	9.45am - 11.00pm	Claphandies **	Main Hall
	9.15am - 12.15pm	Little Rascals Pre-School **	Coolamber Room
	9.10am - 2.40pm	Scoil Chronain **	Sports hall
	6.15pm -7.15pm	Boot Camp	Sports Hall
	7.00pm -8.00pm	Yoga	Crèche/John Nolan Room
	7.00pm -11.00pm	Bridge Club **	Main Hall
	8.00pm -9.00pm	Zumba (Sarah)	Sports Hall
Friday	8.00am - 6.00pm	Irish Pre School and After School **	Crèche /John Nolan Room
	9.15am - 12.15pm	Little Rascals Pre-School **	Coolamber Room
	10.30am -12.30pm	Parent & Toddler group **	Main Hall
	12.00pm - 1.00pm	Frances Fitzgerald (1st Friday of the month) **	New Boardroom
	1.45pm - 2.45pm	Karate (Kieran)	Sports Hall
	2.30pm - 4.30pm	School Of Dance (Tanya) **	Main Hall
	5.30pm - 6.00pm	Angelina Ballerina Dance **	Coolamber Room
	6.00pm -7.00pm	Karate (Kieran)	Sports Hall
Saturday	11.00am-1.00pm	Baton Twirling	Sports Hall
Sunday	11.00am-1.00pm	Project Maths Grinds Rathcoole – Starting Sept	Coolamber Room
	10.30am-1.00pm	Church Service (Eze)	Old Library
	2.00pm-5.00pm	Baton Twirling	Sports Hall
Events Marked ** Returning September 2014			



QUIT SMOKING! TODAY

WHAT'S IN A CIGARETTE?



It is Never TOO Late to Stop! The Healing Time Line

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083 456 1932

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Little Fingers

Montessori and Pre-school

ECCE Scheme Places Available

Do you want your child to be independent, confident and emotionally prepared for primary school?

Samantha Nugent, mother of two and founder of **Little Fingers Montessori and Preschool** has over 20 years of teaching experience and holds a Level 7 Montessori qualification.

Her class sizes are limited to 11 children to ensure individual attention for your child.

For more information contact Samantha on 087 6591898, at littlefingers.nugent@gmail.com or Find us on Facebook



Little Fingers, 23 Broadfield Court, Broadfield Manor, Rathcoole



BRITTAS MONTESSORI SCHOOL & CRECHE ENROLLING NOW FOR SEPTEMBER 2014

WE ARE A SMALL FAMILY RUN BUSINESS ESTABLISHED IN BRITTAS SINCE 2004, AND CATER FOR THE NEEDS OF CHILDREN FROM THE AGE OF 18 MONTHS.

WITH OVER 19 YEARS IN TEACHING AND CHILDCARE, WE ARE EXPERIENCED AND QUALIFIED IN ALL ASPECTS OF CARING FOR CHILDREN IN THEIR FORMATIVE YEARS.

THE MAIN AIM OF OUR SERVICE IS TO PROVIDE QUALITY EARLY CHILDHOOD CARE AND EDUCATION TO EACH CHILD ATTENDING, AND TO HAVE CONFIDENT AND INDEPENDENT LEARNERS WHEN STARTING SCHOOL.

THERE IS ALSO A WONDERFUL LARGE OUTDOOR PLAY AREA.

THE SERVICES WE PROVIDE FOR FAMILIES ARE:

FULL & PART TIME PLACES (INCLUDING ALL MEALS AND SNACKS)
BEFORE & AFTER SCHOOL CARE (INCLUDING DROP OFF & COLLECTION TO & FROM BRITTAS SCHOOL)
(FREE) ECCE SCHEME (MONTESSORI)
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FOR MORE INFORMATION CONTACT SHARON/SHIRLEY

Tel: (01) 4583912

e-mail: brittasmontessori@live.com

EARLY BOOKING IS ADVISABLE AS WE HAVE LIMITED PLACES

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Louise O'Rourke
CHARTERED PHYSIOTHERAPIST

B.Sc. (Hons) Physio. M.I.S.C.P.
Pilates Instructor. STOTT

SUMMER NEWS

NEW STUDIO COMING FOR THE PILATES REFORMER What is Reformer Pilates?

Leinster are doing it! The Irish Rugby Team are doing it!

It is the most versatile piece of Pilates equipment. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the foot bar and sideways. This type of exercise can train many parts and dynamics of the body in so many different ways. The Reformer allows for modifications for those with injuries and is suitable for first-time beginners or keen athletes.

BENEFITS:

- It facilitates hundreds of exercise for all levels
- Resistance exercises to build strong bones
- Strong muscles as working against resistance
- No-impact and therefore easy on the joints
- Your physique will change
- Works every muscle in the toes and feet
- Very hard to cheat on this machine

PELVIC FLOOR PHYSIO:

Your Chartered Physiotherapist can help you with:

- Correct activation of the pelvic floor and the abdominal muscles
- A pelvic floor muscle training programme for weak pelvic floor
- Knowing if you are doing the right exercises
- Treatment strategies for stress incontinence and urge incontinence
- Urge control techniques
- Overactive bladder – advice on good bladder habits for life
- Specific gym advice

MODIFIED MAT PILATES:

- Our Modified Pilates is taught by a Chartered Physiotherapist and focuses on getting the correct muscles to work to help alleviate pain and prevent recurrent injuries
- We are having great results from our classes from alleviating pain, to improved posture to being able to run adventure races!
- We have 13 classes per week and cater for all levels of injury whether it is pain weakness, postural problems, sciatica or weakened pelvic floor
- Our studio provides you with all the equipment necessary to complete a class

Kingswood Cross, Naas Road D. 22 Tel: 0879376858

Email: lorphysio@gmail.com Web www.louiseorourkephysiotherapy.ie



www.louiseorourkephysiotherapy.ie

MONDAY		TUESDAY		WEDNESDAY	
Time	Level	Time	Level	Time	Level
10.15am	Beginners	6.30pm	Improvers	10.15am	Beginners
6:00 pm	Beginners		Back Pain	4.00 pm	Beginners
7.15 pm	Beginners	7.45pm	Improvers	8.00pm	Improvers
	NEW				Intermediate
	NEW				
THURSDAY		FRIDAY		SATURDAY	
5.50pm	Improvers	12.00pm	Beginners -	11.00am	Beginner-
	Intermediate		Improvers		Improvers
			45 mins	12.15pm	PreNatal /
7.10pm	Improvers				Beginners
	Back Pain				

Facebook: Louise O' Rourke Physiotherapy
Citywest—Kingswood Pilates Studio
Courses run every 6 weeks

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WE HAVE ROOMS FOR HIRE...

.....at reasonable rates, whether it's parties,
classes, meetings, training or a conference.
Why not give us a call and we will be happy to
discuss how we can meet your requirements?

Contact Tricia O'Halloran on: 014586134/5



Residents' Associations:

We are compiling a list of Residents' Associations in the Rathcoole area.
If you have an established Association in your area please contact us in the
Community Centre on 01-4586134 /5

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2. Water Plans
3. Power Wash Vehicles

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Computer repair & tune up.



Contact Tricia

Rathcoole Community Centre

01-4586135



Soil and earth available to take away free of charge.
If anyone is interested, please contact: Tricia in
Rathcoole Community Centre on 01-4586134/5



News from the RAMS

Social Inclusion Morning.

The Retired Active Men's Social, RAMS, hosted a Social inclusion morning, on Thursday 29 May in the Local Community Centre, Newcastle. The morning was an outstanding success, with local people attending. Residences from the Lisheen nursing home, The 4 District Rathcoole community, Rathcoole ARA, Ladies Social Group Newcastle, and the Lucan branch of the Wheel chair association. This morning was part of the Bealtaine Celebration for older persons, organised by SDCC, Age and Opportunity, and Active Retirement Ireland. The morning commenced by a warm welcome from Maria Finn and Sandra Hickey of South Dublin County Council Social Inclusion Unit.

Maria gave a great welcome to all, and complimented the attendees for their contribution to their own community, and so "good" to see so many mature persons attend. The RAMS in Rhythm, performed a few well know "singing along" numbers, and a great sing song followed. Many attendees gave a bar of their own favourite song, including a lovely rendition of "The Tennessee Waltz" from Kathleen Condon. One of Fancie's favourite songs.

Our very own Marty Mitchell (Dessie Creighton) gave his version of "One Iron on his hip" and "My Shoes keep walking back to you" The attendees were treated to beverages, sandwiches, pastries, juices, and fruit cake. Beautiful fare was served, and many thanks to all those who supported this morning, and supplied eats and treats. Sandra, Áine, Catherine, and Sarah, who looked after our guests so well. Many thanks. A gathering is never complete, without a good raffle, so there were lots of, goodies, and prizes on display. Special thanks to Unilever, Mc Cabe's Chemist Citywest, Gondola Public house, 4 District Day Centre, and members, for their support, and contributions. This created a great fun morning, for all.

Certainly, Older and Bolder.

We are very grateful to John Hussey, of Husswood Joinery Greenouge, for making our very own draw drum. Although the drum went round and round, not everyone was "happy", no, my number never came out.?? We were very pleased that, local girl, Ms Emer Kelly of the Liffey Champion attended, and picked the winning numbers from the drum. With the entertainment so good, the Montessori group joined us for the last Finale, of "We're on the one Road, the Road to God's knows where."

We were also pleased to have the 6th class, of St Finian's National School celebrate Bealtaine, with us on 16th May, for our older members' memories of World War 2. "The War Babies". We now are looking forward to our visit to Punchestown Races, on Wednesday 4th June for the Active Retirement Ireland race evening.

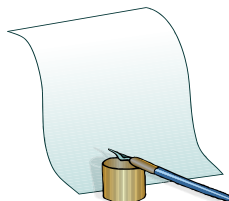
Enjoy the summer, and keep smiling.

Matt Dowling

Secretary

HAVE YOU GOT A STORY TO SHARE?

Life is not always easy, and often involves hardship, struggle and disappointment. However the high points make it worthwhile. Its always good to hear other people's stories. If you have an interesting or inspiring story to share with other readers send an email to newsletter@rathcoole.info or contact Tricia in the Community Centre on 01 4586134/5.



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DROP OFF : FOUR DISTRICTS DAY CARE CENTRE AND RATHCOOLE COMMUNITY CENTRE

LITTLE RASCALS

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Jenny
086 105 7163

Rathcoole Community Centre

- Enrolling now for September 2013.
- Avail of free ECCE place.
- Look us up on FACEBOOK - you will find everything you need to know about us there.
- Our email address is littlerascalsrathcoole@gmail.com



Teach na Leanaí

Naíonra

9.00am – 12.00pm
FREE ECCE PLACES



BEFORE & AFTER SCHOOL SERVICE

Homework Club Reading, Games & much more

From Junior Infants up to 6th class

8am Drop to school Pickup from school 6pm

Contact Máire Breathnach **087-2459928**

Ionad Phobhil, Ráth Cuil, Átha Cliath—Rathcoole Community Centre

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Combo 1 €6.80

3 in 1 Small Tray
½ Portion Chicken Balls
+ Curry Sauce
+ Prawn Crackers
+ Can of Coke

Save
€3.30

Combo 3 €13.80

Chicken or Beef Curry
+ Fried Rice & Chips
+ ½ Portion Chicken Balls
+ Curry Sauce
+ Prawn Crackers
+ Large Coke

Save
€4.50

Combo 5 €8.20

½ Portion Chicken Balls
+ 2 Rolls
+ 8 x Curry Triangles
+ Curry Sauce
+ Chips
+ Can of Coke

Save
€4.30

Combo 7 €6.80

2 x Chicken Cheese Roll
+ 2 Chicken Balls
+ Chips
+ Curry Sauce + Prawn Crackers
+ Prawn Crackers
+ Prawn Crackers

Save
€3.40

Combo 2 €10.00

9 Chicken Balls & Chips
+ 2 Rolls
+ Curry Sauce
+ Prawn Crackers
+ Can of Coke

Save
€3.30

Combo 4 €10.00

+ Salt & Chilli Chicken (Large)
+ Fried Rice & Chips
+ Curry Sauce
+ Prawn Crackers

Save
€3.00

Combo 6 €7.00

+ Salt & Chilli Chips (Small)
+ ½ Portion Chicken Balls
+ Curry Sauce
+ Prawn Crackers
+ Can of Coke

Save
€3.80

Combo 8 €13.80

+ Spicy Wings (Large)
+ Chips
+ Curry Sauce
+ 5 x Chicken Balls
+ 2 Rolls
+ Large Coke

Save
€3.70

NEW

1. Spice Bag €5
2. Spice Bag, Small Curry Sauce + Coke €6
3. Large Spice Bag €6
4. Spicy Chicken Balls (7) €5
5. Spicy Chips €3.20 (Large €4.50)
6. Spicy Chips + 5 Chicken Balls €5
7. Spice Bag + 3 Chicken Balls €6
8. Spice Bag, 3 Chicken Balls, Curry Sauce + Coke €7

NEW