



Ballyboden St Endas  
Baile Buadáin Naomh Éanna  
GAA Camogie & Ladies Football Club



## Club Lotto Results, 22nd April 2021



The Winning numbers in last Thursday's Club Lotto were 15 16 04 25

Níor bhuaigh duine ar bith an Pota Óir an tseachtain seo caite- €1,000

There were 5 winners of the Match First 3 numbers who each receive €60

Comhghairdeas libh go léir.

Is iad na buaiteoirí:

Emer Donovan, Templeogue

Michael Gillen, Rathfarnham

Brendan Madden, Knocklyon

Cathal Fitzgerald, Rathfarnham

John Ryan, Rathfarnham

Next week's draw takes place on Thursday 29th April at 8pm.

The Jackpot will be €1,500

Join the Lotto today by signing up [here](#) or to play on a weekly basis [see here](#).

Our Club Lotto, now more than ever, plays a vital role in our finances. This funding is vital to ensure that we have the financial resources to maintain our superb facilities. Please support if you are in a position to do so.

If you have any queries about the Club Lotto, please email [lotto@ballyboden.ie](mailto:lotto@ballyboden.ie)

Because of the ongoing COVID-19 restrictions, the weekly Club Lotto draw is taking place virtually. The Lotto numbers are selected using an online random number generator and the draw is video recorded and also observed by at least three members of the Lotto Committee using the Zoom video conference application.

## Hurling Presentations



The Hurling Section finally got round to "safely" making some presentations this week. John Ryan and John Small visited Saplings where they met with Vice Principal, Clodagh Mitchell, and presented her with a cheque for €1,300. This money was donated from the proceeds of our Christmas Tree sales in December.

The Saplings Schools are co-educational specialist schools, providing quality education for pupils with autism and complex needs. The club is delighted to be associated with the local Saplings which is based in Sancta Maria.

Thanks to all who supported the sale of Christmas Trees in the club.

You will all be aware of the success of our **Virtual Treasure Hunt** which took place in March. The event was kindly sponsored by SuperValu and the manager of the local branch, Owen Doyle, kindly presented the captain of the winning team, Fionn Maguire, with his vouchers outside sundrenched SuperValu on Friday. He also presented the captain of the second placed team, Aidan Dundon, with his vouchers. Section Chairperson John Ryan and Section Secretary, Dave Conway were also present.

The Virtual Treasure Hunt was a great success and the section had agreed to make a contribution to a local charity. A cheque for €445 was presented to Sarah Byrne of Jigsaw, Dublin South West. Jigsaw supports young people with their Mental Health, an area which can affect every aspect of a young person's life. Jigsaw believes every young person must have the support that's right for them, whatever they are going through. The section is delighted to support Jigsaw. The club also supports the One Good Club Initiative which aims to increase awareness and knowledge of mental health across the LGFA community.

Dave Conway and John Ryan were on hand to present Sarah with a cheque on Friday

Thanks to Clóna Mellett for all the photos



## Conal Keaney and Paul Ryan retire from Dublin Hurlers after combined service of approx 30 years



Two of our most distinguished club players have now hung up their boots with the Dublin hurlers and they both hope to finish out their career where it all began on Firhouse Road. We could not let this moment pass without acknowledging the massive contribution they have given to Dublin Hurling and how proud we were of them on so many occasions. They have been exemplary ambassadors of the club and epitomise everything that is good about the game. Be it the sublime wrist action of Paul, or the unreal ball winning ability of Conal, they both did us proud on every occasion.

Both were the 'go to guys of Dublin hurling' for a long period and were the embodiment of a team defined by athleticism, blistering pace, and a serious skill level. There were so many 'man of the match' performances and I'm sure we all have our stand out moments. How can we ever forget that incredible point scored by Conal in 2011 underneath the Hogan Stand to win the National League for first time since 1939? And then there was Paul's brilliant goal against Galway in 2013 to win the Leinster Championship first time since 1961?

While hitting the highs with Dublin hurlers they never forgot their roots and have been a vital part the backbone of our senior team for close on 20 years and still counting. It has often been said by club managers over the years that when the lads returned to club training it raised standards all round and brought that extra bit of zest into the sessions.

Hopefully, we will all see a return to club training shortly and we look forward to both the lads representing the blue and white with distinction over the next few years.

Thanks lads for the memories.

John Ryan (Hurling Chairman)



**BALLYBODEN ST ENDAS GAA MEMBERSHIP 2021**



**Reminder: With children due to return to play in the coming weeks we would like to remind members to ensure their annual club membership for 2021 is paid.**

Renewal emails have been sent out to all our members. The club wishes to thank everyone in advance for their ongoing support. If anyone didn't receive an email or is having difficulty renewing online, please email our club registrar, Gerry at [registrar@ballyboden.ie](mailto:registrar@ballyboden.ie)

A letter from our Club Chairman Ciaran Maguire follows:

Fellow Ballyboden St. Endas Members,

The Club Executive would like to wish all of our members a very happy and safe new year. Gaelic Games, at both club and county level, were one of the few normal activities which helped us all through 2020 and players, mentors and supporters enjoyed the opportunity to play in a safe environment when lockdown was lifted. As we look ahead to the uncertainty which will undoubtedly continue into 2021, we can only hope that we will soon be able to get back to playing, training, watching matches and socialising together soon.

As you can imagine, the drop-off in revenues from sponsorship, fundraising, bar and rent due to lockdown, has impacted severely on us in Ballyboden St. Endas as it has on all sporting organisations across the country. At the same time, many of our costs for registration, insurance and maintenance remain fixed which meant that the club ran at a deficit for 2020. There is considerable uncertainty about our ability to raise funds and earn revenue for at least for the first half of 2021. For this reason and in order to help with cashflow and keep the club running at the level and standards we have come to expect, we ask all of our members to pay their 2021 membership fees as early as your personal circumstances allow. As always, if members are experiencing financial difficulty, they can speak in confidence with their section registrar, and a suitable arrangement will be made.

The strength of our community and spirit will bring us through this pandemic, and we will emerge even stronger when it is all over – níl tuile dá mhéad nach dtránn.

Ciarán



## MIA RAISES A NEW FLAG FOR BODEN!



Our new flag, celebrating Ballyboden's Ladies Football and Camogie players, was raised outside the club for the very first time last weekend by dual U11 football and camogie player Mia O'Connell.

The flag was designed by Mia as part of the recent 'Design A Flag' competition which was open to all the club's juvenile girl players to celebrate the fun and pride they have playing Ladies Football and Camogie. Mia's winning design was chosen from over [30 super entries](#) which was then made into a full-sized flag to fly outside the club. Mia was joined by mum Adrienne, dad Paddy and brother Daire and an extended O'Connell family 'bubble' who watched on and cheered as she raised the flag outside the club for the first time, where we hope it will continue to fly for many years to come celebrating Ballyboden St Endas Ladies

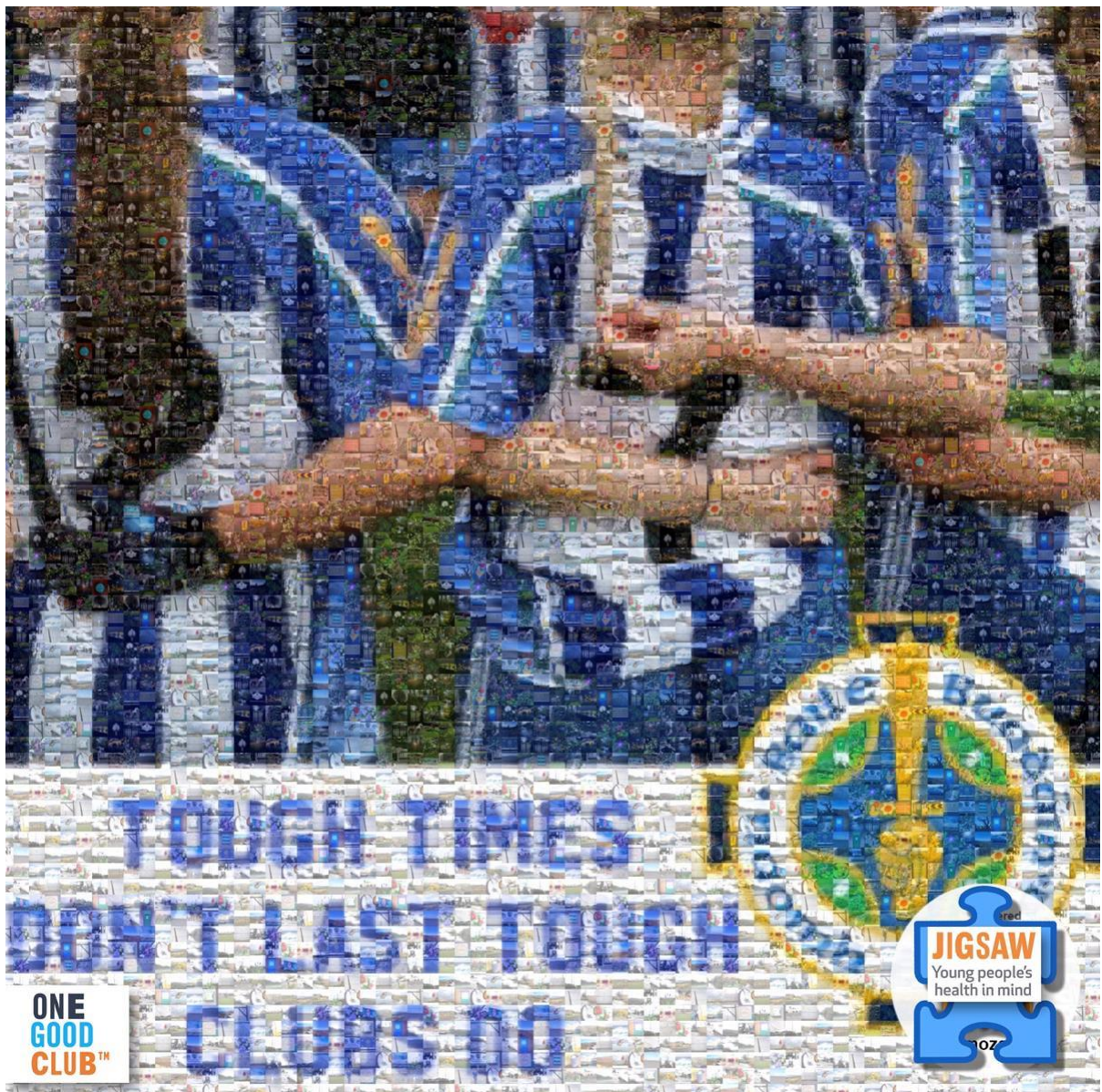


Football and Camogie. Mia was also presented with a prize of €100 by our Juvenile Ladies Chairman Damian Coleman.

Well done to Mia, and thanks again to all the girls who entered the competition!! #MnáBuadáinAbú!!

More pics [here](#)

## 'Take Notice' Mosaic Memento



For the 'Take Notice' fortnight in the One Good Club programme, we asked members to take the time to notice the world around them and send us a photo of something that caught their attention or made them smile. This practice of taking notice is known to improve mental wellbeing.

We were inundated with some great pics from members paying attention and capturing those



moments. Thanks so much to everyone for sharing.

We have used all the photos to create our wonderful memento Mosaic which will hang in the new Ladies dressing rooms. It will serve as a reminder of these weeks and the One Good Club values.

## One Good Club, Step 5: Give



MORE FOR YOU



ONE™  
GOOD  
CLUB

# GIVE

We are taking part in Lidl's OneGoodClub. This 5-step mental health awareness programme is helping us to highlight the importance of promoting youth mental health in our club and community.

Doing good is good for you. Helping others makes us feel needed and valued and leads to a more compassionate society. So, do something nice.

Give up your seat. Give a compliment. Thank someone. Smile. These simple steps can create and strengthen connections with those around you.



Join us for our next step in the programme, **GIVE**

- Give a little smile
- Give back to Boden
- Give to the Community
- Give support to our Juveniles
- Giving to Jigsaw



LGFA  
PEIL na mBAN



JIGSAW  
Young people's  
health in mind

A poem by Spike Milligan

### Smiling is Infectious

**Smiling is Infectious**  
You catch it like the flu  
When someone smiled at me today  
**I started smiling too!**  
I passed around the corner  
And someone saw my grin  
When he smiled, I realised  
**I'd passed it onto him!**  
I thought about that smile  
**Then realised its worth**  
A single smile just like mine  
**Can travel round the Earth!**  
So if you feel a smile begin  
**Don't leave it undetected**



## Give a little Smile

We have reached the last stage in the **One Good Club** 5 Steps to Mental Wellbeing and have set out how we are going to **GIVE** this fortnight.

-We are starting simply with 'Give a Little (or a big!) Smile.

A poem by Spike Milligan eloquently sums up all a Smile can do.

Why not try it...Give a Smile and make someone's day.

# Give

**ONE™  
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CLUB**

## CLOTHES COLLECTION

As part of the "Give" stage of Lid's One Good Club, Ballyboden Ladies' Football Section are holding a clothes collection. We would love if you could get involved!

— Giving makes you feel good! —

Items accepted:

- Clothes
- Pairs of socks/shoes
- Hats, scarves, belts, suits etc
- Soft toys with no plastic

Items **not** accepted:

- Pillows, duvets, towels, bed clothes, curtains
- Ripped/damaged clothes or shoes
- Pyjamas or slippers

**\*All items must be in good, wearable condition\***

**DROP YOUR DONATIONS TO THE CLUB ON:**  
Wed, Thurs, Fri 28,29,30th April, 6-8pm  
Saturday 1st May, 10-5pm

**ONE™  
GOOD  
CLUB**Donation suggestions:

• Jars of sauce	• Cream crackers
• Tinned Foods	• Pasta, rice, noodles
• Ketchup/brown sauce/mayonnaise	• Packet soups
• Tea/coffee, sugar	• Toilet roll
• Cereal	• Toiletries
• Jam/ chocolate spread	• Nappies (size 5 & 6)
	• Wipes

Our Ladies Sections have been so supportive of us in our One Good Club endeavours so we would like to **Give back** to our section by raising some much needed funds by organising a Clothes Collection. So clear out those wardrobes & GIVE

Help us by Giving up Your Old Clothes and declutter along the way.

-We are **GIVING to the Community** by supporting the Ballycullen Food Bank.

We will be accepting non perishable foods and toiletries for families in need in locally, collecting on the same days and times as our Clothes Collection.

The food bank was set up 3 years ago as a Christmas appeal. In Covid times however the need for the service has increased. Families are in need of food parcels due to lost jobs, reduced hours etc.

Please support this worthy cause if you are in a position to do so.



-Buddy system. With the return to training, we are trialling an initiative whereby TY students **Give their time** to a specific Juvenile team, helping out at training sessions encouraging the girls, providing motivation, and being a positive role model for the younger girls to aspire to. They would be in a position to single out players that would benefit from one to one training and time, and players considering dropping out.

It would be hoped that we will roll this out to target the stages when drop out rates are especially high ie the transition from U16 to Minor and Minor to Senior

-**Give to Jigsaw.** We were delighted when our Senior Hurling section made a donation to our local Jigsaw branch last weekend. Sarah Byrne of Jigsaw Dublin South West was presented the cheque by Hurling Chairman John Ryan and Section Secretary Dave Conway. Many thanks to committee.

**A Chance to Win €5,000 for our Club.**



Some of our members have been busy Snapping, Tagging and submitting entries into this novel competition. All entries are put into a draw so the more we post, the greater our chances are of winning.

The GagaMuller group is offering €5,000 worth of sports gear to the winning GAA club. The competition, which was launched on Monday 19th April and runs until May 21st 2021, involves sharing an image on Instagram, (either as a Post or a Story) of the club member engaging with a local business. Through this initiative, GagaMuller are hoping to support SMEs and local businesses as well as a GAA club in these challenging times.

What do I need to do?

When you are supporting and shopping local

-Follow iamgagamuller on Instagram



-Share an image on Instagram as a Post or Story actively supporting a local business

-Include the hashtag #gagamullergrassroots

-Tag your local business ( if unavailable use #)

-Tag @bodengaa

-Tag @iamgagamuller

For more information, [see here](#)

Are you a **GAA fan** and want to support your team?

Then you could **win €5,000** worth of sponsored sports gear

## How?

All you need to do is to **support local**



*Don't forget to Follow GagaMuller on Instagram*

*That's iamgagamuller*

## The rules.

- 1** Share an image on Instagram as a Post or a Story actively supporting a Local Business
- 2** Include the hashtag #gagamullergrassroots
- 3** Tag your Local Business (if unavailable use #)
- 4** Tag your local GAA Club (if unavailable use #)
- 5** Tag GagaMuller Group using @iamgagamuller

## Don't forget!

The competition will end on 21/05/2021 (5pm GMT)

For more information about rules and rewards visit our dedicated page at [www.gagamuller.com/supportlocal](http://www.gagamuller.com/supportlocal)

**Good luck and keep supporting local!**

GAGAMULLER GROUP

All posts with the correct hashtags will be put into a draw. The draw will be made after Friday 21st May 2020.

The more we post, the greater the chance Ballyboden St Enda's has of winning this top prize!

Happy snapping and tagging!

## Baile Buadain le Gaeilge 2021



### An Ghaeilge ar Shuíomh an Chlub

An bhfuil a fhios agat go bhfuil rannóg faoi leith ar shuíomh idirlín an Chlub dírithe ar an nGaeilge Tá sé ar fáil faoin teideal ‘Members’ . Brúigh an nasc: Baile Buadain le Gaeilge 2021.

Istigh ann gheobhaidh tú nuacht, póstaí agus eile. Tá sraith físeán a chruthaigh baill an chlub do na cailíní agus iad ag ullmhú chun dul ar ais ag traenáil:

Avril Flood agus Bronagh Lynn

Síle Nic Coitir

Tomás Ó Riordáin agus Ceara Nic Coitir

Doireann Mullaney



Ár mbuíochas freisin le Kieran Rudden agus na cailíní ón bhfoireann mionúr

<https://www.ballyboden.ie/members/gaeilge/>

### **Frásaí don Traenáil**

Roimh an gCluiche – Before the Game

Conas atá tú? - How are you

Go breá agus tú féin - Fine, and yourself?

An bhfuil clogad agat? – Have you a helmet?

An bhfuil Mary ag teacht? – is Mary coming?

Le linn an Chluiche – During the Game

Tá sé agam – I have it [the sliotar]!

Maith thú - Well Done

Maith an Bhean - Good Woman

Maith an Fear - Good man

Scaoil uait é - Release it!

Ardfhear - Great man

Ardbhean - Great woman

Fág é – Leave it!

Ana scór – Great score

Scaoil amach an bobailín – Let it rip

Cóitseálaithe / Coaches

Déan beirteanna-in twos ( pairs)

Sliotar idir gach beirt – a sliotar between two

Go tapa – fast

Tar éis an chluiche- After the game

Táim scriosta - I'm wrecked

Níl sé éasca – it's not easy

Feicfidh mé sibh an tseachtain seo chugainn- I'll see ye next week

### **Dán na Seachtaine**

Our relationship with the Irish Language can sometimes be complex. In this youtube clip, Limerick poet Michael Hartnett explores his relationship with the language.

Michael Hartnett reading 'A Necklace of Wrens'

<https://bit.ly/2R0Xa1M>

## **Boden Session**

A Chairde, We had a wonderful Boden Session again on Mon. night last, to mark the end of April 8 – 10 p.m. fantastic instrumentalists and vocalists – many of them recorded their performances on their phones in advance - others joined us with impromptu singing and playing on the night – laughter galore was supplied by Declan O'Brien ! It's a bit like the old Stone Soup story – we all bring an ingredient – but when they are all mixed in the pot - Wow – it becomes an amazing - Zoom feast !

So if you missed it in April – please join us in May – we'll be back for more on the 31st - but email me now if you're interested, and you'll get a reminder with a week to go – It's not necessary to perform – we do love an appreciative audience to applaud on the night - but if you'd LIKE to perform – you'll be ' IN LIKE FLYNN ' 25joejohnston@gmail.com be ' IN LIKE FLYNN ' 25joejohnston@gmail.com

GERRY MANGAN - ag canadh Oh The Summer Time is Comin'

FRANCIE and RORY CONWAY ag canadh – Our River Keeps on Flowin'  
SHAY O'BRIEN – ag canadh – Dublin in the Rare Auld Times  
DONAL O'BYRNE – guitar – ag canadh The Connemara Cradle Song  
with recorder acc. by Joe Johnston  
DECLAN O'BRIEN - doing one or two ! of his ' special ' comedy performances



BRID O'ROURKE – recorder – ag seinm Buachaill Ón Éirne  
TOM BERRY – Descant recorder – ag canadh The Lough Tay Boat  
Song  
SEAMIE O'NEILL ag canadh The Galtee Mountain Boy  
ÚNA JOHNSTON Tr. Rec. – ag seinm agus ag canadh All in the April  
Evening acc. by John Gearty on Keyboard  
DAN MEANEY - guitar – ag seinm Andantino by Currello  
HELEN ROHAN - recorder – ag seinm Will Ye Go Lassie  
Go  
OWEN MC LOUGHLIN – ag canadh Q skippers – the Pfizer V Astra Zeneca Song  
MONTY FITZGERALD – bosca cheoil – ag seinm My Darling Asleep  
TERESA MURPHY – recorder – ag seinm Amhrán Dóchais ( song of Hope )  
BMVQ - Cúigear ag canadh i gcomhcheol - Thugamar Féin an Samhradh Linn  
KAREN – ag seinm an fliúit agus DAVE McFETTRIDGE ag canadh John O'Dreams  
JOHN O'CARROLL - Scéalaí - ag insint faoi Dhónal agus Lusanna an Chroimchinn -  
followed by an impromptu rendition of Queen of the May  
KAY KERR - ag canadh Past the Point of Rescue  
JOE AHERN – recorder – ag seinm The Lark in the Clear Air  
JOHN WILSON - ag canadh One Starry Night  
MÍLE BUÍOCHAS do gach duine a ghlac páirt - especially TOM BERRY for keeping us  
ZOOMING along – Keep the music hummin' folks, and drop in again on 31st May for  
another Seisiún

## **The Boden Beat**



Available on Soundcloud [Here](#)

The rss feed for the podcast

is <https://feeds.soundcloud.com/users/soundcloud:users:739046443/sounds.rss>

It should also be available on all your usual podcast providers.

You'll find it on [Spotify here](#) and [Apple Podcasts here](#)

Fáilte romhaibh chuig “The Boden Beat “. Is podchraoladh é seo as Gaeilge ó Chumann Lúthchleas Gael Bhaile Buadáin Naomh Éanna .

Sa phodchraoladh seo, déanann Robbie McDaid, peileadóir le hÁth Cliath agus Baile Buadáin, cur síos ar an turas fada a bhí aige chun bonn uile Éireann a bhaint amach.

Freisin téann sé siar ar bhóithrín na smaointe chuig a laethanta tosaigh ag imirt faoi aois le Baile Buadáin.

Is iad Paudie Ó Néill agus Setanta Sudway atá ag labhairt leis.

=====

Rob McDaid is our first guest on the brand new Ballyboden St Endas podcast “The Boden Beat”.

As we celebrate Seachtain na Gaeilge, Rob joins Boden club members Paudie O’Neill & Setanta Sudway to discuss all things Boden, Dublin, Football and more...

## **Sancta Maria defibrillator**





The club has relocated the defibrillator on our grounds in Sancta Maria. The defibrillator is now positioned at the door of the gym on the outside wall of the courtyard. It is in a new easy to access, temperature controlled storage unit on the wall. We would like to thank South Dublin County Council who contributed to some of the costs of the new defibrillator and

storage unit through their Community Grants Programme. This defibrillator is now easily accessible to all club members and members of the local community who use this area.

## **Exercise is medicine programme for over 65s**

SPARC South Dublin are running a 12 week exercise programme for over 65s via zoom beginning on March 2nd at 09:30am. We want to get the people of our community moving during this lockdown!

All classes will be tailored to varying ability and are undertaken by chartered physiotherapists. All you need is a chair and a few light weights (can be small bottles of water).

This is a totally free of charge programme & we would love to see you come along and join in the zoom fun!!

To sign up people can go to

<https://www.sparc.ie/over-65-exercise>

## **Club History Book, limited reprint ...**

As the demand for the book exceeded supply, the Club has been in a position to get an additional 60 books printed. These are now available on a first come first served basis. There will be no further reprintings.

To place your order, you should contact Con Nagle, 087 666 0609 or Paddy Walsh, 087 979 4748. You will be contacted later when the books are in the Club.

## **Appeal for new Referees at Adult and Minor levels.**

Dublin GAA Appeal for new Referees at Adult and Minor levels

Please see message below from the County Board seeking new referees. Anyone interested in signing up for the referee course should forward their details to secretary [ballybodenstendas.dublin@gaa.ie](mailto:ballybodenstendas.dublin@gaa.ie) before Friday 12th March.

As you are aware, in anticipation of the lifting of current Covid restrictions, CCC is preparing for the season ahead. This year (2021) we have received a significant increase in the number of teams entered in our competitions across both codes at Adult and Minor levels with a significant number of clubs entering more teams than any previous year.

With the increase in teams, combined with withdrawals due to Covid fears, age, etc. comes an additional requirement for new referees. We are already operating with insufficient referees and this increase in teams will put even more pressure on CCC being able to appoint referees for all games.

Without an increase in referee numbers CCC will be unable to guarantee referees for all games in the coming season.

CCC plan to run a Foundation (Beginners) Course as soon as Public Health advice allows.

## **Support Local Business: Black Amber**



Local business man Roy Kennedy set up the Black Amber group in 2014. With branches in Rathfarnham, Templeogue, Gorey and Naas, Black Amber has adapted its retail business over the last year.

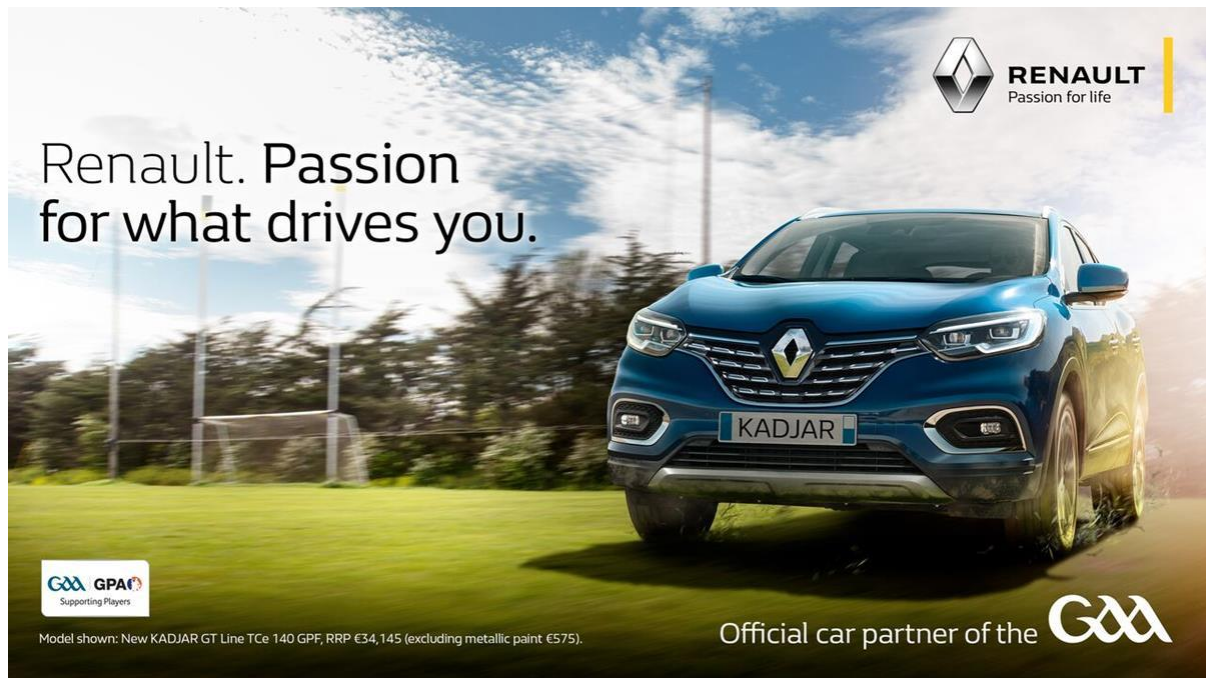
Black Amber Rathfarnham and Templeogue now delivers its much loved products like Kerastase, Davines, Kevin.Murphy and Redken within a 5K radius of its salons. Products can be bought and paid for over the phone creating a contactless sale adhering to all government guidelines. Products are delivered the same day.

Should you wish to purchase any of our retail brands or vouchers please drop us a line on [info@blackamber.ie](mailto:info@blackamber.ie) and one of our team will be more than happy to contact you.

<https://blackamber.ie/>

## **Support Local Business: Renault Belgard**





Renault Retail Group is Ireland's only Renault owned dealership.

Being 100%-owned by Renault, enables us to offer you all Renault cars, vans and associated products and services at the best prices and backed with sound advice based on years of experience and passion for the Renault brand.

Renault Retail Group's history in Ireland goes back to 2012 when, it was established as your local Renault dealer on the [Belgard Road, Tallaght, Dublin 24.](#)

We're committed to delivering a quality experience to ensure our business continues to thrive.

Size matters and with all the Renault models available in Ireland and hundreds of Renault Selection approved used cars in stock today – if you're thinking Renault, think Renault Retail Group!

Why Choose Us?

- €500 discount for Ballyboden GAA Club members off any new Renault in the range
- A FREE home charger when you purchase an Electric or PHEV Model from our range
- We are 100% owned by Renault, enabling us to offer you the full range of RRG cars, vans and associated products and services at the best prices and backed with sound advice based on years of experience
- Friendly expert advice on sales and service of your vehicle
- Hundreds of used vehicles to choose from and reserve online for just €99 at [rrg.ie](http://rrg.ie)
- C-it Now video service assistance

## Support Local Business: Adventure Marine



Alex Murphy a Ballyboden member, has set-up e-commerce website [www.adventure-marine.com](http://www.adventure-marine.com)

Working exclusively with Aqua Marina, Alex and his team are one of the rare few who have access to the new 2021 range of amazing inflatables. It sells isups, kayaks, dinghies & accessories to cater for the whole family. All the way from beginner to advanced.

Marine based activities absolutely exploded this year and for good reason. There is so much water locally and in surrounding areas which can be explored.

Imagine you could fold your kayak or SUP into a bag. Put them on your back, put them in the car, or take them on a plane. Our kayaks, canoes and stand up paddleboards fold up into a small backpack so you can take them wherever you want, whenever you want. Once they're inflated, they're as solid as the real thing. This is adventure made easy!

My favourite time to use my SUP is after an away game with some of the team or family. Sea water is great for recovery and it makes those long trips a bit easier!

Please visit our website and if you are thinking of buying a product send me a whatsapp on 087 621 3873 or simply give me a call!

**Support Local Business: Kate Campbell, Strictly Sugarcraft**





Strictly Sugarcraft was established in 2015, its owner, Boden member Kate Campbell a keen cake decorator found it very difficult to source cake decorating products in Southside Dublin.

The local areas of Rathfarnham, Ballyboden and Firhouse really needed a retail store and Kate duly obliged and opened in 2015.

Strictly Sugarcraft and its staff have made lots of cake friends since its beginning and with a loyal customer base they are very pleased to have recently expanded their retail store in Nutgrove and provide a welcoming friendly space to pop in and wander round.

In 2016 the online store [www.sugarcraft.ie](http://www.sugarcraft.ie) came online with over 3000 products, with click and collect or next day shipping available it's easy to navigate and very user friendly.

Our local staff are professional bakers and fully trained cake decorators and are always happy to assist and advise you with your cake decorating needs so please either pop in or visit them online or simply call on 089 707 0120.

Visit us at Nutgrove Office Park, Rathfarnham, D14X802

Why not follow us on [Facebook](#) and [Instagram](#) for the latest product information.

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

## Support local business: Courtville - Matthew Weldon Jewellery



Rare, unique, beautiful and sustainable jewellery is the speciality of Courtville- Matthew Weldon.

Based in the corner of Powerscourt Townhouse centre on the first floor, it is a small shop with expert gemologists and antique /vintage jewellery experts on hand to assist with all your jewellery requests.

### The services we offer are :

- Antique and vintage jewellery,
- Engagement rings,
- Bespoke jewellery,
- Irish silver,
- Valuations.

We cater to all price points and have an ecommerce website - but please note due to high turnover of stock sometimes pieces dont make it onto the website so always worth calling in or following us on instagram.

If you are looking for something truly special, with quality gemstones, excellent client service and keen value definitely worth exploring Courtvilles collection

**Support local business: Jensen Fleet Solutions**





At Jensen Fleet Solutions we know that a business fleet is essential to smooth operation. We specialize in personalized professional vehicle leasing whereby we take the hassle out of fleet management, leaving you free to focus on your business.

Why Use Us?

- Dedicated account manager
- We specialise in small fleets

- Any queries answered immediately
- Your personalised partner throughout the contract
- Fully Irish owned and operated, stay local, shop local
- 100% Independent

For the consumer we offer fantastic second-hand ex lease vehicles for sale. These vehicles are one owner Irish vehicles, with full-service histories and warranties.

We welcome any AA Inspection on our vehicles as we are extremely confident in the vehicles, we sell

Think of Jensen for all your motoring needs.

## GAA April 2021 Newsletter



Here is the latest edition of the GAA Club Newsletter for members.

<https://www.gaa.ie/stories/read-the-latest-club-newsletter-april-2021/>

This month's edition includes the following.

- Covid-19 update for clubs: Nearly there
- How to avoid injury when returning to play
- GAA launch new series of movement break resources for children
- GAA launch Community Heart Programme
- How regionalisation could grow club hurling

Correspondence can be sent to [clubnewsletter@gaa.ie](mailto:clubnewsletter@gaa.ie)

## Covid Practice - Update

As a club, we have been very diligent regarding implementation of measures to ensure the safety of spectators and players, and this has been as a result of hard work and effort by many, many people who have been tracking player check-ins, stewarding games, providing signage and sanitiser, ensuring a safe environment etc. This has been tremendously hard work on top of the normal effort to train and prepare teams and compete in games, and we have received compliments from referees and opposition mentors as to the quality of the preparation and precautions taken at games.

As the numbers of cases reported increases across the country, we must remain steadfast and diligent in implementation of the protective measures and procedures. Can we especially:

- Continue with health check-ins before every session
- Continue to sanitise equipment used after every session
- Avoid car-pooling to training or games. If car-pooling cannot be avoided and members of different households must travel in the same car, then masks should be worn.
- Encourage all club members and players over the age of 16 to download the HSE app to their phones as this is hugely helpful for tracing in the event of a scare.
- Continue to insist that all players bring their own water bottle to training and matches. Shared water bottles must not be used.
- Check-in to the GAA app to confirm health status should be done on the morning of an evening session or the night before for a morning game or session.

Many thanks for all your efforts up to now - let's continue to be diligent to ensure that we can complete our full programme of games in a safe manner.

## **GAA Coaching and Games**

From webinars, skills challenges & virtual training sessions, it's been a busy few months for the GAA community. Our Games Development Department has been busy providing assistance to coaches, players, teachers and parents to make this difficult time easier.

### **GAA Learning Website**

The GAA Learning platform at [learning.gaa.ie](https://learning.gaa.ie) is host to a series of Games Development initiatives building on the vast array of resources and courses published in recent years that are now providing a very valuable outlet for Coaches, Players, and Teachers without the opportunity to perform their usual roles in the promotion and playing of our games.

Some of these initiatives include:

-GAA Primary Challenges – Lesson Plans & Physical Activities for Primary School Children



-Coaching Webinars – Live and recorded webinars with leaders in Coaching and Coach Education

- 100's of activities to Coach Hurling, Football, Handball and Rounders on the GAA Coaching Planner <https://learning.gaa.ie/planner/>

- Games Development Conference Videos and Presentations from 2014 to 2020 <https://learning.gaa.ie/GamesConference2020>

- 'GAA 15' Injury Prevention Programme - <https://learning.gaa.ie/gaa15>

- Céim ar Aghaidh Resources for Primary School - <https://learning.gaa.ie/ceim>

- The Skills of Hurling - <https://learning.gaa.ie/hurlingskills>

- The Skills of Football – <https://learning.gaa.ie/footballskills>

- Online Courses and Workshops for Coaches, Players, Referees and Administrators

- LGFA and Camogie Resources and Programmes

### **#GAAPrimary Challenges**

The #GAAPrimary Challenges is a series of learning & physical activities for children in Primary School. During these particularly challenging times for families, the #GAAPrimary Challenges are designed to help teachers and parents to work on the cross-curricular lesson plans with children to meet their learning needs. Gaelic games-themed lessons are across all curriculum subjects and are for children at every class level, based on the GAA Céim ar Aghaidh/Step Ahead resource. For some fresh air and physical exercise, inter-county stars set Skill Challenges weekly that can be done at or near your home. There are also fun competitions and prizes to be won on the [@GAALearning](#) twitter page. Primary teachers are encouraged to share lesson plans, learning material and ideas by email to [gamesdevelopment@gaa.ie](mailto:gamesdevelopment@gaa.ie) or on social media using #GAAPrimary.

<https://youtu.be/5lOTk69ctQc>

### **Webinar Series**

To help coaches through this difficult period, the GAA, an Cumann Camogaíochta & the LGFA have created a series of Coach Development Webinar sessions taking place on Tuesdays & Thursday at 7.30pm. Information on future sessions can be access through our twitter '[@GAALearning](#)' and past sessions can be viewed on our [Youtube Page](#) '[GAALearning](#)'

National Hurling Development Manager, Martin Fogarty, is hosting Hurling specific webinars every Monday on various aspects of the game and how best to coach it. For more details, visit out twitter [@GAALearning](#)

### **Coach Survey**

The Coach Survey was launched this week with the GAA, LGFA & Camogie Association joining forces to help shape the future development of Gaelic games. The aim of the survey is to get to know more about coaches involvement, their role, experiences and how they envisage their coaching future. The form can be accessed through the link below. If you have any queries about the survey, you can email [gamesdevelopment@gaa.ie](mailto:gamesdevelopment@gaa.ie)

[https://forms.office.com/Pages/ResponsePage.aspx?id=hrxFrNSvpUKfwz6H4bd\\_zq1V2frnb-FJnS9jn6gmgFNUNIFLTjIxWThBTEpBSzFVUTVOQjk3RUhXQy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=hrxFrNSvpUKfwz6H4bd_zq1V2frnb-FJnS9jn6gmgFNUNIFLTjIxWThBTEpBSzFVUTVOQjk3RUhXQy4u)

<https://www.youtube.com/watch?v=2Az-95HFEa8>

For more information on any of these resources, please visit our website '<https://learning.gaa.ie/>' or twitter page [@GAALearning](#)

## **Enjoy 50 Shades of Boden at home**

In these strange times of social distancing, self isolation and cocooning, you can take time out for a laugh and a giggle with Boden Theatre Group's last production "50 Shades of Boden". Thanks to John Galvin for recording.

<https://www.youtube.com/watch?v=TnJb9x-rgvg>

## **Ballyboden St Enda's Players & Management- Social distancing..**



Important message on social distancing courtesy of BBSE players and management

#IAMSOCIALDISTANCING

<https://youtu.be/xVdfFVZ6dIc>

## Ballyboden St. Enda's Player's Assistance



## BALLYBODEN ST. ENDAS PLAYERS ASSISTANCE



Ballyboden St. Endas GAA are aware of the potential hardship the current situation regarding COVID-19 could bring to people in our community.

We would encourage all of our club members to check in on elderly neighbours and vulnerable people in our community, and especially older club members who live close by.

Our adult player's committees would also like to volunteer their assistance to support any member of the community who is unable to leave their house.

We are here to help you or a family member who may need assistance in acquiring necessities such as food or medical prescriptions.

If you or any family member need support please feel free to contact Sinead on 086 3010829/ email [pro@ballyboden.ie](mailto:pro@ballyboden.ie) or contact Ronan at 086 1250752.

#bodengaa

## WHATS APP / COMMUNICATIONS

Everyone with access to Club/Team social media platforms has a responsibility when using these social media platforms to not do or post anything online that might tarnish Ballyboden St Enda's and the GAA's image and reputation.

**No Club social media platform should be used to post or share material which is :**

violent, sexually explicit, obscene, hateful, or defamatory.

suggests or encourages illegal activity.

engages in trolling, bullying, or abusive activity.

engages in the disparagement of any race, ethnicity or religion.

In the event of misuse, there is an obligation from team managements along with the recipients of the inappropriate posts to call it out and address it with the poster of the content. If we do not adhere to this, our Club and particularly those involved in the posts (complicit or otherwise) of inappropriate material all stand to blame.

## Concussion Management

# Concussion Management Guidelines for Gaelic Games

▣ Prepare

▶ Perform

✚ Recover

GAA

# Prepare Perform Recover

If in Doubt, Sit Them Out

Gaelic games can be physical sports, and, while collisions are not a primary element of our games, they can occasionally happen. There has been an increasing number of concussion injuries over the past year, and it is important that team managers, mentors and first aid people can recognise the symptoms and know the correct actions to take in order to ensure the safety of the player. Player safety is the most important consideration in a concussion, or any injury situation. It is widely reported that an inter-county player collapsed in a dressing room a week after an initial concussion diagnosis.

SPARC lead physiotherapist, Eamon O'Reilly has kindly created the below protocol for dealing with concussion and shared the GAA Medical Scientific Welfare committee guidelines, and we ask all those involved with teams to familiarise themselves with the guidelines and with the 'If in Doubt, Site Them Out' tag line. In order to ensure player welfare and to collate club data on the occurrence of concussion injuries, SPARC will see any club member with a concussion or suspected concussion free of charge, and we strongly encourage club players to avail of this generous and important offer.

[The GAA Concussion Management Guidelines](#)

## **Spin The Wheel**



# SPIN THE WHEEL @ BODEN



**EVERY SATURDAY NIGHT @ 11PM  
3 PEOPLE TO SPIN EVERY NIGHT**

**43 Prizes on the WHEEL, Including  
€1000, €500, €300, €200, €100, €50  
42" Smart TV, Vintage Wine Collection  
Presentation Box, Club Lotto Membership**

**AND DOZENS OF OTHER PRIZES TO BE WON  
(YOU MUST BE PRESENT TO SPIN THE WHEEL)**



## BODEN GEAR ONLINE

The club, together with O'Neill's, are delighted to announce that all your Boden merchandise is now available for purchase online, for delivery to your home.

The online shop can be accessed through the link to the O'Neill's website (below) which will appear on the club website.

Delivery charges also apply but it's free delivery for orders above €50.

White club shorts are the only item yet to be added to the online catalogue, and will be updated soon.

Please note that the online price is higher than the prices that will continue to apply in the club shop as O'Neill's need to apply consistent pricing across their website.

<https://www.oneills.com/shop-by-team/gaa/ireland/ballyboden-st-enda-s-gaa-club.html>

- [ADULT FOOTBALL](#)
- [CAMOGIE](#)
- [HURLING](#)
- [JUVENILE BOYS](#)
- [JUVENILE GIRLS](#)
- [LADIES FOOTBALL](#)
- [LATEST NEWS](#)
- [SOCIAL EVENTS](#)

## Art Competition Winners announced.

Posted by Cliona Mellett on 13 April, 2021

We have our winners of the Art Competition in the One Good Club, Connect Step. We were very impressed with the standard of all the entries and it's great to see such budding artists in our Juvenile ranks. Congratulations to Katie, winner of the Ladies Football Picture and to Lucy & Niamh, joint winners...

The post [Art Competition Winners announced.](#) appeared first on [Ballyboden.](#)

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## Bereavement – Dwyer

Posted by Neil Buckingham on 13 April, 2021

Unfortunately we have some sad news to report, one of our former underage players Jason Dwyer suddenly passed away last Friday. Jason played on Boden teams from U10 to U16. The club extends its deepest condolences to his family and friends and this terribly sad time. Ar Dheis Dé go raibh a anam. More to...

The post [Bereavement – Dwyer](#) appeared first on [Ballyboden.](#)

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## One Good Club Step Three, 'Take Notice'

Posted by Cliona Mellett on 4 April, 2021

One Good Club Step Three, Take Notice Our members have been busy this week Taking Notice by being present in the moment and have sent in some lovely photos of what they observed. These photos will be put to good use when we design our photo mosaic which will hang in the Ladies Dressing rooms...

The post [One Good Club Step Three, 'Take Notice'](#) appeared first on [Ballyboden.](#)

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## Covid-19 restrictions – latest update from GAA

Posted by Susan McManus on 30 March, 2021

See the latest Covid update from GAA: 30ú Márta 2021 Do: Gach Rúnaí Chontae  
Gach Runaí Chlub Covid Update A chara, I know you will be aware by now of the positive announcement by the Irish Government this evening that non-contact underage training in pods of 15 will be permitted from April...

The post [Covid-19 restrictions – latest update from GAA](#) appeared first on [Ballyboden.](#)

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