

7 Tips For Surviving Music Festival Season

The season of music festivals is here, and with so many different shows to choose from, it's easy to get excited and forget about the essential things you should bring.

1. Bring sunscreen

Most music festivals hold their shows outside during the day. While it's nice to be outside in the sun all day, don't forget to pack a sunscreen. Also, a nice hat and pair of sunglasses are useful to help block the bright sunlight. The last thing you want to worry about is uncomfortable sunburn that will make you look like a tomato in your Instagram pictures.

2. BYO(water)

Another important thing to remember is to stay hydrated. Music festivals are very draining because of the combination of sun,

dancing and hot temperatures, so people often forget to drink water. Even though most festivals don't permit outside food and drinks, they still provide hydration stations, so stay hydrated.

3. Avoid the medical tent

Music festivals are all about having fun, so the last thing you want to is to end up in the medical tent. A lot of the music festivals are filled with drugs and alcohol, both of which can be really detrimental to your health. Think twice before doing anything that might keep you from being able to see your favourite artist live. After all, you won't be able to enjoy the music festival in the medical tent.

4. Plan out set times

If you have a particular artist you want to see, check the times they're playing. Music festivals tend to overlap really popular artists, so looking over the set times when the festival releases them is a good thing to do. Crowd size depends on how popular the artist is, so if you are dying to be front row at Beyoncé, it would be wise to get to her stage early.

5. Stay connected with friends

Music festivals are filled with people, so getting lost is easy. The phone reception isn't the best either, so trying to get in contact with your friends or group could be difficult. Investing in a portable phone charger is another good idea for surviving music festivals.

6. Establish a meeting place

Since it's easy to get lost at music festivals, you should establish a meeting place with your friends. If you're unable to get a hold of your friends via phone, having a well-defined meeting place will help you avoid getting lost in the crowd.

7. Plan in advance

Give yourself time to plan where you want to stay if the music festival is not in your local area. Whether you choose a campground, a hotel or an Airbnb, rates can get pretty expensive . You don't want to be running around at the last minute trying to find a place to stay, especially if you're on a budget. You should plan in advance for transportation to and from the music festival. If you are going with a group, see if everyone wants to pitch in for a driver who can take you and pick you up from the event. The more people in the group, the less expensive the cost will be.

By keeping these seven tips in mind, you'll definitely have an amazing festival season.

Contact us at the Focus

🖾 Email: focuskiltegan @hotmail.com

F http://www.facebook.com 🖀 Phone: 0596473330

Ads can also be dropped into the post box @ The Community Employment Office in Kiltegan. To place an ad costs €2.00. All notices must be received before 3pm on Wednesday for inclusion that week.

FOCUS KILTEGAN

Kiltegan Tidy T 🐝 wns

Kiltegan Tidy Towns Committee are looking for some shrubs for a number of places around our village .

If anyone can supply/donate some that would be gratefully appreciated.

Contact: Theresa 086 -3733196 or John 087-9280748



Congratulations to Niall & Justine O'Brien on the baptism of their daughter Siún Bríd O'Brien last weekend.

Due to an ESB Network noticed received into the WWCE Kiltegan office. There is to be a planned Interruption to electricity supply on, Thursday 6th July. Therefore next weeks Focus Kiltegan will be going to print on Wednesday 5th July. Any information or ad to be included will need to be sent in no later 11am on Wednesday 5th July to be included that week.

Phone Found

A damaged phone was found outside Tyneclash graveyard and handed into the WWCE office to try locate the owner. A number of relevance to the owner is visible on the back of the phone.

To claim this phone please contact the WWCE office on (059) 6473330 between 9.30am & 1pm or call in and quote the number on the back. 2ND JULY, 2023

TYNOCK & TALBOTSTOWN Fr. John McEvoy 059 9161114

Sunday 2nd July Tynock @ 9.30am. Reader: Nigel Byrne

Sunday 9th July Talbotstown @ 9.30am. Reader: Siobhan Doyle

Cemetery Mass in Tynaclash on Sunday 9th July at 7.00pm.

Sunday 16th July Tynock @ 9.30am Anniversaries: Bernie Owens & deceased members of the Owens Family. Reader: Catherine Carroll

Saturday July 22nd Talbotstown @ 6pm. Reader: Mary Kelly, Feddan.

Sunday July 30th in Tynock at 9.30 am. Anniversary: Carol Byrne (2nd).

Talbotstown & Tynock Church Collection Offertory: €93.95; Envelopes: €324.00

To book anniversaries for Tynock: Mary 086 2261264. Talbotstown: Josie 059 64 73971.

Condolence:

We offer sincere condolences to Fr. Pat Murphy, his fellow society priests and the family, friends and relatives of Fr. Bill Greene who died last weekend and whose funeral took place in St. Patrick's College on Monday.

Ar dheis De go raibh a anam.



KILTEGAN GAA & CAMOGIE NEWS



Our senior football team enhanced their chances of promotion to the Premier League Division 1 with a win at home on Sunday morning over Kilmacanogue in a top 4 game. The final score Kiltegan 3-12, Kilmacanogue 1-10. With two promotion spots to fill in division 1 and one already filled with table toppers An Tochar there is still one place left up for grabs with Avondale and ourselves, who we play on Sunday morning in Avondale. This was the second time that this opposing team travelled to Kiltegan, with the same result. We were ahead at half time 1-10 to 0-6, and pressed on in the second half with the help of super sub Derek Daly who score two goals shortly after being introduced to replace the injured Seanie Furlong, who pulled up with a hamstring injury, which will be a worry for the team & management with the championship just around the corner. Overall the game was entertaining with some good football played by both teams. We were short a few of our regular players through injury and holidays, but still put in a good performance Our scores came from Rory Finn, Cathal Fitzgerald, Liam Keogh, James Boland (0-1 each), Stephen Farrell, Ciarán Conway (0-2 each), Seanie Furlong (0-3), Jack O'Toole (1-1), Derek Daly (2-0)

Our junior hurlers travelled to Barraderry last Wednesday evening to take on their home side in the Co. Junior Hurling League, coming away with a win. Kiltegan 4-13 Barraderry 3-11. Manager Nigel Byrne managed to get a team together who all put in a great shift, hurled well and got some great scores as you see from the result. We where down by 5pts at half time, but with the wind & hill with us in the second half they hurled out of their skins, coming away with a 5pts win. Scorer's: Joey Maher 3-3, JJ Phelan 0-7, Colm O'Connor 1-1, Dean Davis, Padraig Farrell 1pt each.



A great evening was had in the field and the local hall on Friday when the club welcomed the legendary Cork dual star Seán Óg O'hAilpín. Seán Óg took a training session with our adult and minor hurlers/footballers! And talked to our juvenile teams for over two hours. Afterward everyone adjourned to the local hall for refreshments served by our local ladies.

Seán Óg spoke of his life as a hurler & footballer for Cork & his own club Na Piarsaigh. He took Q&A for over an hour before he departed at about 11.30pm, back to Cork.

It was an amazing evening, thoroughly enjoyed by all. Our sincere thanks to Declan Keenan who organised the visit, and to all who helped out in any way to make the night such a success.

GAA LOTTO RESULTS

NUMBERS. 1-2-18-29.

No Winner 2 match 3s wins €100 each Kayla Smith (Seller Nigel Byrne) Barbara Pender (Seller Fiona Phelan)

> Next draw takes place on Monday 3rd July in Talk of the Town @ 8.00pm.



PARISH LOTTO

Kildare & Leighlin Co-Op Lotto 5, 11, 16, 26.

No winner €18,000 jackpot match 3's €42 each. local winners Draw takes place each Wednesday at 4pm in the Parish Centre, Portlaoise.

> Next draw Wednesday 5th July. Tickets €2 each. New promoters welcome.

Next Weeks Jackpot €19,000



WEST WICKLOW COMMUNITY EMPLOYMENT

Current Opportunities Environmental Worker (Baltinglass GAA) Ref:# CES-2285031

Environmental Worker (Knockananna Tidy Towns) Ref:#CES-2279899

Day Care Catering Worker (Baltinglass Hospital) Ref:#CES-2282000

Caretaker (Baltinglass Cemetery) Ref:#CES-2279900

Excellent opportunities available in all of these positions, for training & development whilst on the CE scheme. To check your eligibility/apply for any of these positions please attend the INTREO Office in Baltinglass (beside Borza) and provide the job application number above.

For further information on any of the above positions please contact:

Paula Boland (087) 140 4508 Olivia Cooney (087) 449 7731

RATHDANGAN NEWS

Another Village Pantry pop-up café and market will take place in

Rathdangan on Sunday, July 2nd from 9.30am to 3pm.

The market will feature the

Grangecon Store Cupboard (zero waste refill shopping), local crafts from Kaleidoscope jewellery, JC Mooncrafts, Edel Horgan Art, Pic a Posie, Artist Norman & Joan Styles, Eamonn Heffernan Wood crafts. Second hand book sales in aid of Hacketstown SVP. Cakes by Daisey Cottage Farm.

Support appreciated.

Social Dancing in O'Toole Hall Rathdangan on

Saturday 8th July 9pm-12am.

Music by John Flood. Refreshments served.



We are recruiting an AIM Support Worker.

Qualifications required: Level 5 Special Needs in Early Childhood Education & Care. 15 hours per week.

Start date: 30th August 2023. Contact Mary on: 087 9079657 or Email C.V. to maryan2286@yahoo.ie

Reliable Lady available in afternoons Monday, Wednesday & Friday for household chores such as laundry, ironing & grocery shopping.

> For contact details please phone **059 6473330** Monday - Friday 9.30am -1.00pm.