

# Connecting *the* Faithful

Newsletter | 29 October 2020

Issue 6

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## RIDDLE

What do you bury when it's alive  
and dig up when it's dead?

*Answer from the last issue: Your age*

Dear all,

Welcome to the sixth edition of our newsletter Connecting The Faithful. We welcome updates from An Garda Siochana, Tullamore Credit Union, Local Link, Laois Offaly Education and Training Board, Offaly Libraries and the Healthy Offaly team. As we embrace the changes we need to make to our lifestyle for the coming weeks we once again hope to both encourage and distract from the sometimes all too consuming stream of information on where we stand as a country at present.

The first issue of this newsletter was brought to you six months ago and -as we have documented in past issues- what has been achieved as a community in that space of time is heartening. Six weeks will pass and no doubt we will see the same level of comradery in Offaly that has been evident to date.

Please enjoy the quiz's, try the recipes and note the useful contact numbers on page 8 should you need support.

Brought to you by: Offaly County Council, Offaly Public Participation Network, Offaly Age Friendly Alliance and Local Community Development Committee.

*\*Cover photo credit: Paul Moore*

### Tullamore Credit Union Ltd

Please be advised that our office on Patrick St is opened as usual for business. We have changed our Opening Hours slightly—we are open from 10am to 5pm, through lunch, Monday to Saturday, we are not open late any evening at present!

We are adhering to all HSE guidelines, we have a hand sanitization unit at our front door, spacing markers on the floor and a member of staff is available to direct you. Counters 1 & 2 are designated for use by members who have been cocooning or may feel vulnerable.

All of our services are available through our website [www.tullamorecu.ie](http://www.tullamorecu.ie), but remember that you do need to register to have on-line access to your account—just let us know and we can guide you through the process.

**Have you opened your current account yet? Our new full-service current account with Mastercard debit card and overdraft facility is now available!**

*All our departments are functioning as normal—though you will be asked to complete a short questionnaire if you are coming into any of our interview rooms—this is a new measure to protect both our members and our staff!*

We recently launched our Loyalty Scheme in conjunction with many local businesses—there are great discounts and special offers available to our members if they use their current account Mastercard debit card to pay for the goods or service—watch out for our distinctive loyalty scheme stickers!

Credit Union House, Patrick Street, Tullamore, Co. Offaly. Eircode: R35 YW58  
t: 1800 565 555 | 057 9351780 | f: 057 9351280 | e: [loans@tullamorecu.ie](mailto:loans@tullamorecu.ie)

**[www.tullamorecu.ie](http://www.tullamorecu.ie)**

Tullamore Credit Union Ltd is regulated by the Central Bank of Ireland



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**Tullamore**  
Credit Union Ltd.

## Tune In - New Age Friendly Radio Programme on Midlands 103

A new weekly Age Friendly radio programme is in preparation in Offaly, Laois and Westmeath. The innovative hour long programme will be presented by Aisling O'Rourke and will launch on Midlands Radio 103 on Sunday 1st November 2020 from 8am to 9am.

The programme will be a mix of engaging speakers, useful information and advice on a wide range of topics such as local events, health and wellbeing, gardening, cookery, DIY, bingo, story-telling, local supports and services. There will be great music, great chat, quizzes, comedy and other uplifting items

## Crime Prevention Advice

Our Crime Prevention Officer Sergeant Graham Kavanagh advises that we can enact simple measures to help protect our homes, including:

- Turning on some lights while inside or out of the home
- Using timer switches
- Locking all doors and windows
- Using an alarm
- Keeping keys stored away from windows
- Not keeping large amounts of cash or jewellery in the home

It is accepted that incidences of burglaries, as well as other associated criminal activity, can rise as much as 20% during the winter months when daylight hours are significantly reduced.

As many as 42% of all burglaries during winter months take place during the hours of 4pm and 9pm, according to figures provided by An Garda Síochána. The most common days for burglary to occur are Thursday, Friday and Saturday.

The rate of residential burglary has decreased sharply in 2020 during the COVID-19 pandemic, with the falling rate observed most acutely in March and April of this year, when national lockdowns were in full effect. During this time, there were 43% fewer burglaries compared with the same period in 2019. This type of crime has a particularly devastating effect on its victims and we in An Garda Síochána are determined to impact on the activities of criminals involved in the commission of this crime.

**Sergeant Graham Kavanagh** | Crime Prevention Officer | Divisional areas of Laois Offaly and Kildare, Clonaslee Garda Station, County Laois. R32HV57 /  
Tel: 0578674112 or [graham.b.kavanagh@garda.ie](mailto:graham.b.kavanagh@garda.ie)

## Halloween 2020

Minister for Higher Education Simon Harris has sent a message to the children of Ireland, asking them to enjoy a different Halloween in 2020.

Tips to stay safe and have fun!

- 🎃 Indoor treasure hunt (maybe by torch light!)
- 🎃 Movie night
- 🎃 Traditional games
- 🎃 If you are expecting a visitor have individually wrapped sweets ready  
Ask grandchildren, nieces & nephews to dress up and call via Video Chat or Zoom
- 🎃 Bake some traditional Brack (see recipe below)
- 🎃 Bring pet's inside and keep chocolate and treats out of reach
- 🎃 Play radio or TV for pets to drown out other noise



## Autumn Word Search

X O R F M Y S D C P I N E C O N E C O O L B  
 G N H S E U C C Y H S R N R A I N C O A T L  
 F K T V A I J Z V D A F U I B I Y T K S C W  
 F T H A N K S G I V I N G Y U V Y W S U H Q  
 N D U S B R D C Y I R K G J L B K P Q E E X  
 O Y E L L O W M T M O U H E X E S I U Y S N  
 V K B P K Q B U S Q U I R R E L A J A G T V  
 E X Y C W I L M K A O Q Q I Y V Y F S O N U  
 M J H A L L O W E E N J O S P Y H L H C U H  
 B D H A R V E S T L P F V F A L L R D T T A  
 E D U Q Z P P V U P W P V O R A N G E O S Y  
 R Q N T S E P T E M B E R K N I B K V B P S  
 R L I F L T W P O U U A Q Y J G F V H E U T  
 A X C E G A U R W G A R E A W Z D I H R M A  
 N C I O N O D D F I S S J C P G O E S M P C  
 W N O H R D X T W Y X M O L Z P V D C F K K  
 T V X R G N P S E A S O N O B Y L E C C I I  
 S Q C T N L T E L Z L G C O I D Z E U L N R



PUMPKIN  
 COOL  
 ORANGE  
 OCTOBER  
 YELLOW  
 NOVEMBER

ACORN  
 SEASON  
 CHESTNUTS  
 PINE CONE  
 LEAF  
 APPLE

SQUIRREL  
 HALLOWEEN  
 SQUASH  
 PEARS  
 THANKSGIVING  
 CORN

HAYSTACK  
 FALL  
 RAINCOAT  
 HARVEST  
 SEPTEMBER  
 CHANGE

## Quiz Time

### General Knowledge (Answers in next issue!)

1. Who is the main character in *Catcher in the Rye*?
2. Which vegetable forms the base of a traditional moussaka?
3. Roger Federer has won Wimbledon a record eight times, but in what year was his first triumph?
4. Which Canadian singer-songwriter released the album *Ladies of the Canyon* in 1970?
5. What is the capital city of South Africa?
6. Which city hosted the Olympics in the year 2000?
7. In what century did the Scottish Reformation take place?
8. With which American sport would you associate Babe Ruth, Jackie Robinson and Joe DiMaggio?
9. In what year did The Beatles split up?
10. How many different teams have won the Premier League since the start of the inaugural season in 1992/93?



## Offaly County Library Services Book Review and Recommendation

**Staff Member:** Claudia

**Title:** The Titanic Sisters **By:** Patricia Falvey

I was taken by surprise at just how much I enjoyed this compelling historical drama of two completely opposite sisters as they leave Donegal and step aboard the Titanic for the promise of new futures in New York.

Delia and Nora, have very different lives with overbearing Ma Sweeney having driven a wedge between them. When an opportunity arises for one girl to travel to New York on the Titanic it is a foregone conclusion that selfish and ungrateful Nora will be selected. Delia faces continued misery with a future on the farm. But when taciturn Pa Sweeney intervenes to send his younger daughter, Delia, across the Atlantic, this becomes a crucial chance for independence and a life free of her oppressive mother.

The novel is incredibly readable, the girls face disappointment, heartache and struggle to overcome self-doubt. The reader is able to appreciate how their individual experiences shape them and I found my opinion of each sister evolving as their lives played out. Obviously we all know what happened to the Titanic on that fateful night. This story is not just a journey of the Titanic. It is a story about hope, aspirations, kindness, honour, love and betrayal.

Patricia Falvey has researched well, and through her own travels from Ireland to America seems captured in this beautiful and captivating novel. The Titanic Sisters is definitely worth a read

<https://www.offaly.ie/eng/Services/Libraries/Digital-Library/>



**Borrow, download  
and enjoy here**  
Your library in one app.

### Some local library news

In accordance with Government restrictions, Offaly Libraries have reverted to Contact and Collect services at this time. Your digital library is available with a wealth of online resources to keep you entertained at home.

### A Tribute to Jack Charlton Written by Derek Dolan

I was 9 years old when the Euro '88 Championships kicked off. My love for Ireland, soccer and life in general went into overdrive and it was down to one man - Jack Charlton. The iconic image of him rubbing his head after Ray Houghton put the ball in the English net is burnt into my memory forever.

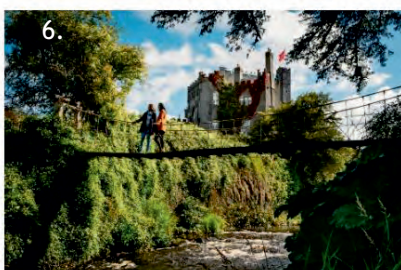
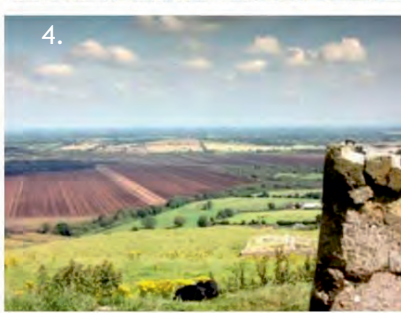
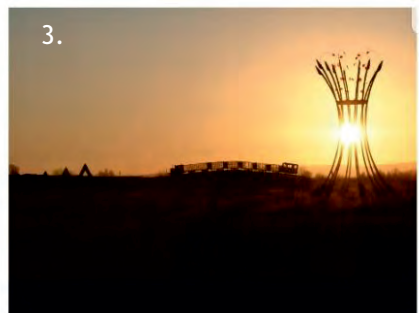
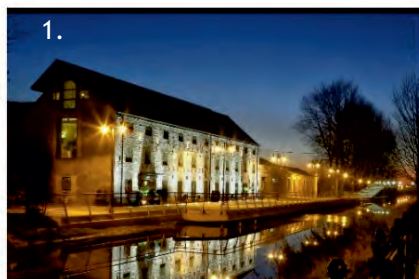
His smiling face filled me with as much joy as the goal did. He arrived with us at the right time and was the catalyst for Irish soccer that heralded the arrival of Ireland as a country on the world stage - The Celtic Tiger was starting to purr. There was something about Jack, his simple working-class Northern England attitude, his authoritative voice, his calmness, his integrity - he was a man you would follow into battle. For me what made him extra special was he was like my grandad Bill McDonald. His hands were big like those of someone who had grafted for years and his voice was deep and caring like my grandad Bill. I was drawing turf from the Bog of Allan with my grandad during that sunny June in 1994 and the soundtrack to our work was 'Give it a lash again'. Ireland was about to slay the mighty Italian in Giants Stadium New Jersey. Even my grandad who would never get excited about soccer and hated all that sort of fuss was captivated by Big Jack at this stage. My whole family, and friends gathered on the sofa in Arden View to watch Jack's Army do us proud again. The joy of Italy to the despair of Holland, nothing beats that emotional roller-coaster that sport provides.

Another memory etched in my mind forever is from Anfield in 1996 which would turn out to be one of Jack's final games in charge. We had just been beaten by the Dutch again in a playoff game and Jack walked the pitch waving to the fans and eventually towards the camera after the final whistle. There was a sadness in his eyes I will not forget, and we all knew this was the end. The greatest era in Irish sport was coming to an end. It truly was emotional. He had the right team at the right time, but Big Jack was the right man for Ireland. I was 18 when Jack announced his retirement shortly after that game. Thank you, Jack, for orchestrating 10 years of the greatest sporting memories I could have wished for as a young man. RIP.



## General Knowledge Test

Can you guess the location of each of these images taken at various tourist spots around the beautiful county of Offaly?



### Recipe Halloween Tea Brack (Odlum's)

#### What you need

225g/8oz Odlums Self Raising Flour  
350g packet of Shamrock Fruit Mix  
300ml/½pt Cold Tea  
125g/4oz Shamrock Golden Caster Sugar  
1 Egg, beaten  
Good pinch Goodall's Mixed Spice  
Ring or other Charms  
Rowse Honey (for decoration)

#### Method:

Place fruit and tea in a bowl and leave to soak overnight.  
Add sugar, egg, flour and mixed spice and mix well.  
Wrap ring and any other charms in greaseproof paper and stir into mixture.  
Transfer to a greased and base lined 20cm/8" round cake tin or 900g/2lb loaf tin.  
Bake in a preheated oven 170°C/325°F/Gas 3 for approx one hour or until risen and firm to the touch.  
Cool on a wire tray. When cold, wrap in greaseproof paper and keep for two days before cutting.  
Melted honey may be brushed over brack before cutting.

Answers: 1=Tullamore Dew Visitor Centre 2=Mount Lucas Windfarm 3=Lough Boora 4=Croghan Hill 5=Cionnmacnoise 6=Birr Castle



### Local Link Laois Offaly

Did you know that Local Link Laois Offaly run an Offaly Explorer service every summer which stops at each of the above tourist attraction? Keep an eye out for it when we return in Summer 2021!

Please feel free to call the Local Link office with any queries in relation to current services:  
057 8692168

## Laois Offaly Education & Training Board



Laois & Offaly Education and Training Board are continuously running courses and welcome everyone to participate. LOETB courses are always free of charge.

Follow on Facebook for updates

<https://www.facebook.com/LOETBcommunityeducation>

Please see some pictures below of classes in action



### Recipe Christmas Mince Meat

#### What you need

180g currants  
180g raisins  
180g sultanas  
100g mixed peel  
150g dried cranberries  
125g butter, cut into cubes  
1 small cooking apple, peeled, cored and finely chopped  
50g whole blanched almonds, roughly chopped  
225g light muscovado sugar  
½ tsp ground cinnamon  
1tsp mixed spice  
finely grated rind and juice of 1 lemon  
200ml brandy, rum or sherry

#### Method:

Makes 4 x 400g jars

Measure all of the ingredients except the alcohol into a large pan. Heat gently, allowing the butter to melt, then simmer very gently, stirring occasionally, for about 10 minutes.

Allow the mixture to cool completely then stir in the brandy, rum or sherry. Spoon the mincemeat into sterilised jam jars, seal tightly, label and store in a cool place.

**PREPARING AHEAD** - This mincemeat can be made up to six months ahead and stored in a cool place. It is not necessary to freeze mincemeat as it stores so well

From: Shared by Healthy Offaly published by gov.ie Ireland

In each issue the Healthy Offaly team will be offering advice and tips on how to mind our physical and mental health these uncertain times. Our routines are affected by the COVID-19 outbreak in different ways. For this issue, the focus is on healthy pastimes and more specifically walking.



Healthy  
Offaly

No matter how old you are, how fit you are, or how busy you are, walking works. The most important thing is to aim for a pace that slightly raises your heartbeat and makes you breathe a little faster and feel a little warmer. Once you can still talk, you're doing well!

Find ways to fit walking into your day, or to encourage yourself to get moving. Walk the short journeys that you sometimes drive. Taking the stairs instead of an elevator is also a great way to increase the amount of walking you do every day.

Details of a few walks in County Offaly are as follows:

Group Name	Contact Name	Email	Mobile	Meeting Point	Walk Schedule
Kilcormac Ramblers	Seamus Barron	<a href="mailto:seamusjbarron@yahoo.ie">seamusjbarron@yahoo.ie</a>	087 6982937	Lough Boora - Car park adjacent to Bird Hide hut	Walk in local parkland and surrounding areas
Rhode AC Walking group	Clare Conway	<a href="mailto:clareconway75@gmail.com">clareconway75@gmail.com</a>	085 7184757	Community Centre, Rhode	Monday, Wednesday and Friday at 18:30
Slieve Bloom Walking Club	Gerry Hanlon	<a href="mailto:walks@slievebloom.ie">walks@slievebloom.ie</a>	086 8210056	Contact group to confirm meeting point for individual walk	Every Sunday. As times vary please contact group to confirm meeting point

\*All walks take place subject to Government's Covid 19 guidelines and are dependent on levels of restrictions in place at a given time.

## Useful Contacts

Dedicated Offaly Support Helpline: 1800-818181

HSE Advice Line: 1850-24-1850

Alone: 0818-222024

Birr Garda Station: (057) 9169710

Tullamore Garda Station: (057) 9327600

Edenderry Garda Station: (046) 9731290

## Contact us



Bridie Costello Hynes - Offaly PPN Resource Worker & Age Friendly Co-Ordinator.  
Email: [bcostellohynes@offalycoco.ie](mailto:bcostellohynes@offalycoco.ie)

Emma McLoughlin - Offaly County Council.  
Email: [emcloughlin@offalycoco.ie](mailto:emcloughlin@offalycoco.ie)

Caillene Loughnane - Offaly PPN Support Worker.  
Email: [cloughnane@offalycoco.ie](mailto:cloughnane@offalycoco.ie)

Postal Address: Bridie Costello Hynes, Offaly County Council, Áras an Chontae, Charleville Road, Tullamore Co. Offaly.