



# TULLOW PARISH CARRICKMINES NEWSLETTER

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## MARCH 2021

### In this month's newsletter:

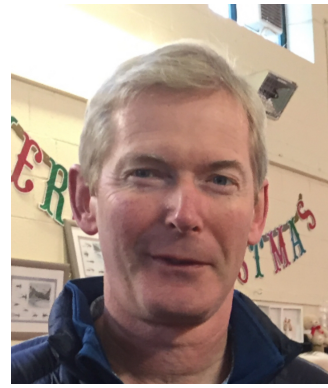
- A Day in the Life of .....a junior hospital doctor
- Tullow in 2000
- Homeschooling 3 Children
- Gardening in Spring
- Walking Memories
- History of the Lead Mines
- It's raining - what can I do?
- ....and much more

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## The Rector Writes

The recent announcement that Ireland would remain in Level 5 restrictions until at least 5th April has been met with much negative comment. And yet, anyone who has been following the

developments since Christmas cannot be surprised. Infection numbers, hospitalisations, I.C.U. occupancy and deaths have all remained stubbornly high. But there are positives. All the indicators are going in the right direction and finally, some of the most vulnerable have been, or are in the process of being, vaccinated. Also, the level of compliance with restrictions has remained relatively high albeit that a minority has continued to flout them. Now, more than ever, we need to see a community spirit that puts the welfare of the whole ahead of individual desires. If we can achieve this, I believe that we will see major improvements to our quality of life over the coming months as we chart our way back to a recognisable normality.



The idea of a community spirit mentioned above is very much in keeping with our Christian season of Lent. Traditionally it is a time to take stock, to deny ourselves of selfish thoughts and actions, to take up acts of kindness to our fellow human beings, to respect all of God's creation and to count and be thankful for all the God-given blessings we may take for granted. If we might take this seriously, we should find our outlook to life transformed in a positive way and be able to offer much needed hope to those around us.

Let us keep in our prayers all those who continue to work in our frontline services –especially those in healthcare and essential retail. Let us also remember all those who are struggling in any way through isolation, anxiety, depression, serious physical illness or bereavement. May all who find life difficult be able to identify with the sufferings of Jesus and share in his resurrection hope.

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### **Easter in Tullow**

As we are due to continue in Level 5 restrictions until after Easter, all Church Services will continue online only. Once the schedule for Holy Week and Easter Day has been finalised an email will be sent to everyone on the parish email list.

In the meantime, a Bible Studies course takes place every Monday evening in Lent. This is being facilitated by the National Bible Society of Ireland (N.B.S.I.). If you are interested please check out the Society website at [www.nbsi.ie](http://www.nbsi.ie) and register your interest. They will send you the Zoom link upon registration. If you haven't used Zoom before it's very easy - just click on the link you are sent.

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**A Day in the Life of.... A Junior Hospital Doctor** *(3 minute read)*

My name is Rachel, I am a member of Tullow Parish and an intern (junior doctor) working on the otolaryngology (head and neck surgery) team in St.



James' Hospital Dublin.

My day starts with my (thankfully very short) cycle into St. James'. I meet my co-intern in the doctors' office just before 7am. We print our patient lists and check if any of our patients were seen by the on-call team for any issues overnight.

We meet the senior members of our team on the ward for the ward round at 7.30am. This involves seeing each of the patients under the care of our team and checking with them and the nurse caring for them how they are getting on and if they have any new issues. We also make a plan for the day for each patient which might involve blood tests, scans, procedures, changes to their medications or consults from other teams. The length of the ward round varies massively from team to team but also from day to day depending on how our patients are doing.

Once the ward round is finished the senior members of our team go to theatre to operate or to the clinic for outpatient appointments. I, and my co-intern, grab a coffee and return to the office to write up the notes from the ward round. St. James' uses an electronic system, so all of our notes are written up on computers. However, our note writing inevitably takes longer than expected as during this we are often called to see patients on the ward who may be becoming more unwell etc.

We spend the remainder of the day putting into motion the plans made on the ward round: booking scans and tests, calling other doctors for consults and following up on the results of tests already done and adjusting treatment plans accordingly. We of course also see any patients who have any problems or become unwell throughout the day. We also do procedures such as putting lines into patient's arms for medications or inserting feeding tubes etc as required.

And of course, through all of this we are donning and doffing PPE. PPE has to be taken off after seeing every patient every time and a completely new set put on for the next patient - all of which takes a large amount of time and effort. Throughout the day the senior members of our team are also at the other end of the phone for us to run anything by them or if we need them to come see any very unwell patients.

During the current times we also try to call family members as much as possible to give them updates since they can't come in to visit their relatives as they normally would.

At some stage in between all of the above we manage to squeeze in a quick lunch break.

Sometime around 6pm the senior doctors return from theatre or clinic and join us on the ward for another ward round, this gives us an opportunity to fill them in on the events of the day and run anything else by them that we may not have needed to contact them about during the day. We may then be given a few more jobs to do or may need to make some adjustments to treatment plans etc. We then book blood tests for the following morning for any of our patients who need them before finishing up for the day at about 7-8pm.

I head off home on my bike (downhill thankfully, as my legs are usually a bit

tired by this stage). I'll chat with my housemates and have some dinner and then off to bed and get ready to do it all again!

Starting work as a doctor at the start of this pandemic I have never known anything else. I'm very conscious that we are the only visitors our patients have at the moment, but we're also limited to spending 15 minutes in with patients where possible to try reduce transmission of Covid 19 which is hard. But I feel so lucky to get to have so much interaction with people while so many have little or none at all. It's busy and challenging at times but I love my job and wouldn't change it for the world!

Rachel Swanwick.

**Note:** Unfortunately Rachel contracted COVID-19 and had to isolate in City West hotel. Her diary of her time in isolation will be in the April newsletter.

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### **Wednesday Coffee Morning is Back!**

The very popular Wednesday coffee morning is now on Zoom. You can have tea or coffee in the comfort of your own home but still 'meet' others for a chat. Contact the Rector by email on [revjohntanner@gmail.com](mailto:revjohntanner@gmail.com) or on 086 3021376 and he will email the time and Zoom link to you. If you haven't used Zoom before don't worry, it's very easy to use.

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### **Photographic Archive - Tullow in 2000**

More memories from Primrose Bryan's photo album of Tullow. These are from the parish picnic held in Frank Johnson's glorious grounds in Kilternan in September 2000. Everyone who was there that, and subsequent, years will remember Keith Johnson driving dozens of excited children around in the trailer and Frank barbecuing hundreds of sausages under the trees. Remember the year the helicopter was there and gave rides to the children? Did the sun always shine?

Please have a look in albums, boxes etc and see if you have any photos of people or places of interest to the parish. We need happy memories!  
Jane Bowes [bowesjane91@gmail.com](mailto:bowesjane91@gmail.com) or 086 8418138 if you find any.







## Alexa, homeschool the children.

### **Homeschooling** *(2 minute read)*

Many of us have no experience of homeschooling children (and may be delighted that's the case). Here a parishioner with three small children relates her experience of homeschooling.

School starts about 8am for our 7-year-old who's in 1st class as my husband works from home and he can entertain the 3-year-old and the 5-year old for the first hour or so while Annalise and I work on her 'hardest' subjects. The day before Lockdown 3 started, the school handed out packs with lesson schedules and all the printouts necessary to take us up to mid-term break. The schedules are our guide to what should be done every day. Every morning seven short videos are uploaded to Seesaw. (Seesaw is a platform for teachers and students to engage while at home – every child has their own account,



which allows them to send pictures of their completed schoolwork). The teacher talks the children through each activity for about 5 minutes, and once a week there's a Zoom call for about 40 minutes with about half her classmates where she can chat with her friends.

Davinn (5) is in Junior Infants and his box from the school has, amongst other things, a whiteboard, dry markers as well as sand on which he practises his letters. Six short videos are uploaded to Seesaw every day, these are like little lessons, from singing songs, to practising letter formation, counting and a bit of Irish thrown in. The teacher also hosts a Zoom call twice a week in smaller groups. As Davinn has special needs (ASD), he has a Zoom call twice a week with his SNA and resource teacher.

That all sounds very organised but we must factor in Evann who, at 3, has to be watched and always wants to be involved in everything and as a result, meltdowns involving the three children are not uncommon! As the day typically starts at 6am, we tend to complete schooling activities at around 11:30 at which point lunch can be started.

This lockdown has been more difficult as Evann no longer requires his afternoon nap and as the weather has been so cold and wet of late, the time spent outside is a lot less than it was during previous lockdowns.

All, things considered, I'm lucky that I'm not trying to do another job from home - supervising, teaching and refereeing/mediating is quite enough especially as everyone has to be fed, the house cleaned, and the dogs walked.

Jeannette M.

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#### **Prayer of the Month**

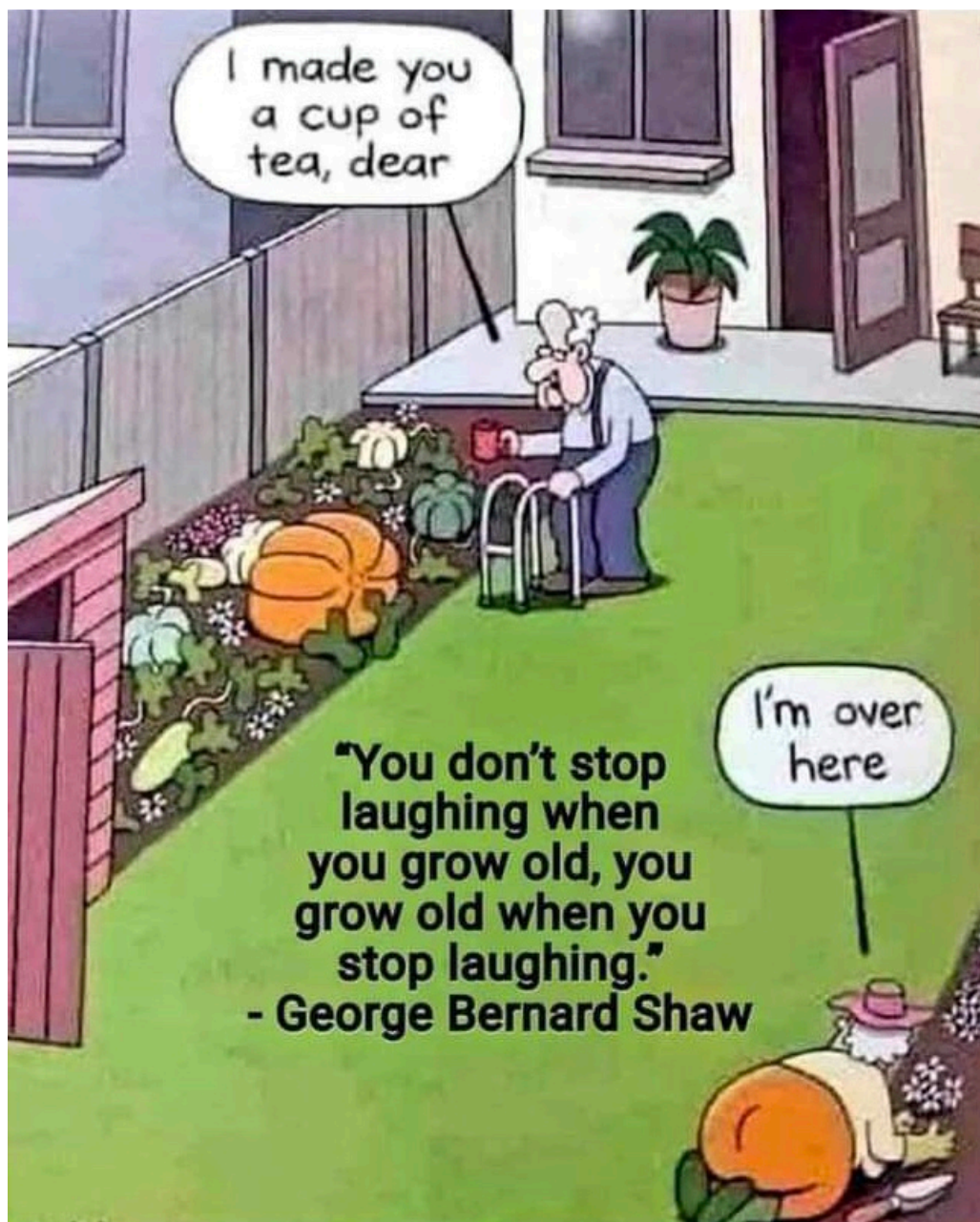
*In this season of Lent when we are traditionally encouraged to give things up, we are also encouraged to take up something positive, so we pray:*

O God, in this season of Lent, help us:

Fast from judging others;  
Feast on Christ dwelling in them.  
Fast from fear of illness;  
Feast on the healing power of God.  
Fast from words that injures;  
Feast on speech that heals.  
Fast from discontent;  
Feast on gratitude.  
Fast from anger;  
Feast on patience.  
Fast from pessimism;  
Feast on hope.  
Fast from putting others down;  
Feast on encouragement.  
Fast from bitterness;  
Feast on forgiveness.  
Fast from self-concern;  
Feast on compassion.  
Fast from suspicion;  
Feast on truth.  
Fast from gossip;  
Feast on purposeful silence.  
Fast from problems that overwhelm;  
Feast on prayer that sustains.  
Fast from anxiety;  
Feast on faith.

This we ask through Jesus Christ our Lord. **Amen**

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### Gardening Tips

The growing season is starting so many will be heading out into the garden. Tullow is blessed with many experienced gardeners - here some of them give their top tips for Spring:

**Sally McFerran** makes a mental list but doesn't get stressed if weather and time are against her. Her tips are to have clean pots and trays ready for seed sowing, hoe emerging weed seedlings in the vegetable area preferably on a dry windy day. Divide herbaceous plants that have gotten woody in the centre - good for the plants and you've some to give away. Remove any mouldy leaves from plants that are overwintering in the greenhouse.

Clear the beds as you'll come up with all sorts of surprises is the suggestion from **Brigid FitzSimon**. She also recommends digging out the compost pile.

**Hilary Cran's** top tip is to divide snowdrops as soon as the flowers die back. Don't pull away the leaves, allow them to die back in order to feed the bulbs. 28th February is the deadline by which **Paul Hayes** recommends the vegetable patch should be dug - all ready for planting in March. He also suggests pruning

roses in the first week of March and offers a very good piece of advice - stay indoors if it's too cold!

**Jane Cremin** will be tidying up plants, cutting back dead growth and old seed heads. She's also planning seed sowing of flowers and vegetables.

There is nothing worse than having blunt garden tools! **Barbara Cooper's** advice is to be sure your lawn mower is serviced and blades sharpened. Also check your secateurs, shears, loppers etc as sharp tools make the job so much easier and pleasant.

**Jennifer Sowman's** tip may echo the thoughts of some - get someone else to do the work and feed them with refreshments. She also supplied the above image!

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### **Church of Ireland Review**

The February issue of *The Church of Ireland Review* is now available. If you are a subscriber you'll have received an email telling you that Jill Malcolm has them so please don't leave them sitting on her hall table! Her address is in the emails you received and the 2021 subscription of €40 is now due. If you'd like to subscribe to the *Review* let Jill know by sending a text to the Rector on 086 3021376.

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### **Tullow Book Club**

*The Glorious Guinness Girls* by Emily Hourican was the February choice.

The book and plot are loosely based on the lives of the three Guinness daughters of Ernest and Chloe Guinness. The backdrop to the novel is partially set in Ireland with the build-up of the Irish Civil War and partially in London prior to the Wall Street Crash. The story is told through the eyes of a fictitious character called Felicity Burke.

Listening to the members of the Club discuss to the book, the comment came to mind that the author "could have done better".

Next month's choice is *The Thursday Murder Club* by Richard Osman.

Vera Tanner

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### **Teen Corner**





If we want to make a difference  
In other people's lives  
Let's be thoughtful and considerate  
Let's be slow to criticise.

Let's be helpful when we're needed  
Let others know we care,  
Let's be patient and forgiving  
When hurts are hard to bear.

Let's do always unto others  
As we would have them do to us  
For we will surely have God's blessings,  
When we think of others first.

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### **The Lead Mines** (1.75 minute read)

Photos from top left: the extended chimney; the chimney as it is today; the remaining granite buildings; the interior of the flue running up to the chimney.

Open-cast mining began in 1807 on the western side of Carrickgollogan hill after lead ore was discovered in two veins virtually on the surface. A small amount of silver was also discovered. The site was taken over by the Mining Company of Ireland in 1826 who undertook underground mining in the area up until 1863.

Most of the activity at Ballycorus occurred at the smelting facility in the valley below the mine workings. This facility also received ore from the company's mine in Glendalough for processing. This ore was carried by horse and cart to the railway station in Rathdrum where it was transferred to a train and brought to Shankill station. A siding on the Harcourt Street railway line was built near Shankill to receive the trains. The ore was then carted to Ballycorus. Lead ore was also received from mines in Donegal and Wexford. By the 1880s it was no longer viable to process Irish ores and the smelter was put to work processing from a mine in the Isle of Man up until closure in 1913.

A process had been discovered in the 1770s where additional quantities of lead could be extracted from the fumes emitted by the furnaces if the vapours could be trapped long enough to precipitate the lead. To this end a flue two kilometres long running from the lead works and terminating at a chimney near the summit of Carrickgollogan was constructed in 1836. The precipitated lead deposits

were scraped out of the flue by hand and many of the workers subsequently died of lead poisoning, giving the surrounding area the nickname 'Death Valley'. The distinctive granite chimney with its external spiral staircase quickly became a noted landmark. The original chimney was extended in brick around 1880 in order to ensure a much purified vapour being delivered into the atmosphere. It is the only example of such a flue and chimney to have been built in Ireland. A number of granite buildings still remain on Ballycorus Road comprising a very important collection of nineteenth century industrial buildings. Go past these buildings and you will see the flue on the left side on the road.

Ken Gregory

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### **Evergreens Walking Club** (*1.5 minute read*)

We have all been walking locally in recent weeks. It is always good to meet friends and neighbours and have a friendly socially distant greeting or brief chat. Which reminds me of many hikes in Switzerland or Austria where the greeting on the mountain is often "Gross Gott", or God Bless. We need to be patient for the countryside to open up again, but in the meantime one can dream of better days and good times on trips, walks and climbs.

I have been recalling past trips to the Alps and in particular to my first summer Irish Alpine Meet many years ago in the alpine village of Arolla in Switzerland, high up a narrow valley, surrounded by a cirque of glaciated mountains. We flew to Geneva and travelled by train alongside Lac Lemman to Sion, and then boarded the yellow Alpine Post Bus to Arolla where we pitched our tents in the Irish quarter of the village campsite. Alpine training had been arranged, with our group led by Dawson Stelfox of Everest fame, who showed us how to navigate steep glaciers with crampons and ice axe.

Later on, we headed up to some of the Mountain Huts for an overnight stay with a pre-dawn start to climb a couple of the easier peaks. One had to descend by midday the following day before the snowfields softened in the sun making the going more difficult. It was heavenly resting on a high rocky ridge in the warm

sun looking down the spectacular valleys and across to even higher peaks of the Matterhorn or Mount Blanc.

After a long day out, it was back to the camp site to cook a good dinner full of carbs, or better again go to one of the small hotels for tartie flette, a national dish made from potato, bacon and Swiss cheese!

A few years later when revisiting Arolla I had a meal in the Hotel du Mont Collon where George Mallory, who vanished on Everest, took students from Charterhouse College on climbing holidays in the Alps. The Hotel Manager was fascinated with the reference to his hotel in a biography I was reading and kindly dug out the Registration Book signed by Mallory in the 1920s. These trips evoke great memories to keep one going during this endless lockdown.

Donald Gill

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#### **Extract from Minutes of Select Vestry Meeting 16th February 2021**

- Glebe wardens will ask a relevant expert to examine possible water damage to the interior wall of the chancel as a matter of urgency
  - The Rector did not receive any requests to be added to the Register of Vestry Members. As she has passed away, Gladys Locke's name will be removed from the register
  - The African Gospel Choir has been provisionally booked for 20th November
  - Some additional planting in the Garden of Remembrance is being investigated
  - A notice about online Services will be put up at the gate
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### **It's raining - what can I do?**

It's March, there will be wet and miserable days so - what to do that you haven't already done a hundred times? Click the link below which will bring you to Irish Museums Online. Many have very sophisticated 3D tours and are well worth trying. Children (and adults) will be fascinated by the technology.

EPIC, the museum of emigration (see photo) and Glasnevin Cemetery Museum are particularly interesting.

<https://irishmuseums.org/text-pages/irishmuseumsonline-content-and-resources>

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### **Remembrance Garden**

The Remembrance Garden is always a haven of peace and tranquility and it's a facility of which we can be proud. Don't forget that the right to burial there is available to parishioners for €1,500 and a limited number of spaces for non-parishioners are available at €2,500. Please consider telling your friends and family about this oasis of peace. Contact the Rector if you're interested.

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**Website, Facebook & Instagram**

The parish website [www.tullowdublin.org](http://www.tullowdublin.org) and our Facebook page (search for Tullow Parish) are kept up to date by Alan R and, thanks to Samm, they are widely promoted - the effectiveness of this is illustrated by the very impressive viewing figures for the online Services.

### **Parish Online Services and Parish Newsletter**

If you know of anyone who is not on the parish email list and would like to receive email links to the weekly online Services or would like to receive the newsletter please contact

[tullowdublinnewsletter@gmail.com](mailto:tullowdublinnewsletter@gmail.com) or Jane Bowes 086 8418138. The Service is emailed to everyone on the parish list every Saturday evening but of course you can watch it whenever suits you.

The Services are also available on the Parish website

<https://tullow.dublin.anglican.org/> and also on Facebook at Tullow Parish and YouTube under Tullow Parish Carrickmines

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**Thanks are due to all these people who help to keep Tullow an active, vibrant parish. Let the Rector know if you would like to contact any of them.**

Rector: Rev John Tanner 086 3021376

Lay Minister: Alan Rhodes

Rector's Church Warden: Leslie Ruttle

People's Church Warden: Ken Gregory

Rector's Glebe Warden: Ernie Porter

People's Glebe Warden: Chris Wojnar

Pastoral Assistant: Patricia Stewart

Organist: Dr Paul McNulty

Parish Treasurer: Don Beck

Select Vestry Secretary: Jane Bowes

Readers & Coffee Rota: Barbara Cooper

Connect Group & Clevis Drivers Rota: Jennifer Sowman

Wednesday Coffee: June Hayes

Parish Newsletter: Jane Bowes

Parish Hall Bookings: Jennifer Sowman

Parish Hall Committee: Rev John Tanner, Barbara Cooper, Bob Willis, Paddy Bowes

Flower Rota: Sandra Ruttle

Church of Ireland Review: Jill Malcolm

Badminton: Paddy Bowes

Bowls Club: Jonathan Morton

Tullow Friends: Cleo Ellis

Tullow Book Club: Vera Tanner

Altar Linens: Vera Tanner

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Welcome to the email edition of the Tullow Parish newsletter. This is a very active parish so there's lots to report each month. We would really appreciate feedback - both critical and otherwise on the email edition.

Email [tulowdublinnewsletter@gmail.com](mailto:tulowdublinnewsletter@gmail.com)

Please forward to other members of your family



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