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JUNE 2024

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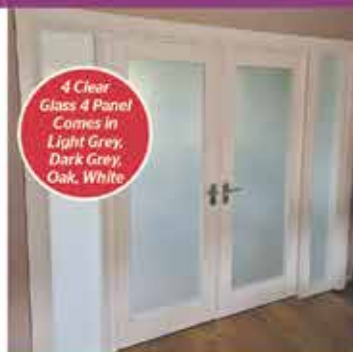
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EDITORIAL

Welcome to our June Edition of little Village. Time is flying and we are still waiting and hoping for summer!!!! On that note we have an interesting article for you on Barbecuing.

If you are in the travel mood and feel like getting away for a short break we have a good read on Beyond the Pale featuring Sligo.

Congratulations to our team of athletes winning gold in Europe. See our short article on that.

We hope we have something of interest for all of you. For parents of young children we have an item informing us that children under 14 could soon be banned from the use of smart phones.

Enjoy what's left of our lovely long evenings and we will chat again in our next issue.

On behalf of the Little Village Team

Kind Regards, Little Village

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Mattress Mick the Musical

After its initial preview last year which got a huge positive reception from the audience, it's now back and back with a bang. Mattress Mick The Musical is taking to the stage again at The Barbican Theatre in Drogheda this August.



This is an original Irish Musical written by Josephine McCaffrey. The story is about the national treasure and icon Michael Flynn aka Mattress Mick. It covers the many ups and downs of Mick's life, from his Pearse Street Days as a young man to the present. It mirrors a story that a lot of people will connect with, from the boom to the crash and how it affected people. This is a story about rising from the ashes and not giving up.

Along with a great story, there are also some outstanding original songs sung by the cast, especially by Conor Duffy who plays Mick. We also get an insight into matters of the heart and Mick's relationship with his family. This is a show suitable for everyone.

The writer and director said, "It was great to see how much the kids enjoyed the show as well as the adults". Mick is a character that is very much loved by all, and you can see that from the amount of selfies he is asked for when he's out and about. The man himself will be at the shows and you'll get a chance to meet him in person and get a picture.

If you are getting to the end of the school holidays and looking for something fun to do with the kids, then this is highly recommended. The show runs from the 16th of August to the 18th with 2 matinee shows. Tickets are available at

<https://www.gr8events.ie/mattressmickmusical>

MATTRESS MICK
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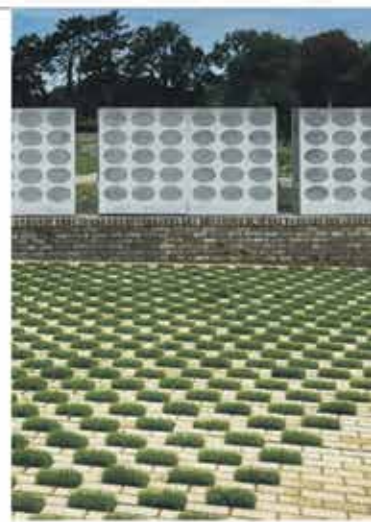
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Irish Athletes win Gold in Europe

What a golden 48 hours for Irish athletics.

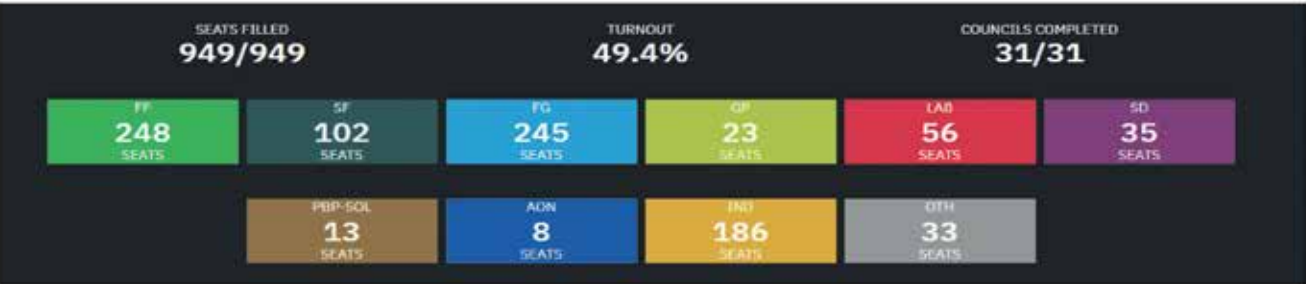


On Sunday night inside the Stadio Olimpico, Ciara Mageean showed remarkable patience and experience to strike 1,500m gold and join the Irish mixed 4x400m relay team of Chris O'Donnell, Rhasidat Adeleke, Thomas Barr and Sharlene Mawdsley as only the third gold medal winner for Ireland in the now 90-year history of the European Athletics Championships

– Sonia O'Sullivan previously winning three gold medals in all, one in 1994 and two in 1998.
Mageean and the Irish relay quartet also joined the elite list which previously numbered only 10 individual names in all, this being a second European medal for Barr after the bronze won over the 400m hurdles in 2018, and a third for Mageean, the first Irish athlete to complete the European set of gold, silver, and bronze.

Local Elections 2024

The results of the 2024 local elections are at national level:



The results for East Kildare are:

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<div>LAB</div> <div>HEATHER RUPERT</div> <div>672 Votes 1st Pref: 9.8% <input checked="" type="checkbox"/> Count 7</div>	<div>GP</div> <div>HUGHES PETER PAUL</div> <div>389 Votes 1st Pref: 5.7% <input checked="" type="checkbox"/> Count 1</div>	<div>SF</div> <div>MONAGHAN DAVID</div> <div>593 Votes 1st Pref: 8.6% <input checked="" type="checkbox"/> Count 1</div>

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ETON MESS

Our recipe this month is for Eton Mess, a very English dish but made in this recipe with delicious Irish grown strawberries. Irish strawberries are now in season, and this is a great way to enjoy them.



Eton mess is a traditional English dessert consisting of a mixture of strawberries or other berries, meringue, and whipped cream.[1] First mentioned in print in 1893, it is commonly believed to originate from Eton College and is served at the annual cricket match against the pupils of Harrow School.

Ingredients

- 300 g fresh strawberries
- 150 g fresh raspberries
- ½ tablespoon runny honey
- 100 g double cream
- 100 g low-fat Greek-style yoghurt
- 100 g shop-bought meringues

Method

1. Halve or quarter any large strawberries and place in a large bowl with the raspberries. Use a fork to crush half of the berries and drizzle over the honey.
2. Whip the cream until soft peaks form, then fold

in the yoghurt.

3. Crumble the meringues over the fruit, then fold in the cream and yoghurt mixture. Divide up into 6 individual bowls and serve straightaway, topped with extra berries, if you like.

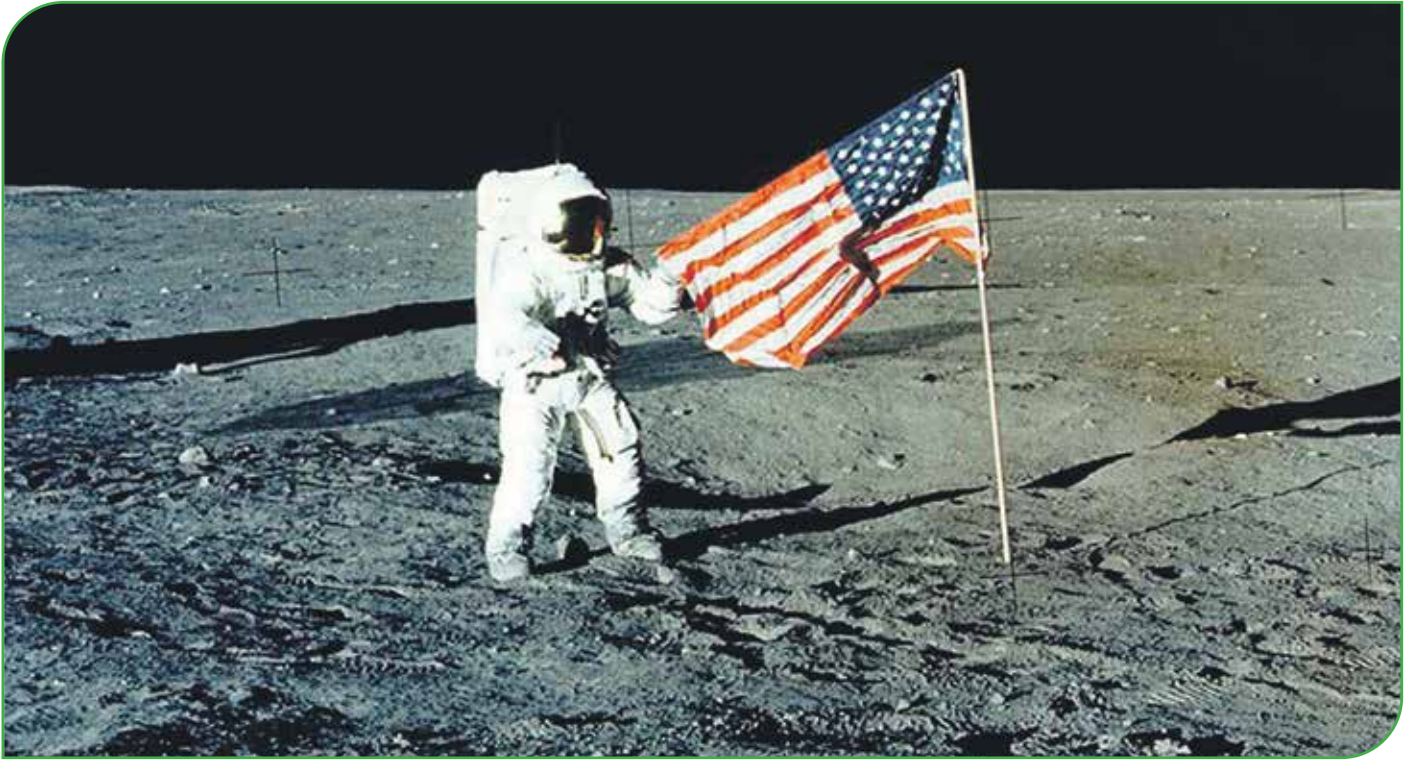
Tips

MAKE YOUR OWN MERINGUE

1. Preheat the oven to 130°C/250°F/gas ½. Put 2 large free-range egg whites into the bowl of a free-standing mixer (save the yolks for another recipe), add a pinch of sea salt and whisk until the mixture forms stiff peaks (you could use an electric hand whisk).
2. With the mixer still running, gradually add 100g of golden caster sugar until combined.
3. Line 1 large baking tray with greaseproof paper. Put the mixture in the middle of the tray, then use the back of a spoon to shape and swirl it across, leaving a 3cm gap around the edge.
4. Bake in the oven for 1 hour 10 minutes, or until crisp on the outside and a little soft and sticky inside. Once cooked, leave the meringue to cool.

They say they put a man on the moon

The Moon landings were faked. Apollo 11 didn't happen. Humans never set foot on the Moon. Heard all this before?



Conspiracy theories surrounding the Moon landings have proved worryingly persistent in the 50 years since Neil Armstrong and Buzz Aldrin took their first small steps on the lunar surface.

NASA's landmark achievement is still being challenged.

Despite there being a wealth of information online debunking these conspiracy theories, the cries of hoax continue. Why?

"We find ourselves awash in an ocean of information online," National Space Centre Discovery Director Professor Anu Ojha said during a 2019 lecture at Royal Museums Greenwich.

"There has been more data produced in the last two years than in the whole of human history. This information ocean is getting more turbulent every single day," he continued. "The only tools we have to navigate through this maelstrom are the critical thinking skills that we are trying to develop in people as scientists."

So how can science help to debunk Moon landing conspiracy theories?

Conspiracy theory 1: shadows in the Moon landing photos prove the images were faked

Take a look at the image below, and at the full panorama on the NASA website. Look closely at the shadows cast by astronaut Neil Armstrong and another object just out of shot. What's wrong with them?

Photograph taken by Neil Armstrong during the Apollo 11 Moon landing (NASA)

They're not parallel.

This image has been taken as proof by conspiracy theorists that the Moon landings



were faked. Surely if the Sun were the only light source, then the shadows should be parallel? Doesn't this prove that the whole scene was mocked up in a studio, with multiple light sources creating different shadow patterns?

Well, no.

"This is on the surface of the Moon, but we can reproduce this effect any time we want to on Earth," Prof Ojha explains. "You have all seen this phenomenon yourself, where, because of perspective, parallel lines appear to be non-parallel. If you are trying to reduce on to a two-dimensional plane a three-dimensional situation, you can make lines do all sorts of weird things. Artists have been using this for centuries."

Go outside when the Sun is low in the sky and see this effect for yourself. Just like the images from Apollo 11, the shadows will not be parallel.

Conspiracy status: **debunked**

Conspiracy theory 2: Apollo astronauts could not have survived Earth's radiation field

Earth is surrounded by a zone of charged particles known as the 'Van Allen' radiation

belt.

"These are regions surrounding the Earth in our magnetic field where high energy trapped particles from the Sun tend to get confined," Prof Ojha says. "What that means is if you are going into these regions, there are extremely high radiation concerns."

If that is the case, how did the Apollo astronauts travel through the Van Allen radiation belt and out of Earth's orbit unharmed? Surely the amount of radiation would have killed them? Doesn't this prove that the Moon landings were a hoax?

Prof Ojha has a killer reply.

"My answer to that is... firewalking," he says.

"If you've ever done firewalking, you'll know the one thing you don't do is linger around in the middle of the firepit. You cross as quickly as you can. From a science point of view, as long as you walk across quite quickly, looking at the thermal conductivity of your feet, you are not going to have enough thermal energy going into the soles of your feet to burn you. You're absolutely fine. Just don't hang around in the middle!

"In a similar way, the transit time through the

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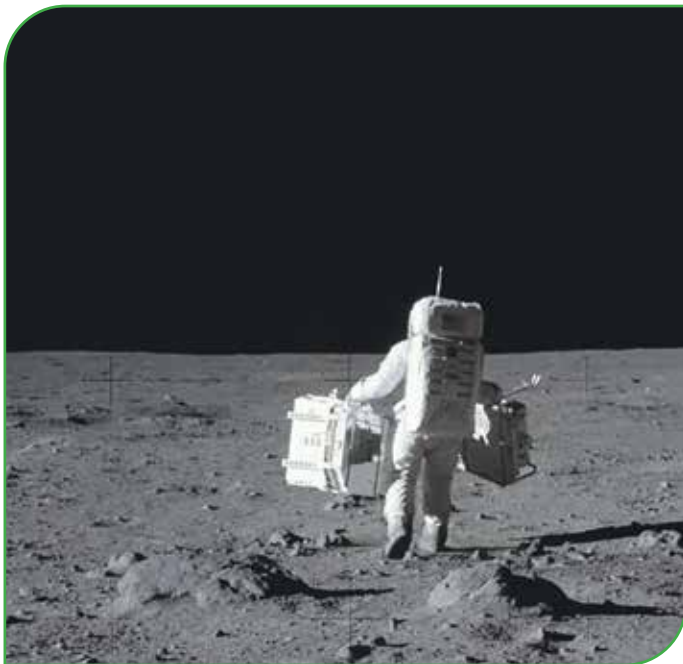


Van Allen radiation belt right at the beginning of the Apollo voyages was incredibly short. Travelling through the Van Allen radiation belt if you are going fast enough – which you need to be if you're going to the Moon – is no problem whatsoever."

Conspiracy status: **debunked**

Conspiracy theory 3: why are there no stars in pictures of the NASA Moon landings?

Here is another Moon landing photograph which has caught conspiracy theorists' eye



Apollo 11 Moon landing

Buzz Aldrin carries experiment equipment during the Apollo 11 Moon landing (NASA)

If the image really was taken on the Moon, shouldn't the sky be filled with stars? After all, there is no atmosphere to distort the image, no clouds to interrupt that glorious view.

Conspiracy theorists argue that the lack of stars in the Apollo 11 mission photographs prove that the event was staged. NASA could not have faked the full wonder of the lunar sky, and so they simply chose not to include any stars at all.

Here's another solution: both the astronauts and the lunar landscape itself are brightly lit by the Sun. The sky may look black, but remember, this is in fact daytime on the Moon.

If you're going to take a photo of a brightly lit scene, your camera's shutter speed needs to be fast and your aperture incredibly small. In that situation, faint objects like stars simply

aren't going to show up.

Conspiracy status: **debunked**

Conspiracy theory 4: the Apollo 11 US flag is waving in the wind... but there's no wind on the Moon

"One of the crowning moments in terms of US national pride was seeing the Stars and Stripes on the surface of the Moon," Prof Ojha says.

Buzz Aldrin salutes the US flag during the Apollo 11 Moon landing (NASA)

Buzz Aldrin saluting the proudly waving American flag on the Moon remains one of the iconic images of the Apollo 11 mission, a declaration of US supremacy over space race rivals the Soviet Union.

But if there is no atmosphere on the Moon, there is no wind - so why is the flag waving? Is this the proof that conspiracy theorists have been seeking?

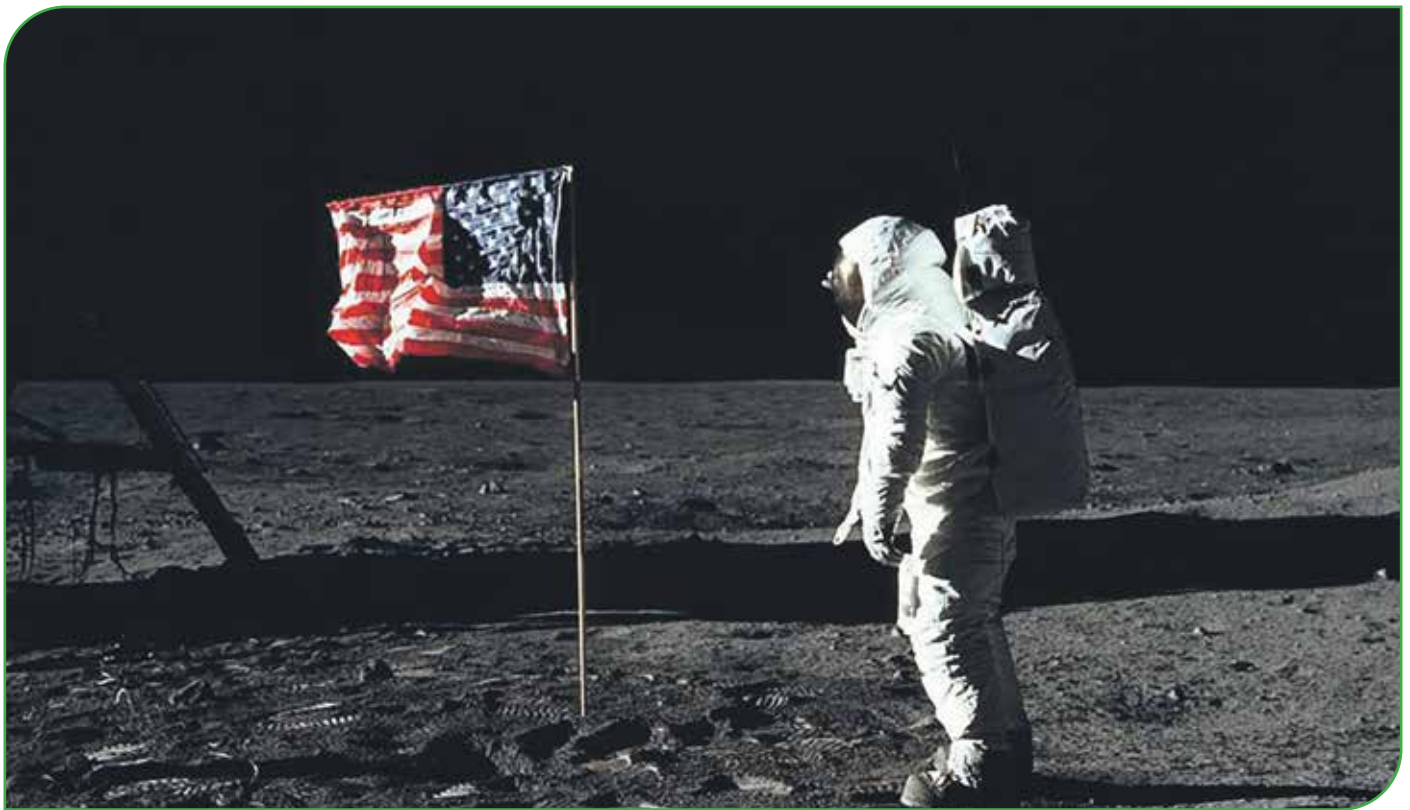
Look again at the image, and in particular along the top edge of the flag, and you will find the answer. A telescopic pole has been extended along the top in order to make the flag fly proudly (yes, NASA really did think of

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everything).

“Because it’s been set up like this, it appears to be waving in the wind,” Ojha explains. “All the wrinkles are there because it’s literally

been screwed up for four days en route to the Moon.”

Conspiracy status: **debunked**

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Conspiracy theory 5: if we really went to the Moon in 1969, why have we never been back?

Apollo 17, the last Apollo mission to land astronauts on the Moon, took place in 1972. Since then, humans have never returned.

Maybe that’s because we never went to the Moon in the first place? Apollo 17 wasn’t meant to be the end of the story, of course. Throughout the 1970s there were ambitions to establish a permanent lunar base before turning to the next major space exploration challenge: Mars.

It never happened. But this was no grand conspiracy; this was geopolitics.

“The answer is we changed our priorities,” Ojha says. “From a combination of the Vietnam War, but also there was this geopolitical element of thinking, ‘We’ve won the race’. Just as we’d got good at doing science on the Moon, we abandoned it.”

Instead, attention turned to the Space Shuttle programme and, latterly, the International Space Station, which has been permanently inhabited by teams of astronauts since November 2000. But that doesn’t mean humans couldn’t return to the Moon in the future...

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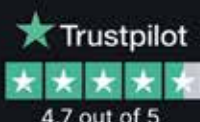
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- **Hydration is Key:** Water is essential for every bodily function. Aim to drink plenty of water throughout the day to stay hydrated and support your workouts.

Moving Your Body

- **Find Activities You Enjoy:** The key to sticking with an exercise routine is to find activities you genuinely enjoy. This could be anything from dancing to swimming, hiking, or team sports.
- **Start Slow and Gradually Increase Intensity:** Don't try to go from couch potato to marathon runner overnight. Begin with moderate-intensity exercise for 30 minutes most days of the week, and gradually increase the duration or intensity as your fitness improves.
- **Mix it Up:** Incorporating a variety of exercises is not only beneficial for your overall fitness but also helps prevent boredom. Aim to include a combination of cardio, strength training, and flexibility exercises.
- **Listen to Your Body:** Rest and recovery are crucial for muscle growth and injury prevention. Don't push yourself too hard and take rest days when needed.

Making it a Lifestyle

Healthy eating and exercise are not quick fixes; they're about creating sustainable habits for long-term well-being. Here are some tips to make healthy choices easier:

- **Plan your meals:** Dedicate some time each week to plan your meals and snacks. This will help you make healthy choices

throughout the week and avoid unhealthy temptations.

- **Prep healthy snacks:** Having pre-cut veggies, fruits, and healthy dips readily available will curb cravings for unhealthy snacks.
- **Find a workout buddy:** Exercising with a friend or family member can provide motivation and accountability.
- **Track your progress:** Whether it's a fitness tracker or a simple journal, keeping track of your workouts and meals can help you stay motivated and see the progress you're making.

Remember, even small changes can make a big difference. By making healthy choices a part of your daily routine, you'll be well on your way to achieving your fitness goals and feeling your best!

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Beyond the Pale – County Sligo

Our 'beyond the pale' series continues with a focus on Co. Sligo



In the 14th century, the English established a boundary around Dublin known as the Pale to mark the limits of English control in Ireland. The area within the Pale was considered under English jurisdiction and civilized, while the areas beyond the Pale were seen as wild and lawless. We now know the rest of Ireland is safe to travel to!

Yeats Grave

The village of Drumcliffe, County Sligo is famous for being the final resting place of W.B. Yeats, whose grave is in the churchyard under a simple headstone. The village is also home to the site of a 6th Century monastery.

Drumcliffe, County Sligo is set against the striking

backdrop of the Benbulbin Mountains. It is best known as the final resting place of W.B. Yeats.

Found in the churchyard, his grave is marked with a simple headstone with the inscription, "cast a cold eye on life, on death, horseman, pass by." This was Yeats' self-penned epitaph together with the instructions that the grave consist of "no marble, no

conventional phrase". The graveyard also contains a high cross and nearby is the site of a 6th Century Columbian monastery.

Lissadell House & Gardens

Lissadell House & Gardens is situated on the shores of Sligo Bay, in north Sligo. The historic and literary associations of Lissadell and the natural beauty of its setting with sea, woodland and mountains makes Lissadell one of the top tourist attractions.

The historic and literary associations of Lissadell House & Gardens in County Sligo, and the wild dramatic natural beauty of its setting surrounded by mountains, sea and woodlands, makes Lissadell a must visit heritage attraction in the northwest.

Follow in the footsteps of WB Yeats in wandering through this beautifully restored estate on the shores of the Atlantic. Childhood home of Constance and Eva Gore-Booth, built by Sir Robert Gore-Booth in 1830 and designed by Francis Goodwin, the house is now fully restored and open for guided tours Wednesdays through to Sundays every week, June to August.

Benbulbin Loop

Get up close to one of our most iconic mountains on the Benbulbin Loop. This easy walk along primarily forest road will take a mere 90 minutes to complete, but walkers are in for a real treat with more than a few surprises along the route.

The Benbulbin Loop is a pleasant, mostly easy walk that's perfect for taking an afternoon out to stretch the legs with family or friends.

Head out from the car park at the entrance to Gortarowey Forest and enjoy the easy-going company of fellow hikers, runners and nature groups as you take in the fresh country air, lush, forested hills, and beautiful views of picturesque Benbulbin.

National Surf Centre

The National Surf Centre Strandhill solidifies County Sligo's reputation as one of the must visit outdoor adventure destinations in Ireland.

The National Surf Centre Strandhill in County Sligo provides a thrilling experience which extends the surfing and outdoor activity season for visitors to Strandhill and the wider surfing community. It is a modern, purpose built architecturally designed building situated along the spectacular Wild Atlantic Way. Overlooking the waterfront, fully serviced changing, shower and locker facilities are provided.

There is extensive ground floor space that is used for surf class training and demonstrations. The

National Surf Centre Strandhill is the first of its kind in Ireland and is home to three surf schools, the County Sligo Surf Club and has a bespoke surf retail experience. The first floor also has a multi-functional room space with impressive coastal views.

Streedagh Beach

Set off on a scenic ramble on Streedagh Beach in County Sligo. The 3km-long sandy beach links Streedagh Point to Connor's Island and makes for a magnificent walk with views of the Sligo coastline.

The sandbar at Streedagh Beach is overlain by sand dunes with an estuary to the east side and the Atlantic Ocean to the west, both providing thriving habitats for a rich array of flora and fauna. Feel the wind on your face and breathe in the salty sea air on a peaceful walk.

The exposed beach together with reef breaks creates ideal surfing conditions. Bring your board and wetsuit to experience some of the best cold-water surfing in the world. Windsurfers and stand-up paddle boarders (SUP) can take to the calmer water in the sheltered estuary. Or keep your feet on dry land and watch as giant waves come rolling in from the Atlantic and crash against the shore.

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Cash is still king for many Dublin holiday goers, a new survey finds

A survey of Blanchardstown Credit Union members on holiday spending shows:

- 40% purchased cash before a trip, making it the most popular payment method.
- 77% purchase cash for travel at least once per year.
- Other leading payment methods used abroad include debit cards (33%), Apple Pay and Android Pay (14%), and credit cards (4%).

Almost three-quarters of members of one Dublin Credit Union are expecting to spend more than €500 of cash as travel money on their next trip, a new survey indicates.

The research, commissioned by No1 Currency—a part of Fexco Currency within the larger fintech organisation, Fexco Group—surveyed over 3,000 credit union members from 151 different credit unions across Ireland including Blanchardstown Credit Union in Dublin.

26% of respondents from Blanchardstown Credit Union purchase cash for travel purposes more than once a year, compared with 29% nationally.

While respondents use an array of different payment methods on holiday, cash as travel money is the most popular single method, accounting for almost half (40%) of the overall spend, while 7% withdraw from ATMs during their trip. Other top spending methods abroad include Debit Card (33%), Apple and Android Pay (14%), and Credit Card (4%).

Simon Phillips, Managing Director at Fexco Currency said: “In the age of digital payments, it is very interesting to observe Irish tourists’ preference for cash when travelling abroad. At Fexco, we pride ourselves in providing competitive rates and ease of access across our network of credit union partners nationwide, and this research is especially

encouraging with the finding that credit unions are a favoured and trusted source for travel money, with 72% of respondents viewing them as a valid option for these purchases”.

The research also found that the average respondent in Blanchardstown will book 2.6 foreign trips this year. Respondents said that price was the key factor in determining their preferred travel money provider, followed by the convenience of the providers’ location. There was a clear preference among respondents for in-person services, including the option to order online and collect within a branch.

Nationally, the research has found that cash is still king for many holiday goers with more than 75% of people buying cash as travel money at least once a year, and 67% expecting to spend more than €500 of cash as travel money on their next trip.

Those aged 18 – 24 years old are the least likely to make travel money purchases prior to their trip, likely due to their usage of digital payment services; however over 72% of this age cohort still plan to purchase travel money at least once this year.

Fexco’s Retail Foreign Exchange (RFX) business has been in operation since 1981 and year on year, Fexco caters to the travel money and money transfer needs of more than two million customers in the United Kingdom and Ireland annually.



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Kildare County Council adopts Kildare Local Economic and Community Plan 2024-2029

Kildare County Council has published the Kildare Local Economic and Community Plan (LECP) 2024-2029, which was recently adopted at the full council meeting on April 29th.

The LECP is a six-year statutory plan required under the Local Government Act 2014. The purpose of the LECP is to set out the objectives and actions to promote Kildare's economic and local/community development for a six-year period. The collective objective of stakeholders involved in the development of the plan is to ensure that all organisations in the county, statutory and non-statutory, public and private sector, work over the next six years to implement this plan. Kildare LECP aligns with other key plans, including the Kildare County Development Plan 2023-2029.

The process to develop the Kildare LECP took 12 months and was overseen by a nine-member Advisory Steering Group with expertise from within and outside of Kildare County Council. Over 1,300 people directly engaged in the consultation stage from July to November 2023 through a range of focus groups, surveys and interviews.

The final plan was also informed by a range of community and economic policies and plans including the All-Island Research Observatory (AIRO) in Maynooth University, updated datasets including Census 2022, which highlighted the ongoing growth, youth, economic success and challenges facing the county.

The overall vision of Kildare LECP 2023-2029 is:

County Kildare; working together as a sustainable, inclusive, economically vibrant, healthy community for all.

The plan sets out four high level goals and associated objectives which highlight the need to continue to focus on;

- developing infrastructure,
- the people within the county,
- progress climate action/justice and sustainability; and finally

- to attract the resources and investment for Kildare

A two-year action plan to progress the objectives of the LECP is currently being finalised. This action plan will be implemented by Kildare County Council and a range of other organisations and bodies across Kildare. Monitoring the plan's progress will be overseen by Kildare Local Community Development Committee (LCDC) and the Economic Development and Planning Strategic Policy Committee (SPC).

Following the adoption of the LECP, Cathaoirleach of Kildare County Council, Councillor Daragh Fitzpatrick, said: "Kildare County Council has adopted a comprehensive, evidence based LECP that clearly sets out the community and economic development priorities for the county for the next six years. Our LECP will enable us to make clear decisions, target and seek resources and work closely with other stakeholders. The principles that underpin our LECP will help to continue Kildare's development as a county where people are proud to live, work, bring up their families and run their businesses."

Chief Executive of Kildare County Council, Sonya Kavanagh said: "Kildare LECP provides an important framework to bring a range of policies and plans together. These inform current and future community and economic development in Kildare. Collaboration has been critical in developing the community and economic priorities for our county and will be essential over the next six years to embed our work together to reach shared goals."

The LECP and supporting information can be viewed on the Kildare County Council website: <https://kildarecoco.ie/AllServices/Community/KildareLCDC/LocalEconomicandCommunityPlan/>

How children under 14 in Ireland could be banned from smartphones

Article by JOHN DRENNAN on rollorcoaster.ie



Government coalition parties are now competing to take on social media giants as Fine Gael want children under 14 banned from owning smartphones. Fianna Fáil has described the move to tackle TikTok, Facebook, Instagram and X as a bigger challenge than the smoking ban, pledging millions of euros in fines in the fight to curb their influence.

The political tit-for-tat within the Coalition has expanded into the arena of social media and children, after the decision by FG senators to table a motion on the issue this week. The motion, signed by all party senators, pledges to introduce a raft of hard-line measures aiming to impose a smartphone ban on ownership by anyone aged 13 and under.

A review of legislation to enforce the digital age of consent will ensure that those aged under 16 are not allowed to open a social media account and oblige smartphone and social media companies to issue alert mental health warnings to users at 30-minute intervals.

Fine Gael also wants smartphone and social media companies to advertise more transparent use options, along with parental controls while improving age-appropriate digital teaching in schools around online safety, privacy, and the responsible use of smartphones.

The hardline Bill also calls for the introduction of, 'mandatory mental health and well-being education in school curricula, to raise awareness about the potential negative impacts of excessive screen time and social media use, to encourage cognitive security and cognitive resilience.'

Taoiseach Simon Harris has called for 'a public information campaign, digital detox periods and healthy habits for screen-time management among children, to include guides around screen-time management, warning of the impacts of smartphone use of anxiety, social isolation, withdrawal, and mental health.'

The motion notes that the Department of Education has led

on supporting the responsible use of smartphones in supporting schools with a voluntary code in their use. Numerous schools have already made the move on digital safety and put in place a voluntary code banning smartphone ownership and restricting their use.

But FG believes tougher sanctions are needed, as 'almost a quarter (24%) of six-year-olds have their own smartphone' and 'just 28% of parents use parental control.' FG believes the Government should 'acknowledge in policies and in future budget allocations that tackling the harms from excessive smartphone and social media use requires a whole-of-society approach.'

The FG motion follows a FF Ard Fheis where Micheál Martin pledged the Coalition would turn on social media in a similar manner to the abolition of smoking unless they get their house in order. Mr Martin claimed that social media groups are targeting children for commercial gain and that the 'mental health, educational and social damage to many children' represented a similar challenge to banning smoking in the workplace twenty years ago. The Cork Fianna Fáil leader said that whilst this ban had met with ferocious resistance: 'Thousands of lives have been saved because we took the long-term view.'

Now he warned: 'The new public health crisis of our time (is) the impact on children of social media and being constantly online.'

The Tánaiste said that as part of the new plan, 'clear, accessible guidance will be available to every parent on what to do concerning your child and the online world.'

He told social media companies that their message is clear: 'Take concrete steps to get underage children off your apps or we will impose those steps on you.'

Education Minister Norma Foley has accused some social media companies of recklessness. Ms Foley said: 'Parents should not buy smartphones for children in primary school. Children as young as six and seven are being groomed online.'

10 THINGS THAT ALWAYS HAPPEN AT AN IRISH BARBECUE



It's barbecue season. Here is a light-hearted look at the Irish barbecue. The Irish barbecue is a unique (and uniquely terrifying) culinary event.

It's the summer, the sun is out and in Ireland that can only mean one thing, creaky, rusty Barbies being dragged out of garden sheds across the country as we revisit our pagan past of burnt offerings to the Sun God.

And the Irish barbecue is a unique (and uniquely terrifying) culinary event. An occasion when we invite our friends and family around to our back-gardens and try not to kill them with the nuclear-orange coleslaw.

There are many ways that you can know you are at an Irish Barbecue, and they include...

The Last-Minute Invite

Living, as we do, on a giant green sponge that's semi-submerged in the Atlantic for 11 months of

the year, planning an outdoor event involving fire and the sun is merely a ridiculous way to make The Gods laugh. So, the traditional Irish Barbie Invite arrives by text at 6.50pm on a Friday evening, after the Met Eireann Guy has nervously assured us that we can expect a sunny weekend.

The Bar-B-Shambles

As we only get to do it once a year, we only find out at the last minute that the actual barbecue is rusty, missing a wheel and in danger of spontaneously combusting and killing everybody within a 50-yard radius (if it's gas-fired). Frantic trips are made for gas/charcoal/flame-retardant suits.

The "Bring Something" Invite

For some bizarre reason, many Irish people think it's enough just to provide the flame – and expect their guests to supply everything else. Including the beer.

The Comedy Apron

Usually worn by a guy who thinks it's hilarious to prance around in an apron with a cartoon of a naked lady's body on it.

Don't Eat the Chicken Thighs

Just Don't. What the hell is wrong with you? Don't you remember what happened to Aunty Mary? It took a team of four specialists working around the clock.

How Would You Like Your Burger?

Preferably not with a side of botulism. Just incinerate it, please!

The Slightly Over-Lubricated Host

He's been operating on "A Beer for You – A Beer for Me!" since he fired up the Barbie at 11am and he's one bottle away from falling fork-first into the paddling pool. Avoid the turkey sausages.

The Coleslaw

Wait! Is that supposed to be a weird, nuclear brown? How long has it been sitting in the direct sunlight and is my health-insurance up to date?

The Neighbours

Irish barbecues traditionally wrap up sometime around 1am. When the neighbours, driven to violence by the 134th playing of Pharrell's "Happy" – turn up with some baseball bats. Or the Guards. Who will then ask you if there are any aul' chicken legs left. And some of that brown coleslaw.

The Doggie Bag

It's not enough that they poisoned your entire extended family, now they are going after your pets as well.

Of course, not all Bar-B-Qs have to be this way, some manage to serve up some decent food. You might occasionally get a decent steak. If you are quick enough to beat the "hangers" who idle around the grill all afternoon, waiting to strike at the first sign of a bit of striploin.

Just make sure you're not too far away from an A&E and always remember, stay the hell away from the chicken.

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Corduff and Bonnie Prince Charlie Historic Dublin 15

Your History- Your Home by Mike Power

Dublin 15 , home to both Liffey and Tolka rivers, the Royal Canal and the beautiful Phoenix Park, certainly abounds in history and heritage.

Did you know for example , that the ancient native Scaldwood Forest in Blanchardstown was the last refuge of wolves and highwaymen in Ireland , or that this area also has many old Celtic raths, i.e. 'fairy-forts' within it ? . Three of these 'fairy' mounds can still be seen in Corduff Park today, ancient monuments recalling a long-distant and mysterious past .

But do you know of the very close connection between that romantic pretender to the English throne, Bonnie Prince Charlie , and a local Corduff man, Colonel Richard Warren of Warrenstown House ? Interested...? Well read on...

Corduff Settlement

'Corduff' (Ir. 'The Black Hill') is an ancient townland of Castleknock, in South County Dublin. It is the 176th largest townland within County Dublin and abuts neighbouring townlands such as Ballycoolin, Coolmine and the nicely named Snughborough.

Squarely sited within Dublin 15, for a small townland, Corduff has historically always punched way above it's 'weight'.

In ancient days , the river Tolka would have attracted many settlers to this area , still densely forested , but rich in wildlife , rivers and fish. The high number of Celtic dwellings discovered within the Corduff area suggests a very early date for its first settlement, perhaps around 350 b.c.

We find this place first mentioned in the records in the reign of Edward 6th of England in 1547 , in relation to a land-lease to a Henry Heward of Corduffe. Later, in 1659, the records show lands also held in the names of William Warren ('Corydffe House ') and other landowners named Dady, Lacey, Dardis and Talbot .

Corduff's St. Brigid's Catholic church was built in 1837 on the remains of an earlier 1731 building, following the relaxation of the English Penal Laws. Modern development in Corduff began in October 1974 with the building of the Edgewood Lawns estate, later becoming the Brookhaven estate. Corduff's own successful

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soccer club remains one of the most popular in Blanchardstown, a clear sign of healthy community involvement.

Colonel Marshall Richard Warren.

But what about Corduff's own famous son, Baron Colonel Marshall Richard Warren (1705-1774) ? . Born in Warrenstown House , this swashbuckling Irish military adventurer emigrated to France to join the continental Irish Brigade, serving King Louis 15th and Prince Charles Edward Stuart ('Bonnie Prince Charley' 1722-1766) . Many Irish compatriots also served alongside him , comprising the elite Irish Continental Brigade which achieved renown on many European battlefields such as Fontenoy (1745) and Rossbach (1757). Recognising Warren's military prowess, King Louis promoted him and placed him in command of two ships of French soldiers sent to aid the Jacobite after King James('Jacobus' 2 of England) ,rebellion in Scotland Unfortunately, adverse weather conditions rendered this particular French intervention ineffective.

In his long-fomented plan to re-establish the Catholic house of Stuart in England, Charles, (accompanied by his ever-loyal lieutenant, Richard Warren) , travelled from Italy to France and then on to Scotland, initiating the Scottish 1745 Jacobite rebellion against English domination.

Despite some early successes, the prince's dreams of wider conquest tragically evaporated at the battle of Culloden (April 1746). This defeat brought the exasperated and pitiless wrath of the British red-coat soldiers down on all Scottish folk, combatants and civilians alike.

A reign of terror in Scotland followed , persisting well into 1746. This remorseless harrying of the native population finally led to the Scottish Highlands being cleared of people, with vast herds of sheep installed in their place.

' Over the Sea to Skye'

Following the disaster of Culloden, Warren led a successful rescue mission from France for Prince Charlie, who had been successfully evading an intense British dragnet disguised as a highland woman and living in remote boggy 'holes' . Given the huge bounty placed on the prince's head by the English authorities , the loyalty of the highlanders shown to him (and his cause) was remarkable.

Leaving his supporters to endure a terrible retribution , Prince Charles skipped away home to France to begin an ignoble and embittered exile , 'Over the Sea to Skye' as the song has it !

He never saw Scotland again, ending forever the dream of an independent nation , separate from English domination.

Deaths

For his services to his cause, the Prince Charles made Warren a Baronet in the Jacobite peerage, only the first of the many subsequent honours conferred on him. Prince Charles Stuart himself died in 1788 ,an unfulfilled, bitter and alcoholic foreign émigré. But what of Corduff's famous son...? He continued his military career in France, becoming a French Marechal (Marshall) in 1762 before dying, heavily in debt , in 1775. A disappointing end for one of Corduff's illustrious sons ! Doesn't he deserve some lasting memorial as one of Ireland's most eminent 'Wild Geese' ?

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Pennyhill in Lucan takes dining to the next Level!

One of Lucan's best loved bars, the Pennyhill has been busy of late creating an exciting and new host of dining experiences in their upstairs lounge. As well as dining and enjoying drinks in the main lounge, customers can now enjoy of selection of new dishes across the weekends in their newly rejuvenated lounge on the first floor.

Located on the historic land of Ballyowen, which dates back to the 16th century, The Pennyhill was opened over 25 years ago, so locals of Lucan and surrounds will already know the bar for it's great food and cocktails, weekly entertainment, sport and of course, a cracking pint of Guinness!

And now, to our delight, they have added a new tantalising menu exclusive to their upstairs lounge on Fridays and Saturdays which includes a selection of mouth-watering dishes.

Hot Stones and Flaming Ovens

A real showstopper, enjoy Steak On The Stone, order your fillet or Sirloin steak with all of the trimmings and cook it to your liking on a hot stone! Fans of Pizza can enjoy the freshest made pizza in Lucan, watch as the Pizza chefs knead and stretch the dough before it goes into a flaming stone oven! So fresh and delicious! Plus choose from a host of favourites from smoked paprika chicken wings, oven baked Lasagne, homemade burgers and Thai inspired Curry! There's something for all of the family! The upstairs lounge is open from 5pm on Fridays and Saturdays! Great for a family night out or if romance is in the air!

The Perfect Sunday Carvery!

As well as a delicious Friday and Saturday evening



offering, the Pennyhill Upstairs lounge is now home to Lucan's perfect Sunday Carvery! Available from 1pm on Sundays, customers can enjoy slow roasted joints, fresh fish of the day, homemade pies plus of course all of the trimmings including the Pennyhill's famous homemade Yorkshire pudding and roasties! You have to try these! And if you have room for after dinner, they serve a beautiful selection of desserts too! So gather all of the family together and make it a perfect Sunday afternoon in the Pennyhill!

To celebrate the new offering, the team in the Pennyhill are giving our readers the chance to win a meal for two! To enter simply scan the QR code! Good Luck!

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MEN MORE LIKELY TO LITTER GUM THAN WOMEN



However, 92% of people now properly dispose of their chewing gum, the highest rate since the GLT campaign began in 2007

- Research carried out in 2023, shows that approximately 1 in 7, continue to drop their gum on the ground.*

- This group are more likely to be men, with 19% of men claiming to always/usually drop their gum on the ground whereas only 9% of women claim the same.*

- Research shows the GLT 2023 campaign had a positive impact on both attitudes and behaviour regarding gum disposal, with 92% reporting 'always' or 'usually' putting their chewed gum in the bin, representing a 5% increase on the 2022 figure.*

One in seven people continue to drop their gum on the ground, according to new findings from the Gum Litter Taskforce (GLT), the national awareness campaign which aims to make gum litter an issue of the past. This accounts for 19% of men and 9% of women, showing a higher tendency in men to not properly dispose of their gum.

Attitudes towards gum litter continue to change, as children are educated on the negative environmental and fiscal impacts of gum litter. The GLT 2023 campaign had a positive impact on both attitudes and behaviour regarding gum disposal, with a 5% increase in those reporting 'always'

or 'usually' putting their chewed gum in the bin, bringing the figure to a record high of 92%. The latest results of the National Litter Pollution Monitoring report (2022) also reflect this behavioural change, showing a continuous decline of percentage of gum as a proportion of litter at 8.6%.

The GLT research also found that the biggest deterrent of gum litter is peer pressure, however 1 in 4 of state they have changed their behaviour as a result of the educational messaging from the Bin-it campaign.

The findings highlight the continued impact of the GLT, a joint initiative of the Department of Environment, Climate and Communications, Food Drink Ireland, and the chewing gum industry, which has played a key role in promoting proper gum litter disposal, since its launch in 2007.

Now in its seventeenth year, the GLT campaign travels across the country, working with local authorities to host its Summer Roadshow, which promotes responsible gum disposal by highlighting the environmental impacts of gum and general litter. This is supplemented by the 'Bin It!' school roadshow and a social media campaign to target 16–24-year-olds.

A further positive impact of the campaign is evident from the 16% of young people who reported having stopped the habit of 'dropping or spitting' gum recently post campaign.

Speaking at the launch of this year's campaign, Lord Mayor of Dublin Daithí de Róiste, welcomed the latest campaign results and its continued success "It is fantastic to see the continued success of the GLT campaign year on year in reducing the impact of gum litter on Ireland's streets. We are especially delighted to see that 92% of people now dispose of their gum properly, the highest percentage to date. We hope this year's campaign continues to resonate with the people of Ireland, encouraging further positive changes in people's behaviour towards gum litter."

Gum Litter Campaign Manager, Avril Donlon of Food Drink Ireland said: "We are delighted to launch the 2024 Gum Litter Taskforce campaign, with the support of the Department of Environment, Climate and Communications, today in Dublin. The results of the campaign are evident, and we are thrilled that 1 in 4 people state the GLT campaign as the reason for deterring them from littering gum. Last year we delivered significant results, with a record number of schools participating in the Bin It! Education programme, and we really look forward to what the 2024 campaign has in store."

Katrine Grytter, Corporate Affairs Director, Mars

Wrigley Northern Europe and Ireland said: We are very proud of the continued success of Gum Litter Taskforce campaign at Mars Wrigley and delighted with the continued support from the Department of Environment, Climate and Communications and Food Drink Ireland. The campaign helps to teach younger generations about the negative impacts of gum and other litter and promotes an eco-conscious mindset. We look forward to the continued success of GLT campaign and its supporting bodies in 2024."

This year's campaign will see representatives from the Gum Litter Taskforce working with local authorities and communities to carry out education and awareness initiatives that demonstrate the proper means of gum disposal and raise awareness of the environmental and fiscal impacts of improper disposal.

Then, in September, the Gum Litter Taskforce's Bin It! education programme will travel across the country and deliver 60 performances a year to primary and secondary schools nationwide, with the ambition to visit 180 schools by 2025. This is in addition to useful lesson plan material that has been made available to almost 730 schools across Ireland



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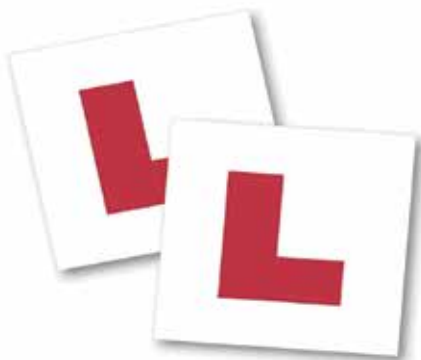
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The Truth About Mail-In DNA Tests



Reproduced from WEbMd and written by Barbara Brody

Lots of Info and Some Confusion

If you're curious about where your ancestors came from or concerned about diseases you might be likely to get, mail-in DNA tests make it easy to get some answers. Dozens of companies offer them, and they can be done with a sample of your saliva or a swab of your cheek. The catch is you may learn "facts" about yourself that aren't quite factual.

Myth: Predict Chances of Disease

These tests look for information in your genes that shows you might be more likely to get a specific disease, such as Alzheimer's or cancer. But they can't tell if you'll end up getting it. They can't even really tell you your chances of it. Other things, like your lifestyle or habits, affect your risk of getting diseases, too.

Myth: Cover All Conditions

The field of genetics is growing quickly, but only so many tests are available. So, while you may get information about certain conditions, you might not get any about a less common disease you're concerned about.

Myth: Map Your Family Tree

Each company has its own database of samples from people who live in different areas of the world, and they match yours against the others in the database. So, your results won't include everyone who's been tested -- they'll only include people who've been tested by the company you choose.

Myth: Same Info for Siblings

Everyone gets 50% of their DNA from each parent, but what's in each half can be different. So, it's totally possible that you got more of your mom's European DNA and your sister got more of their Asian DNA. Add your dad to the mix, and things get scrambled further. Just as siblings don't always look alike, their DNA might not look alike, either.

Myth: Nutritional Needs

Some testing companies offer personalized advice on dietary supplements based on your test results. Some even try to sell them to you. But no studies show that genetic tests can give

you useful information about those or dietary choices.

Myth: Effects of Toxins

Not everyone who smokes gets cancer, and some DNA testing companies suggest that the reason for that is in your genes. It may be, at least in part, but there's no strong science that proves genetic tests can tell you how well your body handles certain things in the environment.

Myth: Insurance Rates

Laws are in place to protect you from being denied health insurance or charged more for it. But those laws don't apply to life insurance, disability insurance, or long-term care insurance. That means it's possible your genetic test results could be used by the companies that sell these types of insurance.

Myth: Government Regulations

Most of these tests are made privately and can be sold to you without any proof that they work as advertised. That may soon change, though. The FDA in the USA is coming up with guidelines for genetic tests.

Myth: All Tests Are the Same

While no testing company can guarantee that the information it gives you is 100% accurate, some are better than others. If you decide to try at-home DNA testing, and because most are US based, look for one that meets the U.S. standards called Clinical Laboratory Improvement Amendments (CLIA), and check to see if the tests have been approved by the FDA.

Myth: Personal Info

Read the fine print. Most companies make an effort to keep personal data "private," but that can mean different things. Make sure you understand what data they're collecting and who will see it.

Myth: Harmless Fun

At-home DNA tests can be entertaining, even if they're not always accurate. But they can cause stress, too. Sometimes genetic tests reveal not-so-happy surprises, like a family member not being related to you or the possibility that you'll get a certain condition.

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