

Connecting *the* Faithful

Newsletter | 10 July 2020

Issue 4

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RIDDLE

What has hands but can't clap?

Answer from the last issue: Your word

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

Dear all,

Welcome to the fourth edition of our newsletter Connecting The Faithful. In this edition, we have a focused on different groups that have been operating throughout the county during the recent pandemic. Offaly local link have provided us with pictures to show the social distancing measures in place on their buses. Offaly Libraries have provided us with another book review this edition. Kilcormac Development Association, Offaly Local Development Company and Tullamore Rotary Club all filled us in on their recent activities. We have two more virtual tours suggestions to have a look at. We thought you might enjoy some photographs from a number of past events to help remind us all that good times lie ahead.



**Cover photo credit: Paul Moore*

Local Link

Local Link Laois Offaly are very proud of all their operators who continue to work tirelessly throughout the Covid 19 Pandemic. They continued to operate every service daily while looking after all our regular passengers running errands such as grocery shops, prescription pick-ups etc. they also looked after members of the public who were cocooning or simply had no way of getting to the nearest town to get their essentials. Now that we are moving through the phases and people are starting to get out and about more we would like to assure you all that the necessary steps have been taken on all Local Link buses to ensure social distancing guidelines are met and we have hand sanitiser readily available. If you are interested in using any of our services or would simply like to find out what services we offer in your area please call the office on 0578692168 and we would be more than happy to talk to you. Stay Safe.



Andrew Walsh



Ger Egan's Bus with social distancing measures in place



Eamonn Signey

Corona-beating initiative between LCDC and Tullamore Rotary Club

Like our Rotary comrades in Ireland and worldwide, the Tullamore and District branch of Rotary International occupies itself with trying to make the world - far and near - a better place in which we can all live. Notable international projects we have been involved in include the eradication of Polio and funding for Mercy Ships. At a local level, our Rotary Club raises funds to focus awareness of Tullamore and its environs as a place to live, work and rear a family. Until the dreaded Covid-19 kept us off the streets of our beloved town, we had been involved in such projects as our Be Safe Be Seen Campaign, Youth Leadership, and Remembrance Tree for Hospice and our famous Comedy Night. When the Covid 19 lockdown came and we - like everyone else - were finding communication difficult. One of our members raised the plight of residents of nursing homes who might not have the capacity to "Zoom" or "Face-time" with their loved ones. The idea of providing a technological solution in the form of tablets that could be operated by carers seemed like the solution. A last minute application to the very accommodating people in Offaly County Council (LCDC) provided help in the form of funding from the Covid Relief Fund. Thus, we were able to provide tablets to all 14 Nursing Homes in the county. Feedback has been great. Instead of peeping in windows in desperation to see loved ones, families could schedule face-to-face meetings with their elderly relatives. Our sincere thanks to Offaly Local Community Development Committee (LCDD) for facilitating this very worthwhile project.



Kilcormac Meals on Wheels



One of the most successful projects that the KDA have taken on over the last number of years was the establishment of the Kilcormac Meals On Wheels programme. Kilcormac Meals on Wheels commenced with our first delivery on the 6th of February 2012 and has gone from strength to strength. Its aim is to provide support to members of the community to live independently. Our Meals on Wheels service is a programme which delivers hot nutritious meals to older people living in our communities or people who otherwise are unable to prepare or purchase their own meals.

The Meals on Wheels service originally had been available in Kilcormac, Ballyboy, Rath, MountBulus Killoughey, Kinnitty and Cadamstown areas however we are now delighted to be able to offer an expanded service to those who may need hot meals delivered in South & West Offaly. This newly expanded service is with the help of Offaly Local Development Company (OLDC) & Homefix who assist with the delivery of the meals. Our expanded service now includes the Birr, Shinrone, Clareen and Coolderry areas and is run from our kitchen here in St. Joseph's Community Centre. Meals are delivered three times a week on a Monday, Wednesday and Friday. Our food is sourced locally, cooked fresh daily and is cooked to perfection by our staff in our professionally equipped kitchen. Our drivers then deliver the dinners to clients and payment is usually collected on the Friday of each week or can be paid daily depending on your preferences. Cooling dinners are available also and can be kept refrigerated over-night for use the following day so in effect we can cater for 6 days a week!

Our kitchen is run by our very talented staff who have vast experience in preparing and cooking our meals. Our dinners are cooked to the highest standards, packed, and ready for delivery by our drivers. The meals are usually done on a two week rotation with different meat, veg and desserts each day. Some small specific dietary requirements can be met if you call our office with instructions. We also send out a light dessert with each dinner which is included in the price. Service users can avail of nutritious dinners on any or all three days for a short or long period of time at a cost of €4 per meal. If you know someone or you would like to avail of the service yourself please don't hesitate to call us in the KDA office on 057 91 35445 .



Can you name The County by their Nicknames?

The Crystal County
The Oak Leaf County
The Lakeland County
The Yeats County
The Forgotten County
The Brefni County
Mourne Country
The Lillywhites
The Lake County
Wild Rose County
O'Moore County
The Heather County



Crossword

Herbs and Spices

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

THYME
 NUTMEG
 BASIL
 TURMERIC
 TARRAGON
 BAY LEAF
 CUMIN
 PEPPER
 OREGANO
 GINGER
 STAR ANISE
 FENNEL
 CINNAMON
 ROSEMARY
 DILL
 ALLSPICE
 SALT
 PAPRIKA
 CLOVES
 SAGE

The National History Museum

Preserving and presenting the stories of Ireland and its place in the world. While admission to all four sites that make up the National Museum of Ireland is free and even as these buildings are opening back up to visitors on the 29th of June and 20th July the virtual tours on offer are excellent quality.

<https://www.museum.ie/en-IE/Museums/Natural-History/Visitor-Information/3D-Virtual-Visit>

<https://www.museum.ie/en-IE/Museums/Archaeology/Visitor-Information/3D-Virtual-Visit>

Áras an Uachtaráin

The doors of the home of the President Michael D Higgins are open to view from the comfort of your own home. The building built in 1751 located in the 1,752 acres of the Phoenix Park in Dublin has been the official residence of the President of Ireland since 1938. There have also been many additions to the house over the years such as the Establishment of formal gardens by Decimus Burton in the 1840s. While there are currently, no Saturday tours for the near future the virtual tour is available.

<https://president.ie/en/explore-visit/interactive-tour>



Offaly County Library Services Book Review and Recommendation

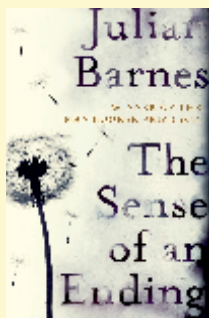
Staff Member: Clare

Title: The Sense of an ending By: Julian Barnes

Hi, my name is Clare and I work in Tullamore library. The book I would like to share with you is the Booker prizewinner of 2012 called *The Sense of an Ending* by renowned author Julian Barnes. In *The Sense of an Ending* – Barnes's 14th work of fiction – he engages with the untidy collisions of the human struggle more directly than ever, even as he remains characteristically light on his feet (New York Times, 2011)

The Sense of an Ending is an intriguing novel with its patterns and repetitions. The novella becomes a highly fashioned meditation on ageing, memory and regret. This book has also been adapted into a film.

I highly recommend this book for its scrupulous attention to the human condition and all its complexities. It is available as an e-Audiobook and e-Book on BorrowBox



Summer Shower by Emily Dickinson

A drop fell on the apple tree,
Another on the roof;
A half a dozen kissed the eaves,
And made the gables laugh.
A few went out to help the brook,
That went to help the sea.
Myself conjectured, Were they pearls,
What necklaces could be!
The dust replaced in hoisted roads,
The birds jocosely sung;
The sunshine threw his hat away,
The orchards spangles hung.
The breezes brought dejected lutes,
And bathed them in the glee;
The East put out a single flag,
And signed the fete away.

Great Houses and Gardens of Ireland to visit this year or at a later time

The East and South of our Country is blessed with an abundance of Great Houses and more importantly amazing Gardens. Steeped in 5,000 years of history, each with a fascinating story to discover. Late summer, when Ireland's visitor attractions fully open, these Houses and Gardens will offer an ideal option for a visit. They will provide visitors with enough space to socially distance. You might find a tale that surprises or delights you on the different families over the centuries.

Birr Castle & Demense Birr, Co. Offaly

For over 400 years, the remarkable Parson family has resided at Birr Castle, a romantic and inspirational setting, now home to the 7th Earl of Rosse. The Parsons have a global reputation for their ground-breaking inventions and feats in the fields of science, engineering and astronomy. Today, you'll see their world-famous telescope constructed in 1845, the world's oldest intact darkroom and a 7-gallery science centre. Don't miss the award-winning gardens which feature Ireland's tallest treehouse and over 4000 species of trees & plants. To get a sense of where it all began, it is a good idea to seek out the majestic O'Carroll oak, which was planted about 455 years ago and appears set to remain for as long a span again. Standing at the tree, looking southwards, it is possible to see the castle, the family's red pennant fluttering against the sky.

Belvedere Houses and Gardens Mullingar, Co. Westmeath

Built in 1740 as a hunting lodge for Robert Rochfort, the 1st Earl of Belvedere, this restored Georgian estate has been home to some larger-than-life inhabitants! On a guided or self-guided tour, enjoy characterful tales of jealousy, family scandals & house arrest. Hear about the follies at Belvedere including the Jealous Wall (the largest purposely-built ruin of its kind in Ireland). Explore a Victorian Walled Garden; take in splendid woodland views & lakeshore walks.



Offaly Local Development Company

Over the last eight weeks, Offaly Local Development Company has had the pleasure of bringing 'Communities: Together Yet Apart' to residential areas in Offaly and some local nursing homes. A total of 38 estates and three nursing homes have taken part in this initiative which aims to bring entertainment to the communities in Offaly and to reduce social isolation which has arisen due to COVID restrictions.

This initiative, co-funded by Birr 20:20 through the COVID-19 Emergency Fund and the SICAP programme brings light entertainment to people's doorsteps in the form of socially distanced bingo, gentle exercise and impromptu dancing. On occasions, local entertainer, Dickie Donnelly, brings added joy with his vast repertoire of songs.

'Communities: Together Yet Apart' is supported locally by An Garda Síochána, with members of the force regularly attending the events throughout the county.



Declan Costello in conversation with Mountbolus residents



David leading some gentle exercise with the residents of Tihilly



Residents and staff of Birr Community Nursing Unit, pictured with Dickie Donnelly, Community Garda Lisa Tuohy, Declan Costello, Offaly Local Development Company and Louise Larkin, Offaly Local Development Company.

Quiz Time

General Knowledge

1. What event in 1985, watched by a global audience of 1.9 billion from 150 countries?
2. What connects the Red Sea with the Mediterranean Sea?
3. Oliver Reed died during the making of which film?
4. What is the most westerly capital city in continental Europe?
5. What is the second smallest county in Ireland?
6. Who is credited with the invention of the telephone?
7. What part of the human body is the 'oxter'?
8. What type of music is celebrated at an annual Cork festival?

Shannonbridge Community Service Group



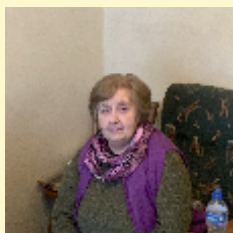
Healthy Ireland
at your Library

This group is providing and delivering 88 meals a week to people in Shannonbridge and the surrounding area who are cocooning.



BLC Development

Some pictures from the meals on wheels services for the Ballycumber, Rahan and Pullough areas. They were delivering 35 meals a day this has increased to 70 per day.



Recipe

Beans and cheese baked potato

2 large potatoes, scrubbed but not peeled
1 x 225g / 8 oz. small can of baked beans
55g / 2 oz. of low-fat cheddar cheese, grated
Salt and pepper to taste

Method:

Pre-heat the oven to 220°C / 425°F / Gas Mark 7

Wash the potatoes and then prick them all over with a fork

Bake in a pre-heated oven for 1½ hours or until the inside is tender

For the microwave method, follow the instructions given in the manual

Heat the baked beans in a saucepan on the hob or in the microwave according to instructions on the tin.

Cut the potato in half and carefully scoop the centre out of the potato

Mix this potato with the baked beans and pepper. Return the mixture to potato skin and sprinkle with grated cheese.

Place in a hot oven and bake until warmed through and golden

Turkey and ham baked potato

2 large potatoes, scrubbed but not peeled
110g / 4 oz. of cooked ham
110g / 4 oz. of cooked turkey
1 dessertspoon of cooked peas
1 teaspoon of low-fat mayonnaise
Salt and pepper to taste

Method:

Slice the turkey and ham and add to the potato flesh

Stir in the peas and mayonnaise

Return the mixture to the potato skins

Place in a hot oven and bake until warmed through and slightly browned on top

Baked Potatoes

These are a tasty alternative to sandwiches for lunch. Baked potatoes are versatile, you can add your own favorite fillings like savoury minced beef, and tomato or bacon and tuna are among other options



Healthy eating during COVID-19

From: Shared by Healthy Offaly published by Healthy Ireland



Healthy
Offaly

Welcome to part 3 of the Healthy Eating series where each month the Healthy Offaly team will be offering advice and tips on how to mind our physical and mental health in these uncertain times. This month we are discussing Takeaways and how best to make healthier choices.

Takeaways

Many restaurants and takeaways are open and delivering food. Use our tips below to help you make a healthier takeaway choice:

- Takeaway portions are often quite large and ideally should be shared between two people.
- Dishes labelled deep fried, battered or crispy should be eaten less often as these are higher in calories, fat and salt than foods that are not deep fried.
- Avoid nibbling on poppadoms and dips, or prawn crackers - on average, one portion of poppadoms contains over 100 calories, an average portion of prawn crackers contains over 600.
- For a healthier pizza option, opt for more vegetables such as sweetcorn, peppers, mushrooms, onions, olives and so on and ask for less cheese or a low fat cheese option.
- Opt for a thinner crust, small or medium pizza rather than a large deep base.



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



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Emma McLoughlin - Offaly County Council.
Email: emcloughlin@offalycoco.ie

Caillene Loughnane - Offaly PPN Support Worker.
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