This is a low resolution copy of our second TheBestIn Clondalkin booklet.

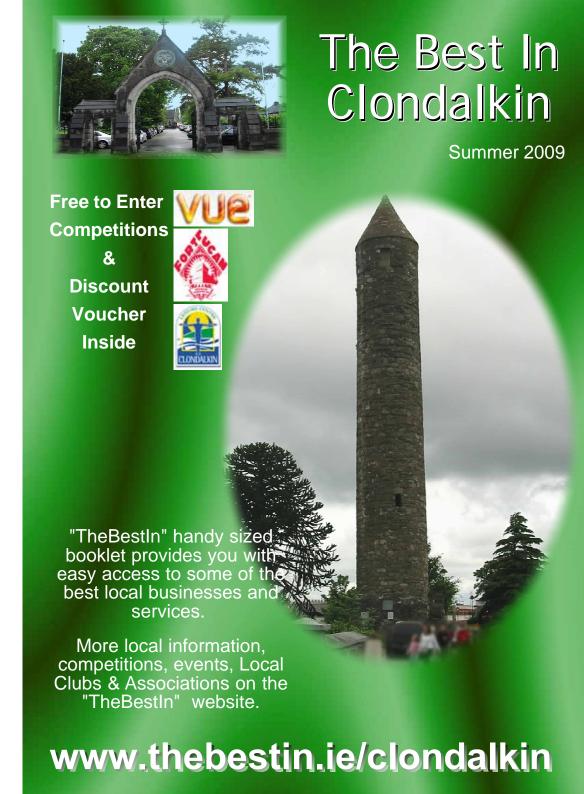
A new one will be published approximately every 3 months.

If you would like to add content or advertise in our next edition please call or use the on-line submission form.

We will be producing booklets for each of our website areas.

Please check that area for details of dates.

If you would like to join our sales team please call Mark 01 9022535



#### Top Gear Autos Sales - Service - Bodywork

Commons Road, Clondalkin



- Crash Repairs -

We can deal direct with your insurance company

- Spray Painting Low bake oven

- NCT Preparation -

Car Collection & Delivery Service to Centres available

Call Mark Coyle 086 8061454
Tel: 01 457 1077 Fax: 01 4643018
www.topgearautos.ie
topgearautos@o2.ie

#### **MIDWOOD**

Plumbing & Heating Fully Insured



Heating Upgrades & Repairs Grant Registered

Bathroom Renovations



Power Showers Solar Systems

Contact Niall 086 3801629

#### **List of Contents**

**Page 4 Introduction** 

Page 6 Useful local numbers. Fuller list of most popular and useful numbers on-line.

**Page 10 Community Education** 

Page 12 Action Community & Enterprise

Page 15 Clondalkin Lions Club

Page 16 How to get your Club or Association details on-line.

Page 17 Free to Enter Competitions

Page 18 Family breakdown Legal advice & counselling

Page 21 Word Search

Page 22 Neilstown Youth Centre

Page 24 Sudoko

Solution and more puzzles on line

Page 25 Clondalkin Youth Band

Page 26 Coping with Stress

Page 27 Vue discount voucher

Page 28 Clondalkin History

Page 28 Pet Grooming Competition

Page 30 Classifieds

#### Your local information website



7 days a week - All areas - Special mid-week rates

15X17
Bouncy
Castle
with slide
Only €100

For all occasions
PlayBoy Castles - Gladiator Duel
Slides - Sumo Wrestling
Rain Covers included

Call: 085 7070500



## Kids Special Party Surprise

#### Give your child a birthday to remember



A limousine for 1 hour with 7 friends and then a surprise Bouncy Castle in the garden when they return all for only €250

Offer includes free complimentary kiddies champagne

For more details just give us a call

Mark: 087 2264472 Trevor: 085 7070500

## AM2PM

Complimentary Champagne with every car

#### Limousines

Weddings - Debs - Corporate - Airport Transfers Sporting Events - Special Occasions - Hen & Stag Nights Birthdays - Party Nights - 1 Hour Transfers - Concerts

Call: 087 226 4472 www.am2pm-limousines.com



#### RMS ELECTRICAL

•33 years in the trade
•Domestic/Commercial/Industrial
•Emphasis on Safety and Reliability
•Fuseboards upgraded
•Electric showers supplied & fitted
•Extra sockets&lights,
all electrical repairs





#### **Beauty & Holistic Rooms**

Clondalkin Leisure Centre. 01-4670727

www.serenitybeauty.ie
Open Tues – Sat. Late night Wed/Thurs/Fri

#### **Summer Specials**

Full Set Gels (including glitter) €50
Full Body Spray Tan €5
60 min Tanning Course only €50

Debs Specials

Discount Tuesdays

Other Treatments include, waxing, tinting, manicure & pedicure, facials & massage.

Quote **Q27J1** to avail of a 10% discount on first Treatment Terms & Conditions Apply.

#### Hi there!

Welcome to our second 'TheBestIn' Clondalkin booklet for Summer 09. For those of you that don't know, 'TheBestIn' booklet works in conjunction with our community based websites. Visit www.thebestin.ie and select this area for local information website has the best in what is on offer in each area of West Dublin promoting schools, events, local businesses, news, children's pages, listings and competitions.

The first Clondalkin booklet was published last year as a trial to promote the website but due to demand we will be publishing the booklet at regular intervals throughout the year.

If you have any local events listings you would like to promote for the Clondalkin area, please log on to the Clondalkin page at www.thebestin.ie.

We are also taking submissions from any budding writers out there who would like to contribute to our next Clondalkin booklet or be published online. If you have any interesting articles you would like to include in our next issue, please contact us via the website. You can also take part in our on-line competitions details in this booklet.

Wishing you all the best from the team at www.thebestin.ie.

#### 24 Hour Service - Tel: 459-11-11



## ONLY ONE NEWSAGENT IN CLONDALKIN SUPPLIES ALL THESE AND OPENS LATE 7 DAYS A WEEK

Matchbox, Fisher Price, Petite, Action G.T., Airfix, Casdin, Croyolla, Link, Parker Pens, Cross Pens, Sheafer Pens, Colibri Lighters, Ronson, Zippo, Swatch, Timex, Q+Q, Telstar, Citizen, Philips, Kodak Film, Speidel, Corona, Peterson Pipes, Spectra Photo Developing, Pretty Polly Tights, Lottery, Lotto, Cadburys, Rowntrees, Terrys.

## **MANNIONS**

of Clondalkin

#### **NEWSAGENTS**

4 CASTLE CRESENT, MONASTERY ROAD, CLONDALKIN

## CADDEN'S LATE NIGHT PHARMACY



For all your
Pharmaceutical needs.
Wide range of Beauty
and Healthcare
products.

Fergal Cadden M.P.S.I.
Tower Shopping Centre
Clondalkin

Tel: 01 457 3794 Fax: 01 457 5229

#### **Opening Hours**

Mon - Wed 9.00am - 8.30pm Thurs & Fri 9.00am - 9.00pm Sat 9.00am - 6.00pm Sun & Bank Holidays 12.00pm - 6.00pm

#### **Useful Telephone Numbers**

#### Civic

| Garda Clondalkin     | 01 6667600 |
|----------------------|------------|
| Garda St Ronans      | 01 6667700 |
| Passport Office      | 1850575859 |
| Clondalkin L. Centre | 01 4574858 |
| Library              | 01 4593315 |
| Citizens Information | 01 6217930 |

#### Health

| St James Hosp.            | 01 4103000  |
|---------------------------|-------------|
| Our Lady's Hosp           | 01 4096100  |
| Dub Doc                   | 01 4545607  |
| Newlands Cross Med. Cent. | 01 4643386  |
| Park west Med. Cent.      | 01 6204399  |
| Neilstown Med. Cent.      | 01 4574200  |
| Health Clinic             | 01 6214388  |
| Childline                 | 1800 666666 |
| Samaritians               | 1850 609090 |

#### **Repairs**

| -                   |             |
|---------------------|-------------|
| Car Repairs         | 01 4013175  |
| Locksmith           | 01 6219441  |
| Glazier             | 01 6241641  |
| Electrician         | 01 6210812  |
| Plumber             | 086 3801629 |
| Heating & Boiler    | 086 4083580 |
| Paint & Decorating  | 086 3805166 |
| Handyman            | 087 9750362 |
| ESB Emergency       | 1850 372999 |
| Gas Leaks Emergency | 1850 205050 |
|                     |             |

#### **Transport**

| Taxis      | 01 4591111 |
|------------|------------|
| Trains     | 01 7033504 |
| Luas       | 1800300604 |
| Dublin Bus | 01 8734222 |

More numbers and links to websites on-line at www.thebestin.ie

#### Promote your business on-line on your local website



10% discount
with this Advert

#### **SERVICING CARS & LIGHT COMMERCIALS**

Computerised 4 Wheel Alignment - Tracking From only € 25

FREE PRE NCT TESTING
ENGINE & SUSPENSION REPAIRS

CLUTCH & BRAKE SPECIALISTS
NO JOB TOO BIG OR TOO SMALL

Tel/Fax: 01 4013175 Mob: 085 1752175 Email: j.co.garage@gmail.com

Open 9.00 am to 8.00 pm Monday - Saturday

Main Street, Rathcoole, Co.Dublin

LATEST COMPUTER DIAGNOSTICS
TYRE & PUNCTURE REPAIRS
EXHAUST REPAIRS & WELDING



## The 9th LOUGH

Take-Away 01-4573267

The 9th Lough Take-Away, 1 St Patrick's Road, Clondalkin D22 (Opposite the Waterside Pub)

#### Opening Hours

Mon - Fri 12pm - 2pm & 5pm - 11.15pm Sat & Sun 5pm - 11.15pm

Delivery 7 days a week 5pm - 11.15pm





#### Pizzas now Available

Family run business Newly renovated



#### Has your double glazing gone foggy? Dread the cost of having the glass replaced?

Then dread no more.

Now there is a fast, effective, on-site process that can remove and prevent internal moisture without replacing the glass and at a fraction of the cost.

Sound too good to be true? The unique process relies on the installation of a miniature air vent that allows the window to dry through evaporation.

#### How the process works

It typically takes less than 20 minutes to treat a window. A restoration technician begins by drilling a small hole in the upper and lower corners of the window. Using specialized equipment and

solutions, the inner air space is cleaned, drained, and dried after which the transparent, patent-pending Micro-vents are installed over the drill holes. The remaining moisture is expelled out the Micro-vent through evaporation. The process permanently restores the transparency and thermal qualities of the window as moist air is replaced with an insulating dry buffer of air between the panes.

The earlier the windows are treated the better the results, and with companies offering a 10 year warranty this may be your best solution to "see through" windows this summer.

#### 24 Hour Service - Tel: 459-11-11



#### **Double Glazing Problems?**

Call the Double Glazing Restoration and Repair Experts

## Fogged Up

#### **DON'T REPLACE**

Find out if they can be Windows? restored with our money saving proven repair process

#### **Questions the Free Window Inspection Will Answer**

- Do your handles, hinges, locks, and seals need replacing?
- Are your bedroom hinges safe in the event of fire?
- How to save money on your heating bill?
- Can your fogged up double glazed window be saved?

**Upgrade your Single Glazing to Double** or your Double Glazing to Triple Call for details

Whole-Home Window Inspection

Permanently Remove and Prevent Moisture From Your Existing Windows Without Removing The Glass!





**Before** After Call: 01 6010007 or visit www.TheGlassGuru.com

## Deansrath Community College



The college is a thriving and established focal point of the local and wider Clondalkin area and beyond, and has provided excellent

educational opportunities for second – level students for over 20 years.

In recent years the college has expanded into adult and further education and runs a wide range of courses.

For further details and brochures visit www.deansrathcommunitycollege.ie

or contact:

01 4574144



#### **Courses Offered include**

#### **Second level**

Junior Certificate.
Junior Certificate Schools
Programme.

Leaving Certificate.

Leaving Certificate Applied.
Leaving Certificate Voc

Leaving Certificate Vocational Preparation.

#### Adult and further education:

Back to Education Courses, (day): Vocational Training Opportunities Scheme VTOS, (day),

FETAC, (to Level 5), Certification. Post Leaving Certificate Courses, (day): Programmes include Business, IT, Childcare and Nursing Studies.

Adult Education and Leisure Activities, (night).

## **Education**A life long process

## **Local Education**A lifeline

Local schools are now playing a crucial role in our social and economic development.



Education, for everyone, not only improves knowledge and skills but also can promote

personal fulfilment and increase confidence and abilities.

These days it is critical for us all to plan how best to cope with the potentially difficult times ahead. Not just the students who are still within the formal education system need to be planning their futures and further studies but also many adults must now think about retraining and upgrading their skill set as well.

Schools such as Deansrath Community College have a distinct identity within the community, and provide a range of programmes, which reflect the needs of the local community, the local employers and the student cohort. Their courses are designed to train and upskill



students regardless of age and educational background.

#### 24 Hour Service - Tel: 459-11-11



Monastery Music opened in the heart of Clondalkin village in November 2004. Since then, the shop has gone from strength to strength, building a reputation for excellent service and advice on musical instruments and indeed the music scene in general. They can advise on all musical styles to ensure that whether you are a beginner or a professional, you will make the right choice of instrument. They offer advice on music lessons and where to contact the best teachers for entry and intermediate level students. As well as instruments, they stock a wide variety of accessories, which is growing every year, from amps, P.A., strings, etc, at competitive prices.

A particular area of expertise is in instrument repair. The shop has a fully equipped repair workshop on the premises and with 25 years experience in instrument repair behind them, you are sure to get the best advice. You can also call in for a free instrument assessment!

High-end handmade instruments such as Fylde guitars, luthiers to Sting, Gordon Giltrap, Eric Bibb, etc, and Lakewood guitars, makers for Richie Blackmore (Deep Purple), Luka Bloom, etc, are available at Monastery Music and since taking on these dealerships, their reputation for quality instruments has grown, with plans for more high-end instruments in the future. They also ensure that entry level & mid-range instruments are of the best possible quality giving the customer the best chance to express themselves musically.

Music shops have always been a place where you could pick up news about musicians, bands, gigs and advice about how to improve your music as well as purchasing instruments. Monastery Music strives to keep this tradition alive. In this day and age the internet, whilst being a good source for purchasing goods, does not always come up to the mark when it comes to sound, solid advice and service, Monastery Music guarantees this on any goods purchased in their store.



#### **Action Community & Enterprise**

Thinking of starting your own business?

Action Community & Enterprise can help. Over the past decade we have advised and assisted almost 1000 people to start up, and provided training to help run, their businesses.

#### **Courses for New Businesses:**

We run evening workshops and training programmes in the centre. We cover topics for individuals from basic to advanced levels in many subjects including:

- Book Keeping
- Computing for Business
- Taxation
- Employment Law
- Importing & Exporting
- Payroll

Learn new skills and gain the knowledge to develop your business.



#### Help and Assistance for existing Businesses.

Our experienced team can provide assistance to businesses in areas such as:

- Training Courses
- One-to-one Business advice
- Accessing Finance
- Business Planning
- Research & Feasibility Studies
- Business Units

#### Courses for starting your Business

Classes run one evening a week for ten weeks and will equip you with the know how to develop your business. Topics covered include:

- Business Planning
- Health & Safety
- Business Legalities
- Business Finance
- Business Administration
- Web Design
- Sales and Marketing

These courses run twice yearly in September and February, with limited places available, early booking is essential.



For more information and or confidential one-to-one advice please call: 01 45 79 662

#### **Action Community & Enterprise,**

Bawnogue Community & Enterprise Centre, Bawnogue Road, Clondalkin Website: www.enterpriseaction.ie

Supporting the Community through Enterprise

#### Have you tried our free to enter competitions

## THE KEG MAN



All you need for your celebration or party we supply kegs of beer, dispensing equipment, bottles of gas, and bar accessories

Call: 086 1713000 or 01 4577601 or visit www.kegs.ie





- Counselling
- Psychotherapy
- Training Services

NORAH FINN M.I.A.C.P. M.W.G.I.I

Unit B3, Action Community & Enterprise, Bawnogue Rd, Clondalkin, D2

Phone: 01 4130905 - 085 1277002

Email: norahmfinn@eircom.net



#### The Cake Man

Mark Hampson Tel: 01 467 0111 Mob: 087 9017764

#### **CAKES FOR ALL OCCASIONS**

Please call for more details or to view examples visit **www.cakeman.ie** 

#### **Earn Extra Income**

Run a simple business from home Part-time

Flexible around Job & Family. Car, Phone & Computer Needed Ph: 01 248 2324 (24 hr/ans)

## New Rock School for Kids in Clondalkin.

Course director and facilitator Colin Sheehy has a Masters degree in Community Music from the Irish Academy of World Music and Dance (UL) and has worked as a Community Musician in Clondalkin for three years.

The facilitation method of Community Music replaces the teaching of music theory with a more appealing approach designed to explore music by utilising the student's passion for music as a learning tool. Community Music is a social group activity, where people learn how to play music on a creative and fun journey which ensures a positive experience in music.



JAM'S Music Centre

in Clondalkin is offering young beginners' an introduction to their Rock School for Kids for just €15. Children are facilitated to explore guitar, drums, singing and keyboards in a fully furnished rehearsal studio. Parents are welcome to witness this fun way for children to discover and explore music. This offer promotes JAM'S Summer Rock School a one week intensive course starting in June.

This is a limited offer. To book call 086 409 3286 or 085 740 7280.



# CLONDALKIN LIONS CLUB

Clondalkin Lions Club is part of an international service club organisation.

There are 1.4 million Members worldwide and are made up of men and women who volunteer their time to humanitarian causes each year. When money is raised by a Lions Club it goes directly to charity. All administration costs are met by the Members who contribute a fee each year for this purpose.

Clondalkin Lions club was founded in 1996 and has 10 Members from the local community. We meet on the 2nd and 4th Thursday of every month in the Waterside Bar.

At these meetings we plan our programme for the year and monitor progress.

If you want to give something back to your Community (4 hours a month) why not drop into our next meeting on the 14th June in the Waterside bar and Bristo. 9th Lock Clondalkin.

Our main aim is to support existing local charities and individuals in need. Though small in number we have a very active Club who take on the task of raising funds for charity very seriously. As a result the local community gives us tremendous support.

Members of Clondalkin Lions Club can be found collecting outside supermarkets, organising fashion shows, coffee mornings and Gala Concerts.

New members are always welcome and any support you can give is appreciated. In this context people who do not have the time to be active can contribute by signing our Standing Order for anything from €5.00 per month.

Clondalkin Lions are 'Ordinary People doing Amazing Things'.

Tony Sheehy Club Secretary



#### **Calling Local Groups and Clubs**



**Looking for New Members.** 

Want an simple way to communicate with your members.



Wish you could promote your events to a wider audience.



Give proper congratulations to your members achievements.

Wish you could do all this and more without using up your time or club funds



Our service is FREE to not-for-profit groups.



From simple "classified" text entry of name and contact details in our index up to a web page, including pictures, dedicated to your Club or Group.



K

Do you run a Church, Youth Club, Voluntary
Organisations or other non-profit group.
Then use our Events Guide to promote your meetings,
competitions and fund raising events.



This service is provided free.

Just use the on-line submissions form or give us a call.









This is a "child friendly site" and we do not promote "adult" material, drugs or gambling.

#### Promote your business on-line on your local website



#### Win a pair of Cinema tickets

By correctly identifying which recent film did not star dogs?

a) Bolt b) Hotel for Dogs c) High School Musical

If you know the answer go to the competitions page at www.thebestin.ie Clondalkin and enter your details.

Winner will be contacted directly, and winners name only posted on the website. Closing date Sunday 19th July 2009



#### **PAMPER YOUR PET**

Win a free Grooming for your pet see page 28 Sponsored by House Pets Grooming Salon



Win a FAMILY PASS (2 x children, 2 x adults) to Lucan's biggest outdoor adventure playground.

Just answer this question: what is the name of Fort Lucan's newest water slide. (hint look at their website)

a) Raging River b) Desert Storm c) Polar Ice

If you know the answer go to **www.thebestin.ie** Clondalkin Select your competition and enter your details. Winner will be contacted directly, and winners name only posted online. Closing date Sunday 19th July 2009



## Win a family swim at Clondalkin's new swimming pool.

Just answer this question. How is the pool heated. By

a) Coal b) Sunlight c) Gas

If you know the answer go to **www.thebestin.ie** Clondalkin Select your competition and enter your details. Winner will be contacted directly, and winners name only posted online. Closing date Sunday 19th July 2009



## FAMILY BREAKDOWN SUPPORT SERVICES

Fettercairn Community Centre, Tallaght. www.familybreakdown.ie Mob: 086 0569822

A new service for those affected by family breakdown. No more solicitors fees that can run into thousands, and no more sitting on a waiting list for free legal services only to be told you don't qualify.

When people separate it becomes a very traumatic time in their lives, and the last thing they need is more complications, and financial burden. That's where Family Breakdown Support Services can provide a new simple option to resolve your family breakdown issues.

When you call to make an appointment you will meet a family breakdown consultant who holds a Diploma in Family Law from the Law Society of Ireland. They will conduct an informal interview to establish the facts of your situation and from the information provided they will provide you with all the options available to you, and give you an estimate of how much it will cost. Don't worry the fees are minimal compared to a solicitor.

The services we assist with range from Divorce, Judicial Separation, Separation Agreements, which include dealing with the Family Home, Maintenance, custody and access, and domestic violence issues, to International child abduction, Guardianship, pensions, applications to the family court etc.

At family breakdown support services we very much encourage people to attempt to come to an agreement before approaching the family court, and this is the core of our initial interview. It is much better to decide between yourselves on issues rather than having a judge make a decision that neither of you are happy with. However if you must go to court we will breakdown all the legal jargon, including making you aware that every person in Ireland has a constitutional right to represent themselves in court, and furthermore if you do represent yourself, the judge and the legal personnel on the other side have a legal obligation to conduct the court hearing in a way that they must speak in a language that you understand. We also prepare you for your hearing and provide you with all the points you need to get across as well as responses to questions from the judge and the other side.

The other point to note is that family law cases are held in camera and that means the public are not permitted to enter the court during a family law hearing, and there are no wigs or gowns like you are used to seeing on television. Family Law hearings are informal to an extent given that the facts need to be put before the court in order for the judge to make his decision.

Family Breakdown Support Services will be with you from the point of the consultation until the day your case is resolved with a dedicated phone services to answer any questions you may have along the way. We will also provide a support service to help you understand and implement any agreement or court order that was made.

I you have any further queries, or would like to make an appointment please call.

#### Discount voucher worth €2 on page 27



Special Occasional Wear Smart Casual - Sizes 8-22 Shoes & Accessories Personal Attention Assured Designer Sale Outlet 50-70% off All major labels

## 10% Discount On new stock

when you produce this advert.

Free Parking
Open Tuesday to Saturday
10am to 5.30pm
Tower Road, Clondalkin
Tel: 01 457 0990



#### **ANDY GEOGHEGAN**

13 Haydens Park Green, Lucan, Co.Dublin. Tel: 01 621 0828. Mobile: 087 951 9890. Email: geogheganheatingplumbing@gmail.com



# Golden & Bamboo W Chinese Take-Away

Tel: 01 623 4774 or 01 623 0173

#### **Opening Hours**

Monday - Thursday . . . 5.00 pm - 12.30 am Friday & Saturday . . . 5.00 pm - 1.00 am Sunday & Bank Holidays . . . 5.00 pm - 12.30 am



#### Del ivery service

Monday - Thursday . . . 5.00 pm - 12.15 am Friday & Saturday . . . 5.00 pm - 12.30 am



#### Del ivering To

Alpine Hts, Cappaghmore, Chapplin, Collinstown, Dunawley, Glenfield, Greenfort, Harelawn, James Connolly, Lealand, Lindisfarn, Liscarn, Mill Court, Moorfield, Neilstown, Oakwood, Oatfield, Old Tower, Palmerstown Woods, Rowlagh, Shancastle, St Marks, St Ronans, St Patricks, Michael Collins, Weaver Court, Westbourne, Wheatfield, Woodavens.







## Ronanstown Youth Services

Our Youth Services is an open centre.



parents can drop in at any time and members of staff are always available to talk and listen.

A young person with a problem or concern is welcome to come in and have a chat.

A daily jobs board and a C.V. typing service are available.

Printing service (leaflets, posters, business cards, T-shirt printing, etc.)
Information and advice on social welfare, family law, etc.

Our Aim is to support the development of a board based service to all young people and to all youth clubs and organisations in the North Clondalkin area.



#### The Youth Service.

Offers faith development programmes in conjunction with C.Y.C.

Offers support, advice and Information for adults working with young people including Information on grants, insurance and funding.



Offers an Outwards Bounds Programme to youth clubs and school group. Activities including canoeing, hill walking, orienteering, caving, team building, gorge walking etc.

An Arts Programme to youth groups, a performing Arts school, guitar lessons, samba band etc.

A sport programme in the schools and sports clubs for young people and





provides basic leadership training courses, child protection training training, FETAC Youth Work Award, and junior leadership training.

#### **Direct Work.**

Staff directly run over 96 clubs and programmes for the young people in R.Y.S and in the Quarryvale, Rowlagh, Balgaddy and Neilstown centres.



#### Special Groups Include.

Drama / Youth Theatre Arch Alive Club Drop in Clubs Young Mothers Club Adventure Clubs

#### **Homeless Service.**

The Youth Service employs a homeless officer who provides a drop in service for young people sleeping rough in the area.

Support, advice and Information are



offered to people who are out of home. Meals, showers and rough sleepers packs are also available.

#### **Summer Projects.**

The Youth Service co-ordinates four summer projects in July every year. They run for an "action packed" two weeks and target children aged 4-14 years followed by sports and soccer week.

#### Stars Youth Cafe.

Stars Youth Cafe was set up on the 21st June 2007 in Ronanstown to give young people aged 15 years plus in North Clondalkin a fun place to go on Friday nights to meet new people in a safe and supervised environment.

Ronanstown Youth Services Neilstown Village Centre Neilstown Rd, Clondalkin

Ph: 01 4570363 or 01 4573859 E-mail: info@rys.ie



## — Brian O' Toole

## **Heating & Plumbing Services Ltd**

Fully Insured and C2 Registered.

S.E.I. Approved Installer
Domestic & Commercial
All work guaranteed
Solar panels supplied & installed



#### Tel: Brian 087 2232697

Visit our web site for further information www.brianotooleheatingandplumbing.ie
Registered contractor under the home energy saving scheme.

| 5 |   | 1 |   |   | 7 |   |   | 4 |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 5 |   |   | 7 |   | 9 |
|   |   | 2 | 8 |   | 9 |   |   |   |
|   | 6 | 7 | 3 |   |   |   |   |   |
|   |   | 5 |   |   |   |   | 7 | 2 |
|   | 2 |   | 7 | 9 |   |   |   | 5 |
|   | 7 | 6 |   |   |   |   |   | 8 |
|   |   |   | 1 |   | 8 |   |   | 3 |
| 2 | 8 |   |   | 5 | 6 | 1 | 4 | 7 |

#### Suduko Number Puzzle 4

Medium

Answers and more puzzles to printout on-line.

Go to

www.thebestin.ie select this area and click the competitions button

## Airport €30 + Toll - Tel: 459-11-11

#### **Clondalkin Youth Band**

The pride of Clondalkin, the Clondalkin Youth Band was founded 1985 with 30 members and is now Ireland's largest band with 165 members, and are Irish Band Champions.

The band has travelled worldwide and entertained millions of people throughout Ireland, Europe and the USA.



#### **Brief Band History.**

European Gold Medallists 2001. European Gold Medallists 2003 & 2004. World Silver & Bronze Medallists 2001 & 2005. Held in Holland

Best Band at Limerick International Band Competition 2005

Best Band at the Dublin St Patrick's Day Parade 2006

Supported by the Clondalkin Community Civic Reception from South Dublin Co. Co. 2002 & 2005

Have attended 12 International Tours throughout Europe and performed in Eurodisney and Birmingham International Tattoo

Students sit for Assoc. Board & Royal Irish Academy music exams.

Best Irish Marching Band at the Dublin St Patrick's Day Parade 2007

Participation at the Irish Concert Band Championships

Recital performances in Farmleigh House and in Arus An Uachtarain. Charity engagements locally and Peamount Hospital Open days. Performs every Christmas in local churches.



School performances to promote music within national schools.

2009. Winners of the Rupert Murray Award at the Dublin St Patrick's Day Parade. Winners of Best Band at the Mullingar St Patrick's Day Parade.

Winners of the Irish Association of Brass and Concert Bands National Finals held in the new Cork School of Music. April 2009

May 2009. Visit by Professor James Hudson, Arizona University, USA. A specialist in marching/concert band. Worked for 5 days with the band.

Will perform at the World Band Championships in Kerkrade, Holland in 2009. Summer performances to be held throughout the country.



New classes commence in September. Music classes for beginner recorder students 8-10 years.

Other enrolments taking place in September are for Colourguard (Flag & Dance girls) and Percussion. These classes are for students 12yrs to 14 yrs of age.

Band Director is Mr Vincent Dolan.

087 2844371 or e mail dolanvin@gmail.com

## **Anxiety & STRESS**

Do we really have any control when there seems to be so much to do and so little time?

Imagine two individuals both having a meeting in the city at 9am. Both get stuck in traffic with no sign of movement. One perceives himself as trapped and says things to himself such as "I have got to get out of here, I must be at the meeting at 9am". "Why does this always happen to me". He gets out of the car to see what is causing the delay. But this only causes more frustration. He starts a series of changing lanes followed by angry retorts at the lack of skill of the drivers that are around him. He feels angry, frustrated and a victim.

The other perceives the situation as an opportunity to relax, to visualise the forthcoming meeting. He says things to himself such as "I might as well relax it will probably be the only time I will have to myself today". He plays his favourite tape and if he has a chance he tries to contact the office to warn them of the delay. Requesting his assistant to either entertain the clients or deputise for him at the meeting. He is positive,

calm and accepting of the situation using it to his advantage.

Both people eventually arrive at the office. The first is very angry frustrated and out of focus. He vents his anger at his assistant. He arrives at the meeting unable to concentrate. The meeting is not successful. For the rest of the day everyone he comes in contact with experiences his anger and negativity. He has become the victim of his own thoughts and attracts events to feed that mood throughout the day.

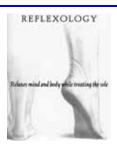
The second person is calm focused and prepared for the meeting. He takes over from his assistant with ease. He is relaxed and is able to articulate his ideas with confidence. He is successful. For the rest of the day everyone who comes into contact with him experiences his calmness and positivity. He is in control and the rest of the day reflects this.

How you react is your choice. It can take time and effort to learn new responses and many therapists specialise in this area.

- Remember Think Positive -

#### written by Ruth Wallace

Qualified practitioner in Stress management, Reflexology, Diet & Nutrition, Psychotherapy & Counselling, & Massage



#### RUTHWALLACE MIRI, ITEC, VHI, BUPA & VIVAS

Orwell Dublin 6W Tel: 086 4000997 or 01 2442657

Registered Reflexologist and qualified practitioner in Reflexology, Holistic Massage, Aromatherapy, Diet & Nutrition,

Stress Management, Counselling & Psychotherapy. Nursing home and hospital visits arranged. Gift Vouchers Available

#### Promote your group or club on-line for Free



See a reflection of your results before you see them in a mirror.

Now you can make every workout your best workout with the CurvesSmart technology that's revolutionizing women's fitness. CurvesSmart customizes the Curves circuit to your body and fitness goals. It monitors your heart rate momentby-moment and adjusts intensity levels to make sure you get the most out of your workout, every workout.



01 4594040

BANK CHAMBERS MONASTERY ROAD, CLONDALKIN



#### **House Pets Grooming Salon**

www.petgroomingdublin.com Newcastle Mob: 086 839 2196

Professional Friendly Service. Award Winning Groomer. All breeds, Bichon Specialist.

Free to enter competition to win A Full Groom and Breed Specific Style for your Pet

Just answer this question.

What dog would you see on the side of a Bus Éireann Coach. Is it?

a) St Bernard b) Red Setter c) Collie

If you know the answer go to the www.thebestin.ie Clondalkin

Select your competition and enter your details. Rules and coditions on-line Closing date Sunday 19th July 2009

"Hydro Massage Therapy Bath" and loose hair removal, for heavy coated dogs; Golden Retrievers, Collies, Spits.

**Bath Top & Tail** with comb out and demat for between full grooming appointments, Shih Tzu, Bichons, Poodles, Tibetan Terriers, Cockers.

Full Groom and Breed Specific Style.

**Special Puppy Visit**. Early salon introduction is important for your puppy. Please ask for details.

Regular grooming will help prevent sore patches on the skin caused by matting and ensure the coat is parasite free and able to keep your dog warm in winter or cool in summer. Fully equipped and insured. Please call for an appointment.

#### No Call Out Charge - Tel: 459-11-11

## R.C. TILING

Raymond Costigan

**Ceramic Tiles** 

**Porcelain Tiles** 

**Marble Tiles** 

Free Estimates - Any Area Call 086 1699139

## 2009 **Distribution & Prices**

Next booklets will be to Lucan, Tallaght, Dublin City South, during July & August. Call 086 8352012 now to secure your place.

| Advert<br>Description | Price        | Advert size width x height |
|-----------------------|--------------|----------------------------|
| 1/8 page              | <b>€</b> 75  | 65 x 42mm                  |
| 1/4 page              | <b>€</b> 120 | 65 x 87mm                  |
| 1/2 page              | €225         | 135 x 87mm                 |
| Full page             | <b>€</b> 350 | 135 x 178mm                |
| Back Page             | €00          | 135 x 178mm                |

Leaflet delivery €0 per 1,000 to selected areas. Book early as number of leaflets per drop is restricted.

#### Brief History of Clondalkin

Clondalkin – Cluain Dolcain – Dolcans Meadow, is situated on the banks of the river Camac. Commanding the heights over the estuary and guarding the inland pass between the mountains and the river Liffey, this advantageous position first attracted Neolithic settlers around 7,600 years ago. The Celtic tribe of Cualainn settled in the area around the 4th Century BC and left many mounds and raths to record their passing.

Christianity came to East Leinster in the 5<sup>th</sup> century where they built their first churches. Clondalkin was one of these early communities. It's foundation being ascribed to St. Cronan also known as St. Mochua. The monastery was situated where St. John's Church now stands and would have been surrounded by a protective rath, the outline of which can be followed in today's village streetscape. Orchard Road, with the gardens



sloping up from street level, would have formed the boundary on one side. Continuing along the Main Street, it then curved to the west of the Round Tower. The Annals of Ulster record that the relics of St.Kevin and St. Mochua were taken on tour in 790 AD and it is thought that Clondalkin Round Tower was built circa this period. As there are no signs of any of the stones being shaped by mason or stonecutter, it suggests that it may also be the oldest.

The village was plundered by the Norsemen in 832, 1071 and again in 1076 AD during which period they settled in the area and built a

fortress named Nun Amhlaeibh after their King. Clondalkin was established as a borough in 1300 and by 1547 it is recorded that: "Clondalkin is among the walled and good towns of the County"

The mediaeval church was closed in 1649, and in 1785 it was demolished to allow for the construction of the present St. Johns. The remains of the old church along with two crosses from that period can still be found in the churchyard today. The Brothers of the Third Order of our Lady of Mount Carmel built the monastery of Mount St. Joseph in 1812, and this was the first new monastic establishment founded in Ireland since the



Reformation.

Clondalkin also has a history unique in the development of industry and public transport. In 1837 Thomas Seary started to produce hand made paper at the Sally Park Mills which continued to flourish until its close in 1987; and in January 1845 work started for the laying of the Great Southern and Western Railway. When the Cork line was completed, it was the longest section of rail in the British Isles.

Present day Clondalkin is now a thriving modern community which continues to put its mark on the progress of the country, while retaining its ancient streetscape and preserving the monuments to a long and varied history.

Joe Williams, Clondalkin History Society The Clondalkin History Society meets on the last Monday of each month from September to May. For further information visit www.clondalkinhistory.com

#### Classifieds

#### **FOR SALE:**

Exquisite Communion Dress For Sale Includes Cape, Head-piece Veil and Accessories €250 ono Ph: 086 8352012



#### **Work Wanted:**

Too busy for housework? Exp. Cleaner Available, Hard-working & Reliable Ph: 087 2041194

#### Jobs:

Advertising Sales Persons Required Ft/Pt Experience Essential Commission on all Sales. Own Car and internet access needed Tel: 01 4418232

**Leaflet Distributors** Required for occasional work good rates given Ph: 01 4418232

#### **Black Lion Taxis, Clondalkin**

Drivers wanted urgently, Base fee €60 per week Tel 01 459 1111

#### **General:**

#### **Clt Laundrette**

Rowlagh Village, Behind Finches Pub next to Angelo's. For all your washing, Drying, Ironing, alterations etc..

#### McCormick Solicitors

For all your legal needs. 01 457 9238

#### Local Plumber

Niall 086 3801629

#### **CityWest Paving**

Drives, Paths & Patios Mob: 085 7044853

#### **MTD** Design

Websites & Brochures Mob: 086 8202767

#### **Business Opportunity:**

New TheBestIn.ie areas are now available. A flexible business with great income potential. Home/office, medium computer skills and sales experience necessary. To find out more please call: 01 9022535

#### **Promote your Business On-line**

Wide range of Options From simple Business Index entry to Banner & Skyscraper ads to whole pages and even mini websites that you can link to from other on-line advertising i.e. Google ads and from paper adverts and your own flyers and Business Cards For more information about effective on-line adversiting call Mark: 01 9022535

## **For Only**

**€120** 

You could promote your Business, Club or Event in this sized space in our next booklet **Publication dates & details** on line or call

> Distributed to 10,000 Homes

#### www.thebestin.ie



Any regular pizza with 2 toppings, one 330ml drink and a choice between: garlic bread, fries or wedges, or hot cookie dough desert.

#### €20 DEAL

Any medium pizza with garlic bread and fries or wedges 2lt drink or hot cookie dough

#### €13 DEAL

Any regular pizza with up to 4 toppings plus any side order\* and one 330ml drink

#### €24 PIZZA &

WingStreet DEAL

"Side Order Options, WagStreet chicken, fries, wedges or garfic linead, \*\* Stuffed Crust add €2

#### €28 FAMILY DEAL

Any large pizza (4 toppings), Garlic Bread, 2 fries or wedges, 2lt drink, Toffee Apple Meltdown

€17 DFAL

and two 330ml drinks

Any medium pizza with up to 4

toppings plus any side order\*

#### CLONDALKIN

**DELIVERY HOTLINE 01 467 5544** 

Unit 4c, Elmfield Court, Ninth Lock Road, Dublin 22 Opening Hours: Sun-Thur: 12pm-12am, Fri-Sat: 12pm-12.30am Customer Care Line 087 2122215

FREE DELIVERY

www.phgbypizzahut.ie





## **Brian Dunne & Co**

#### **Certified Public Accountant**

First Floor, Unit 49A Tower Road, Clondalkin

**Experience in all areas of Accountancy & Taxation** 

#### **Services on Offer:**

- Self Employed Accounts
- Company & Partnership
- **Accounts**
- Year End Tax Returns
- Sub Contractor Tax (RCTs)

- Business Start Ups
- Bookkeeping & Payroll
- VAT & PAYE Returns
- Rental Income Returns
- Taxation Advice

If your tax affairs or bookkeeping are in arrears, call us today and we will get your accounts & taxes up-to-date for a competitive price.

We provide expert advice and an efficient registration process for New Businesses – Sole Traders, Partnerships & Companies.

We provide a cost effective bookkeeping and payroll service for Small Companies & Sole Traders

For more information on our services please visit our website – **www.dunneandco.ie** 

First Consultation is FREE OF CHARGE so call us today for an appointment

Phone: Brian Dunne on 01 6572939 or 087 2870591 Email: brian@dunneandco.je