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Combo Meals Special

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 Crack-

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 €10.50

+ 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

Special Spicy Bag

- S1. Spicy Bag.....€5.00.....(Large)€6.00
- S2. Spicy Bag, Small Curry Sauce & Coke.....€6.00
- S3. Spicy Chips.....€3.00
- S4. Spicy Bag with 3 chicken Balls.....€6.00
(Add €1.00 for Small Tub Curry Sauce and Can of Coke)
- S5. Mix Spicy Bag.....€6.00
(Shredded chicken & Shredded Beef)
- S6. Spicy Chicken Balls (7).....€5.00
- S7. Spicy Chicken Balls (5).....€5.00

Delivery Hours
Sun - Thurs
5.30pm - 12.00am
Fri & Sat:
5.30pm - 12.30am

Delivery charge
local Area €1.50
Other Areas From
€2.00



Rathcoole Newsletter

February 2016

Rathcoole Community Council AGM

Rathcoole Community Centre

Tuesday 15th March 8pm

Agenda:

Minutes of 2015 AGM
Approval of Accounts
Appointment of the Auditor
Election of Committee
Parking/Traffic
Personal Security/ Garda
Village Initiative
Planning Issues
Alternative 69 Bus Route
Four Districts Day Care Centre
Exercise for the Elderly
Youth Club
Tidy Towns
Christmas Lights
Twinning

In this Issue:

The Four Districts Remembers 1916

Rathcoole Community Council Ltd Rathcoole Community Centre, Main Street, Rathcoole,
Co. Dublin

Phone: 01-4586134/5 Fax: 01-4580238

Email: newsletter@rathcoole.info Web: www.rathcoole.info

This publication is supported by the Department of Social Protection, which is funded by the Irish Government under the National Development Plan, 2007-2016.

Village Improvements

As you are aware South Dublin Co Council have been improving the footpaths etc. in the Vicinity of Main Street.

This work will continue for the next few weeks.

In conjunction with this they will fell six trees on the right hand side of Main Street as you enter the village from Fitzmaurice Rd

These trees in some cases are causing damage to buildings and some are not in good health.

The Council will where possible plant some new trees .

In relation to up coming general election we encourage you to raise the following issues with the respective candidates

- 1) Traffic and parking problems in the Village particularly parking on footpaths
- 2) The Lack of Gardai in the area
- 3)The increasing number of Break-Ins
- 4) The lack of Car Park for users of the Park and the problems this causes residents of Beechwood Lawns
- 5) How will emergency vehicles enter this estate if required
- 6) Glebe House is an eyesore and needs to be refurbished.

We in Rathcoole Community Council have been raising these issues with local Council representative now you the residents have an opportunity to do likewise.

Wednesday

| | | |
|----------------------------|-------------------|--------------------------|
| Toddlers World (Main Hall) | 10.00am - 11.15am | Classroom 2 |
| Active Retired (Bi-Weekly) | 10.00am - 1.00pm | Main Hall |
| Men's Club | 11.00am - 1.00pm | Library |
| Speech & Drama | 2.00pm – 4.00pm | Coolamber Room |
| Music Generation | 4.00pm - 7.00pm | All Rooms (New Building) |
| Light of Life | 6.15pm - 7.15pm | Library |
| Karate (Louie) | 6.00pm - 7.45pm | Sports Hall |
| Hip-Hop Dance | 7.15pm - 8.15pm | Main Hall |
| Youth Cafe | 7.30pm - 9.30pm | Cafe |
| Boot Camp (Declan) | 6.30pm - 7..30pm | Coolamber room |
| Bowls | 8.00pm - 10.00pm | Sports Hall |

Thursday

| | | |
|--------------------------------|------------------|-------------|
| Clap Handies | 10.45am –11.45pm | Main Hall |
| Karate (Martin) | 6pm - 7.30 pm | Sports Hall |
| Bridge Club | 7pm - 11pm | Main Hall |
| Zumba (Sarah) | 8pm - 9pm | Sports Hall |
| Women's Group (every 2nd week) | 7.30pm - 8.30pm | Room 2 |

Friday

| | | |
|---|-------------------|-----------|
| Frances Fitzgerald Clinic (1st Friday of the month) | 11.30am - 12.30pm | Room 2 |
| School of Dance (Tanya) | 2.30pm - 7.00 pm | Main Hall |

Sunday

| | | |
|----------------|------------------|-------------|
| Baton Twirling | 2.00pm - 5.00pm | Sports Hall |
| Church Service | 11.00am - 1.00pm | Library |

Rathcoole Community Centre Activity sheet February 2016

Monday To Friday

| | | |
|---|------------------|-------------------------|
| Teach na Leanaí Pre school and After School | 8.00am-6.00pm | Crèche /John Nolan Room |
| Happy Feet | 9.15am - 12.15pm | Coolamber Room |

Monday

| | | |
|--------------------------------|-----------------|----------------|
| Thatch Bridge Club | 10.am—1.00pm | Main Hall |
| Speech And Drama (Anna Walker) | 3.00pm—4.00pm | Coolamber Room |
| Boot Camp (Declan) | 6.30pm—7.30pm | Coolamber Room |
| Irish Dancing (Anne) | 6.00pm-7.00pm | Main Hall |
| Zumba Classes (Fiona) | &.30pm - 8.30pm | Main Hall |
| Krav - Maga | 8.30pm - 9.30pm | Sports Hall |

Tuesday

| | | |
|---|------------------|-----------------|
| Active Retired Meeting (1st Tuesday of every month) | 2.00pm - 3.00pm | Coolamber Room |
| Dance City Ireland | 5.00pm - 9.00pm | Main Hall |
| Karate (Martin) | 7.30pm - 9.00pm | Sports Hall |
| Pilates (Theresa) | 7.45pm - 8.45pm | Crèche Upstairs |
| Meditation (John) | 7.00pm - 10.00pm | Library |
| Community Council Meeting (Every 2nd week) | 8.00pm - 10.00pm | Room 2 |

Saturday

| | | |
|----------------|-----------------|-----------------|
| Baton Twirling | 11am - 1pm | Sports Hall |
| Maths Grinds | 12pm-3.00pm | John Nolan Room |
| Pipe Band | 1.00pm - 4.00pm | Main Hall |

Car Parking in the area of Rathcoole Park

A number of submissions by the BCM Residents Committee to South Dublin County Council were made in relation the alleviation of the current parking difficulties in this area by non-residents.

A proposal to provide a Car Park adjacent to the Parks Dept. yard was investigated and has recently been deemed “not viable” at present.

“A large water pipe (drinking water supply for South Dublin) runs beneath the proposed Rathcoole Carpark site.

This is currently being investigated by SDCC in conjunction with Irish Water.

On 26th January at a meeting with SDCC Councillors this matter was raised again by the Community Council.

Other options being explored with them.

(a) Different location for the Car Park.

(b) Provide a warden to police at key times.

(c) The issuing of parking permits for residents only.

We will keep you informed of progress.

Would you like to go to France this year?

Would you like to improve your French?

French-Irish Twinning (Jumelage) between Ecole-Valentin and Rathcoole Ecole and Valentin are two small villages on the outskirts of Besançon, close to the Swiss border in Eastern France. Both communities are now administered by the one urban council under the one mayor.

Following two preparatory visits in 1998 and 1999 the official twinning ceremonies took place – in Rathcoole at Easter 2000, and in Ecole-Valentin at Halloween 2000. From the beginning the twinning has been spearheaded by a subcommittee of the Community Council in Rathcoole and has been supported by South Dublin County Council.

Many successful and enjoyable visits have taken place over the years, but with less frequency in recent years. These visits have benefitted many people of various ages from this general area, especially local students of French. They have also facilitated good relations and friendship between the French and Irish villages.

It is now our turn to travel to France again where our hosts (Les Ecovaliens!) are looking forward to accommodating and entertaining us. The visit usually involves a long weekend. One year we spent two days in the Swiss Alps and two days in Ecole-Valentin. The dates and programme of our next visit will be decided to suit those who wish to travel.

Interested? Email: graverneville@gmail.com

Phone: Neville at 0868297939



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Beginners are welcome any time so why don't you come along & try it?
Your first class is **FREE**, what have you got to lose?!

Or if you've tried it before elsewhere & weren't sure, remember, no two Zumba® Fitness classes are the same so come try out my class for **FREE**, I promise you will love it!

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

Location: Rathcoole Community Centre

Cost: €8 pay as you go OR €30 pre-pay for 5 glasses (save €10!)

Contact: Fiona Harold, licenced Zumba Instructor, 087-4138385

*Please bring water & a towel – you are gonna sweat 😊



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Senior Citizens Christmas Party

Once again a great time was had by all who attended from the Four Districts, Rathcoole, Saggart, Newcastle and Brittas. The night was very successful and the meal was delicious. The entertainment was thoroughly enjoyed by all the patrons.

A big thank you to all the staff and volunteers who put in their usual 100% hard work as always. Also a big thank you to everyone who donated generously as without their support we could not hold this annual event. A brilliant success and once again thank you to everyone involved and looking forward to seeing you all in December 2016.



Light up Rathcoole 2015

A wonderful evening was had by everyone at our Christmas Lights. The children were delighted to meet Santa and Mrs Clause. A big thank you to all who helped make the 2015 Rathcoole Christmas Light Up a great success, especially the businesses and residents along the main street who facilitated us with power etc.



Christmas Fair

We had a fantastic turn out at our 'Annual Christmas Fair' and would like to take this opportunity to thank everyone for making it such a great success. We would also like to thank everyone who donated prizes in aid of the raffle which was held on the final day of the fair.



Rathcoole Co. Dublin Church Choir On Tour

The Holy Family Church Choir, Rathcoole, Co. Dublin was busy in the lead up to Christmas. The choir, pictured here, moved out of its comfort zone in the church to entertain senior citizen's principally in the local Four Districts Day Care Centre; Millbrook Manor Nursing Home, Saggart; Lisheen Nursing Home, Rathcoole, Bank of Ireland expo and at the annual seniors party in Rathcoole Community Centre. The choir also sang a large selection of Christmas carols publicly in the Maldron Hotel, Newlands Cross and in the Bank of Ireland, Rathcoole, Co. Dublin, to raise funds for Our Lady's Children's Hospital Crumlin



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The Four Districts Day Care Centre

Brittas Newcastle Saggart Rathcoole

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- ◆ We are open 5 days a week and always welcome new members.
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Louise O'Rourke

CHARTERED PHYSIOTHERAPIST

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Please see our time table on opposite page. ➡

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Rathcoole Girl Directing Full Length Play

Deirdre ni Mhairtin (now Goodwin) who is living in Naas, is directing a play at the Moat Theatre from 16th to 20th February This is Deirdre's second major production as a director. Her debut, a short play by Wexford author Eoin Colfer (creator of the international best-seller Artemis Fowl books), competed on the one-act competitive circuit in 2014 and swept the boards at the qualifying festivals to reach the finals. This is Deirdre's first full-length play and she has chosen Port Authority by Conor McPherson, the prolific Dublin screenwriter, director and author who has been described as one of the finest playwrights of his generation by the New York Times. His plays, including The Seafarer, The Weir and most recently The Night Alive, have been performed in the West End and Broadway, where they have won many awards.

Port Authority introduces us to three Dubliners. Kevin leaves home for the first time; Dermot struggles to find his feet in a new job for which he had been mistakenly appointed; a widower, Joe, is sent a mysterious package evoking powerful memories of a relationship that might have been.

PORT AUTHORITY

By **CONOR MCPHERSON**
Directed by **DEIRDRE GOODWIN**

**at 8pm nightly. Tickets (€15/€12) may be booked
on 045 883030 or on www.moattheatre.com**

Tues 16th - Sat 20th February 2016
Tickets: €15 Concessions: €12
The Moat Theatre, Naas, Co. Kildare
Booking 045 88 30 30
www.moattheatre.com



This play contains adult content and strong language.

Foróige Tallaght Fun Run
in association with Fit4Less

foróige 5 Mile & 3 Mile Fun Run/Walk

GET INVOLVED!

Saturday 12th March 2016
11am @Tymon Park

Register online www.popupraces.ie or on the day

Entry 5 Mile €15; 3 Mile €10; u18s €5*

* On the day entry only for u18s

For more information contact: www.foroige.ie
Laura 086 4157969

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Ríomhphost: m.breathnach@yahoo.com

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Rathcoole Community Centre, Co. Dublin

LIST OF OFFICERS AND COMMITTEE MEMBERS 2015 - 2016

| | |
|----------------------------|---------------------|
| Chairperson | Terry Ivory |
| Vice Chairperson | Harry O'Reilly |
| 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 | Dick Butler |
| Director | Sean Reid |
| Director | Francina O'Neill |
| Director | Stephanie Donnelly |
| Director | Ronan Mac Diarmada |
| Director | Vincent Dempsey |
| Committee Member | Patrick Manning |
| Committee Member | Szymon Urbus |

Feb-Apr 2016 Pilates Kingswood-Citywest Pilates

| MONDAY | | |
|---|--|------------------------|
| 10.15 am | IMPROVERS MAT | |
| 11.00 am | BEGINNERS | Reformer (Machine) |
| 11.30am | BEGINNERS MAT | |
| 1.00 pm | BEGINNERS MAT | 45 mins |
| 6.00pm | IMPROVERS MAT | |
| 6.00 pm | BEGINNERS MAT | |
| 7.15 pm | IMPROVERS / INTERMEDIATE MAT | |
| 8.00pm | BEGINNERS | Reformer (Machine) NEW |
| 8.30pm | BEGINNERS MAT | |
| TUESDAY | | |
| 7.00am | MIXED LEVEL | 45 mins |
| 1.00 pm | INTERMEDIATE MAT | 45 mins |
| 6.00pm | BEGINNERS | Reformer (Machine) |
| 6.30 pm | INTERMEDIATE MAT | |
| 7.00pm | INTERMEDIATE | Reformer (Machine) |
| 8.15pm | BEGINNERS / IMPROVERS | Reformer (Machine) |
| WEDNESDAY | | |
| 7.00 am | BEGINNERS 45 mins | Reformer (Machine) |
| 9.30am | BEGINNERS | Reformer (Machine) |
| 11.00 am | IMPROVERS MAT | |
| 11.00 am | BEGINNERS-IMPROVERS | Reformer (Machine) |
| 1.00 pm | IMPROVERS/ MAT | 45 mins |
| 6.00pm | BEGINNERS MAT NEW | |
| THURSDAY | | |
| 6.00 pm | BEGINNERS / PRENATAL MAT | 45 mins |
| 6.00pm | BEGINNERS NEW | Reformer (Machine) |
| 7.00 pm | INTERMEDIATE | Reformer (Machine) |
| 7.00 pm | INTERMEDIATE MAT | |
| 8.15pm | BEGINNERS | Reformer (Machine) |
| FRIDAY | | |
| 10.15 am | IMPROVERS/MAT | |
| 11.30am | BEGINNERS MAT | |
| SATURDAY | | |
| 11.00 am | BEGINNERS - IMPROVERS / | |
| 12.15pm | PRENATAL | 45 mins |
| MAT CLASSES | | |
| 6 WEEK PILATES MAT COURSE | 1 CLASS PER WEEK | €90 |
| 6 WEEK PILATES MAT COURSE | 45 MIN CLASS | €72 |
| TRIAL PILATES CLASS JUNE | | FREE |
| PAY-AS-YOU-GO | | €16 |
| PRIVATE PILATES MAT | 30 MIN SESSION | €40 |
| REFORMER CLASSES | | |
| 6 WEEK REFORMER COURSE | 1 CLASS PER WEEK | €105 |
| INTRODUCTION OFFER 2015 | | |
| 6 WEEK REFORMER COURSE | 1 CLASS PER WEEK | €80 |
| COMBO PACKAGE | | |
| 6 WEEK REFORMER & MAT CLASS | 2 CLASS PER WEEK 1 REFORMER & 1 MAT | €175 |
| TRIAL REFORMER CLASS JUNE | | FREE |
| PAYG REFORMER | 1 SESSION | €19.50 |
| FACEBOOK: Kingswood-Citywest Pilates Mat and Reformer Studios | | |

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**The 4 Districts St Patricks Day Parade
is looking for your group/club to take part in the annual**



St. Patrick's Day Parade

On 17th March 2016

This year's theme is "**Proud to be Irish**"

We would be grateful if you could tie your entry in with the theme, what makes you proud to be Irish?

Maybe it's our Sporting heroes, Music, Heritage, Culture, Landscape, or our sense of humour, politics, satire, TV personalities, the list is endless, have some fun with it!

Parade starts at 2pm in Rathcoole, further information & entry form contact Sharon Redmond 087 2304248. Closing date is:

7th March.

Looking forward to hearing from you!

Car keys

In all of 2014, over 200 car keys were fished from letterboxes. This figure has doubled since 2012. 6% of burglaries involved the theft of a vehicle. Mid size (1400cc to 1600cc) engines more likely to be taken.

Keep all keys away from letterboxes and windows. Install a letterbox restrictor. Secure your car in a garage if you have one. Lock gates on driveways. Consider using steering wheel locks.

Distraction Burglaries and Rogue Trader Incidents

In 2014, there were 478 estimated incidents of distraction burglary or rogue trader offences. This was an increase of 24% since 2013.

Before opening your door use your wide angled viewer. If a stranger is at your door ensure your back door is locked, put on the door chain and ask for identification.

Call the Gardaí if you suspect they are rogue traders.

Residential burglaries can happen at any time, on any day throughout the year.

Property

In terms of monetary value, cash, jewellery and electrical goods collectively account for over 86% of items stolen during residential burglaries.

- Photograph and record details of valuables
- Do not keep large cash amounts at home
- Photograph and record serial numbers of machinery, tools or bicycles. Securely lock these items if stored in sheds or garages.
- Do not leave ladders or tools accessible for the burglars to use.

Electronic Security

Intruder Alarms

- House alarms must be installed by Private Security Authority approved installers.
- It should conform to the European Standard EN 50131
- Have the alarm serviced regularly.
- A Monitored alarm is recommended.

Use your alarm even when at home. Whilst alarms are a good deterrent to the burglar, good physical security will do more to stop the burglar. Remember to lock all windows and doors

CCTV

Home CCTV systems have come down in price in recent years and are a good addition to your home security. Ensure the system can capture clear images both day and night.

Make sure date and time are correct.

Check your systems regularly, lighting, weather, plant growth, cob webs can all effect what your system is recording.

As with alarms they will not physically prevent a burglar from entering your home.

Take the checklist challenge on www.garda.ie to see how safe your home is.

An Garda Síochána , Rathcoole Garda Station, Ph: 016667900 Clondalkin Garda Station Ph: 016667600



An Garda Síochána Crime Prevention



Analysis from Garda Analysis Services shows that:

- Residential burglaries increase between the hours of 5pm and 10pm during winter.
- On average 1 in 5 intruders enter through an unsecured door or window.
- Homes that look unoccupied are more vulnerable to burglary.
- The most likely entry point for a burglar is a door - 27% of burglaries take place through the front door and 25% through a rear door. Access through a rear window accounts for 28%.
- Burglars tend to target cash and jewellery when breaking into homes.

Residential Burglary Facts

There has been a significant rise in reported residential burglaries. 2 out of 3 burglaries are residential. In the winter months there are more burglaries in the hours just after sunset compared to the same hours in summertime.

Houses that have the appearance of looking vacant are vulnerable to burglary.

Use a timer switch to turn lights and radios on to create the impression that someone is at home.

Ensure your home and surrounds are well lit and maintain trees, hedges and shrubs.

The burglar should have no place to hide.

Lock away all tools and ladders in a secure shed/garage.

Doors and Windows

Entry Points

The most likely point of entry for a burglar is a door.

Front door 29%. Rear door 22%. The rear window accounts for 26%.

On average 1 in 5 intruders enter through an **unsecured** door or window

As you leave your house take a moment to see if there is any way a burglar could enter your home and remedy this if needs be. Never Leave Keys Outside.

If replacing doors and windows look for standard PAS 24 or equivalent.

All Exterior Doors should be fitted with a 5 Lever Mortise Lock or equivalent.

See www.garda.ie for information on doors and windows



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The Role of Women in the Irish Revolution 1916

Liz Gillis held a talk and slide show in Rathcoole Community centre on 7th February. It was a very informative and interesting event with a good attendance. This event was organised by Dr. Kernon O'Luain in conjunction with the 'Four Districts Remembers 1916 Committee'.



Photo's by Michelle Murphy

The Four Districts Commemorates 1916

Do you know that the 1916 Proclamation was written on paper from Saggart Papers Mills?

Do you know anything about Peter McLoughlin?

Fought in the **Four Courts** in 1916 and subsequently interned in Frongoch Prison in Wales.

A tailor, living in Rathcoole at the 1901 census; Born c.1885, Died in 1932, (uncle to Maisie Carey Rathcoole Postmistress). His sister's name was Eleanor (Ellen) and her married name was Hollowed.

Do you know where he is buried?

Do you know anything about Liam/William Daly (Liam Ó Dálaigh)?

Fought in **Jacob's Factory** in 1916.

Born in Glasgow in 1880. Married Mary Ann Brady in November 1916, in Westland Row Church. Died in March 1971.

His wife Mary Ann (Marianna) was in **Cumann na mBan** and died in 1975.

Their daughter Eithne died in 2006.

All three are buried Saggart graveyard.

Do you know of any other connections between the Four Districts and 1916? E.g. any connection to Nurse Elizabeth O'Farrell?

Any information please send to:

Liam Roche PRO 1916 Commemoration Committee.

Tel: 086 7918736

Email: rocheliamo@yahoo.ie or to: easter1916@rathcoole.info

Cuimhníonn Na Ceithe Cheantar ar 1916

The Four Districts Commemorates 1916



Easter Monday Commemoration at the Old Library, Rathcoole, 12 noon

Will include:

- Welcome
- The Reading of the Proclamation
- The Reading of a Poem in Irish
- Some songs from The Rams-in-Rhythm
- The Laying of a wreath
- A short Ecumenical blessing
- Pipers/Band
- The raising of our National Flag

Tea and Refreshments afterwards

In addition to the above events see centre pages for details of

‘Interesting Commemorative Talks’

Cuimhníonn Na Ceithe Cheantar ar 1916

The Four Districts Remembers 1916

Programme of events



February 7th: Liz Gillis, 'The Role of Women in the Irish Revolution'
Rathcoole Community Centre, 2pm

February 27th: Dr. Shane Kenna, 'Poet Patriot; Thomas MacDonnagh'
Heritage Centre, Saggart, 4pm

March 12th: Mícheál Ó Doibhilin, 'Josie McGowan; A Brief Flame'
Rathcoole Community Centre, 2pm

March 23rd: Dr. Kerron Ó Luain, 'The Four Districts and the Irish Revolution'
Rathcoole Community Centre, 7pm

March The Four Districts 1916 Commemoration

28th: Court of Petty Sessions (Old Library) Rathcoole, 12pm

Cuimhníonn na Ceithre Cheantar ar 1916