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## 750 Club - €10,000 Winner!



Anne McNamee, Carrick Court, being presented with her cheque for €10,000 by Fr. Jimmy McPartland, Co-PP. Anne won first prize in the Grand Prize Draw for the 750 Club. The seller of the ticket was Kathleen McMackin.

### 2nd Prize €3,000



Winner: Joe Kenehan  
Portmarnock Walk pictured receiving his cheque from Fr. Jimmy

### 3rd Prize €2,000



Winners: John & Bridget O'Driscoll  
Portmarnock Grove. John pictured above on the right receiving his cheque from Diarmuid O'Connell, committee member and seller of the ticket

### The 750 Club is a vital part of the income of the parish.

Draw each month for prizes: 1st prize €1,000 2nd prize €500 3rd/4th prizes of €250 each ending with the Grand Draw in June with prizes as shown above. There are a few tickets available. Contact the Parish Office at 846 1561 and it can be arranged for a member of the committee to contact you.

progress

### Volunteers required to deliver the monthly newsletter.

We have many new homes being built in the parish and we would love to have the newsletter delivered to each of these. We also need volunteers to deliver to existing areas as some of our volunteers are 'retiring' from delivering Progress. Some of our volunteers have been delivering Progress since it started—almost 400 issues ago! THANK YOU!



If you have a little time to spare each month (usually the 1st weekend of the month) we would appreciate your help. Please contact the Parish Office at 846 1561 to volunteer.



*We offer the sympathy of all parishioners to the families of*  
 Fintan Doyle, Burrow Court  
 Deirdre Dunne, Wendell Avenue  
 Peter O'Donovan, Ashley Rise  
 Damian Relihan, formerly Wendell Ave  
 Paddy Gibbons, Hillcourt  
 Tony Byrne, Hazel Grove  
*who died recently*

## ACKNOWLEDGEMENT

### Jackie McPartland Died 14 June 2019

My family and I would like to thank all the people of the Parish and the Pastoral Area who offered their prayers, condolences and support to us on the death of my sister Jackie. We would like to thank all those who honoured us by attending her funeral, sent Mass cards, sent texts, sent emails and called on the phone.

We are truly grateful for your expression of love and concern at this sad time in our lives. I also wish to thank the Pastoral Area Team of Priests and Pastoral Workers for covering for me over the last three weeks. I would like to thank all the staff and volunteers who work in the Parish for their patience, understanding and support as I played my part in our family's care for Jackie in her final illness.

**Go Raibh Maith Agaibh. Thank you.**

*Eternal rest grant onto Jackie, O Lord, and let perpetual light shine upon her. May she rest in peace.*

**Fr. Jimmy**

### Bethany Bereavement Support Group

The Bethany Bereavement Support Group provides support to bereaved people by offering them a 'listening ear'.

If at any time, now or in the future you feel that the support of Bethany would be helpful, please contact a member of the Portmarnock support Group on 089 439 4096 or through the Parish Office on 01 846 1561.

We are trained to listen with understanding and are here to support anyone dealing with the very painful experience of grief.

### St. Anne's Parish, Portmarnock Mission Statement

*To create a parish in Portmarnock where people treat each other with love and compassion and work together to build up a dynamic Christian community characterised by faith, mission, worship and service.*



### PARISH COUNSELLING SERVICE

in the Parish Centre. Payment negotiated. By appt only. Phone Mary Ryan 0872709767.

### SOCIETY OF THE DIVINE WORD

#### THANK YOU PORTMARNOCK PARISHIONERS

Greetings from the Divine Word Mission Office. Many thanks for giving us the opportunity to preach the Mission Appeal in St. Anne's Parish during the weekend of 25th/26th May. Fr. Michael Egan enjoyed his visit very much. The collection, to date, stands at €4,962.58.

We are very happy with this result. A big thank you for your very generous response to Fr. Michael's appeal.

**Fr. Pat Byrne SVD**



## HOLY LAND PARISH PILGRIMAGE 2019 31st October— 8 nights



Spiritual Director: Fr. Jimmy McPartland

- Direct, return flights from Dublin to Tel Aviv
- 4 nights Jerusalem—4 nights Tiberias
- Quality hotel accommodation throughout
  - Daily breakfast and dinner
- Full religious programme and daily Mass
- English speaking Christian guide throughout
- Visit to the Dead Sea, the old town of Jerusalem, a boat ride on the Sea of Galilee and more!

**€1,685  
pps incl**

**For enquiries call Pauline on 087 629 3744**

### 750 CLUB RESULTS MAY 2019

**First Prize €1,000:** No. 744, Riona O'Reilly, Burrow Court

**Seller:** Maureen Murtagh

**2nd Prize €500:** No. 426. Nuala Uí Dhúill, Bracken Drive

**3rd Prize €250:** No. 60, Colette Ryan, Wheatfield Road

**4th Prize €250:** No. 104, Liam O'Brien, Strand Road



## ANNUAL SUMMER FESTIVAL CLONGOWES WOOD COLLEGE, CO. KILDARE 15th-18th August

The Summer Festival is both Youth 2000's largest event and the largest Catholic youth event in Ireland with over 1,000 attending. Attendance means for each young person:

- The opportunity to experience the beauty of the Sacraments in a way that has the proven potential to send them back home on fire for Christ and His Church.
- The opportunity for young Catholics who often in today's society feel isolated in practising their faith to see the faith alive in hundreds of their peers.
- Exposure to catechesis and formation they will take back to their home parish and diocese.

For more information:

Youth 2000 Ireland National Office,  
 Divine Word Missionaries, Moyglare Road,  
 Maynooth, Co. Kildare  
 T 01 675 3690 E: [office@youth2000.ie](mailto:office@youth2000.ie)  
[www.youth2000.ie](http://www.youth2000.ie)



### Legion of Mary, Regina Coeli Hostel

Morning Star Ave, off Nth Brunswick Street, D7

The Legion of Mary once again expresses its thanks to the clergy and parishioners of Portmarnock parish for their generous Easter gift, this time amounting to €910, towards the work of Regina Coeli Hostel in the inner city which continues to cater for women who find themselves homeless. Your gift helps us continue a work inaugurated in 1930 by our founder Frank Duff whose Cause for Beatification is proceeding in Rome as well as at home.

We hope in due course when some current renovations are complete to resume catering for children as well as their mothers as this need is reasserting itself in numbers of young women deciding not to proceed to abortion.

Marie Dunleavy

## A WORD FROM FR. JIMMY.....



As part of the ongoing Child Safeguarding Policy and Plan for St. Anne's Parish, all our volunteers are being asked to read and agree to adhere to the Parish's Code of Conduct for Adults which as mentioned in the June issue of Progress is now published below.

St. Anne's Parish, Portmarnock  
Strand Road, Portmarnock, Co. Dublin D13 WK33 [stannes@portmarnockparish.ie](mailto:stannes@portmarnockparish.ie)

July 2019

### Code of Conduct for Adults

Staff and Volunteers of St. Anne's Parish, Portmarnock in the Archdiocese of Dublin are uniquely placed to act as positive role models to children and young people participating in Church activities. Such participation provides the opportunity to promote the development of self-confidence and enhance the wellbeing of the children and young people with whom we interact. This agreement serves to articulate the expectations of adult behaviour when working with children and young people in the Archdiocese of Dublin. It aims to provide confidence to children and young people, staff, volunteers, and parents that safeguarding children and young people is of paramount importance.

#### To uphold positive safeguarding practices all Staff and Volunteers in contact with children should:

- ensure the safety of all children and young people by providing adequate supervision and proper pre planning using safe methods at all times
- treat all children and young people fairly and with dignity and respect
- provide an example of good conduct
- ensure the rights and responsibilities of children and young people are adhered to
- operate within the Church principles and guidance and any specific procedures
- be visible to others when working with children
- challenge and report potentially abusive behaviour
- develop a culture where children can talk about their contacts with staff and others openly
- respect each child and young person's boundaries and help them to develop their own sense of their rights as well as helping them to know what they can do if they feel that there is a problem
- respect and listen to the opinions of the children and young people
- be positive and approachable
- record and report incidents of alleged abuse and poor practice to the designated person
- maintain confidentiality about sensitive information
- encourage an anti-discriminatory outlook
- develop and maintain appropriate working relationships with other staff and volunteers
- identify and address the needs of disabled children and young people

#### Staff and volunteers must avoid actions and behaviour that could be construed as poor practice or potentially abusive.

##### Therefore they should never:

- hit or otherwise physically assault or physically abuse children
- develop sexual relationships with children
- develop relationships with children which could in any way be deemed exploitative or abusive
- act in ways that may be abusive or may place a child at risk of abuse
- allow any rough or dangerous play, or inappropriate behaviour
- allow bullying or permit any abusive peer activities
- use sanctions that humiliate or harm children and young people
- condone rule violations
- spend excessive time alone with children away from others
- take children to their own home, especially where they will be alone with you
- speak inappropriately, use bad language, make suggestions or offer advice which is inappropriate, offensive or abusive
- behave physically in a manner which is inappropriate or sexually provocative
- have children and young people with whom they are working to stay overnight at their home unsupervised
- sleep in the same room or bed as a child with whom they are working
- do things for children of a personal nature that they can do for themselves
- condone, or participate in, behaviour which is illegal, unsafe or abusive

##### Staff and Volunteers have the right to:

- access ongoing training
- support in reporting suspected abuse
- fair treatment
- be protected from abuse by children, young people, parents and other adult members
- not to be left vulnerable when working with children and young people

#### ***If you have a concern about child abuse, please contact either:***

#### **DIOCESAN CHILD SAFEGUARDING & PROTECTION SERVICE (CSPS)**

Holy Cross Diocesan Centre, Clonliffe College, Dublin 3. Tel 01-836 0314 (Mon to Fri: 9am—5pm)

**Designated Liaison Person:** Mr. Andrew Fagan, Director, Child Safeguarding and Protection Service

**Deputy Designated Liaison Person:** Ms. Julie McCullough, Child Protection Officer, Child Safeguarding and Protection Service OR TUSLA Office Airside: 01 870 8000 or MALAHIDE GARDA STATION: 01 845 0216 Childline: 1850 666 666

**Towards Healing: Freephone 1800 303 416**

## Mumps multiplies by a massive 650%!

Ireland is in the midst of a mumps outbreak - with confirmed cases jumping by 650% in a year. The Health Protection Surveillance Centre (HPSC) confirmed that so far this year a total of 451 mumps cases have been notified. This compares to 60 for the same period in 2018. Throughout the whole of last year a total of 575 cases were notified. The majority of mumps cases in 2019 have been in teenagers and young adults – of whom 20 have been hospitalised. Broken down, the majority of cases have been in the 15-19 year age group (34%); 20-24 year age group (28%) and 10-14 year age group (11%). (<https://www.independent.ie/irish-news/mumps-outbreak-as-cases-rocket-by-650pc-37888705.html>). **3 cases** were diagnosed in our practice alone in the first week of June 2019.

**What is Mumps and how does it present?** Mumps is an infection caused by a virus (see [www.patient.co.uk/mumps](http://www.patient.co.uk/mumps)). It mainly affects the salivary glands, which are around the face. Sometimes other parts of the body are affected. Mumps normally affects children, but can occur at any age. Symptoms of mumps include:

Swelling and pain of one or both parotid glands (the usual presentation) The parotid glands are the main salivary glands. They are just below the ears and you cannot normally see or feel them. The salivary glands make saliva which drains into the mouth. Swelling of these glands makes your face look puffy, sometimes called a 'hamster face'.

The mouth may feel dry and chewing/swallowing may be sore.

High temperature (fever), headache, feeling tired and being off food may develop for a few days. These symptoms may occur before you develop swelling of your parotid gland. Mild tummy (abdominal) pain may also occur.

The swelling of the parotid glands usually lasts for 4-8 days. Mumps is normally a mild illness, but complications sometimes occur. This is why immunisation is important. There may be no symptoms, or only very minor ones. It is thought that about 3 in 10 people who contract the mumps virus have no symptoms. Rarely, complications alone occur without the usual symptoms occurring first. The immune system makes antibodies during the infection. These clear the virus and then provide lifelong immunity. It is therefore very rare to have more than one episode of mumps.

**What are the possible complications of Mumps?** The outlook for young children with mumps is good. However, teenagers and adults with mumps are more likely to develop complications, which may include one (or more) of the following:

The testicles (testes) are sometimes affected. One testicle (testis) may become inflamed, swollen and painful for about a week. This is uncommon in young children. However, about 1 in 4 males who get mumps over the age of 12 years will develop a painful swollen testis. Occasionally, both testes are affected. In very rare cases this may cause infertility.

Brain inflammation (encephalitis or meningitis) is an uncommon complication. It typically causes drowsiness, headache, stiff neck, wanting to keep out of the light and being sick (vomiting). Although alarming, meningitis caused by the mumps virus usually clears without any treatment after a few days, without any long-term problems.

Hearing loss can sometimes occur in people with mumps. This is usually only transient and usually improves with time. Very rarely, mumps can cause permanent deafness.

Inflammation of the pancreas, heart and other organs are rare complications.

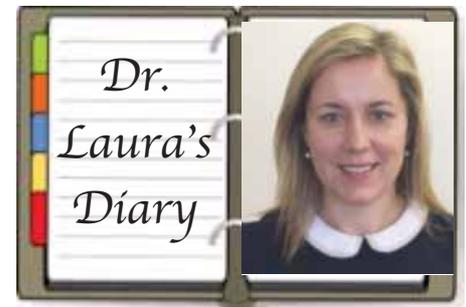
If you develop mumps in the first 12 weeks of a pregnancy, it may increase the risk of miscarriage. (However, the mumps virus is not thought to cause malformations or defects in an unborn baby.)

**How is Mumps diagnosed?** Mumps is most commonly diagnosed by your symptoms and the type of glands that are enlarged in your body. However, since the introduction of the MMR vaccine, all cases are confirmed by a sample (swab) taken from the mouth to obtain some saliva which is sent to the National Virus Reference Lab (NVRL) in UCD. Mumps is a notifiable disease.

**What is the treatment for Mumps?** There is no medicine that kills the mumps virus. For most people, mumps improves over a week with no long-term problems. Treatment aims to ease symptoms until the body's immune system clears the virus. You do not usually need any treatment if your symptoms are mild. Paracetamol or ibuprofen can ease fever and pain. Give children should be encouraged to drink, particularly if they have a high temperature (fever). Fruit juice may stimulate the parotid gland to make more saliva, and cause more pain. Water is best if this occurs. A warm flannel held against a painful parotid gland can be soothing. Most children are back to normal within 7-10 days. Seek medical help if you suspect that a complication is developing, as above.

**Should people with mumps keep away from others?** The simple answer is yes, as mumps is very infectious. It takes 14-25 days to develop symptoms after being infected. Affected people are infectious from about six days before, until about five days after, a parotid gland begins to swell. Children fully immunised against mumps are unlikely to catch mumps. However, immunisation is not 100% effective. Also, some adults may not be immune and some children may have a poor immune system. So, people with mumps should stay off school, nursery, college or work and avoid other people as much as possible. This is as soon as mumps is suspected and for five days from the onset of parotid gland swelling.

**Mumps immunization** An effective vaccine to prevent mumps is available. It is part of the MMR vaccine. This is routinely offered to all children aged 12-13 months Ireland. A second dose is offered as part of the routine school booster programme aged 4/5. A previous history of having mumps does not mean that you do not need an MMR vaccine. This is because the diagnosis of mumps is not an easy one to make. For example, someone thought to have had mumps may in fact have had another viral infection. Also, it does not do any harm if you have had mumps in the past and then have the MMR vaccine. If you've any queries or doubts, contact your GP today.



## KIDS CORNER



Memories of our incredible heatwave last May and June seem very distant given the current bad weather. Anticipating a major improvement, it's important to remember child safety in the sun. Slip on sun protective clothing; Slip on a hat - a wide brim that gives shade to the face, neck and ears; Slop on sunscreen (SpF50); Seek shade from midday sun and slide on sunglasses - wrap-around are best. Here's hoping!!!



Sleeping with a television or light on in your bedroom may be a risk factor for gaining weight, according to scientists. The study, conducted at the National Institute of Health and published in JAMA, is the first to suggest an association between exposure to artificial light at night while sleeping and weight gain. The researchers believe total darkness at bedtime could reduce the chances of becoming obese. The results varied with the level of artificial light exposure. Using a small nightlight was not associated with weight gain, whereas those who slept with a light or television on were 17% more likely to have gained five kilograms or more over five years. Researchers say their findings did not change when they controlled the data for factors that may be linked with artificial light exposure at night or weight gain, such as age, children in the home, race, calories consumed and physical activity. Researchers felt that humans are genetically adapted to a natural environment consisting of sunlight during the day and darkness at night. Exposure to artificial light at night may alter hormones and other biological processes in ways that raise the risk of health conditions like obesity.



## Exam Time (A Thought by Catherine Clarke, Chaplain PCS)

For the month of June I worked for the State Exams Commission, supervising students sitting their leaving cert exams. Whilst I was located in a different school I felt very united with my own students in PCS who were sitting exams and held them close to my heart in thought and prayer. There is a line in scripture that says **“wherever two or three are gathered in my name, there I am with them” (Matthew 18:20).**

In the silence of the exam hall where as a supervisor I could not read or use my mobile phone and had to sit in silence and watch these young people for 2-3hrs at a time, I began to reflect a little deeper on this theme and on the theme of God and Prayer; it is often in the silence that God speaks to us. It struck me that God is in each and everyone of these young people who are currently sitting their Leaving and Junior Certificate exams, he is in their past, present and future. God has a plan for their life even though many of them may not realise it yet!!

Looking at each of these young people I remembered that at one point in my life I was in exactly the same position. I sat my Leaving Certificate in 1999 with dreams and hopes of going to college and while at the time I wasn't one hundred percent sure of my career path I knew that I wanted to make a difference in the world, but the world that I lived in was a very different place. The pace of life was different, it was slower, there was less pressure and family pressure in particular seemed less. Technology and social media wasn't something that had a strong hold or influence over my life, in fact most of it hadn't been invented. Perhaps young people were more connected with themselves, with each other but was I really all that different from those who I am supervising in 2019? NO not really because like them I was unique, in fact I still am, and God had a plan for my life.

Recently I was asked by someone, would I go back and sit the Leaving Cert again; my answer was a definite no. I was also asked did those exams that I sat in 1999 matter to me now in my life twenty years on, and my answer was that today it is irrelevant. The Leaving Certificate was merely a rite of passage and important as it was at the time, the results of my exams and the points I attained to go on to college mean very little to me in the great scheme of my life today.

There is another line in Matthew's Gospel that says **“do not worry about tomorrow, for tomorrow will take care of itself, today has enough trouble of its own” (6:34).** The young people who sat their exams this June and the many young people I know and work with in my capacity as Chaplain, will find their way in life. They have faced and will continue to face stresses and challenges in life, some bigger than any Leaving or Junior Certificate exam, so whilst we have prayed for them and lit candles for them to do well in their exams and we continue to pray for good results, we must never stop praying for them, for their lives, their futures, their hopes and dreams, remembering always that they, like us, are infinitely loved by God. God has an amazing plan for each and every one of their lives, they simply need to embrace and trust in that plan and can do so with the guidance, wisdom, love and support of those around them.

## WELCOME TO PORTMARNOCK PARISH



If you are new to Portmarnock, you might like to register and/or make contact with St. Anne's Parish.

Please use the Registration/enquiry form online and return it to the parish office—on Strand Road, Portmarnock

## FINGAL MATTERS

**Revaluation of Commercial Properties in Fingal** A revaluation of commercial and industrial properties in Fingal has been completed. The Valuation Office is now in the process of issuing Proposed Valuation Certificates to all ratepayers in Fingal County Council's Administrative Area as part of the Revaluation Process. If you have a business premises and have not received a Proposed Valuation Certificate yet you should contact the Valuation Office directly by email at [reval2019@valoff.ie](mailto:reval2019@valoff.ie), by telephone at 01-8171033 or LoCall: 1890 531 431. This new rateable valuation will be **effective from 1st January 2020**, and will be the basis for calculating the Annual Rates liability for 2020 and subsequent years.

**Local Election Results** On the 24th of May the Local election took place. The Howth-Malahide electoral area which includes Portmarnock as well as Kinsealy, Balgriffin, Bayside, Baldoyle and Sutton was allocated 7 Councillors which was a reduction from 8 Cllrs previously.

The 7 Cllrs returned for this area were :

Eoghan O'Brien	Fianna Fáil
David Healy	Green Party
Cian O'Callaghan	Social Democrats
Brian McDonagh	Labour
Jimmy Guerin	Non Party
Aoibhinn Tormey	Fine Gael
Anthony Lavin	Fine Gael

At the subsequent Annual general meeting of the council Eoghan O'Brien was elected Mayor and will serve for 12 months. The Council consists of 40 elected members and will last for 5 years. The make up of the Full Council is as Follows  
Fianna Fáil 8; Fine Gael 7; Labour 6; Green 5; Sinn Fein 4; Social Democrats 2; I4C 1; Non Party 6

**Fingal Bathing Water Quality** The annual Bathing Quality 2018 report released by the Environmental Protection Agency (EPA) has confirmed that the Velvet Strand in Portmarnock and the Burrow Beach in Sutton both achieved a water Quality status of 'Excellent'. Only one beach, The Brook, Portrane, is at 'Poor' status.

Gilbert Power, Director of Services for Environment and Water, commented: "While water quality at The Brook, Portrane remains 'Poor', Fingal County Council's plan submitted to the EPA details the short and longer term measures the Council will implement to address the potential pollution sources at Portrane. It is worth noting that all samples bar one met the test for 'Excellent' status during last year's bathing season at Portrane. "We work hard to have the best quality of bathing water for Fingal residents and this report shows we have made significant improvements in this area." Information on the results of water quality sampling undertaken at Fingal beaches is available to view during the bathing season at [www.beaches.ie](http://www.beaches.ie), on Fingal County Council social media platforms, and is posted on noticeboards at the beaches.

A 'Poor' classification means that the bathing water has not met the minimum standard required under the Bathing Water Regulations. An all-season advisory notice "Not to Swim" will be in place at The Brook, Portrane in 2019.

**Cll Brian McDonagh**



## CONTACT DETAILS

**Society of St. Vincent de Paul**  
91-92 Sean McDermott Street, Dublin 1.  
Tel. 855 0022; email: [info@svp.ie](mailto:info@svp.ie)

# COMMUNITY NOTICE BOARD



## ADULT EDUCATION AT Portmarnock Community School AUTUMN TERM SEPTEMBER 2019

Enrolment [www.portmarnockcommunityschool.ie](http://www.portmarnockcommunityschool.ie)  
Enrolment nights: Tues 10th and Mon. 16th Sept. 7:30-8:30pm  
Ph 8038069 or email [adulded@portmarnockcommunityschool.ie](mailto:adulded@portmarnockcommunityschool.ie)  
Classes take place mostly Tuesday Nights or Saturday Mornings  
Schedule subject to change.

Archery	Golf
Aromatherapy "Get Winer Ready"	Guitar (Beginners and Improvers)
Art / Painting	Gardening for Beginners
The Artist's Way - Recovering your Creative Self	Holistic Therapies Intro Course (Wed. Afternoon)
Badminton	Indian Head Massage (Sat.)
Baking: Have Fun with Baking	Italian Beginners and Improvers Courses
Ballroom Dancing (Sat.)	Keyboard (Piano) Beginners & Improvers
Barre Exercise	Mindfulness
Bridge Beginners & Improvers (Wed. 1:30pm)	Music Theory
Care of the Older Person QQI L5	Philosophy (Introductory Course)
Chinese (Mandarin)	Photography DSLR Camera Improvers (Sat.)
Choir for Alumni / Past PCS Students	Photography DSLR Camera Improvers (Sat.)
Clinical Somatic Movement Class	Pickleball (Monday)
Computers: Digital Skills for Citizens (Sat.)	Pilates Beginners/Improvers Men Only Pilate (Wed)
Computers: Love your iPad (Sat.)	Rejuvenate Pilates for over 65s (Wed)
Cooking: Healthy Dishes from Around the World	Pilates Pre and Post Natal (Thursday)
Craft Beer Brewing	Pilates for Mothers and Babies (Saturday)
Creative Writing (Beginners)	Pottery (Sat.)
Creative Writing One Day Workshop	Singing for Beginners and Improvers
Dance: Latin in Line (Sat.)	Spanish Beginners & Improvers (Tues) & Advanced Conversational (Wed.)
Development Education	Special Needs Assisting QQI L5 and L6
English as a Second Language: Preparation for Cambridge FCE and also CAE exam	Tai Chi Beginners and Improvers (Wed.)
First Aid Responder Course	Tin Whistle Beginners and Improvers
Fashion Design: Beginners	Ukelele
French for Beginners	Volleyball (Monday & Thursday)
Genealogy Workshops	Yoga (Tues.) + Pregnancy Yoga (Mon.)
	Zumba



The New Life Centre in Darndale endeavours to encourage, enable and support all education. It offers a range of academic supports to many of the local and surrounding schools in the area. Currently grinds for all subjects are available on both the Junior and Leaving Cert curriculum at all levels.

Through the volunteer programme teachers (*many from Portmarnock*) give up their time to support this programme. The following results show the further education/college places /work obtained by the Leaving Certificate Students of 2018 who were supported by the New Life Centre.

<b>PLC Courses</b>	<b>24</b>
<b>NCI</b>	<b>1</b>
<b>Dublin Institute of Technology</b>	<b>7</b>
<b>Trinity College</b>	<b>3</b>
<b>UCD Belfield</b>	<b>3</b>
<b>ITT</b>	<b>2</b>
<b>IADT</b>	<b>1</b>
<b>NUI Maynooth</b>	<b>5</b>
<b>Overseas Colleges</b>	<b>1</b>
<b>Other (Private Colleges)</b>	<b>3</b>
<b>Apprenticeships</b>	<b>5</b>
<b>Repeating Leaving Cert</b>	<b>0</b>
<b>Have work</b>	<b>10</b>

If you have an interest in volunteering with the centre over the coming academic year please contact 01-847 4599 or Margaret Browne-Linehan at 087 127 0417



The 38th Annual Knockadoon Music and Liturgy Course is now open for booking! A place for choirs and young people to experience a week of music, faith and community from the 11th to the 17th of August! More info available on our Facebook, Instagram & Twitter @KnockadoonML or our website [www.knockadoonml.com](http://www.knockadoonml.com)



## Portmarnock Lions Club



Our annual golf classic which is one of our main fund raisers is taking place on **Friday 23rd August**

at the prestigious Portmarnock Hotel & Golf Links  
All the donations/funds raised go directly to the beneficiaries concerned in our local communities with no deductions whatsoever.  
Tee Reserved from 9.15 am to 2.30 pm  
Teams of four: €440 to include soup and sandwiches (with two scores to count at every hole) Tee/holes sponsorship: €100.  
**Please contact**  
Shay Smyth at 087 247 9937 or [shayutds@eircom.net](mailto:shayutds@eircom.net) or  
Ken Bracken at 087 979 3220 or [kbrackenlions@yahoo.ie](mailto:kbrackenlions@yahoo.ie)  
*Your support would be very much appreciated*

## IRISH KIDNEY ASSOCIATION CONCERT Starring.....



**Ronan Collins\*Finbar Furey\*Red Hurley  
Tommy Carey\*Mary Byrne\*Paddy Cole  
THE GRAND HOTEL MALAHIDE  
THURSDAY 25th JULY 2019**

Doors open 7.30 pm Show 8.30 pm  
Tickets €29.50 Reserved Seating. Contact:  
**Ann 087 135 2775 Tess 086 857 6190**

Kidney Reg 20011260

Man's watch found on  
Carrickhill Road Sunday 12 May.  
Phone Parish Office 846 1561.



# COMMUNITY NOTICE BOARD



## COFFEE MORNING FOR KERALA PROGRAMME

Theresa Vallululam pictured receiving the proceeds of the Coffee Morning in aid of RMS Institution (School for Children with

Special Needs) in Kerala, India from Fr. Jimmy. Also pictured is Pauline who organised the event which took place in the Parish Centre on Sunday 9th June.

Theresa who has been part of our Family Mass Team is on the Board of the special school and returned to India at the end of June.

The proceeds of the coffee morning amounted to €820 and Theresa wishes to express her sincere thanks to the parishioners of Portmarnock. She hopes to set up a special programme for the children and will keep us informed of its progress.



## St Helen's JNS says "Slán" To Miriam Dowdall

Miriam has been Principal of St Helen's JNS since 2004. It has been under Miriam's guidance that the school has developed and grown to be the safe and happy learning environment that it is today.

Her aim that children's education be supported by a rich variety of educational experiences has certainly been achieved. Miriam's vision and dedication to improve the educational standards and physical surroundings for the mainstream and Cabhair Centre children is part of her legacy that will continue to benefit our current and future pupils.

Miriam has announced that she is taking early retirement. I'm sure all children and parents, past and present, will join me in thanking her for all the years that she has 'guided the ship', for her wisdom and encouragement and the professional safe environment that she has fostered for children and staff alike.

I'm sure you will join me in wishing her health and happiness as she embraces this new chapter in her life.

*Mile Buiochas.*

*The Staff, Parents Association and Board of Management of St Helen's JNS.*



## Parent and Toddler Group

*Closed for the Summer  
Reopens on Tuesday 10th September.  
10.30 am to 12.00 noon*



## WALKING GROUP

**Anyone interested in joining a walking group (over 50s) in Portmarnock Area? Contact Áine 089 457 5974**



## BREASTFEEDING SUPPORT GROUP

run by the local HSE Public Health Nurses.  
Every Thursday 11.30—12.30 in Portmarnock Parish Centre. All Welcome. Ph 846 0311 for further information.



## Irish Guide Dogs

Meeting in Malahide Parish Centre

Thursday August 1st 2019 2.30pm to 4.30pm

Irish Guide Dogs Portmarnock/Malahide Branch are hosting an informal meet up in the Malahide Parish Pastoral Centre, beside Malahide DART station.

Why not join us for a cuppa and a chat, find out about the work of Irish Guide Dogs and the hopes and dreams of our branch. This gathering is for all who have an interest in Irish Guide Dogs. It will be held on the first Thursday of every month, with an opportunity to meet other members of IGDs, share ideas, and perhaps get the odd puppy cuddle! Tea, Coffee and biscuits will be available.

**Jade Green will give a talk on "Insight into an Unsighted World"**  
*All are welcome.*

Portmarnock, Kinsealy and Malahide "Care and Repair" is a group of volunteers who carry out small repairs and minor tasks e.g. minor gardening, changing plugs, cleaning windows etc. for people aged 60 plus. Where a job is too big or requires a professional tradesman we have a list of people we can recommend. For more information please contact us on 086 865 3311. The service is Free and we WANT to help.

## BOTTLE CAPS

Ms Thomas in St. Marnock's School is collecting bottle caps for Art Installations. It would be appreciated if you would collect and send in the bottle caps to the school (from September when school reopens).



## The Portmarnock Singers

Following a busy year of rehearsals, concerts and a trip to Baden Baden, Germany in December 2018, the Portmarnock Singers are now enjoying a well-earned summer break. Rehearsals will resume on Monday, September 2nd at 7.50pm - 9.50 in St Anne's Parish Centre.

New Members, particularly men, are always welcome. If you would like to join our choir after the summer holidays please contact: Marie: 086 340 9455 or Kay 086 259 6926.



## Portmarnock Pitch & Putt Club

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## Notice from An Garda Síochana Social Media Arranged Fights



The Gardai have warned about youths arranging "Fights" on social media. Participants arrange to meet at a location near a DART Station or other transport terminal. Some events have been raided by Gardai before serious harm has occurred, due to calls from DART / Dublin Bus Staff and the Public. These fights are arranged on, school vs school, area vs area and most alarmingly, racial basis.

People, especially parents should be vigilant and call Gardai if they see any unusual gathering. Weapons are carried by some so be careful and do not put yourself in danger. Parents should monitor social media use and watch for items missing from the kitchen.

Box Ads per issue: 1 box €40  
2 boxes €70, 4 boxes €130

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## Election

Congratulations to all our Councillors who were re-elected namely; Brian McDonagh, Jimmy Guerin, Eoghan O'Brien, Anthony Lavin. Welcome to Aoibhinn Tormey who was newly elected. Our commiserations to Daire Ni Laoi who did not retain her seat. Daire was helpful to us on many occasions. We wish her well for the future. You will forgive me for making special mention for Brian McDonagh our local Portmarnock representative who has done such great work for the village.

Congratulations are also due to Clare Daly who won a seat in the European election. We look forward to Clare highlighting Portmarnock and Fingal issues in the European Parliament on our behalf.

## Beach

Well done to Naomh Mearnóg CLG – we had two groups of young players who did a tremendous job in the past month in collecting litter on the beach. Well done to Terence O'Connor in particular who was instrumental in starting the exercise last year and repeated his performance in 2019. The under-8s are now the newest recruits. I hope they all had a great time



We would also like to thank Tomás Bell and his team from Portmarnock Scouts for joining us in the past month.

Our beach cleaning team would like to highlight the fact that a group of volleyballers left all their litter scattered on the beach after enjoying a game. Please, please clean up after yourselves. Put the rubbish in the litter bin – or even better bring it home and put it in your own bin.

Well done to Alan Devine of Fingal County Council who managed the installation of the new lifeguard building at the main entrance to the beach (see picture above). This will provide high quality comfortable facilities for the lifeguards who had to endure being inundated with seawater on a regular basis up to now.

## Tidy Towns

I have just come home after taking photographs of the excellent work being done in Ardilaun and Torcaill in improving the appearance of our village. The colour in Ardilaun is a sight to behold - Include it on your walk next time you are out and about. Torcaill have added some beautiful planters at the entrance to the estate (see picture above). It improves the entrance to the village at Blackwood Lane so much.

This year Pollinator Plan notices have been placed throughout the village to publicise the importance of wildflowers. The flowers are looking particularly well on Blackwood Lane at Torcaill, Beach Park, Coast Rd. over to the Moyne Rd., Coast Rd. from the Martello Tower to Low Rock, Robswall Park and Heather Gardens at present.

We have new planters being installed at present in the PAC Hall (4) and at the entrance to the beach (6). Please keep a close eye on the planters at the beach and report any damage.



We have just ordered the relettering of the plaques on Portmarnock Bridge. The letters will be picked out in black and should enhance the area.

I would like to congratulate the Tidy Towns new painting team. They have repainted litter baskets, gates, iron posts and "boxes" throughout the village. It is the little details that make all the difference. Well done to Phil and the team. If you see any structures, poles, walls etc. in public areas that need painting leave a message on my phone and we will eventually get to it.

We hope to have a new bed of Begonias planted at the junction of Strand Rd. and Golf Links Rd. (outside Jus de Vine) by the end of June.

## Portmarnock Sustainable Energy Community

We had our first meeting with our "mentor" in mid-June. He is an engineer based in Sligo IT who is being funded by the SEAI to assist us. Among the ideas he has suggested is an in-depth study of c. 6 typical estate houses built in the 70s, 80s and 90s. A comprehensive report on all aspects of energy saving insulation and heating will be produced which will then be made available to all residents with that particular type of house. A costing will be included in the report.

We discussed the issue of electric power generation in the area. My first reaction was that I did not see how we could participate in this aspect of sustainability until he mentioned solar. I forgot that we have two solar heating panels on our roof which work well! Apparently Photo Voltaic panels for generating electricity are now becoming much more efficient. Not only can we put them on our roofs but we may be able to locate an area for a solar panel farm. For your information Portmarnock is one of the sunniest areas in the country!

Finally – have a great summer and keep up the good work in making Portmarnock a better place in which to live.

Pat Suttle 087 248 6287

*Contacting the PCA: If you wish to contact the PCA on any issues in our community or volunteer for any of our committees why not call us 087 248 6287 (leave a message) or email [portmarnock1@gmail.com](mailto:portmarnock1@gmail.com). You can visit our website/Facebook at [www.portmarnock.org](http://www.portmarnock.org)*

# PORTMARNOCK UNCOVERED

## Creatives and scientists demand rethink on how we treat our sewage

Within weeks of the Irish Government's climate crisis declaration, Dublin's beaches were off-limits to swimmers and bathers, following the latest in an ongoing series of sewage discharges into Dublin Bay from Irish Water's wastewater treatment plant in Ringsend. And with a second massive plant planned for Clonsillaugh, experts warn, in two newly released short documentaries, that **we are rapidly turning our coastal seabed into a desert.**

Introduced by **singer, songwriter Damien Dempsey** and featuring **Love/Hate actor John Connors** alongside a range of experts, the films not only highlight this systematic **destruction of our marine environment**, but point to alternative, sustainable methods of sewage treatment that can form **a crucial part of the Government's climate reversal strategy.**

"It might be a big ask to get the Government to completely change how they think about it," admitted environmental consultant and author Féidhlim Harty, "but it's the ask that's needed. They've stepped up to the mark. They've declared a **climate emergency.** This is one of the solutions that's so easy to implement immediately. The new system in North Dublin doesn't need to go ahead because there are so many **solutions that are regenerative.**" A keen sea swimmer, Dempsey put aside preparations for his annual Iveagh Gardens gig (July 6) to lend his support for the project. "If the Irish Government are 'for real' about this, they need to put the brakes on the plant in Clonsillaugh and listen to the alternatives", insisted Dempsey. "Sewage can be part of the solution instead of part of the problem."

The Clonsillaugh sewage plant is just one part of the Greater Dublin Drainage Project (GDDP) which will see a massive network of sewerage and installations that will stretch across the North Side of Dublin from Blanchardstown through to the final effluent outfall off Ireland's Eye. The final network will take in sewage, not only from Dublin, but from surrounding counties.

Pointing out that Dublin Bay is the **only UNESCO Biosphere in a capital city** anywhere in the world, the singer is adamant in his opposition. "This is part of the great fight to save this planet," he said. "I'm saying 'no'. They're not building it. They're not going to destroy this part of my island."

"Ireland could be setting a world-class example of how we need to live in the future," suggested Monica Wilde, a research herbalist and ethnobiologist, "something really beneficial to our planet as a **world leader in new technologies** – not just in doing the same old, same old stuff and just dumping our waste. It's tragic."



Our waters are already polluted more than we know, according to marine biologist **Kealan Doyle, star of the documentary "The Seahorse Man"**. Doyle has been sending water samples to laboratories in Germany for testing at a much higher level than is carried out in this country and the results for the east coast are worryingly stark. They show high levels of metals such as barium in the water. There is also a level of tin which, the marine biologist warns is already hovering just below dangerous levels. "We're already playing with fire in terms of where we're at", explained Doyle. "The last thing we need to do is to make it worse."

Doyle further explained that phytoplankton, which is abundant around our coasts, creates half of all the oxygen in the world.

"People focus on rainforests and, yes, they're crucially important but nothing is as important as phytoplankton. If we mess with this, if we jeopardise this, if we pollute this, **we are essentially killing the very oxygen that we breathe,**" he warned.

"This toxic plant is going to unite all people from all ethnic backgrounds," claims actor John Connors. "It was discriminative in its location, but we're all going to reap the benefits. There are times when you should be angry and being angry is a positive thing. Now is the time to be angry."

The documentaries can be seen on **solutionnotpollution.com** and a petition has been launched at <http://IwillSign.eu>

**Catherine**

The planning application is currently with An Bord Pleanála and the decision is due on 27th September.

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## PARISH INFORMATION

Saint Anne's Church & Parish Centre,  
Strand Road, Portmarnock,  
Co. Dublin. Phone 846 1561  
email: stannes@portmarnockparish.ie  
www.portmarnockparish.ie

**Parish Office** (in Parish Centre) Open 9.00 am to 5pm, Mon to Fri. Signed Mass cards (including Irish text) available, arrange baptisms, get baptism/confirmation certificates, Freedom to Marry forms, book rooms in Parish Centre etc.

**Parish Secretaries** Margaret Corcoran & Gabrielle Moore.

**Anniversary Masses:** All weekend Masses are 'shared'. Call or phone the Parish Office to book Masses.

**Confessions** Saturdays after 6.30 pm Mass.

**Baptisms** are held on the 1st Saturday at 12.00 noon and the 3rd Sunday at 1.30 pm. Preparation Meeting for parents and godparents held usually on last Wednesday of each month in Parish Centre. See more details on web-site or contact Parish Office.

**Marriage** - please see website for important information on church and state requirements or contact Parish Office.

## BAPTISMS

### *Congratulations to the families of the following babies who were baptised recently*

*Ben Francis Finnegan, Torcaill  
Althea Gabrielle Gannaban, The Kilns  
Cian James McGonigle, Ardilaun  
Naoise Caragh Quinn, Wendell Avenue  
Zach David Smith, Torcaill  
Holly Isabelle Byrne, Baldoyle  
Liam John Conway, Station Manor  
Clodagh Hannah Dunne, St. Anne's Square  
Alfie Patrick McCartin, Swords  
Alex Michael McMahon, Carrickhill Walk  
Elliott Henry Wilson, Strand Road*

## ADORATION TIMES AND OTHER DEVOTIONS DURING SUMMER MONTHS



### ADORATION OF THE BLESSED SACRAMENT

Shalom Room—St. Anne's Parish Centre, Portmarnock

#### DAYTIME

MON TO FRI 9.00 am-4.50 pm / SAT 10.00 am—**1.00 pm**  
(**MON** 3-4 pm—Divine Mercy Group).  
**WILL NOT TAKE PLACE IN AUGUST.**

#### EVENING

Parish Centre closed in the evenings until Monday 2 September  
John Main Meditation Group will return after the summer break in September. Date to be announced

#### OTHER DEVOTIONS

**Legion of Mary** Weekly meetings are held on Wednesdays at 10.40am New members welcome

#### LAST FRIDAY OF EACH MONTH

#### St. Pio Devotions

**7.00 pm** in St. Anne's Church (Mass commences at 7.30 pm).

## MONDAY 5th AUGUST—BANK HOLIDAY

Masses in our grouping: Convent 9am. Malahide 10.00 am

## FEAST OF THE ASSUMPTION OF OUR LADY

Thursday 15th August 2019—Holyday

MASS TIMES in our grouping

Vigils: 6.30 pm Yellow Walls and 7.30 pm Portmarnock

Holyday: 8.30 am Convent 10.00 am Portmarnock and Malahide

10.30 am Yellow Walls 11.00 am Kinsealy 7.30 pm Malahide

## MASS TIMES IN OUR GROUPING DURING JULY AND AUGUST

MASS TIMES	CHURCH July and August	WEEKDAYS (subject to availability of priests)
<b>Saturday</b> 6.00 pm 6.30 pm	<b>Vigils</b> Yellow Walls Portmarnock	<b>Convent</b> 8.30 am Mon to Fri 9 am Sat
<b>Sunday</b> 9.00 am 10.00 am 10.30 am 11.00 am 11.15 am 11.30 am 12.00 noon 12.30 pm	Carmelite Convent Malahide Portmarnock Kinsealy Malahide Yellow Walls Portmarnock Malahide	<b>Yellow Walls</b> 9.30 am Mon/Tues/Thurs/Fri <b>Kinsealy</b> 10 am Mon/Tues/Wed/Fri <b>Malahide</b> 10 am Mon to Sat <b>Portmarnock</b> 10 am Mon to Fri
<b>No Evening Mass July and August</b>		

## Diary Dates

	DATE	DETAILS	Page
JUL	Fri 19— Thurs 25	Pilgrimage to Lourdes	
	Thurs 25	Concert Grand Hotel	6
AUG	Thurs 1	Irish Guide Dogs Group Meeting	7
	Mon 5	Bank Holiday Mass Times	12
	Sun 11— Sat 17	Knockadoon Music & Liturgy Course	6
	Thurs 15	Feast of Assumption—Mass times	12
	Thurs 15— Sun 18	Youth 2000 Annual Summer Festival	2
	Fri 23	Lions Club Golf Classic	6
SEP	Mon 2	Parish Centre reopens in evenings	12
	Mon 2	Portmarnock Singers recommence	7
	Tues 10	Parent and Toddler Group recommences	7
	Tues 10	Enrolment Adult Education Classes	6
	Mon 16	Enrolment Adult Education Classes	6
	Fri 27	Decision due from An Bord Pleanála	11
OCT	Thurs 31	Pilgrimage to the Holy Land	2

# The Range Cafe

The Range Cafe, open to the public seven days a week, serving breakfast & lunch. We serve delicious daily specials, homemade scones, salads, soups & sandwiches. Specialty teas, coffees, pastries also available.

The Range Cafe is located at The Kinsealy Golf Driving Range,  
Chapel Road, Portmarnock, Co. Dublin.  
Tel: 087 262 1438.

#### Opening Hours

**Monday—Saturday 10am—4pm**  
**Sunday/Bank Holiday 11am—5pm**

—Free Parking

—We also offer catering for every event

**JOIN US AND ENJOY THE AMAZING RELAXING VIEWS FROM OUR ROOF TERRACE!**