

# what's your name

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM. WWW.THEYEMELL.COM



## KITTENS

4 Lovely Kittens Looking For Their Forever Homes,  
If you can help Please **Contact 087 2483956.**

# FOCUS KILTEGAN



03-08-2025

## IMPORTANT MESSAGE FROM THE FOCUS COMMITTEE

The Focus Committee has been in place for quite some time now and it's a great committee to be part of as we never hold meetings. We are a group that got together many years ago when it looked like The Focus was going to be discontinued. We met twice or three times and it was arranged that the CE scheme would organise the production and distribution of our weekly newsletter.

Since then the CE scheme have done a fantastic job keeping The Focus newsletter going and a lot of thanks has to go to the participants and supervisors on the scheme over the years.

Next week Catherine, who has looked after The Focus for the last four years, is finishing up and as of yet there is nobody to replace her.

We thank Catherine for all her help over the years ensuring that we had a newsletter every weekend, we wish her all the best in the future.

There will be a meeting in  
**St. Tegan's Hall**  
**on MONDAY, 4th August**  
**at 8.30pm**

for anyone who has ideas for The Focus or anyone interested in helping out in any way.

Thanks again to Catherine and everyone at West Wicklow Community Employment Scheme who has kept The Focus going over the years.



**TYNOCK & TALBOTSTOWN**  
**Fr. John McEvoy — 059 9161114**

Sunday 3<sup>rd</sup> August Talbotstown @ 9.30am  
**Anniversaries for**  
**Rose Lennon, Rosie Brennan,**  
**Sean & Mort Hanlon.**  
**Tom Foley, Talbotstown.**  
Reader: Mary Byrne.

Sunday 10<sup>th</sup> August Tynock @ 9.30am  
Reader: Muireann Gartland.

Friday 15<sup>th</sup> August Tynock @ 9.30am  
Feast of Assumption.

Saturday 16<sup>th</sup> August Talbotstown @ 6.00pm  
**Anniversary for Lilly Murphy (20th).**  
Reader: Fiona Kane.

Sunday 24<sup>th</sup> August Tynock @ 9.30am  
Reader: Fiona Kane.

Sunday 31<sup>st</sup> August Talbotstown @ 9.30am  
Reader: Conor O'Leary.

Sunday 7<sup>th</sup> September Tynock @ 9.30am  
Reader: Lucilla Brophy.

Offertory €175.41 Envelopes €319.00

To book anniversaries for Tynock or Talbotstown please call:  
Mary on 086 2261264; Josie on 059 6473971.  
Parish Office: 059 9161114

## ST PETER'S PARISH

Farm & Country Auction  
Saturday 2<sup>nd</sup> August  
St Peter's Parish Centre, W91 DC44  
Time 2.00pm  
Plenty of bargains on offer.  
Come along enjoy a cuppa and a chat.  
Hope to see you all there.



## KILTEGAN GAA & CAMOGIE CLUB NEWS



Our Junior Hurlers had a huge win over Kilcoole in the Second round match in the County Junior A Hurling championship at Kilcoole on Tuesday evening. Final score Kiltegan 5-18 Kilcoole 3-05. Another great performance by our lads especially in the first half when they had this game won leading at half time 3-13 to 1-01. They took their foot off the pedal in the second half which allowed Kilcoole to put a better look on the score board. This team has a small panel of players with 17 in attendance for this game with everyone of them putting in a huge effort and ten players getting on the score sheet. Our scores came from Sean Kelly 2-00, Dean Davis 1-02, Matthew Doyle 1-01, Steven Wonder Coogan 1-02, J J Phelan 0-08, Josh Byrne 0-03, Alan Ryan, Danial Byrne, Ronan Flanigan 1pt each.

Our Under 17 minor hurling team had another great win in the County Minor Hurling Championship on Monday evening when they beat Luke O'Toole's in the Aughrim Community grounds on a scoreline of Kiltegan 0-14 Luke O'Toole's 0-09. Another tough and exciting game of hurling with our lads with standing everything that was put in their way for another great victory.

Michael Dwyer's Under 13 Football team had a great win over Blessington in the Under 13 Championship on Monday evening. Final score Michael Dwyer's 10-17 Blessington 3-09.



Congratulations to Kiltegan Camogie Club on winning €500 in the Clonmore GAA Development Draw.

Congratulations to Kiltegan club man Garret Whelan who was the Hawkeye Official at this years All Ireland Final on Sunday in Croke Park. Garret had a quiet day as Hawkeye was not call on during the match.



### FIXTURES CHAMPIONSHIP SEASON

**Senior Football Championship**  
Sunday 3rd August @ 1.45pm  
Kiltegan v Eire Og, Greystones.  
Venue: Aughrim.

**Minor A Football Championship**  
Tuesday 05 August @ 7.15pm  
Kiltegan v Arklow Geraldines.  
Venue: Pearse Park, Arklow.

**Under 15 A Football Championship**  
Wednesday 06 August @ 7.30pm  
Kiltegan v Newtown  
Venue: Kiltegan

**Under 15 C Football Championship**  
Wednesday 06 August @ 7.30pm  
Michael Dwyer's v An Tóchar  
Venue Roundwood.

Great support for these matches last week lets continue the trend and get behind them again for the coming week.

Tickets for the senior matches can be purchased from the Wicklow GAA web site. Cost of tickets are: Senior/student ticket €5 General admission : €10.

**GOOD LUCK TO ALL INVOLVED.**



### Kiltegan GAA Lotto Results

**05-06-21-29**

No Winner €4,400  
No match 3s

Next week's draw takes place on  
Tuesday 5th August  
in Talk of the Town  
@ 8.00pm.

**JACKPOT €4,800**



### 50th ANNIVERSARY

**John Timmins** is still on the hunt for any old photographs, match programs, or newspaper clippings of Juvenile games from 50 years ago. Also the Lee Cup is still missing if anyone knows of its whereabouts please let us know.



## Rathdangan Social Dancing



Music by: Brian Mc Dermot

Saturday 9th August

9.00pm—12.00am

Venue: O'Toole Hall, Rathdangan.  
Refreshments served.



## The Focus Kiltegan

would like to acknowledge receipt of contribution from the community, local business, and churches. Your contribution helps to keep the Focus printed each week.

Thank you for your continued support.

A huge thanks to Catherine in the Community Employment Office who puts the whole works together every week. It is with regret that Catherine is leaving this position on the 7th August.

We thank her for all her work over the past years. This leaves a void and the printing of the Focus in doubt for the coming weeks or months if this position is not filled.

### Ads for The Focus Kiltegan can be sent via:

Email: [focuskiltegan@hotmail.com](mailto:focuskiltegan@hotmail.com)  
Facebook: <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.



Tynock Tidy Towns Committee would like to express our sincere thanks to everyone who turned up to support our fund raising event on Saturday. The vendors, the hall committee and all the wonderful volunteers who gave up their time. Thank you everyone!

## VACANCY'S WEST WICKLOW COMMUNITY EMPLOYMENT CURRENT OPPORTUNITIES



Environmental Worker - Knockananna

**Ref:#CES-2399508**

Sports Ground Worker - Baltinglass Golf Club (x3)

**Ref:#CES-2395354**

Cleaning Operative/Caretaker – Kiltegan

**Ref:#CES-2384235**

Gardener/Environmental Worker -Kiltegan

**Ref:#CES-2399506**

Environmental Worker - High Park, Kiltegan

**Ref:#CES-2378417.**

Sports Ground Worker – Baltinglass GAA

**Ref:#CES-2395366**

Desktop Publishing Research Admin Assistant – Kiltegan.

**Ref: #CES – 2402801.**

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.**

## PIED PIPER PRESCHOOL RATHVILLY.



AIM WORKER  
(Part Time)

Hours: 9am –1pm  
2 days a week

Location: Pied Piper Preschool, Rathvilly.  
Start Date September

Qualifications: Fetac Level 5 in Early Years  
If you're passionate about supporting children in an inclusive preschool environment, we'd love to hear from you!

To apply: Please send your CV to

**[piedpiper@live.ie](mailto:piedpiper@live.ie)**