



## CORE COMMUNITY MAGAZINE SUMMER EDITION

WHY GO ANY FURTHER? ENJOY SUMMER IN MEATH!

IMMERSE YOURSELF IN ART AND HERITAGE

TAKE CARE OF OUR ENVIRONMENT

LOOK AFTER YOUR WELLBEING

SUPPORT LOCAL BUSINESSES

EXPLORE YOUR LOCALITY!

# CORE Community Magazine

CORE are delighted to welcome you to the Summer edition of your community magazine, a platform to connect with and provide services for residents, visitors, charities and businesses in Meath. Get in touch with your community through us!

# Summertime in County Meath

This magazine is a volunteer-led community project and we invite everyone to get involved in shaping it! Send us your ideas, photos, art, or writing at [info@coreireland.ie](mailto:info@coreireland.ie)



Find CORE Ireland on social media!

# IN THIS ISSUE...

COMMUNITY  
HEALTH & WELLBEING  
MEATH SMALL BUSINESSES  
ARTS & CULTURE  
SPORTS & OUTDOORS  
ENVIRONMENT MATTERS  
AND MUCH MORE!

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"THE GREATEST MIRACLES TRULY ARE FOUND IN THE SMALLEST THINGS"

Turn to pages 9 and 19 for information on some of Meath's nature spots

"WE DON'T NEED A HANDFUL OF PEOPLE DOING ZERO WASTE PERFECTLY. WE NEED MILLIONS OF PEOPLE DOING IT IMPERFECTLY."

- Anne-Marie Bonneau  
@ZeroWasteChef

Turn to page 4 for information on Plastic Free July, or page 17 for helpful advice on eco-friendly periods!

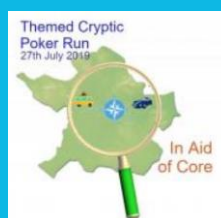
## SATURDAY JULY 27<sup>TH</sup> — CORE FUNDRAISER EVENT

### IN COLLABORATION WITH THE CIVIL DEFENCE AND FIRE SERVICE

Join us on Saturday the 27th of July for a themed daylong event to engage your puzzle solving and team working skills in what promises to be a great day out for everyone. The day will include driving around Meath looking for clues, and the evening event in Navan will include entertainment, food, spot prizes and more. For tickets and more information, go to:

[www.ticketstop.ie/event/2624/themed-cryptic-poker-run-2019](http://www.ticketstop.ie/event/2624/themed-cryptic-poker-run-2019)

Funds raised will further help us at CORE to continue providing our services, such as this free Magazine and the Nourish Food Parcel Project, to the Meath community. We hope to see you on Saturday July 27<sup>th</sup>!



CHECK INSIDE FOR HOLIDAY TIPS AND OTHER USEFUL INFORMATION ON MEATH, AND INFORMATIVE ARTICLES WRITTEN BY LOCAL SMALL BUSINESS OWNERS



## What is the CORE Community Mag?

The CORE Meath Community Magazine is a central way for CORE to engage with and connect our community.

We publish the magazine every two months and each issue contains small editorials on and by local groups and services available in the area.

We also offer local businesses advertising space for free, get in touch to find out more about CORE, what we do, and about how you, your group or business can get involved!



WWW.COREIRELAND.IE



INFO@COREIRELAND.IE

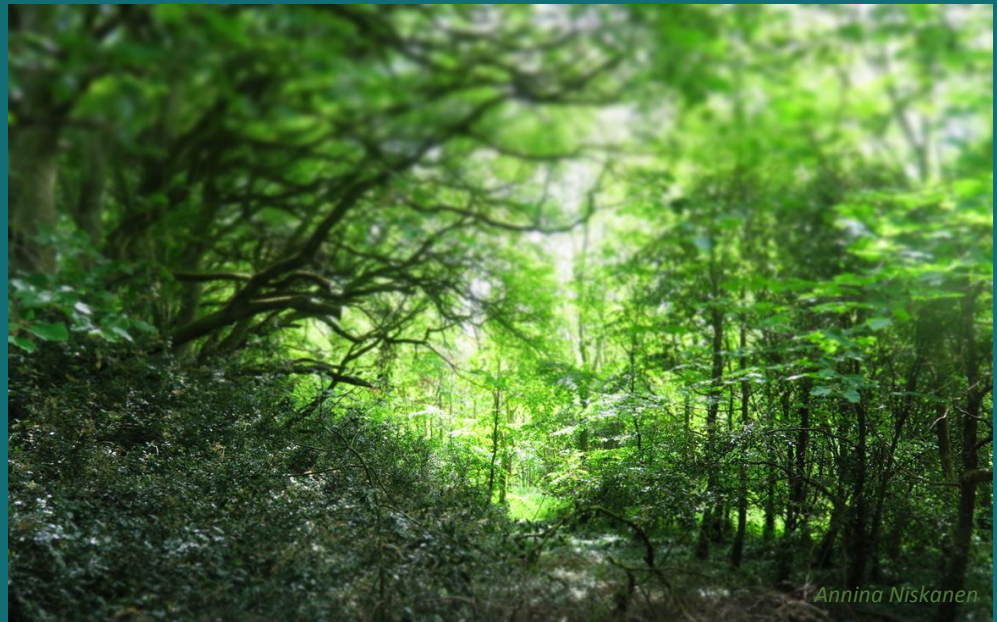


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Go online to see all previous issues of your free community magazine:

WWW.COREIRELAND.IE/MAGAZINE

THE GROUNDS OF DALGAN PARK NEAR NAVAN FEATURE A LOOPED WALK WITH MYRIAD PATHS (AND LOVELY PICNIC SPOTS!) TO CHOOSE FROM. The well-kept, gravel trails take you through 7km of magical woodland and fields, winding riverside along the Boyne and even traversing the Skane river twice. Excellent for running, walking, and peaceful meditation. Please be mindful that dogs and fishing are not allowed in the park, as part of the walk is a nature sanctuary.



Annina Niskanen

"THE EARTH IS SO INTEGRAL IN THE UNITY OF ITS FUNCTIONING THAT EVERY ASPECT OF THE EARTH IS AFFECTED BY WHAT HAPPENS TO ANY COMPONENT MEMBER OF THE COMMUNITY. BECAUSE OF ITS ORGANIC QUALITY, EARTH CANNOT SURVIVE IN FRAGMENTS. THE INTEGRAL FUNCTIONING OF THE PLANET MUST BE PRESERVED" — **Thomas Berry, ecotheologian**



JOIN

THE

CORE

TEAM!



ARE YOU INTERESTED IN SHARING YOUR SKILLS, LEARNING NEW SKILLS, MEETING NEW PEOPLE AND HELPING TO MAKE OUR COMMUNITY EVEN BETTER?

Why not join us and volunteer your time working from home or here at CORE in Navan's Meath Enterprise Centre!

Get in touch with your community through us by volunteering with us at the Meath Enterprise Centre in Navan.

We also invite everyone in Meath to help us shape the CORE Community Magazine by sending in your ideas, photos, art, writing, or good news stories and events.

REACH US AT [INFO@COREIRELAND.IE](mailto:INFO@COREIRELAND.IE)



# How I became The Creative Genie!

by Trisha Bonham Corcoran

I have always been creative, always designing, inventing and creating from a very early age. The world about me has always fascinated me and I think my first word must have been HOW?

That's what constantly goes around my head, how is that made? How does it work? How can I make it, improve on it, make it out of what I can get my hands on? It's a very busy, crazy place my brain! So many ideas and ways to transform my environment or help anyone else who wants to change theirs. I guess it was inevitable I'd end up working creatively. It wasn't a straight road here by any means. I didn't go to art college as I'd dreamed, and for years I believed I couldn't work as a creative without a college degree but I've learned that's just not so.

Yes, I've taken the long road to get here but every step, job, experience and course I've done along the way has taught me so much and made me into the creative business woman I am today that I have no regrets at all.





My early life may have been taken up with family and work but always I kept creating away until I was eventually able to give up the day job and work in the amazing National Opera House, Film and Street Theatre. They opened up whole new worlds to me and I knew I never wanted to spend my life in an office again, my time had come!

Creative Genie hasn't been an overnight success, it's something I'm constantly building on and most definitely there have been times I've felt like throwing in the towel but always my burning desire to make, create and share that passion has seen me through.

My advice to anyone thinking of following their passion would be to definitely go for it, but give yourself the best support you can. Surround yourself with positive people, research your market, avail of all the resources that you can, reach out to the creative community for tips and advice, but most importantly: believe in yourself.



Trisha would be delighted to hear from you. She runs regular craft workshops, summer camps and crafty birthday parties too.

 [www.creativegenie.ie](http://www.creativegenie.ie)  
 087 798 5517  
 @creativegenie.ie  
 asktrisha@creativegenie.ie



Contact Trisha to find out more about her crafty Summer Camps, booking essential:

Naul, July 2-4, 6-12 years  
 Navan, July 9-11, 7-12 years (SOLD OUT)  
 Ashbourne, July 16-18, 6-12 years  
 Ashbourne, Aug 13-15, 6-12 years  
 Navan, Aug 20-22, 6-12 years

## Plastic Free July

Plastic Free July isn't about being perfectly plastic free but about observing your habits and seeing where you could make small changes to reduce or eliminate your use of single use plastic. For the next few weeks keep a really close eye on what you and your family are putting in the bin, and then start thinking of ways to reduce or eliminate that waste.

Some tips to get you started:

- Use a reusable water bottle (stainless steel is great for longevity)
- Keep cutlery, a cloth napkin and tupperware/jar in your car or bike bag
- Always have a shopping bag with you

But most importantly, take it easy! It can feel a bit overwhelming when you start to notice how much unnecessary plastic is present in almost every aspect of our lives. Don't despair and just focus on the changes you can make today.

See the February issue of the CORE magazine ([coreireland.ie/magazine](http://coreireland.ie/magazine)) for more information and tips on reducing plastic pollution!



## Crafty tips from the Creative Genie

**Recycle, recycle, recycle!** Loo roll holders, plastic tubs, tins cans all make great crafty projects. I collect and reuse these all the time. YouTube and Pinterest are full of inspiration for things to craft!

### REUSE GLASS JARS AS TEALIGHTS!

Wash and dry glass jars after use and paint them inside as desired. You can stick a silhouette of e.g. a butterfly to the inside of the jar then paint over it. When it's dry remove the paper cut-out to reveal your image! Place sand in the jar to weigh it down and put a tea light inside. You can make a few of these to line your garden path for a lovely effect.

**CREATE A SPECIAL FAIRY SPACE IN YOUR GARDEN!** Collect some long sticks (12" willow works well) to stick into the ground in a circle about the size of a saucer. Tie the tips together to make a tepee shape. Weave string/ reeds in and out of the uprights to make a framework for the thatch. For the thatch, weave big leaves, long grass or twigs into the side working from the bottom up. Use string to secure as you go. Use pebbles and flowers to create a pathway or seat for the fairies.

**HOST A CRAFT PARTY FOR FRIENDS AND THEIR KIDS!** Get everyone together to enjoy the sunshine and some crafty therapy! How about a kite making afternoon: you'll need wooden sticks, newspaper, PVA glue and string. Get your friends to bring any bits n bobs they have at home like fancy paper, ribbon, buttons... you can really use anything and make your kite totally unique! There's lots of fun to be had learning to fly it too...

See the FB page  
@creativegenie.ie  
for more ideas!



## What to expect when you get into yoga

by Anna B

Everybody comes to yoga for different reasons, for some it's purely physical, for others it's the need for some quiet. But after a few classes, a lot of people stay for the same reasons. They find a sort of peace when practicing, a clarity in their thoughts, and they also learn a lot about themselves and others.

Everybody is different, and everyone's experience is different. During Anna's yoga classes you will feel relaxed but you'll also work, you'll go to the edge and gently be guided back.

Anna teaches many types of yoga, so you can find the type that suits you best.

**Hatha yoga classes** A full body workout; sometimes you'll sweat, other times you won't, either way you will leave feeling energised and full of life. At the end of each class you'll have a lovely long relaxation and you'll be greeted with a head massage and essential oils.

**Yin yoga classes** You'll feel even more relaxed. With all poses either sitting or lying down, you'll be stretching your connective tissue to help relieve any pain in the body. There's also an emphasis on Traditional Chinese Medicine in this practice.

**Kundalini classes** All about awareness of your body, inside and out. Kundalini is both a work out and a work in. It's almost the intersection of Hatha and Yin. Powerful and relaxing with an emphasis on consciousness activated energy centres throughout the body.

Anna B also teaches very popular monthly 2-hour Yin Yoga and Yoga Nidra events. Yoga Nidra is also called Yogic Sleep: 30 minutes of it is thought to be the equivalent of 3-4 hours' sleep. It is a great way to get a taste for yin yoga and

Join Anna for her weekly yoga classes in Navan

**Mondays: Bohermeen Heritage Centre**

6:00 – 7:00PM – Hatha Yoga

7:15 – 8:15PM – Yin Yoga

**Thursdays: Yoga Loft Meath**

6:00 – 7:00PM – Yin Yoga

Contact Anna for a place in a class by texting 086 068 7627 or emailing [inspire@AnnaB.ie](mailto:inspire@AnnaB.ie)

Check out her blog about yoga and the environment [www.Annab.ie](http://www.Annab.ie)

Follow her on Instagram @AnnaB.ie



## “Don't Step on a Bee Day” at Trim Library

On Wednesday July 10th, Trim library is hosting a bee workshop. Robin from the BeeWise project will be talking about the importance of bees and wildflower meadows in this interactive workshop for children aged 7-10.

**Please call Trim Library to book:**  
**0469436063**





# Heritage Week events in Meath

Compiled by Aaron O'Reilly



An Chomhairle Oidhreachta  
The Heritage Council



## 'THE BIG DIG' (FREE)

**17 August, 11am - 4pm**

Navan & District Historical Society  
@Navan Town

The School of Irish Archaeology is coming to Navan, their replica Viking House excavation is designed for children 5-12 years who will explore the Viking world through an archaeological dig. Children must be supervised. To book, go to [sia.ie](http://sia.ie)

## PAST TIMES & LIVES NAVAN (FREE)

**17 August, 10am - 6pm**

Navan & District Historical Society  
@Trimgate Street, Navan

Stroll down memory lane and see images of Navan Town from around the turn of the 20th century. Canvases on display in shops, cafes and pubs along Trimgate Street.



## A GEOLOGICAL EXTRAVAGANZA (FREE)

**18 August, 3pm - 4pm**

Office of Public Works @Cairn T, Loughcrew near Oldcastle

Join Dr. Robbie Meehan for a talk on the Geology of the Loughcrew Hills. Learn where the Neolithic builders sourced the stones to build these wonderful monuments. The climb is steep and the grass can be slippery.

## TURAS COLUMBANUS DISPLAY (FREE)

**18- 23 August, 10am - 1pm**

@St. Columbans Dalgan Park, Navan

There is a display of the Columban Way pilgrim and cultural route from Bunclody to Bangor and continental Europe. Images of Tara, Slane, Bective, Columban Way. Contact 087 348 1250 for more information.

## PORTRAITS COME TO LIFE

**17 - 18 August, 11:15am - 5:15pm**

@Slane Castle, Slane

Journey throughout the castle as our 18th Century paintings come alive to give you a flavour of life in the 1800's. From Royalty, Romance, Conflict and Chambermaids, each has their own story to tell. To book, contact [jemma@slanecastle.ie](mailto:jemma@slanecastle.ie)



## SLANE PAST & PRESENT (FREE)

**25 August, 11am - 5pm**

Slane Tourism @The Hub Tourist Office, Slane Village

Meet at the Hub and walk to the Hill of Slane, then back to the village at 12.30pm for a quick bite. Leave Hub at 2pm for walk to Slane Castle for tour, then over to Slane Distillery. At 4pm, a talk from a local Historian followed by a horse and cart ride back to the village.

## STEP THROUGH TIME IN TRIM

**19 - 23 August, 10am - 2pm**

Trim Living History @Trim Visitor Centre, Trim

Stroll back in time to Trim's historical pass. Learn about the importance of the wonderful history of Trim from St. Patrick to present day. This outdoor walking guided tour is suitable for all the family. Tours every hour. Duration 40 mins. To book, 046 943 7227.

## THE STORY OF HONEY IN KILMESSAN

**25 August, 2pm - 5pm**

Bee Wise Nature Trail, Kilmessan

Learn about the story of honey from flower to jar. Take part in a guided tour of our 5 acre bee-friendly woodland. See the bees working and complete a nature activity trail. To book, [info@beewise.ie](mailto:info@beewise.ie)



## HILL OF SLANE TOUR (FREE)

**17 - 25 August, 2pm - 3pm**

Hill of Slane Tour Guides @Hill of Slane Car Park

The story of St. Patrick and the first Pascal Fire, St. Erc's monastery and the first round tower in Ireland, and Slane Castle! Meet our local guides and find out there's much more here than meets the eye! Tours are outdoors.

## DID YOU KNOW?

The new Dalgan college (built in 1938) in Navan was constructed out of rocks from the nearby "White Quarry". You might even see fossils in some of the slabs of rock reminding us of a time long ago when Meath was below sea level.



GO ONLINE TO  
[WWW.HERITAGEWEEK.IE](http://WWW.HERITAGEWEEK.IE)  
FOR MORE EVENTS IN  
MEATH THIS AUGUST!

# Visit Kells this Summer!

by the Kells Tourism Network, photos by Bernard Hand

Visitors to Kells during Summer 2019 can take in a collection of heritage sites unmatched anywhere in Ireland from St. Colmcille's House where the world famous Book of Kells was part-written to the Town's iconic celtic crosses. Added to this, there's the outstanding Round Tower followed by St. John's Cemetery, the majestic Tower of Lloyd and the holy Well of St. Colmcille. But there's even more to see and do this summer! See [www.visitingkells.ie](http://www.visitingkells.ie) for more information.

## MARTRY MILL

[www.martrymill.ie](http://www.martrymill.ie)

Elsewhere in the locality, Martry Mill on the R147 between Kells and Navan, is one of the few working watermills in Ireland. Grinding grain by water power since 1641, the Tallon family have been producing stoneground wholemeal flour at the Mill since 1859. Supplying bakeries, supermarkets and shops around Meath with wholemeal flour, the Mill is open for tours. Visitors can see the milling process in action and learn about the history of the historic building, the flour itself and the locality.

## TELTON HOUSE

[teltownhouse@eircom.net](mailto:teltownhouse@eircom.net)

Just up the road from Martry Mill stands Teltown House, a welcoming BnB in the heart of the Meath countryside. Teltown House is a 17th Century country home overlooking the Blackwater river. Owned by the Clark family, it is a central base for visitors wishing to see the many marvels of the Boyne Valley including The Hill of Tara and the ancient passage graves at Newgrange, Dowth and Knowth. Unique ancient rock art can be viewed in the graveyard adjacent to Teltown. Teltown is also the site and origin of the Tailteann Games which pre-date the modern day Olympics!

## MOYNALTY STEAM THRESHING FESTIVAL

[www.moynaltysteamthreshing.ie](http://www.moynaltysteamthreshing.ie)

The month of August sees the popular Moynalty Steam Threshing Festival, five miles outside Kells on the R164 road. The event allows lovers of the outdoors and participants in agriculture to relive farming methods and old Irish rural culture from decades gone by. This hugely popular annual event, which has been running since 1976, attracts visitors and exhibitors from all over Ireland and the UK.

## POPULAR WALKING ROUTES

Visitors to Kells and the surrounding areas who like to walk or jog can enjoy a range of routes in and around the town. Walkways include:

The Kells Business Park pathway and River Walk under the sign Slí na Sláinte off the Cavan road to the Tower of Lloyd.

The Headfort Harvest Walk which stretches from Kells Town out along the R163 road to Headfort Estate, is also popular with walkers.

The Girley Bog Walk close to Fordstown just off the R164 road from Kells to Athboy, is full of natural flora and a must for nature lovers.



Bernard Hand



Bernard Hand



Bernard Hand

## FREE EVENT: KELS TYPE TRAIL

Kells TypeTrail is an annual festival celebrating typography and lettering as a modern art form. This years theme is the word 'TYPE'. Through a series of collaborations and workshops with Kells primary schools, students from Athlone Institute of Technology, Dundalk DKIT, local artists, poets and Meath Arts Office, Artist Mark Smith & his creative team use the streets of Kells as their canvas. Up to 30 indoor and outdoor art installations form a walking trail around the town. Come along and help turn Kells into a canvas of Type! Kells Type Trail will run until mid August 2019.



Kells Type Trail FB group



# Summer holidays: Meath or Spain?

by Wendy Flynn

WHAT IS YOUR FAMILY DOING THIS SUMMER IN MEATH?  
LET US KNOW AND WE MIGHT FEATURE YOUR STORY!  
EMAIL US AT [INFO@COREIRELAND.IE](mailto:INFO@COREIRELAND.IE) OR FIND US ON SOCIAL MEDIA

I WAS THINKING ABOUT OUR SUMMER HOLIDAYS THIS YEAR: WOULD IT BE SPAIN OR MEATH? I DECIDED TO PUT IT TO THE CHILDREN TO MAKE THE DECISION.

We're lucky that we can go abroad on our family Summer holiday each year. This year I set a task for my children to let them decide. I asked them to look up the places in County Meath that we could visit. By doing this I will be teaching them certain skills in a fun beneficial and informative way. I gave them the dates and that we could take up to two weeks. I would need to know: where we would be going? Why we would be going there? and what we would be doing. The kids loved the idea of being in charge and got stuck in. The two spots they chose for our first adventures were The Hill of Tara and the River Boyne.

**THE HILL OF TARA** they discovered is located near the River Boyne, and it runs between Navan and Dunshaughlin. It contains a number of "very, very old monuments" I'm told they're called! The very best thing they told was that the High King of Ireland sat here and they would love to see what his chair looked like!! They found out it was also an "archaeological complex" but that they'd need to look up that big word!

**THE RIVER BOYNE** was next on the list: "We would like to see the river Boyne please, please mam. If you take us we'll tell you the secret story about Fionn and the Salmon of knowledge and we might even get to see him." Okay, I agreed. I told them we could go to the Ramparts (easily accessed from Navan, Broadboyne Bridge, and Slane) and do part of it. "What's that?" they asked. I explained that it is a great place to see the River Boyne. They said that would be great. We could park the car for free beside the beautiful Slane Bridge and follow an old mysterious path that was

used to tow boats up around Slane Castle back in 'the olden days'. I explained that you could even walk the entire way from Slane to Navan on this path (though some parts of the path are extremely tricky to manoeuvre, so caution is advised).

"Can we go mammy please please please?". If the weather is good we could have a picnic lunch as there are seats and tables in some spots. They were overjoyed. All we needed was a bit of good weather. During our walk they told me the story they'd learned:

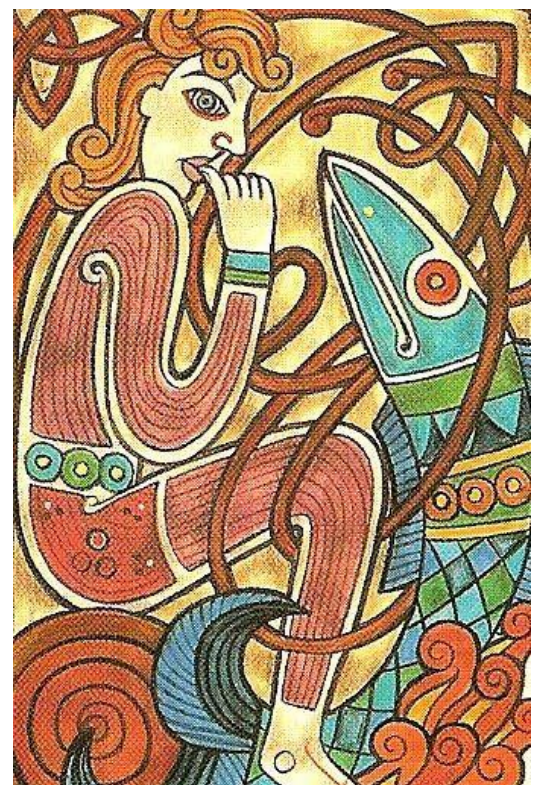
**THE SALMON OF KNOWLEDGE.** Long ago Fionn mac Cumhaill, was a great leader of the Fianna in Ireland. When he was still a young boy he was sent to live with a very wise man called Finnegas. Finnegas was a poet who lived on the banks of the river Boyne and was known by everyone in Ireland for the amount of things he knew and people would go to him if they needed answers. "He knew about everything, everything mam, about the whole wide world!" He knew about the secrets of the birds and animals and plants and stars, than any other man in all of Ireland. This was why Fionn was sent to him like going to school so that he could learn. Fionn loved to listen to the old man's wonderful stories and his many words of wisdom which he too, would learn. As payment for his education Fionn would help about the house, cooking, cleaning and fishing for the old man.

One day Finnegas went fishing and finally caught the Salmon. "I've caught it! I've caught it!", he cried happily. He immediately reeled it in and ran up to Fionn with the Salmon in his arms. "You must cook it straight away!". As Fionn began to set up the fire and spit in order to cook the Salmon, Finnegas warned him, "Cook it, but whatever you do, do not eat a single bit of it!". Fionn

nodded and carried on cooking the Salmon while Finnegas went to fetch some extra firewood.

When Finnegas came back to eat the the Salmon. He looked at Fionn and thought he looked different. He asked the boy: Have you eaten any of the Salmon? "No, I have not!" Fionn told him, "but when I was turning it on the fire I burned my fingers, so I put my thumb into my mouth to take away the pain..". "That's enough!" replied Finnegas, "You have tasted the Salmon of Knowledge. Now you are the one who has gained all the knowledge of the world. You must go now! There is nothing more I can teach you" Finnegas informed him.

Fionn grew up to become a wise poet, warrior and leader. He became a great leader of the Fianna, the greatest band of warriors Ireland has ever known. This sealed it for the children and they said to me "You never know mam, we might find the Salmon of knowledge and we would never have to go to school again! Yippee yippee!". We looked hard for the Salmon of Knowledge, and though the children didn't find it, we all had a great time.





# On the importance of Dialogue, Justice, and Caring for the Earth

Notes from an interview with Ger Clarke, Education Officer at St. Columbans

Dalgan Park, located 6 kilometres south of Navan, is home to the Missionary Society of St Columban in Ireland. Located on lands shaped by the kings of nearby Tara, local chieftains, the Dowdalls of Athlumney Castle, and a British general to name a few; the site was bought by the Columban Fathers in 1926 to meet the growing demands of training their missionaries. Today, Dalgan is home to active and retired missionaries and hosts educational tours, courses, and an exhibition on missionary work worldwide.



Annina Niskanen

THEIR ETHOS IS SIMPLE: DIALOGUE, JUSTICE, AND CARING FOR THE EARTH

As the Irish missionaries branched out into the world around them, they saw that instead of trying to change or convert people of different backgrounds they should instead be listening to them and talking with them, appreciating and celebrating diversity. The Visitor Centre inside the college at Dalgan Park offers a glimpse into the world of Columban Missionaries, who believe that a passion for justice, a desire for peace, and concern for creation are not only core components of faith but fundamental to everyone living in our world today.

In keeping with this ethos, the Centre offers many courses such as an ecology programme and in-career development courses for teachers in conjunction with the Navan Education Centre and the

Department of Education & Skills. The Visitor Centre welcomes all school and community groups to visit Dalgan Park throughout the year. The teaching is built on principles of subversion, helping to rebuild and shape our way of looking at things. In today's tumultuous world, it is important to instil this type of learning and wonder in our children: the old way of doing things does not always work, and we must work in dialogue with others to find novel ways of doing and seeing.

STUDENTS ARE NOT JUST TOLD TO "LOOK AND LISTEN" BUT TAUGHT TO "HEAR AND SEE"

A visit to Dalgan Park is educational in the most organic way: one afternoon a student's close brush with nettle inspired Ger to help them see a small but inter-connected world of miracles: looking at the leaf of the nettle through a microscope, Ger told them about how the tips of the stinging hairs are made of glass, and about the science behind why dock leaves are traditionally said to relieve nettle stings.

The Columban's appreciation of not only human life but of all life and nature is reflected in the small but significant projects going on within the Park grounds, from a pollinator and meditation friendly wildflower labyrinth to orchards and polytunnels for growing vegetables and berries. Verges and areas under trees are left unmown to encourage dormant wildflower seed already present in the soil to grow. It's only been a few years and Ger has already counted 26 wildflower species growing in these little havens of life.

Pausing to enjoy their natural beauty is a joy in itself, but many of these often-overlooked plants are also medicinal for humans and important sources of food

for pollinators. The wild flowering verges remind you to slow down: if you rush past you miss the bold red tips of the yellow trefoil flowers, or the hues of brilliant blues found in the tiny petals of the speedwell, or the thousands of dainty feathery leaves of the yarrow..

THE GREATEST MIRACLES TRULY ARE FOUND IN THE SMALLEST THINGS



Annina Niskanen

A visit to the Dalgan Park Visitor Centre is eye-opening, connecting different faiths, cultures and the natural world around us all. The Centre houses an exhibition on the history and work of Irish missionaries worldwide. Interesting artefacts, ranging from models of temples to bog oak sculptures and ceramics, represent the various cultures where Columbans work. All visitors are welcome to the exhibition located just inside the main doors of the college.



For information on tours, booking a course, or using the facilities at Dalgan Park, please contact Ger Clarke or Lisa Travers at 046 902 1525 or email Ger at [grclarke4@gmail.com](mailto:grclarke4@gmail.com)

## The Meath Heritage 50k Cycle Route

A growing interest in sustainable tourism, health, and the environment has made cycling an increasingly popular local and holiday activity. A 50 km route will be the permanently signposted legacy of the Meath Heritage cycle tour.

A 50 km route will be the permanently signposted legacy of the Meath Heritage cycle tour (see rough map below). The route starts and finishes at Trim Castle, biking via Marcie Regan's pub to cross the Boyne and turn left for Kiltale. At Pike Corner you take a left for Kilmessan village then left again towards Crocketts bar of Bective where you turn right towards Bellinter then right again at Tara Golf club.

Then you head towards the Hill of Tara and Maguires cafe. After the stunning views, you head down to Belpere Cross and Dunsany Castle. The narrow country roads bring you out at Dunsany Lodge. Taking great care in crossing this busy road to the right, biking past Kiltale GAA and taking a left, meandering to Ginnetts Great on Summerhill road. There you turn right to return back to the castle in Trim.

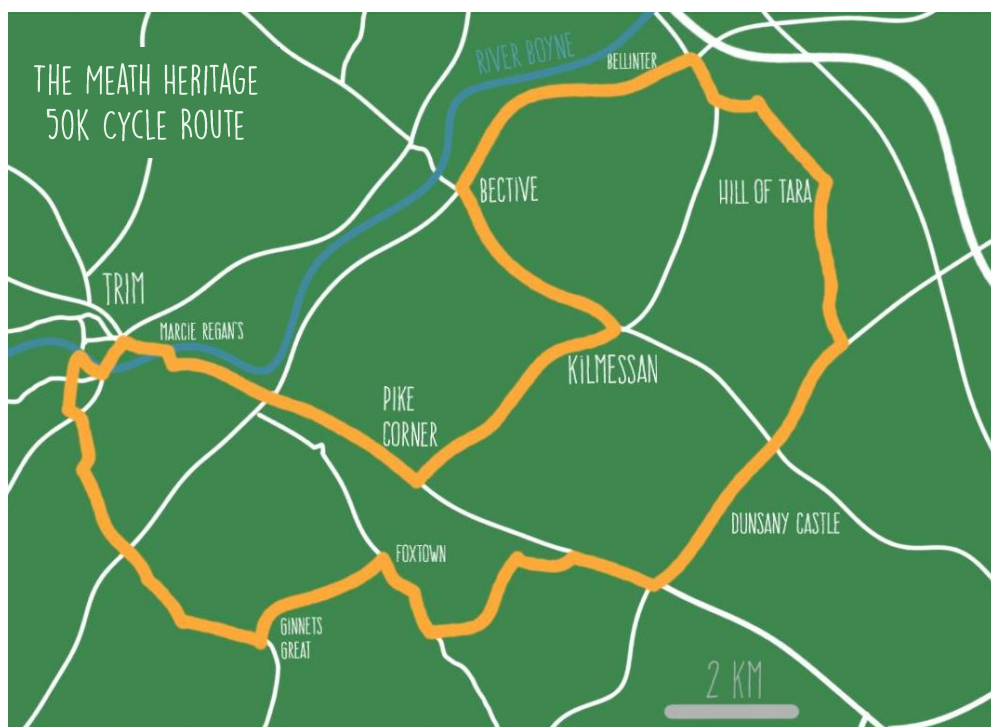
## Moynalty Why Nots 50k Leisure Spin

The fun and popular cycling event Moynalty Why Nots 50k Leisure Spin returns on Saturday 6th July.

Registration starts at 1pm, departing Moynalty at 2pm. All cyclists must wear a helmet and be over 16 years old.

All proceeds go to Meath Palliative Care. Cycling Ireland members €15; non Cycling Ireland members €20.

 [moynaltywhynots@gmail.com](mailto:moynaltywhynots@gmail.com)



## Introducing the new Adventure Walking App

Meath Local Sports Partnership is leading a new innovative programme which integrates modern technology, physical activity and having fun! It's a new and exciting way to encourage families to get out and exercise together. Funding was provided under the Healthy Ireland measure.

The Adventure Walks app is a collection of 1 and 2 km treasure hunts. All treasure hunts are designed for families with children from ages 4-15. Families can get out and about exploring somewhere new, or seeing somewhere they have lived all their life.

Meath LSP is currently trialling the app in Blackwater Park in Navan – our aim is to develop this app in as many parks and towns in Meath as feasibly possible over the coming year.

There are 8 treasure hunts mapped in Blackwater Park – most of which are both buggy and wheelchair inclusive.

This app is FREE to download and requires minimum personal information. For more information on how to download and use the app, check out our website:

 [www.meathsports.ie](http://www.meathsports.ie)

 046 906 7337

 @meathsportspartnership





## Dunsany Castle

Dunsany Castle (*Caisleán Dhún Samhnaí*) is a modernised Norman castle in Dunsany between Trim and Dunshaughlin. Building was started c. 1180 by Hugh de Lacy, who also commissioned nearby Killeen Castle and Trim Castle.

Viewing of Dunsany Castle is by appointment only. See their website for opening times and admission prices for 2019 (prices 0-10 euros).

The admission fee includes: guided tour of Dunsany Castle and it's grounds, with features such as Saint Nicholas Abbey, Farmyard, Stableyard and Historical Walled Gardens that still produce fruit and vegetables for the estate!



[office@dunsany.com](mailto:office@dunsany.com)



[dunsany.com](http://dunsany.com)



## DID YOU KNOW?

Among those in Ireland who have kept an estate going for centuries are the Plunketts of Dunsany Castle.

The present occupier is Randal Plunkett, 21st Baron of Dunsany. Randall is a director of zombie horror films, some of which have been shot in the castle grounds!

## An Act of Madness

Short story writer Martin Towey in collaboration with photographer Suella Holland launched "An Act of Madness", a book and photographic exhibition highlighting life in psychiatric hospitals in early 20th Century Ireland.

An Act of Madness is a piece of historical fiction focusing on one woman's story but echoing that of thousands of Irish people stigmatised, maltreated and largely forgotten by 20th Century Irish society.

Psychiatric institutions throughout Ireland admitted large numbers of people deemed outcasts by society at the time: people with intellectual or physical disabilities, psychiatric or psychological illness, or those considered eccentric, standing out in society as differing from 'the norm'.

The book tells of Bridget, a 37 year old pregnant mother of nine children who dreams of something more. Physically and psychologically exhausted, she questions her role and life's journey. She wishes simply to stop, breathe, and think. Unwilling and unable to conform to societal expectations and institutions, her strength of character and singular thinking are met with drastic repercussions. The impact on the individual, those left behind and those to follow, speaks of a dark chapter in Irish society from which we are only now emerging into the light.



## About the authors

Martin Towey from Navan, has an interest in writing historical fiction. He believes only through the acknowledgment of past injustices can we really move forward into a more transparent, healthy Irish society. An Act of Madness is based upon the life of the author's great-grandmother, Bridget Towey (1877-1939).

Suella Holland is a photographic artist who has exhibited extensively. Her most recent solo exhibition 'Welcome to Graceland', captures the essence of Elvis fan, Patsy Boylan's, obsession and mad-cap collection of memorabilia. Suella is a member of Visual Artists Ireland, Meath Arts Group and Bailieborough Creative Hub.



# The most common causes of lower back pain

by Anna Golovkov

The human back is composed of a complex structure of muscles, ligaments, tendons, disks, and bones that work together to support the body and enable us to move around. Damage can result from strain, medical conditions, and poor posture.

## Strain

Back pain commonly stems from strain, tension, or injury. Frequent causes of back pain are:

- strained muscles or ligaments
- a muscle spasm
- muscle tension
- damaged disks
- lifting something too heavy/improperly
- making an abrupt and awkward movement

## Movement and posture

Damage can also result from abrupt or wrong movement and poor posture:

- pushing, pulling, lifting, carrying standing or sitting for long periods
- straining the neck forward, such as when driving or using a computer
- long driving sessions without a break, even when not hunched
- sleeping on a mattress that doesn't support the body or keep the spine straight

## Structural problems

**Ruptured or bulging disks:** Each vertebra is cushioned by disks. If they rupture/bulge, the increased pressure on a nerve results in back pain.

**Sciatica:** A sharp and shooting pain travels through the buttock and down the back of the leg, caused by a bulging or herniated disk pressing on a nerve.

**Osteoarthritis:** Can cause problems with joints in e.g. hips and lower back.

**Abnormal curvature of the spine:** If the spine curves in an unusual way, back pain can result. An example is scoliosis, in which the spine curves to the side.

**Osteoporosis:** Bones in the vertebrae of the spine become brittle, making compression fractures more likely.

**Kidney problems:** Kidney stones or kidney infection can cause back pain.

For all your aches and pains, please call to make an appointment with Navan-based massage therapist Anna Golovkov

☎ 085 867 3986



## What is Anger?

Anger is an emotion. It can be a very energising and motivating emotion. It can be a healthy emotion. When we feel threatened or think something is unjust or unfair it is a natural and normal response to feel angry.

Anger can also be a destructive emotion. An angry cycle can start if we misinterpret situations, believe others are having a go at us, or that we are being criticised or attacked in some way. Becoming angry can become a habitual way of responding, which can sometimes be hard to shake.

Our thoughts in anger can include:

- “It’s unfair”
- “I’m under attack”
- “I won’t stand for it”
- “I’m being treated badly”

When we become angry, the emotions of anger, rage, frustration, irritation and anxiety exist. Adrenalin energises and motivates us to deal with the situation in a physical way, which means we are more likely to respond physically:

- raised voices
- sarcasm
- shouting
- screaming
- criticising
- violence
- harming others or self
- facial expression

In counselling & psychotherapy we can learn to break the anger cycle, to manage our anger by learning to think and act differently, using interventions to help us cope with our anger.

**Dowdstown Counselling Services offer affordable counselling and are located in the CYWS Hall in Navan.**

**If you or someone you know needs help, please get in touch:**

☎ 046 903 1196

✉ [dowdstownhouse@eircom.net](mailto:dowdstownhouse@eircom.net)

**Dowdstown Counselling Services are a registered charity offering affordable counselling to those that need it. In order to continue this service we are constantly looking for donations to help the service.**

**We run a monthly draw – for €5 per month the prizes are €200, €100, €50, €50. If you would like to join the draw or help in any way please contact us on the number above.**



# Panic and Anxiety Disorder!

by Anna Golovkov

There are many factors that can lead to a person to suffer from Panic and Anxiety. Some of them are:

- personal or professional stress/ current life, challenging life situation
- past or childhood experiences
- drugs and medication

Panic attacks often strike out of the blue, without any warning, and sometimes with no clear trigger. The signs and symptoms of a panic attack develop abruptly and usually reach their peak within 10 minutes.

## Panic attack symptoms include:

- Shortness of breath or hyperventilation
- Heart palpitations or racing heart
- Chest pain or discomfort
- Trembling or shaking
- Choking feeling
- Feeling unreal or detached from your surroundings
- Sweating
- Nausea or upset stomach
- Feeling dizzy, light-headed, or faint
- Numbness or tingling sensations
- Hot or cold flashes
- Fear of dying, losing control, or going crazy

## Self-help tips for panic attacks

It is important not to let your fear of panic attacks control you.

Learn about panic and anxiety. Panic attacks always pass, and the symptoms are not a sign of anything harmful happening. Tell yourself that anxiety is causing the symptoms you're experiencing

Listen to your body. Feel all the sensations you experience during an attack. Remind yourself that, though unpleasant, they will not hurt you

Learn how to control your breathing. Deep breathing can relieve the symptoms of panic. When breathing well, you're less likely to create anxiety

Practice relaxation techniques. When practiced regularly, activities such as yoga, meditation, and progressive muscle relaxation strengthens the body's relaxation response

Exercise regularly. Exercise is a natural anxiety reliever so try to get moving for at least 30 minutes on most days (three 10-minute sessions is just as good)

Get enough restful sleep. Insufficient or poor-quality sleep can make anxiety worse, so try to get 7-9 hours of good sleep a night



## Feeling lost? You are not alone!



If you are in suicidal distress, are self-harming or bereaved by suicide, please talk to us.

Helpline 1800 247 247

Text HELP to 51444

[www.pieta.ie](http://www.pieta.ie)



## Shine Phrenz Support Group

Providing a safe, confidential space for anybody over 18 years of age, with self-experience of a mental health difficulty, to meet other people with a similar experience, where the conversation is focused on recovery and supporting one another on that journey.

Meetings are facilitated by a Peer Facilitator, with no set agenda, course work or topics. This is an informal, friendly, relaxed and supportive forum where people can talk about what is important to them on that day.

For details regarding the location of the group, please contact Derek Pepper, Shine Regional Development Officer:

☎ 0868525422

✉ [dpepper@shine.ie](mailto:dpepper@shine.ie)



SHINE PHRENZ SUPPORT GROUP MEETINGS  
HELD IN NAVAN EVERY WEDNESDAY  
FROM 2.30PM TO 4PM.

# You can't 'think' your way out of your feelings!

by Linda Breathnach

Linda Breathnach is an IACP accredited Counsellor Psychotherapist.

Linda works with individuals, couples and groups, and a big part of her work involves helping clients to slow down and start focusing on their emotions, whether those emotions are positive or negative, comfortable or uncomfortable.



Often in today's fast-paced world, the emphasis is on achieving happiness. Because of this, we can sometimes be tempted to try to talk ourselves out of other more uncomfortable feelings such as anger, sadness, frustration, hurt, guilt, shame etc.

We can attempt to rationalise and tell ourselves that our feelings don't make sense or that we can "just not think about them" or to "look on the bright side". However, when we do this, there is a risk that we are just burying or suppressing our feelings. In counselling, there is a well-known phrase; "Depression is Suppression and the only way to prevent it is Expression". Clinical depression can be more complex and sometimes requires medication but feelings such as those mentioned above are normal human emotions and the best way to help them pass is to sit with them, despite how uncomfortable that might be, and spend some time

understanding them rather than changing them or solving them. Ironically, the Fear of sitting with those difficult scary emotions is usually worse than the actual emotions themselves! Relief is an emotion that clients often feel once they've sat with and expressed some difficult feelings in a session.

This is where the phrase "a problem shared is a problem halved" comes from. If we keep those difficult feelings bottled up and going round and round inside, there is nobody to challenge them. They then start to influence irrational thoughts which in turn make us feel worse and again leads to more anxious scary thoughts. What I am trying to say in a nutshell is, "it's good to talk", this doesn't have to be with a professional but it does need to be somebody who is emotionally supportive. We all have friends and family members that can be divided

into two categories, The Practical Supporters and The Emotional Supporters. The Practical Supporters are great for making enquiries, helping you to fill out forms and solving problems, they are the doers. The Emotional Supporters will sit with you in your pain and listen as you work your own way through your painful feelings. Each type of person has their purpose. The latter type is the ideal person to support you when you are feeling low.

It is also helpful to remember that Feelings aren't permanent. They come and they go, they shift and they evolve, minute to minute, hour to hour. Be gentle with them and they will pass.

**To get help or for more information, contact Linda:**

 **083 061 8859**

 **lbtherapy@outlook.com**

 **@Therapy&Training.ie**

## Meath Autism Network

by Sharon Emmett, Meath Autism Network chairperson

Meath Autism Network was founded in 2006 by a group of parents affected by autism to bring together not only the children with autism but also their families to elevate the social exclusion they felt in their lives.

The Meath Autism Network became like a family among families. The parents benefit immensely from other parents, learning tips along the way to help them cope after diagnosis. The siblings also benefit from this group. It lets them know that there are other children and their families that are going through similar experiences.

Lifelong friendships have been made through this group. We have group activities all through the year and as we go out together as a group, it helps so much to cope with the challenges that occur daily when trying to attend social events as a family affected by autism.

We all look out for one another! Our days out are so much fun and so unpredictable. It is amazing to have the support and security within the Meath Autism Network group to enable us all to have a great day out for all the family.



Our hopes and dreams for the future of Meath Autism Network are to continue supporting families living with autism and to let them know it's ok and that they are NOT ALONE!

**If you or someone you know needs such support, please get in touch. You can call or message us at 086 2429 402 or e-mail us at [meathautismnetwork@gmail.com](mailto:meathautismnetwork@gmail.com)**



# My Feelings Matter

by Tara Smith

My Feelings Matter is a wellness and anti-bullying journal for children. It is primarily targeted at teachers, parents/guardians and their children in the 6-12 year age group.

The journal was created by Tara Smith of Wilkinstown and designed by Niamh Smith from Oriol Design. Tara was inspired to create this journal after coming across a heart rending story on Facebook about a young boy that was being bullied. She started developing and researching, spoke to Tulsa, Barnardos, and the Anti-bullying Centre in DCU, and read up on literature from the USA, Canada and England.

In recent years bullying has become a serious problem taking many forms: verbal, physical, social, and cyber-bullying. The My Feelings Matter journal puts forth tips, advice and information, it discusses whether

something is bullying or just "being mean". Anyone can be a bully but we can all do our part to help it stop.

The journal is designed as a multi-learning resource and year-round reflective tool. The first part of the journal provides information, tips and advice about bullying and what to do if a child is being bullied or if they have become involved in the act of bullying. There are also more light-hearted fun pages with word searches and "take a break and colour me in" pages. The second section offers space for the child to draw or write down their feelings to form their own personal journal. It is designed to be bright, colourful and fun.

The goal is to have the journal incorporated into primary schools across Ireland. The pilot project took place earlier this year (with the support of Meath Enterprise) with 106 students across four different primary schools in Meath. The pilot was positive and

productive. Tara attended the WABF (World Anti-Bullying Forum), held this year in Dublin, with some of the world's leading experts in the field of anti-bullying.

My Feelings Matter is available directly from the My Feelings Matter Facebook page @mfmantibullying

For more information please contact Tara at mfmantibullying@gmail.com



## Summer reading

**Summer Holidays are here! Why not read some of your favourite magazines for free online?**

The online Digital Magazines from Meath County Library will provide you (and your children!) with hours of entertainment during the summer holidays. All you need to do is register your details and library card number to check out online magazines for free!



You will find online versions of almost any magazine you can think of covering topics like gardening, interior design, yoga, photography, IT, gossip, food, music, crafts, and travel to name a few! There are many magazines for the kiddies to enjoy, too.

**For all online magazines available for free on the library website go to:**

[lgma.rbdigitalglobal.com](http://lgma.rbdigitalglobal.com)



## T-Shirt Upcycling with Emer

Put your upcycling skills to the test in this no-sew class. Bring two old T-shirts (heavier T-shirts work best) and Emer will show you how to transform them into a tote bag and a cushion. For ages 12+. Please call your local library to book your place.

TRIM LIBRARY: 31 JULY 11AM

NAVAN LIBRARY: 31 JULY 3PM

ASHBOURNE LIBRARY: 21 AUGUST 2.30PM



## @meathbizhour\_

Hosted by Meath Small Businesses

A new Twitter Hour called the @meathbizhour\_ has been launched by a group of Small Businesses owners from Meath.

A Twitter Hour is a temporary hyper-community created through using a Twitter hashtag. Twitter Hours take place worldwide and are a great medium used by small business owners and digital marketers who want to network and promote their brands.

Getting involved in a Twitter Hour is simple: tweet your message at your chosen Hour's specific time with the relevant hashtag, like #meathbizhour.



Make the Hour more engaging by following the hashtag and interacting with other people's tweets. Retweets, likes, and replies all help keep the spirit of the Twitter Hour alive.

Consider writing a few promotional tweets ahead of time. You can save a few tweets in a Word document, Google Drive, or on your phone using a great little app called "Evernote" that can also be accessed on your desktop. This will enable you to focus on your followers during the Hour without having to remember to also post about your products or services.

Are you a small business owner in Meath?  
Join the Meath Small Businesses community!

@MeathSmallBusinesses

@MeathBizHour\_

## Women for Change

by Áine Reynolds

Sponsored by the National Women's Council of Ireland, the "Women for Change" course was held in April-May in St. Anne's resource centre, Navan.

AS A FEMINIST, ACTIVIST AND YOUNG ADULT HIGHLY INVESTED IN CHANGE AND EQUALITY, I knew instantly that this training would be a great benefit to me, both personally and career wise. I didn't know what to expect, but I had a few goals in mind; meet new people, learn about groups in Meath, and gain new skills which I could use to help empower myself and those around me. On the first session of the training, the goals were clearly explained to us. This course would focus on women's intercultural leadership. We would explore the meaning of leadership, what skills are required to be a leader and how to empower future leaders.

Each session was participatory in nature and every person got a chance to speak, share and get involved. The event was not aimed at giving us leadership skills, but at acknowledging the skills we have and utilising them to lead or empower others to lead.



There was an enormous focus on women helping women. EVERY VOICE WHICH SPOKE AND EVERY STORY TOLD WAS LISTENED TO AND RESPECTED. Our facilitator, Zoryana Pshyk from Partners Training for Transformation, allowed the group discussion to be lead by our thoughts and interests so that we would all be interested and motivated. We were engaged in many small group discussions which allowed us to meet new people and listen to them. One exercise which I was particularly fond of included speaking about a time where we made a difference in somebody's else's life. This exercise was one of the most enlightening I have experienced.

There were four people in my group and each story was so different and inspiring, I was honoured to hear such inspiring and personal stories told.

I DID NOT EXPECT TO LEAVE ON THE LAST DAY FEELING SO EMPOWERED AND JOYFUL. I learned so much from this course! Every woman I met during the course of this training was inspiring in their own way. I learned about so many groups in Meath and Kildare and their goals. I spoke to women of such diverse backgrounds and cultures and I was in awe of all of them. Every woman present was brought something incredibly unique to the group and I was extremely honoured that I was able to part of such an inspiring and empowering experience.

I would just like to say a very special thank you to all the groups involved in organising this wonderful event!

[nwci.ie](http://nwci.ie)

[cultur.ie](http://cultur.ie)

[trainingfortransformation.ie](http://trainingfortransformation.ie)



# Eco-friendly Periods

Adapted from a blogpost by Anna Brady. Go to [www.annab.ie/blog](http://www.annab.ie/blog) for more on the environment, spirituality, yoga, food and wellness!

People who menstruate have on average 450 periods over their lifetime, from our menarche (first period) to menopause. That number differs widely, because menstruation doesn't come as one-size-fits-all. As healthy as periods are, the environment (and our bank accounts!) suffers because of them. Consider the following...

Every year, over  
**45 BILLION PRODUCTS**  
related to periods (tampons, pads, applicators) are thrown in the garbage

The Ocean Conservancy collected  
**27,938 USED TAMPONS**  
and applicators on beaches worldwide in a single day in 2015

The average person will use  
**9,600 PADS OR TAMPONS**  
in their life, and that equals a substantial amount of waste

It takes sanitary pads and tampons  
**500 – 800 YEARS**  
to decompose

ONE OF THE BIGGEST PROBLEMS IS  
THE USE OF PLASTIC APPLICATORS:  
made of low-density polyethylene,  
they take centuries to biodegrade

**90% NOT RECYCLABLE**  
Up to 90% of the material in pads and  
packaging are non-recyclable plastics

**1 PAD = 4 PLASTIC BAGS**  
The environmental impact of one pad  
is the same as four plastic bags

**LIFETIME COST = €€€**  
In Ireland, disposable sanitary products  
cost between €1,5-€8 a pack. Over a  
lifetime (using 1 pack/month) the cost  
would be between €720 (€1.50 a  
month) and €3,840 (€8 a month)

## SO, HOW CAN WE DO BETTER? HERE ARE SOME OPTIONS:

### OPTION #1: MENSTRUAL CUP

Most people find that the top quality ones last for 5-10 years. If the average person menstruates for 40 years, and a menstrual cup lasts 5 years, that's 8 of them over a lifetime. Thousands of tampons vs a handful of menstrual cups? The winner is clear.

You'll also save a ton of money, reduce your risk of Toxic Shock Syndrome, and lower your exposure to toxic chemicals.



The first few times it can be painful to remove but you just need to relax and practice! Most menstrual cups are made from 100% medical grade silicone derived from quartz, the second most abundant mineral in the Earth's crust and not hazardous to the environment.

### OPTION #2: REUSABLE PADS

Similar to disposables but made from natural materials (cotton, charcoal, or bamboo), reusables can last for years and save thousands of pads from going to landfill. Just rinse them after use and pop them in the washing machine. Most people find that they need 5-6 pads to make it through their period in style. You'll save money over time by making the switch.



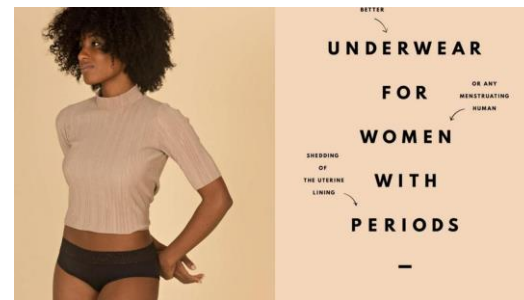
### OPTION #3: ORGANIC TAMPONS AND PADS

Although they're a disposable product, they have a number of advantages over conventional products.

They contain no harmful chemicals and the vast majority are plastic-free, including the packaging. The only real negative is that these products can be a bit expensive. However, you can often save money by shopping online.

### OPTION #4: PERIOD PANTS

Period pants are really making a comeback. Search for ethical brands like THINX, Dear Kate, and Be Girl.



Period pants are washable, reusable pants that absorb your period and are more sustainable than single-use disposable products. Depending on flow, they can replace other sanitary products or be used as extra protection.

### OPTION #5: REUSABLE TAMPON APPLICATOR

Though this option still doesn't stop tampons from ending up in landfill, the reusable tampon applicator is a good first step, especially if used with organic tampons.

### OPTION #6: SEA SPONGES

Yes, it's exactly what you're thinking – you can use natural sea sponges in the exact same way as a tampon but without the risk of TSS. They're reusable: you can use the same one for up to a year depending on flow. Between uses you simply rinse it out well and let it air dry.

## Why you should adopt an older cat

While they are cute, lovable and fun, kittens are very energetic, requiring lots of interaction and stimulation. Adult cats on the other hand are past this stage and may be better suited to some households who are looking for a pet with a temperament and personality that is already formed!

### Older Cats Are Cleaner

Adult cats are used to a litter box so less mess for their humans to clean up! Older cats also self-clean better than kittens. Kittens don't lick themselves as much, so you may find that you have to clean the kittens with baby wipes and fine-toothed combs. Older cats don't need help with regular grooming unless they are long haired, because they naturally clean themselves with their abrasive tongues. Kittens are more likely to have diarrhoea than older cats.

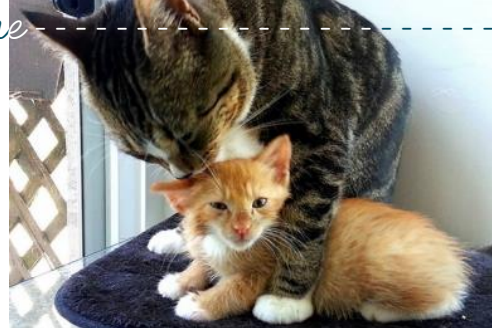
Kittens have dietary changes within the first couple of years which can cause loose stools meaning more clean up on both your kitten's hind end and the litter box as well as odour. Medicating a kitten with diarrhoea can be messy.

### Older Cats Aren't Teething

Kittens have baby teeth that have to fall out before their adult teeth grow. To aid with removal of baby teeth, kittens will chew and teethe on items much like human children do, wires, shoelaces, furniture and more is at risk for being chewed on, so you can expect some damage to be done while kittens are teething. Older cats already have their adult teeth and are past this stage.

### You Will Know What To Expect

Older cats are finished growing when adopted whereas kittens are still growing and changing.



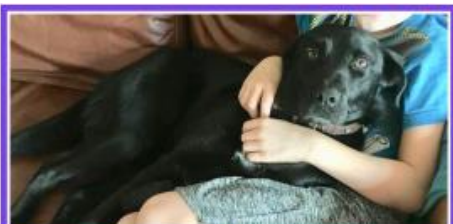
You may be surprised to get a long haired cat when you wanted a short haired one; when you adopt an older cat you will know what you are getting when it comes to their appearance.

### Older Cats Cause Less Trouble

Just like children, kittens tend to cause more trouble than adults. Kittens are curious & mischievous and seem to get into things they shouldn't, knock things off tables, eat things that aren't edible and exhaust you. Older cats tend to sleep more and don't wear you out as much. Home and pet insurance claims and the cost of replacing broken or eaten household items are typically lessened with older cats.

## Animals in care of Last Hope Animal Charity

We always have animals who are waiting patiently for their forever homes. Keep an eye on our website and Facebook page for more information on the available animals. Below are just two of them who through no fault of their own are with us longer than we would liked. If you are interested in offering any of the animals in our care a fur-ever home, please visit our website [www.lasthope.ie](http://www.lasthope.ie) or drop us a line at [info@lasthope.ie](mailto:info@lasthope.ie)



**HI MY NAME IS BAILEY.** I am a 3 years old labrador cross. As I was an outdoor dog I started to get bored and escaped from the back garden. When I first came to my foster home I loved playing with the children but was unsure of my foster dad, but it didn't take me long to trust him. I became a perfect indoors family dog. I am house trained and have loads of energy. I will need daily exercise and stimulation. When I get tired I love having naps on the couch. I still need work on my lead training and my manners when meeting new people but I've started to hear the humans saying that I am such a clever girl so I think I must be doing very well! I would love another dog for company in my new home and I adore having children to play with. I am vaccinated, microchipped and spayed. Can you offer me a fur ever home?



**HI MY NAME IS DINAH,** I am almost a year old. I came to my foster mum after I was found in a garden, I was quite poorly but thankfully Last Hope took me to the vets for treatment. I am a long haired cat so will need daily brushing and trips to groomers (this will be added work & expenses). I am very friendly and get on with the other cats that my foster mum has. I love being outdoors and enjoy the sun. I would preferably like a home without other cats as I enjoy my own company. I am spayed and microchipped. Can you offer me a fur-ever home?



## Bee wise

by Paddy Gorman

I always had an interest in nature from a very young age and a passion for the outdoors. Growing up in the 1970's on a small farm our pastime was going on walks through the fields to the Kilcarty woods, Knocktown Furze-Hills or to the river Boyne. I inherited the farm when I was just 15 years of age, where we grew our own vegetables, fruit, reared our own animals for their meat, milk, eggs and of course, honey from Uncle Brian's bee hives.

In 2010 I decided to get some bees and become a beekeeper. It was as a beekeeper that I realised that everything was not so good with our bee population and our pollinators in general, so I decided to do something about it. In 2012, I started to draw up a plan for a bee-friendly garden. In the Spring of 2013 I planted 10,000 trees for bees.

The aim of Bee Wise is to give people the chance to experience the wonder of

nature close up. We demonstrate that even small actions can bring wildlife into your garden and make a difference to our ecosystems. We aim to educate children and adults on the importance of biodiversity and to notice the wildlife all around us through discovery learning techniques that build knowledge that will instil a love of nature forever.

Bee Wise is about hands on learning in practical workshops, on nature walks and through interactive play. See their website for information on school and group tours.



Crerogue, Kilmessan



@BeeWiseNatureTrail



[www.beewise.ie](http://www.beewise.ie)



086 344 6791



[paddy@beewise.ie](mailto:paddy@beewise.ie)



Beewise have a number of events coming up this summer. Booking is essential. Check their website or Facebook page for more details!

JULY 28TH – THE STORY OF HONEY

AUGUST 21ST – EXPERIENCE NATURE AT BEE WISE

AUGUST 25TH – THE STORY OF HONEY



## New household bye-laws

New household bye-laws are being introduced by Meath County Council: from now on, every household must be able to prove that they either have a contract with an authorized waste collector or that they regularly use a civic amenity site/recycling centre. These bye-laws apply to all households, apartments and commercial premises.

INSPECTORS WILL BE MONITORING AREAS IN MEATH TO HELP US STAY WASTE COMPLIANT.

Correctly managing your waste will:

- Make an important contribution to meeting the climate challenge
- Improve the quantity and quality of collected recyclable material
- Reduce the amount of waste going to landfill and incineration
- Help conserve planet Earth's finite resources
- Help reduce illegal dumping and backyard burning

For more information visit the Meath CoCo news page and read the Household Waste Bye-laws Information Leaflet:



[www.meath.ie/council/news](http://www.meath.ie/council/news)

To find out more about managing your waste responsibly, efficiently and in a way that suits you, and to find your local authorised waste facility, check out:



[www.mywaste.ie](http://www.mywaste.ie)

## Adoption days

To help the animals in the care of Last Hope in finding their fur-ever homes, the Meath-based charity runs adoption days on a monthly basis in Navan. Dog Adoption Days

are usually on the second Sunday of every month and Cat Adoption Days are usually on the fourth Sunday of every month.

Please check the events section on their Facebook page to confirm if the actual events are going ahead.



[info@lasthope.ie](mailto:info@lasthope.ie)



[@lasthopecharity](https://www.facebook.com/lasthopecharity)



[www.lasthope.ie](http://www.lasthope.ie)

#ADOPTDONTSHOP



# What do you know about Brazil?

by Denise Fiches

Do you know Brazilian people love Ireland? Probably you have met at least one Brazilian person here in Ireland. Its kind easy to recognize us, we love to put a "i"-sound at the end of words, for example we jokingly say "bready" instead of bread.

In 2016, Brazilian students were the first on the list studying in Ireland from outside the EU (9,200 students), besides that there are many Brazilians that hold a European passport/ citizenship (4,400 people).

## Why we are here in Ireland?

The principal reason is to study, English or college. We don't need a visa but we do need all the documentation. Almost everything here is different from Brazil, so it's an exciting new experience for us.

## Let's learn a little bit about Brazil in comparison to Ireland.

Brazil has 209, 254, 514 people. Ireland has 4, 85 million people.

Brazil is the only country in S. America that speaks Portuguese, not Spanish.

Brazil shares a border with all South American countries except for Chile and Ecuador, Ireland shares a border just with Northern Ireland.

Brazil has >4,000 airports, but it's expensive to fly. Ireland has 5 International Airports.

Like the Irish, Brazilians have a reputation for being friendly hospitable people. They are also very optimistic about the future and believe that tomorrow will be better than today.

In every city in Brazil, there is at least one soccer stadium, 137 stadiums in Brazil. Like the Irish, we love football!

Sao Paulo is even more notorious for having traffic jams than some of the busiest roads in Meath. A record was set in 2013 when a 309 km long queue developed during evening rush hour!

Summer 2019 in Rio de Janeiro, average temperature was 36 degrees Celsius. Ireland was pretty hot last summer too, with an average July temperature of about 16 degrees Celsius.

Brazilians like to share their drinks and food with others and they are very happy about it, couples sit besides each other in the restaurants and we use napkins to hold our food!

Brigadeiro is undeniably the most popular of traditional Brazilian desserts and the national truffle of the country. It's fairly easy to make, too!



# Learning Polish

## POLITE EXPRESSIONS

good morning, good afternoon -  
dzień dobry

good evening - dobry wieczór

good night - dobranoc

good bye - do widzenia

hello, hi! - cześć!

bye! - pa!

please - proszę

thank you - dziękuję

I'm sorry - przepraszam, przykro mi

cheers! - (toast) na zdrowie!

## SENTENCES

Do you speak english? - Czy mówi pan  
/pani po angielsku

I don't understand - Nie rozumiem

Speak slowly, please. - Proszę mówić  
powoli

I don't know - Nie wiem.

How are you? - Jak się masz?

Nice to meet you - Miło mi cię poznać

What's your name? - Jak masz na  
imię?

My name is Kevin - Mam na imię  
Kevin

My name is David Atkinson -  
Nazywam się David Atkinson.

Where are you from? - Skąd jesteś?

I'm from Poland - Jestem z Polski

**DID YOU KNOW?** The volunteers at CORE hail from many different countries. Our team comprises of Irish, Finnish, Polish, Estonian, and Brazilian volunteers living and working in Meath!

## DID YOU KNOW?

There are 2,533 Gaeilgeoirí (Irish-language speakers) in Meath, with 1,299 native speakers in the Meath Gaeltacht.

The Meath Gaeltacht comprises of Baile Ghib and Domhnach Phádraig, northwest of Navan and east of Kells, and Rath Cháirn close to the Athboy and Trim.

DON'T FORGET TO CHECK OUT  
PREVIOUS ISSUES OF THE CORE  
COMMUNITY MAGAZINE AT  
[WWW.COREIRELAND.IE/MAGAZINE](http://WWW.COREIRELAND.IE/MAGAZINE)





# FUNDRAISER EVENT

*Hosted by Meath Civil Defence*

## THEMED POKER RUN IN AID OF THE CHARITY CORE IRELAND

SATURDAY 27TH JULY, 11AM ONWARDS

CLUE LOCATIONS THROUGHOUT MEATH

A FUN DAY OUT FOR FRIENDS AND FAMILIES THAT WILL  
ENGAGE YOUR PUZZLE SOLVING AND TEAMWORK SKILLS

### WHAT DO YOU NEED FOR THE EVENT?

- × TEAM COORDINATOR AND WHATSAPP ACCOUNT TO COMMUNICATE WITH ORGANISERS
- × UP TO FOUR PEOPLE PER TEAM
- × TRANSPORT TO GET TO THE CLUES
- × DRIVING LICENCES
- × FUN TEAM COSTUMES

FOR MORE INFORMATION  
AND TO PURCHASE TICKETS  
SEARCH FOR "THEMED POKER RUN"  
ON [TICKETSTOP.IE](https://www.ticketstop.ie)  
PRICE: €40 PER TEAM



ALL PROCEEDS WILL GO TO CORE IRELAND, A COMMUNITY BASED, VOLUNTEER-LED INITIATIVE BASED IN NAVAN, CO. MEATH. THE CHARITY ACTS AS A HUB THAT CONNECTS WITH AND PROVIDES SERVICES FOR THE MEATH COMMUNITY. TO FIND OUT MORE GO TO [COREIRELAND.IE](https://www.coreireland.ie)

THIS IS NOT A RACE. ANY INAPPROPRIATE BEHAVIOUR WILL RESULT IN IMMEDIATE TEAM DISQUALIFICATION



RESPECT  
COURAGE  
COMPASSION



COMMUNITY  
INCLUSIVE  
SOCIAL DUTY

**CORE Ireland is a place for people to come together and volunteer, to experience the “Joy of Giving”, and to do something worthwhile within the community.**

**CORE Ireland is a place to find friendship and fellowship** amongst the volunteers of CORE and for people on the receiving end to feel more valued and included.

**CORE helps people find within themselves new strengths and abilities.** We want volunteers to find a sense of fulfilment, purpose, enjoyment and to have fun and be creative.

**Each person who comes to CORE changes CORE** by bringing his or her own unique personality and ideas. They help grow and develop it. The strength and power of CORE is its volunteers. CORE is about service. One person helping another and in return, they are helping themselves. **We believe that the best way to help yourself is to help somebody else.**

**Our ethos is summed up in a lovely message from one of our amazing volunteers:** I first started volunteering for CORE in December, 2017. I learned about the organisation from a friend and by reading their magazine, I began to admire the work that the organisation was able to do. I was doing an undergraduate degree in Maynooth

University at the time, studying sociology and International Development and was incredibly interested in working within the charity sector in the future. CORE seemed like a perfect fit for me.

In the Summer of 2018, I was lucky to volunteer for CORE full-time from May to September. In these four months I achieved a huge variety of skills from all the amazing people volunteering with the organisation. They allowed me to choose what I worked on and use my own strengths to help myself grow within CORE.

By the end of my volunteering, I had built the CORE Ireland website, an achievement which I am still proud of to this day. I did not do this on my own, however, I worked with every volunteer to get posts ready to go online, I was directed by Bernard who told me what was wanted and needed on the website and I was of course taught by Eimer (FIT Social Media) the basics of web design and everything else I needed. My teamwork skills greatly improved during this period too! To this day, all social media accounts and the website are fully functional and active!

CORE Ireland has become something more than I ever imagined. Each time I hear from the volunteers, the organisation is growing larger. There are always new faces, new skills and new goals to be achieved. But through all of this, CORE has not lost its identity. CORE helps people within Meath, whether it be through providing food parcels, offering work experience or spreading information. The goal of helping people has always been fundamental in everything CORE does.

I myself grew with CORE. I was always aware that I would need to volunteer to further my own career, and I am so lucky to have been able to work in this organisation. Everyone volunteering there was kind, patient and full of knowledge. The hours I worked were flexible and not confined. I was able to work on my own skills and learned a lot of new skills while I worked for CORE, each of which will benefit me greatly in the future, I am sure.

Thank you, CORE Ireland!!

Áine

*And thank you Áine and all our wonderful volunteers!*

**Interested in volunteering with us at CORE?**

**Get in touch!**

We particularly need people with skills in journalism, layout design, or fundraising, though we welcome anyone interested in giving their time to help others!



085 1920 150



info@coreireland.ie



@Core\_Ireland