



WEST WICKLOW COMMUNITY EMPLOYMENT

CURRENT OPPORTUNITIES

Environmental Worker - Knockananna
Ref:#CES2361989

Hall Maintenance Worker/Caretaker - Rathdangan
Ref:#CES-2351831

Sports Ground Worker - Baltinglass Golf Club
Ref:#CES-2364834

Cleaning Operative/Caretaker- Kiltegan
Ref:#CES-2364836

Gardener/Environmental Worker - Kiltegan Tidy Towns
Ref:#CES-2351833

Cleaning Operative—Baltinglass Badminton Club
Ref:#CES-2372790

The successful candidate will receive One To One Career Support & Training in their chosen career area including CV writing/Interview skills and full support in their position. WWCE have excellent training & progression plans in place for all participants.

Excellent opportunities in these positions for training & developing whilst on the CE scheme. To check your eligibility or to apply for any of these positions please attend the INTRO Office in Baltinglass (beside Borza) and provide the job reference number above.

For further information on any of the above positions please contact:
Sondrine Byrne (087) 449 7731

COOK/CHEF WANTED



St. John's Caring Centre are delighted to be able to invite applicants for the position of Cook/Chef to work in the centre in Hacketstown.

This position will be responsible for managing the kitchen and preparing lunch on Tuesdays, Wednesdays and Thursdays, for clients attending the centre and for delivery to client homes.

Ideal candidates will be able to produce simple, good quality lunches and baking, adhere to HACCP principles and complete the necessary paperwork and have excellent teamwork and leadership skills.

Please apply in writing to the Manager of St. John's Caring Centre before 4th of February.

All enquiries can be made by phoning 059 6471417 on Tuesdays, Wednesdays or Thursdays.

Ads for The Focus Kiltegan can be:

Email: focuskiltegan@hotmail.com <http://www.facebook.com> Phone: 059 6473330

Ads can also be dropped into the post box

@ West Wicklow Community Employment Office, The Green, Kiltegan.

To place a small ad costs €2.00 per week.

All notices to be received by 1.00pm on the Wednesday for inclusion that week.



FOCUS KILTEGAN



19th January 2025

PRESENTATION

Killian Doyle, Chairperson of Kiltegan camogie Club made a presentation of €400 to Treasurer Danny Byrne on Monday night for the Senior Citizen's upcoming annual party in February which will be held in St. Tegan's Hall. The money was raised from a raffle held on St. Stephen's day at the camogie fundraising event and was a lovely gesture by the club to our senior citizens of the area.

Special Thanks

Many thanks to Gerry Boland for putting up and taking down the Christmas lights in the village and the Christmas tree.

Thanks also to the staff of Humewood Estate for looking after the crib.



CONDOLENCES

We offer sincere sympathy to Catherine Dowling, her sister Fiona and brother Cathal and to the members of the O'Leary family on the sudden death of Patrick O'Leary, Spynans, Kiltegan on the 8th January and whose funeral took place on Wednesday to Tynaclash Cemetery where Patrick was laid to rest with his parents Pa & Kathleen.

May Patrick rest in Peace.

Sympathy also to Joe O'Brien, The Green, Kiltegan on the death of his partner Eileen Loughnane formerly of Tulla, Co Clare. To her brothers, sisters and extended family we extend our sympathy. Eileen was laid to rest in her native Clare on Saturday.

May Eileen rest in peace.

Ar dheis De go raibh a anam.



TYNOCK & TALBOTSTOWN
Fr. John McEvoy — 059 9161114

THE CHURCHES

Sunday 19th January in Talbotstown at 9.30 am.

Anniversaries for:
Tony Furlong, Talbotstown,
John & Kathleen Farrell, Barraderry
Dan Kane &
Betty Somers.

Reader: Siobhain Doyle.

Sunday 26th January in Tynock at 9.30 am.

Reader: Muireann Gartland.

Friday 31st January,

Feast of St. Brigid, in Talbotstown at 9.45 am.

Saturday 1st February in Talbotstown at 6.00 pm.

Reader: Joe O'Brien.

Sunday 9th February in Tynock at 9.30 am.

Reader: Lucilla Brophy.

Sunday 16th February in Talbotstown at 9:30am

Reader: Breedh Murphy

Sunday 23rd February in Tynock at 9:30am

Reader: Nigel Byrne.

Collection

Offertory €36.60 Envelopes €418.70

To book anniversaries for:
Tynock or Talbotstown please call
Mary — 086 2261264
Or
Josie—059 64 73971

THANK YOU



Here at "The Focus" we wish to extend thanks to the church(s) for their donation(s). Your continued support and generosity are greatly appreciated by us and assists us with the costs for producing our local newsletter.

KILTEGAN GAA & CAMOGIE CLUB NEWS

GARDEN COUNTY ALL STAR AWARDS 2024



County Senior Hurling Player Of the Year
BRYAN KEARNEY
KILTEGAN

WELL DONE!!

A massive congratulations to the Rathdangan man of the moment

Bryan Kearney

on being named Wicklow County hurler of the year 2024!

Bryan is a perfect example to the younger generations of how hard work and commitment pays off, well done Bryan a great way to start 2025.

Kearney abú.



KILTEGAN GAA MEMBERSHIP 2025
Now Open

Pay Via **NEW Clubforce App**
Link and QR Code
Option to pay in **Three Monthly Installments**
Includes: Gym Membership for ages 16+

Let's get 2025 off to a great start!
What we nurture will grow!

PROUD TO BE A DUAL CLUB!

<https://onelink.to/wuvmvb>

KILTEGAN GAA MEMBERSHIP 2025

Membership is now due for the coming year, and there are a few differences to last year. Firstly you will need to download and install a New App. Your previous login works on this app but you need to add Kiltegan GAA as your club when you first open it. Once selected, go to register and select your membership.

Some small tweaks to prices this year, membership for players is at €100 but non playing members reduced to €50. There is a strict age limit on the student rates.

All membership will be subject to approval to ensure everyone is selecting the correct option. Payments can be made via Clubforce in full, in 3 installments or you can pay John or Ashling.

Link to new Clubforce App:

<https://onelink.to/wuvmvb>

Looking back at "On Stage in Kiltegan Hall in 1971"

A variety concert took place in St. Tegan's Hall in 1971.

This concert was in aid of Kiltegan GAA Club, appearing in J.M Synge's Tragedy "Riders to the Sea" were Rosario & Bernadette Brophy, Bridget McDonnell and Eamon Furlong.

In other scenes were Mary Foley, Marie Clynych, Bridget Harmon, Bernadette O'Byrne and Ann Somers.

In the Three Act Play on the same programme "King Puck" were Mona Farrell, Evelyn Dowling, Jim Harmon, John Lawlor, Noel Farrell, Larry Daly & Terry Byrne.

Tony Furlong, Sheila Darcy and the O'Byrne sisters chipped in with songs on the night.

After paying all the expenses, the Club made a profit of £32.72p.



1971

Kiltegan GAA Lotto Results

07-13-20-25

2 match 3's €100 each

Clodagh Daly seller Online

Bid & Tess c/o Breda seller Martin Nolan.



Next week's draw takes place on Monday 20th in the Talk of the Town. Tickets on sale in the local community and surrounding towns. For €2 you could win this week's jackpot of **€11,400**

WHIST DRIVE



Whist Drive in St. Peter's Parish Centre on Friday 17th Jan @ 8pm. All welcome.

HISTORY GROUP

Rathdangan Local history group will meet on Wednesday 22nd January in Seamus O Toole Memorial Hall, Rathdangan at 7.30pm

The topic will be extracts from The Grand Jury Presentments relevant to our local area from the (mostly) 19th century records. All are welcome.

Kildare & Leighlin Co-Op Lotto Draw Results for 15/01/2025

NO winner of €20,000 jackpot

9 match 3's each receiving €112

Next weeks jackpot

€20,000

Next draw will take place on Wednesday 22nd January. Tickets cost €2 and are on sale in the community.

JANUARY BIRTHDAY WISHES

Leann Nolan

Brian Carroll

Marian Daly

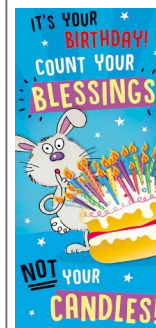
Ann Byrne

Denis Hayes

Miriam O'Keefe

Sineád Janet Thompson

Oisín Thompson



We hope you all had wonderful celebrations for your birthdays.

NEW YEAR NEW YOU

Regardless of whether you've been exercising consistently for years or you're brand new to an exercise regimen, the new year is a fantastic time to try something fresh.

Beginner: Planks

We can't think of a better exercise to encourage you to try in the new year. If you are looking for a new and more effective way to target your core, planks are going to be your go-to modality.

Begin a plank by getting onto your hands and knees. While keeping your palms pressed into the floor, straighten each leg (one at a time) until you are supporting your body by only your toes and hands, creating a posture like that of a push up. Engage, or tighten, your core muscles and stay in this position for as long as you can, continuing to breathe throughout the hold. Each time you do a plank; try to increase the amount of time you can hold this position.

Beginner: Walking

Did you know that the recommended number of steps per day for a healthy, active lifestyle is 10,000? Although at first glance that may sound intimidating, the benefits far outweigh the challenge of carving out the time and energy to achieve that goal. Aside from being a free, simple activity that can be done just about anywhere, additional benefits include the following:

- Easy on joints (low impact)
- Improved mental functioning
- Improve heart health
- Increase muscle tone
- Strengthen bones
- Lose weight and/or maintain a healthy weight.

Beginning: Jumping Squats

Start in a standing position with your arms by your sides. Engage the core slightly and set the shoulders, ready for movement. Keeping arms and legs straight (but not locked out) simultaneously jump the legs out to the sides and raise the arms to shoulder height. Stabilise the hips, core and shoulder girdle. Return to start and continue at a controlled rhythmic pace for the whole minute.

Beginning: Squat to Lunge

Standing up tall will be the starting position. Do a squat and immediately get back up. Now do a lunge on one side and get back to the starting position. Squat down and back up again followed by a lunge with the other leg. Return to the starting position and repeat.