



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



CLUB LOTTO – Results for April 1st



Club Lotto Results, Thursday 1st April 2021

The Winning numbers in Thursday's Club Lotto were [09 05 21 24](#)

Níor bhuaigh éinne an Pota Oir!! - €2,500

There were 6 winners of the Match First 3 numbers, who each receive €50.

Dan O'Sullivan, Marley Grange.

John and Mary O'Sullivan, Knocklyon.

Mark and Christine Woods, Rathfarnham.

Patrick Monaghan, Ballyroan.

Billy Coman, Ballycullen.

Ken McDonald, Firhouse.

Next week's draw takes place on **Thursday 8th April**. The Jackpot will be €3,000.

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

If you have any queries about the club Lotto, please email lotto@ballyboden.ie

Because of the ongoing COVID-19 restrictions, the weekly Club Lotto draw process 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.

Now, more than ever, it is important that all club members support the Club Lotto currently one of the most important revenue generating methods for our club.

Keep Saving your Stamps for Ballyboden St Endas



Club Call for All Parents and Shoppers to please continue to ‘Save Your Stamps for Ballyboden’ until Sunday April 11th.

There are 5 shopping days left until the end of the 'Level The Playing Field' promotion. Thanks to the tremendous support we have got from our club, we have hit the cash reward of €5,000.

We are currently in 2nd place on the Leinster Stamp Card Leaderboard and in with A **GREAT CHANCE TO WIN THE TOP CASH PRIZE OF €20,000!!** (The club in Leinster with the most submitted cards wins the top cash prize!!) And week on week we have been closing the gap.

We need your continued support to help us to capture the Top Spot and the Top Cash Prize.

So if you are shopping at Lidl up until April 11th, please keep saving your stamps or sign up now and nominate Ballyboden and start saving!

For more information, [see here](#) To check Ballyboden St Enda's progress, [see here](#)

Let's win Leinster for our Club!

Please, please keep up the fantastic work, saving more stamps for Ballyboden or sign up now and nominate Boden if you haven't already done so. We have a little less than 2 weeks to go. The promotion ends at noon on Sunday 11th April 2021.

Remember EVERY SINGLE CENT WE RAISE WILL BE PUT TO VERY GOOD USE BY BALLYBODEN. It will however require the ACTIVE PARTICIPATION FROM ALL OUR MUMS AND DADS and our wider network of supporters from now right through to April 11th to raise as much as we can.

The process is very simple – just follow these 5 easy steps:

1. Please download/open the Lidl Plus app from the AppStore and follow the prompts
2. Select 'Ballyboden St Endas' as the club you want to support
3. Spend over €30 in store and scan your Lidl Plus card to earn a stamp (over €60 = 2 stamps, over €90 = 3 stamps, etc.)
4. Collect 6 stamps and submit your completed stamp card by Sunday, April 11th (users can submit multiple completed stamp cards)
5. Spread the news to your friends and families locally and across the country. Ballyboden St Enda's followers nationwide can collect and donate their stamp cards to us

[You can see more about the promotion here](#) and check out our great progress [here](#)

So don't forget, if you are shopping at LIDL, please continue to save or sign up now and nominate Boden!

Sancta Maria Tidy up



Over the last few weeks a lot of voluntary work has gone into cleaning up the Sancta Maria campus. All the trees have been pruned ,shrubby cut back and briars and weeds removed. Many thanks to Noel Callan, Seán O'Connor, Peter Hanrahan, Seán Bonner, Séamus O'Flaherty and Martin Durkin and Frank Brooks and his crew for all their hard work. Many thanks also to A.J.Grab hire for removal of all the green waste.

**Competition Time! Ballyboden Juvenile Ladies
Players are Invited to 'Design a Club Flag'!**



Ballyboden St. Endas Girls 'Design a Flag' Competition

We want one of our Boden girls to design a special club flag to show Ballyboden St Endas pride in our Ladies Gaelic Sports. It can be a simple slogan (as Gaeilge nó as Bearla más fearr leat) or pictures - or both! We want the flag to show both our sports - so Football AND Camogie please.

THE WINNING DESIGN WILL BE MADE INTO A FULL-SIZE FLAG TO FLY OUTSIDE THE CLUB.

Open to all Ballyboden St Endas girls: Academy, U9, U10, U11, U12, U13, U14, U15 and U16.

**ENTRIES CLOSE
EASTER MONDAY
NIGHT APRIL 5th 2021**

THE FLAG DIMENSIONS ARE 2:1 SO PLEASE USE THE BLANK FLAG TEMPLATE BELOW FOR YOUR ENTRY:: PLEASE SEND A PHOTO/PDF OF YOUR ENTRY TO juvgirls@ballyboden.ie:: PLEASE MAKE SURE TO INCLUDE YOUR NAME AND AGE GROUP/TEAM THAT YOU PLAY FOR IN THE TEXT OF THE EMAIL:: ALL DESIGNS MUST REPRESENT BOTH FOOTBALL AND CAMOGIE:: AS GAEILGE NÓ AS BEARLA, MÁ S FEARR LEAT:: EVERY SINGLE ENTRY WILL BE FEATURED ON CLUB SOCIAL MEDIA:: WINNING ENTRY WILL BE MADE INTO A FULL-SIZE FLAG TO FLY OUTSIDE THE CLUB, WITH A VOUCHER OF €100 ALSO GOING TO THE WINNER.

LGFA LADIES GAEILIC FOOTBALL 

We want one of our juvenile girl players (Academy - U16s) to design a special club flag, to reflect the importance - and fun! - that our ladies gaelic games bring to the club.

So we have launched a competition, which will run up until Easter Monday night, inviting all our girls to submit a flag design. [Details of the competition entry form can be found here](#), which includes a blank flag template the girls can use as a size guide. All entries to juvgirls@ballyboden.ie by Easter Monday night. The winning design will be made into a full-sized flag to fly outside the club, and the winner will receive a voucher for €100.

We want as many flag designs as possible from the girls, so please distribute this note and the attached entry form to make sure that *every Ballyboden girl* gets a chance to enter!

Lets get those designs rolling in!!!

A Special Message to All Ballyboden Girls from Club Chairman Ciarán Maguire

Ballyboden club Chairman Ciarán Maguire has recorded a special message for all Ballyboden St Endas juvenile ladies players

<https://youtu.be/YE5ljcoYhL4>

Boden Session

A Chairde, We had a wonderful Boden Session again this week to mark the end of March – fantastic instrumentalists and

vocalists – many of them recorded their performances on their phones in advance,

which allowed them the comfort of sitting back and enjoying the show on Zoom. Others joined us with impromptu singing and playing on the night – laughter galore was supplied by Declan and Eddie ! The highlight of the night was the magical performance of Scoil Rince Seoige – 11 girls from Jennifer’s dancing class – all perfectly in time having videoed themselves in action in their own homes etc where their classes continue all during covid ! So well done to Scoil Rince Seoige – all take another bow !

So if you missed it in March – please join us in April – we’ll be back for more on the 26th but email me now if you’re interested, and then you’ll get a reminder with a week to go. 25joejohnston@gmail.com

SEISIÚN MÍ MÁRTA ar Zúm - 29/03/2021 8–9.45 p.m.

TONY LYNCH – recorder – ag seinm Darby Kelly

HELEN ROHAN - recorder – ag seinm – Mo Ghile Mear

GERRY MANGAN - ag canadh Slievenamon (a further tribute to Kay Murray R.I.P.)

MARY BLACK – Treble Rec. – ag seinm – St. Patrick’s Day

DECLAN O’BRIEN – ag jabáil faoin mBeacon ! - Any Jab will Do

JOE JOHNSTON – Tr. / Desc. Rec. ag seinm The Mts. of Pomeroy

PAT CAHALANE - ag canadh - Whispering Hope

BRID O’ROURKE – recorder – ag seinm The Green Glens of Antrim

OWEN MC LOUGHLIN – ag canadh The Frogs Wedding

TOM BERRY – Descant recorder - ag seinm The Snowy Breasted Pearl

* * DAMHSA ar ZÚM - St. Patricks Day – Scoil Rince Seoige (Jennifer) * *

ÚNA JOHNSTON agus an fear chéile ! - Tr. Rec. - ag seinm Whispering Hope

DONAL O’BYRNE – guitar – ag canadh Can’t Help But Wonder Where I’m Bound

EDDIE COMERFORD – ag aithris píosa greanmhar ! Saints Preserve Us !

DAN MEANEY - guitar – ag seinm – Dirty Old Town

JOHN WILSON – ag canadh Come By the Hills

TERESA MURPHY – Rec. – ag seinm - Believe Me if All those Endearing Young

Charms

BMVQ - ag canadh The Parting Glass

KAREN – fliúit- ag seinm agus DAVE McFETTRIDGE – ag canadh - Raglan Road

JOE AHERN – ag canadh – The Battle Eve of the Brigade

CRÍOCH - MOUFLON AR BUILE - amhrán ón gChipir !

MÍLE BUÍOCHAS do gach duine a ghlac páirt - especially TOM BERRY

for keeping for keeping us ZOOMING – Keep the music hummin’

along and drop in again on 26th April for another Seisiún -

(Úna has booked playing The April Eve. in adv. – so hands off !)

One Good Club 2021



MORE FOR YOU



ONETM
GOOD
CLUB

TAKE NOTICE

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.



Join us for our next step in the programme, **TAKE NOTICE**

We are keeping it simple this fortnight.

We plan to

Get your 5 a day. Take 5 minutes to write 5 things you are grateful for, for 5 days.

See, Stop & Snap. Be aware of your surroundings and capture your moments.

Jigsaw Revealed. Let's learn all about Jigsaw.

In today's modern world, we are always 'on' and this level of distraction can stop us from appreciating what's around us. We are mind-full instead of mindful. So, stop. Just take a few moments to be aware of what is going on within you and around you. Be curious. Be quiet. Be present.



JIGSAW
Young people's
health in mind

One Good Club Step Three, Take Notice.

There are 5 steps to achieving Mental Well Being. Since the beginning of March, the One Good Club committee have asked our members to CONNECT & BE ACTIVE.

Last week for Step 3, we asked our members to stop, and take a few moments to be aware of what is going on within and around us all. We asked our members to TAKE NOTICE. Take the time to look at their surroundings, look out for the signs of the changing season, appreciate the moment they find themselves in.

And our members have been busy this week doing just that, 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 as a memento of One Good Club initiative.


We also suggested 'Taking 5', a gratitude practice which helps enhance your mental wellbeing by engaging in the 5-a-day challenge. This entails taking 5 minutes to write down 5 things you are grateful for, for 5 days. Reflecting on these moments has been shown to increase overall happiness and focus on being positive, especially important at the moment in these ongoing Covid-19 times! Some people were happy to share a daily musing with us.

We look forward to receiving more photos and comments this week as we continue to 'Take Notice'


Lidl's One Good Club is a Youth Mental Health and Wellbeing Programme aimed to build and encourage positive mental health promotion in the community. It has been developed in partnership with LGFA and Jigsaw, a youth mental health service.



Who are Jigsaw and What do they do



JIGSAW Young people's health in mind



Jigsaw Dublin South West

Jigsaw South West (formerly Tallaght and Clondalkin) are now called Jigsaw Dublin South West. Meet the team and find out all the details

Contact Details

Telephone: 01 538 0087
Email: dublinsouthwest@jigsaw.ie

Location

Address: St. John's House
High Street
Tallaght
Dublin 24

Jigsaw support

Choose the service that suits you best

Jigsaw face-to-face services

Information and eLearning

Talk online

Jigsaw services

If you are:

- Aged between 12 and 25 and need mental health support
- A parent / guardian / concerned adult looking for mental health support or advice for a young person
- A health professional looking for mental health support or advice for a young person.

Opening Hours

Monday 9am – 5.30pm
Tuesday 9am – 7.30pm
Wednesday 9am – 5.30pm
Thursday 9am – 7.30pm
Friday 9am – 4.30pm
Saturday - Closed
Sunday - Closed

Closed: The Mondays of Bank Holiday

Lidl's One Good Club is an initiative offering selected GAA clubs the opportunity to support all members to engage in activities that can promote better mental health and well-being. The programme is also designed to provide opportunities to engage with positive messaging and support mechanisms for young people in the community.

But who are Jigsaw?

Jigsaw is a Youth Mental Health Service. It is also an early intervention service for young people at a primary care level.

Mental health can affect every aspect of a young person's life and Jigsaw believe every young person must have the support that's right for them, whatever they are going through.

They offer a listening ear and give expert advice and support to young people aged 12 – 25 years old. They also give families, teachers and those who support young people ways to cope and empower them with skills to be there for their young people.

At Jigsaw, their vision statement is to make sure that every young person's mental health is valued and supported.

Jigsaw achieve this vision by offering

- face to face support, as well as sessions by videolink and telephone.
- a wide range of free, expert information and resources, all available on their website.
- Live Chat, a new way to get support for young people, connecting 1:1 with their trained staff.
- Group Chats, live online discussions on mental health themes, moderated by a Jigsaw clinician. Each week has a different theme.
- Ask Jigsaw, a service which offers a young person a way to anonymously ask any mental health question or query they may have and have it answered by a Jigsaw Clinician.

Jigsaw services are based in communities across Ireland and we are lucky to have a service close by.

Jigsaw Dublin South West is located at

St John's House, High Street, Tallaght, Dublin 24.

Phone number 01 538 0087.

They are open Monday to Friday.

For more information about Jigsaw, [see here](#)

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.

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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...

Baile Buadáin le Gaeilge 2021



Seán Cavanagh agus Brieghe Corkery i measc na Laochra Gael ar TG4

Sna seachtainí romhainn beidh sraith nua de Laochra Gael le feiscint ar TG4 : Eoin Larkin, Pete McGrath, Breighe Corkery, Seán Cavanagh agus Bernard Flynn. Bí ag faire amach gach Déardaoin.

Na Cluichí sna Meáin

Tá sé deacair go leor craobh na hÉireann amháin a bhuachan gan trácht ar scata acu i ndiaidh a chéile. Déanann John Allen cur síos anseo ar thosú Ré Órga Chaill Chainnigh i 2006.

<https://tuairisc.ie/an-mhaidin-alainn-sin-cheapas-nach-raibh-aon-sli-ann-go-gcaillfimis-cluiche-ceannais-na-heireann/>

An t-eagrán is deireanaí de ‘Cuaille’, iris Ghaeilge CLG, ar fáil anois!

Le Jamie Ó Tuama

Tá Cú agus Cuaille ar ais arís! San eagrán is deireanaí seo d'iris ar líne Ghaeilge Chumann Lúthchleas tá:

Teachtaireacht ó Uachtarán Chumann Lúthchleas, Labhrás Mac Cárthaigh

2 x 'Ár gCluichí, Ár Laochra'

Podchraoladh le Declan Hannon agus le Robbie McDaid

Eolas faoin gcéad bhabhta eile de chiste deontais Fhondúireacht Sheosaimh Mhic Dhonncha

Cluichí Ceannais na hÉireann 1999 le hagallaimh ó Mhaidhc Ó Méalóid agus ó Sheán Óg Ó hAilpín

Crosfhocal

Cuardach Focal

10 gCeist CLG Ort

Na Contaetha agus go leor leor.

Tá Cuaille feiliúnach dóibh siúd ar bheagán Gaeilge agus dóibh siúd a bhfuil Gaeilge líofa acu araon. Chomh maith leis sin, tá ailt ann atá feiliúnach do lucht bunscoile agus do lucht meánscoile.

Is féidir Cuaille a íoslódáil anseo thíos. Bainigí taitneamh as!!

<https://www.gaa.ie/news/an-t-eagran-is-deireanaí-de-cuaille-iris-ghaeilge-clg-ar-fail-anois/>

Áiseanna don Fhoghlaimoir Gaeilge

Bliain ó shin, mar chuid de Scríobh 2021, féile dhrámaíocht Ghaeilge de chuid axis Bhaile Munna iarradh ar Roxanna dán a chumadh. An toradh ar sin ná an dán 'Siúcra' le Roxanna Nic Liam.

This short film explores the complex relationship of a non-native Irish speaker with a language she feels deeply tied to.

Is fiú féachaint air:

<https://youtu.be/Mp8MvBgb10k>

Foclóir: Meadaracht - metre; uaisle - nobility; blúire - piece; milis - sweet; saothar - work; gnaoi - liking; Port Thoir - East Wall; ag ullmhú - preparing; mallacht - curse; maothshúileach - tender-eyed; mua - mysterious figure; dealraitheach - shining.

VIFAX

An foghlaimeoir Gaeilge thú? Bain leas as fiseáin nuachta TG4 chun feabhas a chur ar do chuid Gaeilge! Baineann Vifax na seachtaine seo leis na Scrúduithe Cainte. Ceachtann Gaeilge ar an ábhar seo ar fáil ag:

<https://vifax.maynoothuniversity.ie/an-bhliain-acaduil-seo/>

BODEN SESSION - 29th March

Anyone wishing to sing a song - play a tune etc at the Boden Session on Zoom next Monday night the 29th March at 8 p.m, please let Joe know the song title at 25joejohnston@gmail.com

Please record your song on your phone (2 verses - keep it short because of internet sending issues !) and send it to Joes WhatsApp before Saturday 27th March. Songs in all languages are welcome - we even sing as gaeilge! You will then receive a link to join via Zoom and listen to all the performances on Monday night.

BALLYBODEN ST ENDAS GAA MEMBERSHIP 2021



Our annual club membership for 2021 is now due. 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

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

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 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



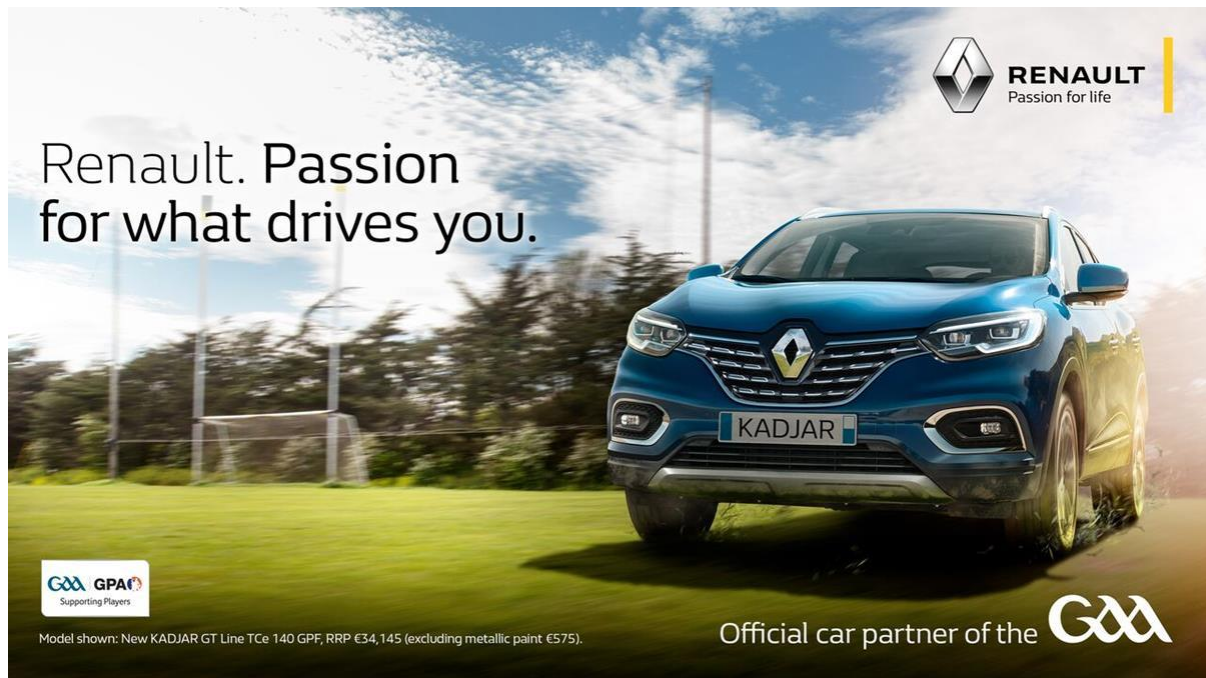
Local business man Roy Kennedy set up the Black Amber group in 2014. With branches in Rathfarnham, Templeogue, Gorey and Naas, Black Amber has adapted its retail business over the last year.

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 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
- 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

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 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

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 March 2021 Newsletter



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

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

This month's edition includes the following.

- GAA President, Larry McCarthy, calls on the Government to allow children to return to play with their clubs.
- The motions passed at GAA Congress 2021.
- How the GAA is using technology to tackle rural decline.
- Groundbreaking 'Be Ready to Play' Coaching Programme launched.
- Gaelic Games concussion e-learning course launched.
- Making Skill Acquisition a Gaelic Games fundamental.

Correspondence can be sent to 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 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/footballsills>
- 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](https://twitter.com/GAAlearning) twitter page. Primary teachers are encouraged to share lesson plans, learning material and ideas by email to 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](https://twitter.com/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

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 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](#)

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**.

It's Competition Time for BBSE Girls! Design a Flag to Fly Outside the Club!!

Posted by Dave Rusk on 21 March, 2021

It's Competition Time for all our Girls: all BBSE Juvenile Ladies Players from U16s right the way down to the girls in Academy! Ballyboden St Endas Club Chairman Ciarán Maguire has a special message for all our Juvenile Ladies Players, and we want one of our girls to design a flag to fly outside the...

The post **It's Competition Time for BBSE Girls! Design a Flag to Fly Outside the Club!!** appeared first on **Ballyboden**.

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**.

Sancta Maria tidy up

Posted by Susan McManus on 30 March, 2021

Over the last few weeks a lot of voluntary work has gone into cleaning up the Sancta Maria campus. All the trees have been pruned, shrubbery cut back and briars and weeds removed. Many thanks to Noel Callan, Seán O'Connor, Peter Hanrahan, Seán Bonner, Séamus O'Flaherty and Martin Durkin and Frank Brooks and his crew...

The post **Sancta Maria tidy up** appeared first on **Ballyboden**.

One Good Club Step Two 'Be Active', Week Two

Posted by Cliona Mellett on 25 March, 2021

Following our very successful 'Walk around the Circumference of Ireland' on St Patrick's Day (for photos, see here), in our second week of Be Active it's back to basics, GAA basics. Aoife Dwyer has kindly put together a Football Skills Challenge for young & old, current or former players, to get out there and...

The post **One Good Club Step Two 'Be Active', Week Two** appeared first on **Ballyboden**.

We walked the Circumference of Ireland and back!

Posted by Cliona Mellett on 18 March, 2021

One Good Club 'Be Active' Step Two, Week One Step Two 'Be Active' was launched on St Patrick's Day. We started the second phrase by attempting to walk the Circumference of Ireland....3171 kilometres and we asked our club members to walk this walk with us! To go for a walk or a run, wear something...

The post **We walked the Circumference of Ireland and back!** appeared first on **Ballyboden**.

Keep Saving Stamps for Ballyboden Club Call for All Parents and Shoppers to Support Ballyboden at LIDL!

Posted by Dave Rusk on 21 March, 2021

The great news is we have submitted 254 completed cards! Many thanks to all the Boden shoppers in the Lidl 'Playing The Playing Field' campaign. We have earned our 1st cash prize of €2,000 for our Ladies Football sections. And we are 46 completed cards away from a cash reward of €3,000. The ambition is...

The post **Keep Saving Stamps for Ballyboden Club Call for All Parents and Shoppers to Support Ballyboden at LIDL!** appeared first on **Ballyboden**.

