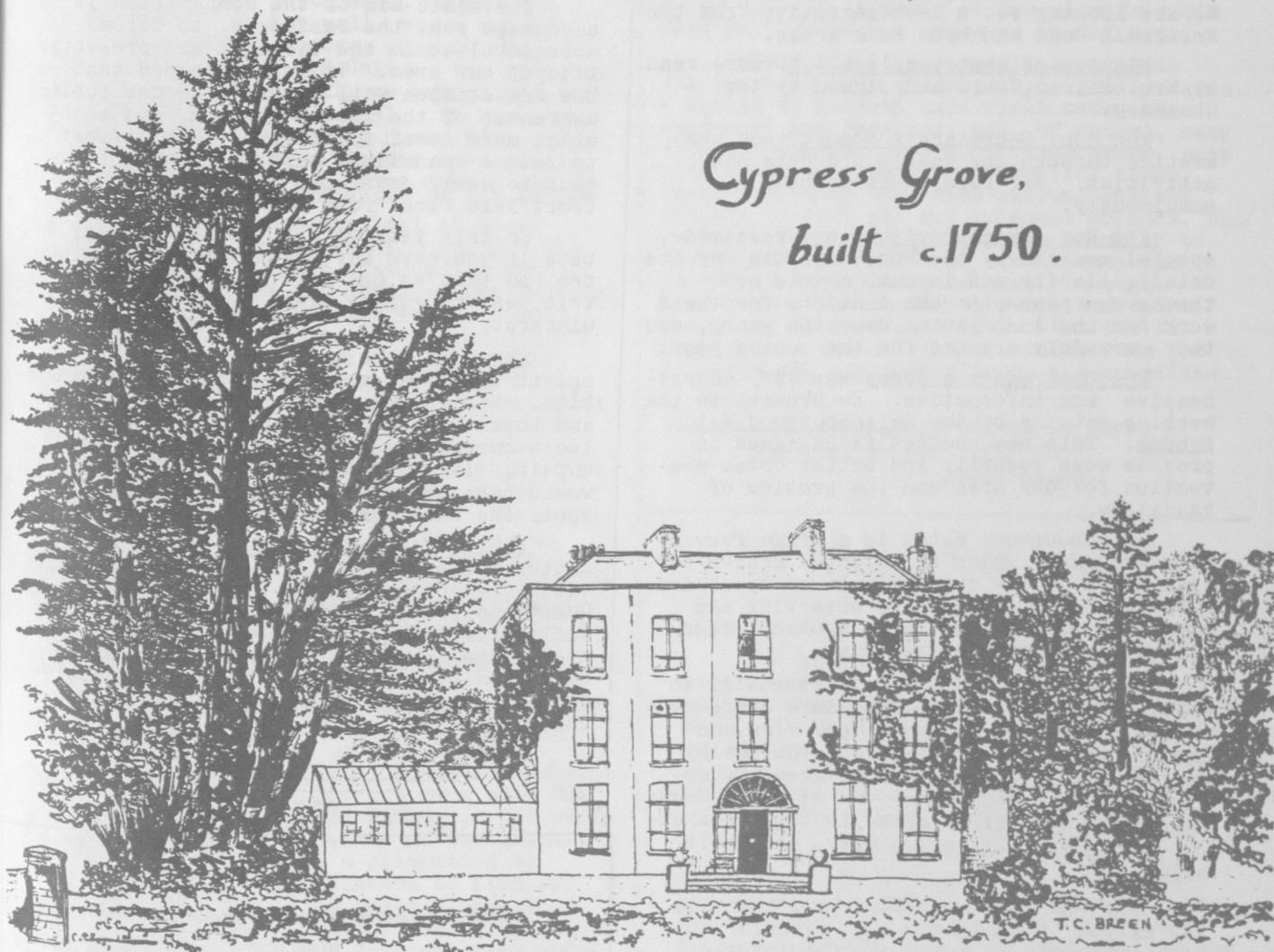


empleogue elegraph

30p

*Cypress Grove,
built c.1750.*



templeville and fortfield residents' association

The 29th Annual General Meeting took place in Terenure College on Monday, March 26th, 1984. The following Officers and Committee were elected:

Mr. John Doran (Chairman) Fortfield Grove
Mr. Ml. Meagher (Vice-Chairman) Templeville Drive.

Mrs. Ena Heffernan (Hon. Treasurer) Templeville Drive.

Mrs. Claire O'Regan (Hon. Secretary) Templeville Drive

Mr. Michael Lawless, Fortfield Park;

Mr. P. McGovern, Fortfield Drive.

Mrs. Eileen Tobin, Templeville Road.

Mrs. Hilda Moriarty, Templeville Drive.

Mr. Denis O'Shea, Templeville Drive;

Mr. J. B. O'Connor, Templeville Road;

Mr. Seamus Holden, Templeville Drive.

We are looking for a Representative from the Fortfield Road and Hyde Park areas.

Minutes of last year's A.G.M. were read by Mrs. Eileen Tobin and signed by the Chairman.

The Hon. Secretary's Report took the meeting through the year's progress and activities. Her report was adopted unanimously.

The Hon. Treasurer's Report received special mention by the Hon. Auditors for its detail, clarity and layout. A vote of thanks was passed to the Auditors for their work for the Association over the years, and they were duly elected for the coming year.

The Chairman's address was very comprehensive and informative. He brought to the meeting details of the Neighbourhood Watch Scheme. This new concept is designed to provide more security and better crime prevention for our area and the problem of vandalism.

Neighbourhood Watch is a Crime Prevention Programme which enlists the active participation of the community in co-operation with the Garda Síochána by observing and reporting criminal activity and thus reducing the opportunity for crime.

Community involvement is essential to combat this social crisis because there cannot be a Garda at every corner. You and your neighbours are the people who really know what is going on in your area. By co-operating with each other and with the Gardaí people can help fight crime in their community in the most effective way - before it begins.

The Chairman suggested, and the meeting agreed to sending out a circular to each household to ascertain the interest in this scheme.

The Chairman gave an up-to-date report on the Southern Cross Route Study Group and the meetings he attended during the year.

He closed his address by thanking the officers and committee who served with him during 1983/84.

The Meeting closed at approx. 10 p.m.

TIDY DISTRICTS COMPETITION 1984 -

Dublin County Council is holding a Tidy Districts Competition again this year. It is open to every Resident's Association

in the Dublin County. Preliminary judging will take place in early June and a representative number of entries based on the overall entry will go forward to the judging which will take place at the end of June.

Our Association will be representing 600 houses in the Templeville and Fortfield areas.

The judging will be under the following headings -

A. Overall community effort displayed.

B. Absence of litter.

C. Presentation of open spaces and grass margins.

D. Neatness and appearances of gardens and premises.

The basic aim of the competition is to encourage you, the residents, to become more involved in the tidiness and presentation of our area. It is also hoped that the competition will create a keener public awareness of the litter problem, and encourage more local involvement in an effort to reduce vandalism, particularly in relation to newly developed open spaces. (Fortfield Park rose bed plantation).

So this year we ask you not to hesitate if you have any ideas for the committee so that we can make a special effort this year to gain a place among the prize winners.

We would like to appeal to your civic spirit this year regarding the litter problem. Bin day is especially bad, with bags and boxes left badly tied. Also dogs left loose on bin day to pull at bins is very unfair. If every one does their bit we would have no problem. So please don't spoil the environment. Keep litter at bay.

Dublin Cablesystems Ltd. Owing to matters raised at the A.G.M. regarding television reception, we are sending out a Questionnaire to every house in the Templeville area. This will enable us to get an up-to-date appraisal of the quality of reception. We ask you to have the Questionnaire completed when a Committee Member calls.

claire o'regan

Annual Bring-and-Buy Cake Sale and Coffee Morning

in aid of

St. Vincent's Centre for the Mentally Handicapped

will be held by Norah Gilligan at

12 Springfield Road, Templeogue, Dublin 6

on Friday 4 May 1984

Donations of
cakes, cookies
or cash welcomed

10.30 am - 12.30

LORETO

As a relic of Christ's Passion, the Shroud of Turin has had a lot of coverage in the newspapers in recent years because of its investigation by Scientists. Another relic of Christ's life and times is to be found in a Great Basilica situated on a hill overlooking the Adriatic, but attracting fewer Irish people than do the Shrines at Lourdes, Fatima and Knock. The town of Loreto is a quaint Italian town on the east coast not many miles from Ancona. There you will find the Holy House of Loreto, much revered by the Italian people.

The Holy House is quite small, being only some 28 feet high by about 30 feet long and just 13 feet wide, and is built of a reddish stone still in quite good condition after almost twenty centuries. The roof, when first seen was made of wood and painted blue with gold stars. There were some earthenware vessels inside, and a stone altar stood against the south wall. Above the altar, affixed to the wall, was a wooden cross. An unusual statue, also of wood, depicted the Virgin and Child. The House was first seen outside a village called Tersatto near Trieste on May 10, 1291. It rested on the bare earth without any foundation. The local priest and the villagers were amazed and somewhat fearful at this sudden appearance, and prayed for guidance on the matter realizing by its contents that it was a Christian church or place of worship. Our Lady is reputed to have appeared to the priest and conveyed the message that here was the very house in which she was born and reared, and where Jesus, Joseph and herself came to live after the Flight into Egypt. She told of how it had been lovingly cared for by Christians down through the centuries after her death, but they were driven from Nazareth by infidels in the thirteenth century, and honour was no longer paid to it. So it left Nazareth mysteriously and travelled across the sea to Tersatto. The people of Tersatto venerated it, but only three years after its appearance they woke one morning in December 1924 to find it gone. So sad were they that a small church was built on the spot to commemorate the happening.

The story goes that shepherds minding flocks of sheep in the hills above Ancona saw a small house suddenly appear out of the clouds just before Christmas in the year 1294, and come to rest on a hill nearby. Once again the locals were in awe and wonder at the strange happening, and once more Our Lady appeared to a hermit living in the woods and related to him the story of the house. The villagers then sent a delegation to Tersatto and later to Nazareth to find out all they could about the house. Their findings bore out what the hermit had told them. The site in Tersatto and Nazareth were measured and found to be correct to the very inch. The stone was identical to that found in Nazareth and the contents tallied with the descriptions given by Nazarenes who had seen them many times. Our Lady also advised the hermit that the very altar in the house had been blessed by Peter himself after the death of Christ. Added to all this information were many miracles.

The house stood unprotected from the elements for three centuries, but about 1500 it was decided to build a wall around it. This was done but on completion the wall was seen to move away from the Holy House and this was taken as a sign that no such protection was needed, and the wall was dismantled.

However, the earthenware vessels presumed to have been used by the Holy Family were placed out of reach of pilgrims and other items found were placed under a new altar built inside the house. The crucifix also was moved to a more prominent place than the one it occupied when found but no matter how often it was moved it mysteriously moved back to its original position where it was eventually left in peace.

Later a Basilica was built around the House by Pope Clement and this was placed in the care of the Capuchin Fathers. Mass is celebrated several times during the day by the Fathers and visiting priests. No singing is allowed inside the walls for fear of structural damage. Many stones are quite worn down from constant kissing by pilgrims. There is peace and tranquility inside the little House of Loreto. You cannot blame pilgrims for kissing and lovingly caressing the old stone walls, though you are asked not to do so. St. Francis of Assisi surely did when he visited the house as an old man.

Loreto itself is a small but lovely Italian town with quaint shops, lovely cafes, a market on certain days right under the shadow of the Basilica, and, of course, many souvenir stalls, some with cheap wares, some with quite expensive but beautiful items. There are dolls too, with unusual knitted dresses in very gay and gorgeous colours. The patterns for these dresses are peculiar to Loreto and the ladies of Loreto keep the secret to themselves, naturally enough. Nearby is a Polish Cemetery visited a few years ago by Pope John Paul. Not too far away is the town of Assisi, and across the Adriatic you can just glimpse the coastline of Yugoslavia.

The Holy House of Loreto is worth a visit, you will be glad you went.

BETTY NOLAN.

ST. VINCENT DE PAUL

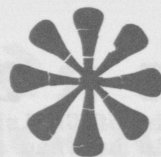
THE MILK WALK - March 25th, 1984.

The Annual Milk Walk allocated this year to the St. Vincent de Paul Society was held on Sunday, March 25th, and went like a bomb. While the weather was moist and the sky overcast, it would take more than that to dampen the infectious enthusiasm of the 400 youngsters and senior citizens who accepted the challenge and set off to complete the five miles. Amongst those taking part I noticed City Manager Frank Feely, Councillor Stanley Laing, Professor Roddy Kernan and the genial Dickie Rock. It was a very rewarding and exciting experience to be associated with this venture, for the look of triumph on the faces of the youngsters as they trudged back wearily to collect their Certificates and "Pintas" was sufficient justification for all the effort that had gone into the preparations. The obvious joy and delight of the participants which characterised the whole outing made it clear that there is nothing wrong with the youth of Templeogue and its environs if only they are given the right challenge. It was also a great shot in the arm for the St. Vincent de Paul Society which needed the money so badly, and to which all those youngsters made such a generous contribution. Well done and definitely a day to remember.

J.B.

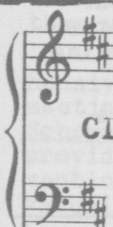


DIARY



Wed. 2nd	Ladies Club Meeting	8p.m.
Fri. 4th	Annual Bring & Buy Sale and Coffee Morning in aid of St.Vincent's Centre for Mentally Handicapped - 12 Springfield Rd - 10.30 a.m. - 12.30	
Mon. 7th	17th Heather Cup Soccer Tournament	-Terenure College 7p.m.
Tues.8th	St. Joseph's Young Priest's Society	-St. Pius X Church 7.30
Fri.11th	Ceili St. Pius X School Hall	8 p.m.
Sat.12th	Annual Bring & Buy Cake Sale in Aid of Foreign Missions in Mrs. Mary Blake's Home, 141 Greenlea Rd. 2-6p.m. 30p	
Mon.14th	St. Pius X Schools' Management Board Meeting	8.15p.m.
Wed.16th	Horticultural Society - Our Lady's School	8 p.m.
Fri.18th	Table Tennis Tournament Finals-St.Pius X School Hall	7p.m.
Sun.20th	Garden Fete - Our Lady's School 11a.m. - 6p.m.	
	G.A.A. Templeogue Club Bring & Buy Cake Sale at St.Mary's Room St.Pius X Church from 9.30 a.m.	
Fri.25th	Ceili - St.Pius X School Hall	8 p.m.
Sat.26th	Auction -Presentation Secondary School Terenure 2.30p.m.	
Mon.28th-	Swimming Gala - usual swimming times	-Templeogue College
June 1st	Pool	
Tues.29th	Speech and Drama Play / Art Display -St.Pius X School Hall 11 a.m. Approx.	
Wed. 30th	Ladies Club Summer Outing	

Game of '25s' any Sunday, Terenure College 7.30 p.m.



music teachers

CLARINET LESSONS - Ciarán Holt
167 Wainsfort Road
(At Roundabout) phone 905824

PIANO TUITION - Beginners to Intermediate. Colm O'Duffy
B.A. (Music & French).
Will call to house if necessary. Phone: 909813.

~ ~ ~

Our Lady's School

Templeogue Road,
Garden Fete,

Sunday 20th May '84
11am - 6pm

Games; Sports; Cakes, etc.
Morning Coffee,
Afternoon Tea,
Music.

Admission 10^p.

~ ~ ~

Dermot Kelly

Spinologist

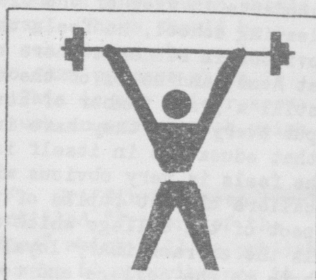
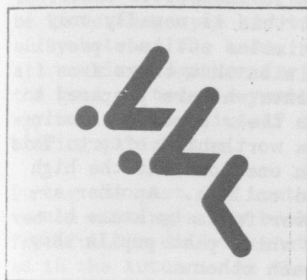
Attends at
46 Fortfield Park
(Shopping Centre)

Every Saturday Afternoon
4pm to 7pm

Templeogue Swim Pool

Templeville Road, Dublin 6.

incorporating THE MULTIGYM CENTRE



Phone 966749. Manager: David McCullagh.

SPRING PROGRAM

Public Sessions

Mon.	4.00 - 4.45pm		8.30 - 9.15pm
	9.15 - 10.00pm		9.15 - 10.00pm
Tues.	4.00 - 4.45pm	Sat.	1.00 - 2.00pm
	8.30 - 10.00pm		4.15 - 5.00pm
	(every 45 mins.)	Sun.	11.00 - 12.00pm
Wed.	9.15 - 10.00pm		12.00 - 1.00pm
Thurs.	4.00 - 4.45pm		1.00 - 2.00pm
	9.15 - 10.00pm		4.00 - 5.00pm
Fri.	4.00 - 4.45pm		5.00 - 6.00pm

Charges: £1 per adult; 60p per child.

NO CAP - NO SWIM - on sale £1.25.

Please use a locker for complete safety.

COURSES

10 weeks duration, full fee paid on 1st day.

All abilities catered for and all ages.

A min. of 2 and a max. of 5 teachers per course.

If vacancies exist, courses may be joined at any stage, phone to check.

CHILDRENS CLASSES

Saturday	2.45 - 3.30pm	Tuesday	6.15 - 7.00pm
Saturday	3.30 - 4.15pm	Saturday	2.00 - 2.45pm

£13 per 10 weeks Min. age - 4 years.

ADULT CLASSES

Wednesday	7.45 - 8.30	£14 per 10 weeks
Wednesday	8.30 - 9.15	
Thursday	7.00 - 7.45pm	

Ladies Only

Monday	7.45 - 8.30pm	Wednesday	9.15 - 10.00pm
Monday	8.30 - 9.15pm	Wednesday	10.00 - 10.45am
		Friday	10.00 - 11.00am

£14 per 10 weeks

Advanced Adults

Adults coached on lengths and on all strokes and fitness skills.

Sunday	7.00 - 8.00pm.	£14 per 10 lessons.
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Family Hour

Sunday 3.00 - 4.00pm £25/10

Instruction for children. Free swim for adults and babies.

Two Instructors and 1 Lifeguard on duty.

PARENT AND BABY

Parent and baby in water. Teacher teaches baby skills and confidence through parent in water. Babies should have completed 1st two combined triple and polio inoculations before starting.

Class runs on Mondays, 10am or 11am. £15 per 10 lessons (until June 25th).

TEMPLEOGUE SWIM CLUB

A competitive club for 5 - 11 year olds who are coached on lengths, on all aspects of strokes and fitness. Opportunity to enter galas later on. Emphasis on technique.

DISABLED HOUR

Saturday 6.00 - 7.00pm £1 Adult/ 60p Child
Qualified Lifeguard on duty. Run by DDAI.

EASTER '84 INTENSIVE SWIMMING COURSE

An intensive course of lessons for 4yr olds upwards.

Monday 23 April - Friday 27 April 11.00 - 12.00noon.

All abilities will be catered for from complete beginners to advanced. (Small beginners - bring armbands).

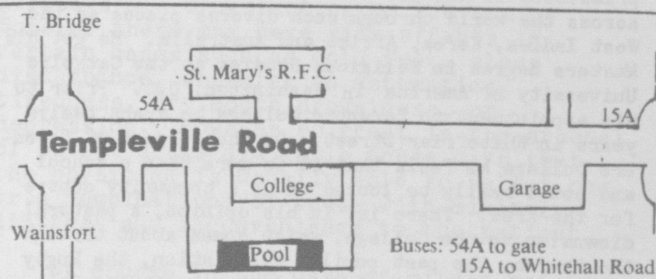
There will be 3 - 4 qualified teachers with one in the water to aid the younger children under instruction.

Maximum of approx. 20 pupils per teacher.

Cost: £8.50 per child (£8.00 if more than 1).

Enrolments with full fee before 23 April.

(Places only guaranteed if full fee paid).



REMEMBER.....
GET FIT, WHILE YOU LEARN -
WHILE YOU HAVE FUN.....
At
TEMPLEOGUE SWIM POOL.

MULTI GYM CENTRE

For Male and Female Keep Fit using a 15 Station Multigym, 2 cycles and Massage belt.

Men

Monday; Wednesday; Friday - 5.45 - 9.45pm

Ladies

Monday; Friday 10 - 12noon.

Wednesday 9.30 - 11.30am

Tuesday; Thursday - 6.45 - 9.45pm

Mixed

Saturday - 4 - 6.00pm

Sunday - 11 - 1.00pm

every 60 mins.

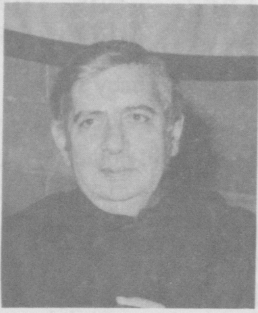
Membership: £25

£1 per session.

Personal progress cards. Instruction.

know your neighbour

By bunny williams



Despite the fact that Fr. Eltin Griffin has been Superior of the Religious Community in Terenure College for only two years he has already made a considerable impact on the community through his enthusiastic and constructive involvement in community affairs. He is the first "outsider" to hold this office and when the appointment was offered to him to say that he was less

than enthusiastic would be a gross understatement. He freely admits that he hated the prospect and was so unhappy during his first few months in office that he succumbed to two bouts of 'flu within three months! It took a full year for him to adapt to his new role and he praises highly the help and understanding he got during that time from the other members of the Carmelite community.

Fr. Griffin teaches Liturgy and preaching in Lay Spirituality to seminarians in Milltown Institute and also lectures on the Theology of Prayer in Mater Dei Institute of Education. He is happy teaching at 3rd level as he long ago realised that teaching at secondary level was not for him, although he admits that he sometimes stands back in awe and wonder at how his fellow priests within the college cope with the daily routine of teaching adolescents and maintaining discipline, which seems to become a more difficult task each year. His function, he feels, is to affirm and support these teachers who are following one of the most honoured roles in society - imparting wisdom.

Educated by the Christian Brothers and the Franciscans in Cork City Fr. Griffin's original ambition was to join the Franciscans, but instead his vocation led him to the Carmelites. His first love within the priesthood is Retreat work and this has led him right across the world through such diverse places as the West Indies, Korea, Africa and Australia. He got his Masters degree in Religious Studies at the Catholic University of America in Washington, D.C. Prior to his appointment to Terenure College he spent twelve years in Whitefriar Street. On the subject of Terenure College he feels that it is more than a school and could really be looked on as a community centre for the area. There is, in his opinion, a pastoral dimension to the College, which comes about through the Church, the past pupils' association, the Rugby Club and the community's involvement with local parishes.

If Fr. Griffin were allowed a free choice of where to devote his priestly skills he would choose to work in Belfast. He has worked in Northern Ireland in the past and goes there about three times a year. The present Bishop of Down and Connor invited him to come and work in Northern Ireland in a roving capacity dealing with renewal of the Liturgy and he would dearly have loved to accept the posting but the timing was wrong as the invitation came at the time of his appointment to the college and he had to refuse. Whilst not making little of the problems of Northern Ireland he personally feels that the Republic has even greater problems, the greatest being that of unemployment. His consciousness of this terrifying problem, and the absolute necessity of coming to grips with it, prompted his committed involvement with the recently formed Community Enterprise Development Trust. He is tremendously enthusiastic about the project and feels that there is vast talent and an enormous amount of Christian generosity in the area which will help it reach its target of creating 500 jobs in the area within the target time of six

months. Although admitting that there are huge difficulties to be surmounted he is confident that they will reach their goal. On the subject of whether there is a certain amount of despondency among students in view of the bleak job prospects after leaving school, he feels that this is usually only evident in students where a similar attitude prevails at home, and he is of the opinion that there are still a great number of students who are prepared to put everything they have into their studies, knowing that education in itself is a worthwhile effort. This he feels is very obvious when one looks at the high calibre of past pupils of the college. Another aspect of the college which never fails to amaze him is the extraordinary loyalty which past pupils show both to the college and to each other.

Vocations within the Church are at crisis point at present, but in spite of this Fr. Griffin feels that the Catholic Church must avoid gimmicks when trying to attract the young to religion. What the Church must do is draw out the best things in the Catholic religion and make them appealing to youth. On the subject of the new Liturgy whilst he admits that a sense of reverence is sometimes missing from it, he firmly believes that if the Mass were still being celebrated in Latin the rate of attendance would be very low. In his opinion there is presently a lot of sloppiness in Liturgy and the congregation tolerate a lot which is in very bad taste. One point on which he has very strong feelings is where the collection is taken up during the reading in the Mass. This should only be done during the Offertory and to pass around a collection plate at any other time is the equivalent of passing round a collection during Holy Communion.

There is, he feels, an appalling decline in moral values and he is quick to point out that fraud is the prevailing middle-class vice of today. That is not to say that there are not a great number of good people also. When speaking of sermons Fr. Griffin has clear cut views on their presentation. Primarily a good sermon should be prepared several days before presentation. Giving people a meaning of life is more important than telling them what they should or should not do, and the clergy should never forget that what they are preaching is Christ.

Fr. Griffin is a member of the National Conference of Priests of Ireland, which he jokingly refers to as a "sort of priests' Union". Its main function is to bring the needs of the clergy to the attention of the Bishops in addition to tackling current problems. Last year their emphasis was on unemployment - this year they are concentrating on the family.

A lot of Fr. Griffin's time is still spent giving retreats and while there has been a noticeable fall-off in attendances during the past decade or so, due to a large extent to the compulsion of watching T.V., nevertheless he feels that short retreats of say two or three evenings can be very successful. In fact the one night retreat which they hold for parents in the college each year is particularly successful and he feels a lot can be accomplished in a few hours. The involvement of parents in the problems connected with drugs he feels is essential as this is a problem which must be tackled in the home.

For relaxation he mainly concentrates on walking in the mountains. He sometimes walks with groups but finds walking alone particularly enjoyable as it affords a wonderful opportunity for thinking. During last year he climbed up the waterfall in Enniskerry "in zig-zag fashion" but said it gave him a great feeling. His other great love is the theatre, and he has always found the American theatre particularly stimulating. In his opinion the circus holds a particular place in our lives and he says that if the

days of the circus ever end it will be the end of our civilisation! Quite simply he thinks that clowns are the safety valve of society.

One thing which he would like to see established in Ireland is an Adult Catechumenate which would work towards the re-entry to the Church of lapsed Catholics. One of the main functions of the Church should be to teach people how to pray. There should be a unity between the home, the school and the parish, all working together for the same purpose which is the good of today's youth. This is the main reason why he involves himself to such an extent with neighbouring parishes.

During the past few months Fr. Griffin has been involved in editing a new book entitled "Prayers of the faithful for daily use at Mass" which will be published in the Autumn. As there were 50 contributors it was quite a massive task and Fr. Griffin also contributed the introduction.

Throughout our conversation it was clearly evident that here is a priest who is totally committed to God's work in relation to the everyday lives of those in the community. He is a very softly spoken man but it is immediately obvious that beneath the quiet exterior there is a grim determination to come to grips with today's problems and to bring Christ into the lives of all of us. We are very fortunate to have him as part of our community.

High Blood Pressure

Last December many shoppers were perhaps surprised to find medical students in their white coats measuring blood pressures at the Rathfarnham Shopping Centre to obtain funds for Medical Aid to the Third World. Some people were reluctant to be tested and I overheard one remark "If I've got blood pressure I'd just as soon not know". But I think the students were giving a good service because high blood pressure or hypertension is a much commoner complaint than many realise and is often without symptoms. About 40% of men and women in the 55-65 age group are reported to have higher than normal blood pressures and about 60% of these are unaware of it. As this condition may give rise to strokes and to kidney trouble among other lesser disorders it should be taken seriously, especially as medical science is now better equipped than ever to control it. To learn more about the disease perhaps you might like to read a book entitled "High Blood Pressure" by Dr. Eoin O'Brien and Dr. Kevin O'Malley, which you may find in the Public Library at Terenure. Much of what I have to write on the matter was gleaned from this book

Firstly we must try to define normal blood pressure. It is usually expressed as two numbers the most common perhaps being 120/70, where 120 is the pressure measured in millimetres of mercury in the arteries when the heart is contracted and 70 the pressure when it is relaxed. The first is called systolic and the latter diastolic pressure. There is no clearly defined border separating normal and high blood pressure. One reason is that the pressure increases with age anyway because of a loss of elasticity in the arteries and what would be acceptable in the man of 60 years might be high for a young man. The World Health Organisation has defined normal pressure as 140/90 or less. But high blood pressure has also been defined as a sustained systolic pressure greater than 160

or diastolic greater than 95. About 75% of people have systolic pressures within the safe limits of 100 to 160mm but the ideal pressure is still about 120 which is the most common.

What causes high blood pressure? In about 95% of cases the immediate cause is unknown, but inheritance may be an important factor. If you have had parents, aunts or uncles who have had strokes then you are probably predisposed to the condition. Symptoms, if they occur may be head aches, fatigue, dizziness or nose-bleed - but these may also arise from other causes. Our life style may also predispose us to hypertension, for example high salt intake, smoking, obesity and high consumption of saturated fats.

Most people in the Western World take 3 to 10 times more salt than they need, in salted nuts, potato crisps etc. It has been demonstrated that by not adding salt to food either at the table or in cooking and by avoiding foods rich in salt such as smoked fish, ham, corned beef and cheese) blood pressure may be reduced by about 10mm. Also significant is the fact that in primitive societies on low salt intake hypertension is rare. Among men who smoke heavily the risk of stroke is three times greater than in non-smokers. Obesity puts an extraload on the heart as the fatty tissue must also be perfused with blood. Death rate goes up 40% for 30lb extra weight. High blood cholesterol may be associated with atherosclerosis and may be avoided by eating such foods as vegetables, fruit, cereal, skimmed milk, cottage cheese, yoghurt, and vegetable oils (sunflower, olive, corn).

Treatment for hypertension includes 1. diuretics to bring about loss of salt and water from the body 2. drugs to decrease the activity of the heart 3. blood vessel dilators 4. drugs acting on the brain. Some of these may have side-effects in certain cases such as cold feet, sleep disturbance, wheezing in asthmatics, tiredness, dry mouth, drowsiness, or depression. However so great is the arsenal of potent drugs available these days that the physician is usually able to select one or a combinations of these with minimal distress and inconvenience to the patient.

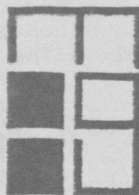
Of course in the case of mildly raised blood pressure the use of drugs may be avoidable and a change in lifestyle including learning to relax and taking of moderate exercise while avoiding predisposing factors mentioned above may be all that is necessary. But do have your blood pressure checked on your next visit to the G.P. and have it rechecked at regular intervals once you reach middle age. Also ask your doctor what your blood pressure is and make a note of it so that you can also follow the progress of your treatment, whether medication or self-help.
R.P.K.

Parents!
Is your child ready
before you are?





MULTIGLASS



THE ONE STOP CENTRE

FOR

Aluminium Windows,

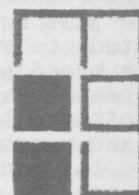
Patio Doors, Conservatories, Shop Fronts, Mirrors Glass



Showrooms

Jubilee House
Clondalkin
(opp Laurels Lounge)
Tel: 571911

Open 6 days



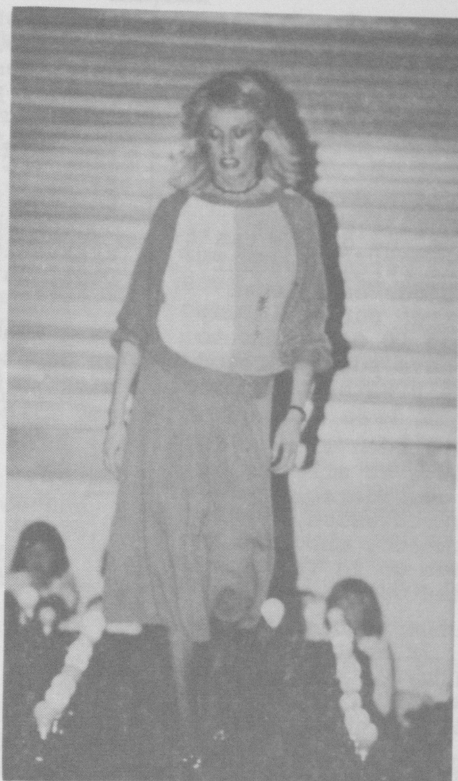
COMPLETE GLAZING SERVICE INCLUDING QUICK REPAIRS

Why not come along to our showrooms and see also our
beautiful range of ★ DECORATIVE AND BEVELLED MIRRORS ★
★ SPLASH BACKS ★ FAMILY CRESTS ★ SAND BLASTED DESIGNS
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BRING GRANNY BACK

No parent likes to feel he or she can't relate to his/her child. As parents we all find it hard to face up to our occasional feelings of hostility towards our children; as helpers, outsiders, find it difficult to penetrate the defence we have put up around the family and to offer help without implying censure.

In Ireland we may have been slow to recognise that a problem exists at all, but we do have the benefit of a considerable body of American and English research which, properly applied to the Irish situation, should make it possible for us to catch up in the practical field of prevention and cure.

Here, as elsewhere, the problem is predominantly an urban one. It most often occurs in families which have other problems, e.g. marital friction, drinking, poor health, poor housing and others.

The I.S.P.C.C., the Dept. Health and other interested bodies have guidelines for recognition of non-accidental injury and suggestions for prevention.

Public education is one of the first requirements for successful treatment to aid understanding and early identification.

We all feel angry with our children from time to time but in most of there is a restraining factor which causes us to stop short of inflicting actual pain. So what kind of parent can cause terrible injuries to a small child?

One social worker I spoke to felt that given certain circumstances any one of us could be driven to battering and she suggested the middle class parents only seem to be less at risk because they recognise the danger signals and can afford to respond by getting a substitute mother or sending an older child to boarding school.

Perhaps if we are honest with ourselves, it is possible to imagine circumstances which might put our own children at risk. A sobering thought, but, aren't there times when we all need a bit of mothering?

The old extended family with Granny, Maiden Aunt and cousins close at hand which provided a safety valve for parents has now been lost. With no relations or close friends to turn to, the strain on parents especially the mother, is greater.

The introduction of more nursery schools and day centres aim to give mother a break and help to interact more successfully with their children

Granny and Grandad should be allowed, and indeed encouraged, to play a more active role with their grandchildren. This is often neglected. Indeed, it seems ironic that old people should be feeling lonely and useless and consequently often in need of social services at exactly the same time when young parents are desperately in need of the very service the senior citizen could offer.

An adopted Granny is another matter, but the idea is in itself food for thought on a

lot of other, apparently unrelated problems throughout our society. When I was a child unrelated "Aunties" were a standard feature. Sharing problems seems to be one of the best therapeutic techniques of all.

Aids for Parents under Distress are a group of trained volunteers offering support to parents who are having difficulty with or concerned by the feelings of anger and aggression towards their children. c/o Open Door, Cathedral Street, Dublin 1. Tel. 742066.

Thank you A. O'Donoghue for "Arrival of an Adopted Baby" in Dec/Jan issue. It brought back so many beautiful memories to us. You may like these words:

ADOPTION CREED

Not flesh of my flesh
Nor bone of my bone
But still miraculously
my own;
Never forget.
For a single minute

R.S.

ST. PIUS X parents' association

Firstly - a word on safety. It has been noted that the side gates "Pedestrian Gates" to the school grounds are now open. The decision to open these gates is greatly appreciated by parents as it makes the entry and exit to and from school by the children a lot safer.

As promised in the April issue of the Telegraph here are full details - dates times and venues - of our end of year activities:

TABLE TENNIS. The preliminary rounds will be held on May 5th for boys and on May 12th for girls. On Friday, May 18th at 7.30 p.m. in the School Hall all the children who were involved in the table tennis since last October are invited along to see the girls play off for the 'O'Doherty Cup', and the boys play off for the 'Parents' Association Cup'. This night has been a great success in recent years.

HEATHER CUP SOCCER. The matches in this 7-aside tournament will be played off between the 7th of May and the 17th of May in Terenure College Grounds. Matches will take place most weekday evenings between 6.30 p.m. and 8.30 p.m. The Final will be played on the 17th of May.

SPEECH & DRAMA/ART DISPLAY. This combined event will take place on Tuesday, May 29th in the School Hall. There are usually two performances at approximately 11 a.m. and 12 noon.

SWIMMING GALAS. The Swimming Galas will take place between Monday the 28th of May and Friday the 1st of June in Templeogue College Pool, at the normal swimming session starting times.

Parents, and readers of the Templeogue Telegraph, please note - you are invited to all the activities outlined above. Remember they are your children, encourage them by showing your interest in their interests.

BRIAN McCORMACK.

White Fathers

I'm sure that all the residents of Templeogue have often passed the big old house on Cypress Grove Road, with a signpost pointing to it, stating: "Missionaries of Africa. (White Fathers)", and some of you may have wondered: "who lives in there?", "what do they do in there?".

The White Fathers (as we are usually called - its a nickname which has nothing to do with the colour of our skin, but which was given to us because of the white Arab habit that we used to wear) are an international society of men who work in Africa as missionaries, either as priests or as brothers.

Even though the Irish Province of the White Fathers is very small (a total of 36, including the twenty or more who are in Africa) our house here is full, so much so that we are building an extension at the back.

Who lives there then? There is Charlie Timoney, the provincial superior and Jude Coyle who has just taken over as the provincial bursar. He is still being initiated by J.J. Byrne who was in the job for over 15 years. Fr. Chris O'Doherty is here. It was he who bought the house for the White Fathers in 1961; he is now lecturing in Theology at Milltown Park.

Then there is the Formation wing which comprises two groups: a group of five Irish young men under the responsibility of Fr. Dave Sullivan, and another group of Polish young men under the responsibility of Frs. Lazaro Bustince and Herman Cornelissen (Spanish and Belgian respectively). All these young men are beginning their training to become missionaries. After their stay here, which lasts between one and three years, they move on to Africa to continue their formation which lasts about 8 years altogether. While they are here they commute to Milltown Park everyday for their studies; this year the Poles go to one of the language schools in town to learn English; hopefully they will join Milltown next October.

As in other years, there is a group of African priests staying with us; this year there are four Ethiopians who are finishing their master's degree in Philosophy and Theology.

Bro. Paddy, with the help of Br. Alphonsus, keeps the whole house going. As you can imagine, a big house like this with about 25 permanent residents requires a lot of upkeep.

Fr. Eddie Byrne runs "Compassionate Aid for Africa", raising funds to help some specific deserving and needy cases in Africa: e.g. disabled people, lepers, etc.

And bringing the total number of nationalities up to six is Fr. Pierre Le Bris, a retired French White Father who helps out by teaching French to the students. He also works with a number of Legion of Mary Groups. He is over seventy, but that did not stop him from learning English, which he now speaks very well.

During the summer months there is a change in the composition of the house; a number of White Fathers and students come here to learn English. (English and French are the two official languages of our

society). Then the number of nationalities goes up. When I arrived last September I remember looking around me in the dining room and I counted eleven different nationalities, and everyone seemed to be getting on and making themselves understood, although the English may not always have been of Shakespearean quality.

They tell me that before the arrival of the White Fathers, this was a farm; what used to be the stables has now become the chapel where a good number of our neighbours come for Mass on weekdays. The hayloft was transformed into students' quarters, and the cow byre was made into a hall. This hall is in regular use: in the morning as a play school, and in the evenings as classrooms for grinds, dancing classes and scout meetings. All these activities are organised quite independently of the White Fathers. And once a year, before Christmas, our kind neighbours organise a Sale of Work for us. It's good to have neighbours like that!

DAVID SULLIVAN W.F.

cookery corner

LAMB IN PASTRY - Serves 6.



2 Best-end necks of lamb, each with 8 cutlets, chined, excess fat removed and bone ends trimmed; 350g./12 oz. frozen Puff Pastry, defrosted; 3 tablsps. vegetable oil; 1 egg beaten, to glaze;
Stuffing: 50g./2oz. butter; 2 large onions, finely chopped; 2 cloves garlic, finely chopped; 100g./4oz. mushrooms, finely chopped; salt and freshly ground black pepper.

Dampen two large baking sheets with water. Cut pastry in half. Roll out each piece of pastry on a floured surface to a rectangle $1\frac{1}{2}$ wider than racks of lamb and $2\frac{1}{2}$ times deeper. Transfer to the baking sheets and refrigerate. Heat the oil in a large, heavy based frying pan, add 1 rack and fry over brisk heat for 10 minutes. Leave to cool on a wire tray. Fry the other rack.

Make the stuffing: Melt the butter in a pan, add onion and garlic and fry gently for 5 minutes until soft. Add the mushrooms, cover pan and simmer for 8 minutes, stirring. Turn the vegetable mixture into a sieve and press gently with the back of a spoon to remove moisture. Season and leave to cool. Heat the oven to 220C/425F/Gas 7.

Using a small sharp knife cut a pocket in each rack for the stuffing (cut down between the meaty side of the rack and ribs to form a pocket) Spoon as much stuffing as possible into pockets.

Place one chilled pastry rectangle on a lightly floured work surface, with a short side facing you. Lie one rack, fat side down, on one end of the pastry, with bone ends protruding over the short edge. Spoon half the remaining stuffing into curve of the rack. Dampen pastry edge and enclose lamb. (bring pastry up over the rack, trim to bone ends, then pinch all edges to seal, pressing down and round each bone end). Repeat with other rack. Stand racks upright on baking sheets; brush with beaten egg. Cook in oven for 25 minutes. MARY DYNNE

PLAICE WITH SAVOURY TOPPING - Serves 4



4 Plaice Fillets, each weighing 175g/6oz. skinned;
65g/2½oz butter; 100g/4oz savoury crackers, crushed;
2 tablesps. finely chopped fresh parsley; juice of
half a lemon; salt and freshly ground black pepper;
butter for greasing; lemon slices to garnish.

Heat the oven to 180C/350F/Gas 4. Lightly grease a large shallow flameproof dish with butter.

Melt 40g/1½oz butter in a small saucepan. Remove from heat and stir in the savoury crumbs, parsley and lemon juice, and season with salt and pepper.

Arrange the fish fillets in the prepared dish. Using a palette knife or the back of a spoon spread the topping mixture over the surface of the fish. Dot the remaining butter around the edges of the dish.

Bake in the oven for 15 minutes or until just cooked when tested with a fork. Do not overcook the fish fillets or the delicate taste and texture will be spoilt.

Garnish with lemon slices and serve at once, with plain boiled potatoes, garnish with a sprig of parsley, if wished, and a colourful mixture of peas and baby carrots.

M.D.

SMALL ADS

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BABYSITTER available, Templeogue area - phone 903030

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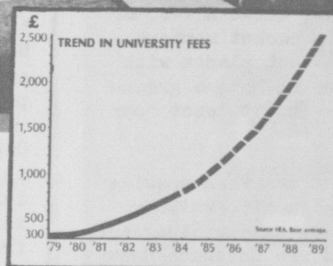
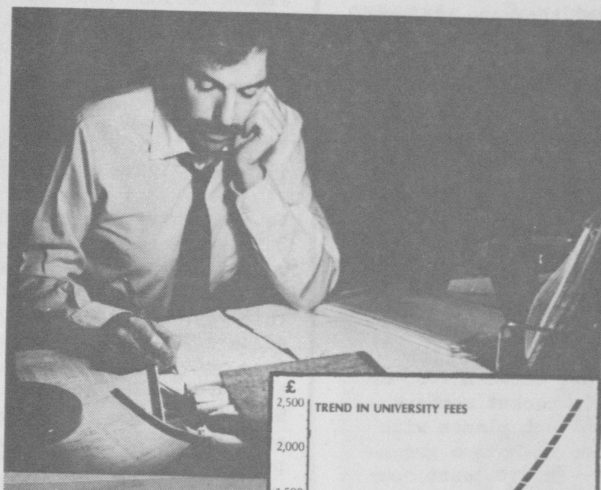
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Signed.....

LK&A

horticultural society

bunny williams



On Wednesday, 18th April, Kathleen Brady gave an interesting and practical demonstration on Growing your own Bedding Plants. She adequately showed how simple it is to produce an abundance of plants from seeds and even beginners can get excellent results provided they are prepared to spend some time, and

choose the easier types of seeds for their first efforts.

Granted that quite an amount of time must go into looking after the seedlings for a couple of weeks but the results can be very rewarding. Miss Brady had worked out how much it would cost to sow seeds in twelve seed trays, and including the cost of all materials used, trays, compost and seeds, the saving was very worthwhile in comparison to what one would pay for a similar amount of plants grown commercially. As you can often find that you get too many plants for your own use from a packet she suggested that members could either split a packet between two, or alternatively if you sow the whole packet members could agree to swap half the resultant plants with someone else. It is not necessary to have a greenhouse and everyone should try growing at least some plants from seed.

One of the commonest causes of failure when growing seeds is "damping-off" disease which attacks your plants just when you think they are coming along very well. To prevent this you should use Cheshunt Compound but care should be taken when mixing this with water.

For beginners she suggested trying some of the easier seeds like marigolds (which are one of the easiest) alyssum, lobelia, asters, Tagetes and Nicotiana. These are all excellent for filling gaps in flower beds and she said that for the best mass effect plants should be no more than six inches apart. This will also discourage weeds and therefore cut down on work. Young bedding plants should not be planted out until the end of May or early June.

Miss Brady answered many questions from members who had encountered problems with growing from seed in the past and was very helpful with suggestions. There was the usual raffle for two beautiful plants and new members are still joining even at this late stage of the season which bodes well for the future of the Society.

On Tuesday, 1st May, there will be a talk entitled "Winning Ways" in the Hall adjoining Christ Church Rathgar at 8 p.m. This will deal with all aspects of exhibiting at Horticultural Shows and should be very interesting as they have invited a panel of experts to speak on their various specialities. Admission, payable at the door, will be 50p.

Our own Show will be held on Saturday, 21st July, and we hope that members are already looking forward to it. Full details will be given at our May meeting, which will be the last of the season and we hope that as many members as possible will attend. The May lecture will be about "Climbers", a subject which we have not dealt with before, and should prove interesting. May meeting will be on 16th.

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Councillor Laing

As Chairman of the Dublin County Council Road Safety Committee, I feel it is important I should tell you of some of the activities and decisions of this committee which is composed of D.C.C. Officials, Councillors, School Authorities, Motor Industry, Gardai, C.I.E. and other interested groups.

During the year we undertake both winter and summer publicity campaigns in conjunction with the National Road Safety Association. The winter programme just completed drew attention to the problem of drinking and driving and I am happy to report there was a considerable decrease in the number of accidents during the winter period. Our Summer Programme now being planned will focus on cycles and might I take this opportunity to appeal to all those in this category to improve the standard of maintenance as it has been reported that many cycles are without proper lighting and also that cyclists are continually breaking the traffic light. The Gardai will be co-operating in this campaign and I am now giving a timely warning!

We also carry out training programmes in the National Schools where the boys and girls undergo an examination in practical and written tests for cycles. We will have 60 schools participating in the programme this year and 4,000 children have passed the test since 1976. Recently we presented prizes to seven boys who participated in the National Finals in Athlone and one of our boys was joint winner with Cork. We also provide training for Motor cycles in a limited area but we are now about to embark on an expanding programme in this area.

One aspect which we have spent a lot of time debating is the provision of Cycle Ways, which our neighbouring Authority, Dublin Corporation, has been gradually introducing over a period of years. Our Councillors feel this is a very important area. However, we are having great difficulty in the County, where many of the roads are simply not wide enough and where they are the residents feel slow to let go some of our beautiful grass verges. Of course, costs are a very difficult one to overcome, but we are making some progress and the County Manager has agreed to introduce Cycle Ways in some of our newly planned residential areas.

Once again I am sorry to report that the Traffic Study Group has turned down my request, on behalf of Templeville Road, to replace the Pedestrian Lights with Traffic Signals where many motorists are having difficulty gaining access from their homes. I have appealed this decision.

Other areas where I have made requests are as follows:

1. Pedestrian Crossing on Wainsfort Road-College Drive or Wainsfort Drive Shops.
2. Templeogue Village - Warning Signs and a further pedestrian Crossing.
3. Templeogue - increased parking.

I am very pleased to report that a Pedestrian Crossing has been approved at the Cheeverstown - St. Michael's Development, Tallaght Road.

NOTE: It has just been confirmed at our last Council Meeting that the new Templeogue Bridge will be re-named the AUSTIN CLARKE BRIDGE. Stanley Laing.



WE FEEL WE SHOULD RECORD OUR THANKS TO DICK MOTHERSILL FOR HIS UNFAILING SUPPLY OF PHOTOGRAPHS THROUGHOUT THIS SEASON. OUR MAGAZINE WOULD HAVE BEEN POORER WITHOUT THEM.

templeogue ladies' club

CARMEL
DUNNE



Brigid Nolan, newly elected President of the Templeogue Ladies Club, receiving the Chain of Office from the outgoing President Treasa Durcan.

The President welcomed the members to the first meeting after the A.G.M. with a special welcome to the twenty new members, and thanked everybody for the good wishes to herself and the new committee.

Good wishes were extended to Dorothy Colclough, Evelyn Sharkey, Carmel Dunne, Angela Brady, Eileen Sheehan and Carmel Dunn who celebrated their 25th Wedding Anniversaries recently. By an extraordinary coincidence the two Carmel Dunes celebrated their anniversaries on the same day. Eleanor O'Mahony was congratulated on the birth of her first grandchild.

BILEEN GANNON received a fabulous zig-zag sewing machine as first prize in the Brother International Bowling competition; ROSE GIBLIN came third and NUALA LUCAS was also placed. Since our Club Meeting the Debaters LILY DUFFY, ROSA MORRIS and ENA McGARRY are through to the Finals, having successfully proposed the motion "That a Strike a Day keeps Prosperity Away". Drimnagh Ladies' Club opposed the motion. The other semi-finalists were Lorcan and Ballymun Ladies' Clubs. The Ballymun team successfully opposed the motion "That the World has Suffered from the Womens' Liberation Movement". We are all looking forward to a brilliant Final between Ballymun and Templeogue Ladies' Clubs, on 30th April in the Gresham. The Templeogue Team proposes the motion "That the World has become Immune to Violence, and the Ballymun team will oppose it. The Choir is busy rehearsing for the Feis Maitiu on the 5th May and the Federation Choral Festival on the 24th May in the Dublin Central Mission Hall. "Good Luck" to our Choir, who always do well.

The Club is pleased to propose Imelda Gogan as Vice-President of the Irish Federation of Womens' Clubs, and this will be ratified at the A.G.M.

Our ANNUAL SUMMER OUTING will take place on 30th May, consisting of a round trip to Glendalough for afternoon tea, a visit to Avondale House and Gardens and back to the Dublin Sport Hotel for dinner.

At our May Meeting we will have a "Templeogue Ladies' At Home". For the June Meeting a "Make and Model" competition has been arranged. The object being that members make and model a summer outfit. There will be two categories. 1. A one piece summer dress, made, knitted or crochet in light yarn or material. 2. A two or three piece outfit, mix and match or plain made, knitted or crochet in light weight yarn or material. These outfits may be worn on the Summer

Outing if desired, but must not have been washed. Entry fee 50p. per item to cover expenses. For those who cannot knit, dress make or crochet, we will have a hat competition in two categories, the funniest hat and the prettiest hat. The only stipulation being that they must have been made by the wearer. Ladies we will expect to see you in one or other category.



Eileen Gannon, winner of the Brother International Bowling Competition, trying out her prize of an automatic sewing machine.

The Club Raffle consisted of a beautiful flower arrangement by Jean Thompson, which was won by Ethel Murphy.

The President welcomed Triona Power, Sharwood Cookery Demonstrator, who gave us a mouth-watering demonstration of Chinese Dishes, which our members were pleased to sample. The President thanked Triona and presented her with a lovely flower arrangement.

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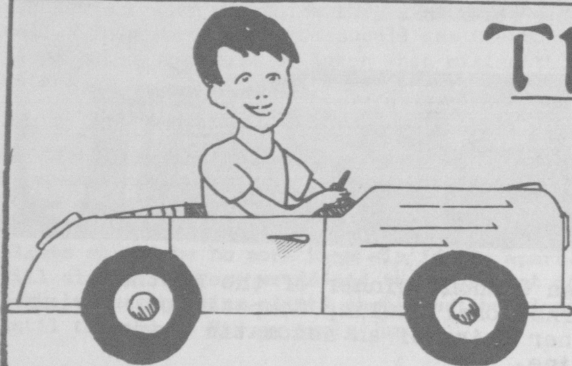
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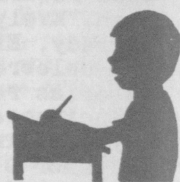
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