

Message from the Chairperson

Happy New Year from all of us at Foxrock Parish Pastoral Centre. We are up and running again and are very busy this year. It's great to see many parishioners in the Coffee Dock for a free cuppa after 10.00 and 11.15 masses every Sunday. We had a particularly busy start to the year when we welcomed newly christened babies and their families after their special mass on Sunday 8th January. We had so many in that we had to extend the coffee dock into the hall. It was a great morning. If you haven't been in, come after Sunday masses and we will

make you most welcome. The coffee dock is also open each week day morning.

The centre is manned by our superb volunteers and early in January we had a party to thank them all for their help throughout last year. Almost 60 volunteers were present. We had a few hours of chat and craic with wine and nibbles. It was good for volunteers to meet their fellows, put faces to names, discuss the centre and many things far away from here. We tried not to talk about the weather or the "Rec...ion" word while

Mark Daly

avoiding arguments on sport and politics.

If you would like to be invited to next January's party, why not volunteer to give an hour a week or even an hour a month? You will be rewarded not only by the party, but also the knowledge that you will be part of a winning team - and maybe even make a few friends along the way.

We hope this edition of "Centrepoint" keeps you informed of our activities. If there is anything we can do for you, (or you can do for us), please let us know.

Leopards at Leopardstown, Foxes at Foxrock and Deans at Deans Grange

Are you ever scared of meeting leopards as you walk through Leopardstown? There were never any leopards there, lurking in the undergrowth. It used to be called Leperstown. There were never any lepers living there either.

Over 800 years ago, the leper hospital of Saint Stephen, built on the same site which Mercer's Hospital in Dublin occupied until recently, was bequeathed the lands of Balygyregan, now known as Leopardstown. These lands were to provide a continuing income in support of its work of treating people suffering from skin diseases. There is no evidence that St Stephen's hospital ever had a branch, or even a clinic in our area.

In contrast, you will certainly find foxes in Foxrock, but the name is only recorded from

about 200 years ago, when the name Foxrock Lodge was given to a new residence on the Bray Road. This house subsequently became Loreto Convent Foxrock.

No one knows why the name Foxrock was originally selected. Some say that there was a rock nearby, bearing an image of a fox's head; others suggest that there was a landmark rock in the area, where foxes could be seen. At the time, the lands were wild and hilly, strewn with rocks and overgrown with briars. They were then regarded as having little economic value.

The nearby fertile valley, has been called Clonkeen for a thousand years and more, taking its name from Cluain Caoin, the pleasant meadow. By the year 1300, it supported two prosperous settlements or



villages, 'the Farm (or Grange) of Clonkeen' where Foxrock Avenue is now and 'the Kill (or Church) of Clonkeen' on the other side of the valley.

When the Reformation came in 1539, the Priory of the Holy Trinity in Dublin which owned the lands of Clonkeen, was reconstituted, and the Prior became the Dean of Christchurch. The farm of Clonkeen was assigned to provide income to support the new Dean and his successors, so 'the Grange of Clonkeen' became known as 'the Deans' Grange'. At the same time 'the Kill of Clonkeen' became 'the Kill-of-the-Grange'.

Liam Clare contributes this article on behalf of Foxrock Local History Group who meet monthly in the Pastoral Centre. See website for details:

www.parciscentre.ie

Gardening in Springtime

Angela Moore



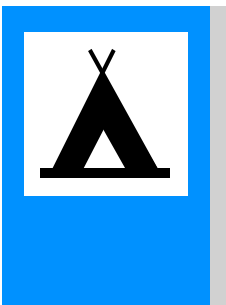
Now is the time to be out in the garden tidying away the dead leaves, damaged branches, and bits of debris caused by the wind and rain, in addition to carrying out the necessary deadheading and pruning of some shrubs. Then you should sit down to make a list of things you like and don't like about your garden. Time to make some changes. Most plants will survive a move in the dormant season, and many will thrive in a sunnier or shadier spot. Plants you take out can either be given to a friend or donated to the next charity plant sale.

A simple and inexpensive way to introduce colour to the garden for springtime is to cut back a few branches at the base of young trees or shrubs, and underplant with bulbs. This is best done in September or October, but you can buy pots of ready planted bulbs e.g. snowdrops, crocus, daffodils, and pop them in now.

Your local garden centre will have "Summer Colour" in stock now, dahlias, lilies, gladiolus, iris, etc. Buy some, pot them up in a John Innes potting mix, and have them ready to fill any

gaps in the borders. The garden centre staff should be able to give expert advice. Gardening friends are also usually willing to share their experience. And when summer finally comes, make sure you enjoy your efforts by sitting out and sharing the garden with family and friends.

Foxrock Youth Club Leadership Weekend



On Saturday 14th January the twenty one leaders of Foxrock Youth Club and two of the adults from the committee set off

for Rathdrum, Co Wicklow for the annual leadership weekend. We arrived at the hostel around lunchtime and were introduced

to Brendan Foley, our leadership trainer. Brendan had planned out the whole day which consisted for team bonding activities such as walks and games as well as group discussion about our roles in the Youth Club and how we could develop these. Once the afternoon session was finished we all headed to the local pub for dinner. We woke early the next morning to do more activities with Brendan which was great as

we got a chance to all come together and brainstorm our ideas for the future of the Youth Club. The weekend gave all of the leaders a chance to get to know each other better and to bond as a team while having some fun along the way. I think everyone had a great time and on behalf of Foxrock Youth Club we would like to thank Brendan Foley for making it so enjoyable.

Lemon Drizzle Cake

Ingredients

150ml lemon or lemon curd yogurt

Tip: (tip use the yogurt carton as your measure!)

1 pot Sunflower oil

2 pots Caster Sugar

3 Pots Self Raising Flour

2 large eggs

Zest of 2 lemons

Juice of 2 lemons

Drizzle: little extra sugar and juice of 1 lemon

Method

Put all ingredients, except lemon juice, into a bowl. Mix well until it looks like batter. Add lemon zest and stir in. Pour into 2lb loaf tin and bake in oven at 180 degrees for approximately 45 minutes or until a skewer comes out clean. Make syrup by mixing together the sugar and lemon juice and pour over the hot cake.



Recipe contributed by volunteer **Mairéad Healy**

Volunteers' Evening

Siobhán Kehoe and Marita Doherty

The Pastoral Centre Volunteers were invited to a "Thank You" party in the Pastoral Centre on Friday 6th January 2012. The atmosphere was lively. Beautiful canapés and drinks were served all organised by the centre committee.

An unusual welcoming feature

was the lovely musical duo provided by Anne Marie McGowan and her daughter for us on arrival in the hall.

The evening provided a great opportunity for all the volunteers to meet each other at the beginning of the New Year. We all enjoyed it very much.



Crime Prevention



**Community Garda
Nora Sutton**

From a policing perspective there are a number of small measures one can take to minimise the risk of becoming a victim of crime. Here are some **Home Security** tips we can all use on a day-to-day basis:

Distraction Burglary: In all cases be wary of strangers calling to your home. Do not open the door to anyone before you've checked who it is and what they want. Use your door viewer and chain/limiter. Check identification where appropriate. Do not leave strangers unat-

tended at your door step. Ensure your back door is locked when you answer a call at the front door.

Remember: If in doubt, keep them out!

Intruder Alarms: It is widely accepted that intruder alarms are an effective deterrent against burglars, thereby helping to reduce the likelihood of your home being targeted. However, it is important to understand that an intruder alarm is not a replacement to good physical security. If you have an alarm it is important to use it.

Property: Mark your property and record serial numbers where appropriate. This makes it easier to identify if stolen and recovered. It is also a good idea to photograph your property.

Cash/Financial Security: Thieves and burglars love nothing better than cash. It is there-

fore important not to keep a large amount of cash in your home. Use banks, building societies, credit unions, post offices etc., as much as possible.

Scams: Be aware of con-artists. Don't fall for anything that sounds too good to be true. Do not give out personal information over the phone unless you know who you are talking to. This also applies to internet communication. Be wary of bogus trades people calling to your door and advising you that your roof needs to be repaired, gutters are blocked and need to be cleared, trees need to be felled, etc.

Good neighbours: A good neighbour is a vital component in crime prevention. This is someone who has an awareness of what is happening around them and keeping a friendly look out for the people nearby.

Foxrock Active Retirement Association (ARA)

Are you over 55? Are you active, vibrant, full of get up and go? Would you like to join us for bowls on Mondays/Wednesdays, 2 - 4 p.m. in the Pastoral Centre, for a walk at 3 p.m. in Cabinteely Park on Tuesdays, for club meetings on Thursdays, 2.30 - 4.30 p.m. in the Pastoral Centre again, and

for golf on Fridays?

Are you laidback, relaxed? Why not join the Foxrock ARA creative writing group or book club, watch the bowls on Mondays/Wednesdays, come for coffee on Tuesdays after we walk, pick up a book at the meetings on Thursdays and have a cuppa and a chat?

As a member would you enjoy monthly outings, week-long holidays and organised trips abroad? Interested?

See our schedule in the Pastoral Centre or contact: **Letitia Barrett** (President) at 2894589/Charlotte Baker (Hon. Secretary) at 2832550.

Competition time



Calling all poets! This is your chance to 'Wow!' us with your literary prowess.

To publicise the upcoming Foxrock 'Fling' on Saturday, 3rd March, we're inviting parishioners to complete the limerick below. There's no 'prize' but the selected entry will be published in the next edition of CentrePoint - so keep an eye out! Entries can be

emailed to us at :
foxrockppc@gmail.com

Please put 'Limerick competition' in the subject line. Alternatively, entries can be handwritten and dropped/posted into the centre. Entries must be with us by **March 30th**. Best of luck!

Complete the following limerick:
"There once was a 'Fling' in Foxrock..."

On the Grapevine...

We congratulate Frances McDonald on the birth of her grandson Devin, son to Karen and Mitch Tunikowski.



New Classes

Card Making Workshops

Learn to create your own unique cards in a practical hands on workshop. Ideas, advice, money saving tips and all materials provided. Contact Jan on 087 2968791 or by email on cutecard-designs@gmail.com

New Evening Yoga Class

Strengthen your back, improve flexibility and strength whilst boosting your immune system. Class now running Wednesday evenings at 8.30pm. Contact Aoife on 087 931 7922

Dates for your Diary

Foxrock Fling

The 3rd Annual Foxrock Fling will take place in the Parish Pastoral Centre on **Saturday 3rd March 2012**. Tickets are €25 and are available at the back of the church this weekend (Feb. 11 & 12) or from the Pastoral Centre during the week.



1st Communion and Confirmation

Hollypark GNS

Thursday, **26th April**, 2012 (Confirmation)

Hollypark GNS and Lyceé Francais

Saturday, **12th May**, 2012 (Holy Communion)

Hollypark BNS and Lyceé Francais

Thursday, **3rd May**, 2012 (Confirmation)

Hollypark BNS

Saturday, **19th May**, 2012 (Holy Communion)
All Communion ceremonies and GNS Confirmations will be followed by a reception in the Parish Pastoral Centre.

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www.parishcentre.ie