

THE BEAUMONT NEWS

Official Newsletter of the Beaumont Residents Association

Volume 3, Issue 7

**Delivered Free to All Homes, Schools, Hospitals and
Commercial Premises in the greater Beaumont Area**

SEPT/OCT/NOV 2006

METRO TO BRING BIG BENEFITS TO BEAUMONT

A PROPOSED NEW 'EAST ROUTE' for the Metro has the potential to bring huge benefits to all the residents of Beaumont. A major lobbying campaign by the MEA (Metro East Alliance) of the RPA (Railway Procurement Agency) and relevant government departments is expected to bare fruit in the coming weeks. MEA commissioned a feasibility study together with detailed costings of their proposal and it clearly shows that the 'East Route' is cheaper to build, quicker to build and will serve more passengers. The study was carried out by Consulting Engineers, Roughan & O'Donovan, who specialise in the planning and design of such infrastructural development projects. MEA boasts their route can be up and running a massive two years earlier than the RPAs preferred route – and with a staggering saving of €100m. Beaumont Residents Association representative attended briefing meetings with MEA and are fully supportive of the proposed new 'East Route'. The RPA strongly favours the 'Central Route' (Ballymun route) even though it is more costly, take much longer to build and serve less passengers. The 'Central Route' may well be good for Ballymun but it will be of no benefit to Beaumont –we will be left to choke in our gridlock. The RPA appear not to be objective in their assessment and appraisals of routes other than the 'Central Route' and are determined to go ahead and do it 'their way' –despite the overwhelming case being presented by MEA for the new 'East Route'. After requesting submissions, comments and views from interested parties, the RPA carry on with their own plans with little or no regard for the views of the public. One could be a little cynical and think the whole exercise was about PR and spin. From the information available, any objective observer would have to say the proposed new 'East Route' is a 'no-brainer' and a winner by miles.

The proposed new 'East Route' will run along the Swords Road via Whitehall Church with a Station at Shantalla Bridge, continuing along the motorway and turning right onto Oscar



Traynor Road to a Station in Kilmore which will have a new secure walkway to Beaumont Hospital. The Metro will then swing left into Clonshaugh where there will be another Station and a 'park and ride' facility. Continuing north across the M50, swinging west into the Airport Terminal and then north to Swords and Lissenhall. There are many Stations along the route – I mention two as they are the most relevant to our Members. The Station at Shantalla Bridge would be the stop most used by Beaumont Residents and Kilmore stop, for workers and visitors to Beaumont Hospital. Travel time from Shantalla Bridge to O'Connell Street will be 15 minutes –guaranteed, with connections to both LUAS lines and mainline stations.

The Metro will take thousands of cars off Beaumont Road and adjacent roads. Currently more than 16,000 people pass through Beaumont Hospital each day and this number is set to increase substantially over the next few years with a new Cancer centre and other specialist units being built on the site.

With the Metro serving the Hospital, it is estimated that up to 50% of these people will transferred from their cars to the Metro –just imagine the difference that will make to our traffic problems. Beaumont Hospital supports the new 'East Route'. In addition, Beaumont property values will significantly increase. Along the LUAS line, property jumped almost 30% immediately the route was confirmed and continues to increase at a faster rate than non-LUAS or non-DART areas. Clonshaugh Industrial Estate will be transformed into an ultra modern business park, home to world class employers generating thousands of new well paid sustainable jobs –similar to Sandyford Industrial Estate in the south side, where LUAS led the transformation. Clonshaugh is well located and with a Metro link to the nearby Airport it will be a Mecca for hi-tech employers. Make no mistake, there is big money riding on the Metro and the big difference this time is, we all get to share in it.

**FANTASTIC
FREE
COMPETITIONS**
*Great Prizes to be won
in this issue*

**Please support the new 'EAST ROUTE' and let's bring the benefits to Beaumont.
Contact the RPA and tell them you want the Metro. Contact details:
RPA, Parkgate Street, Dublin 8. Freephone: 1800 67 64 64 Email: info@rpa.ie
Contact your TD s and Councillors also.**

Contact Martin Cullen, Minister for Transport, Department of Transport,
Kildare St., Dublin 2. Tel: 670 7444 Email: info@transport.ie

Contact An Taoiseach Bertie Ahern, Government Buildings, Merrion Street, Dublin 2.
Tel: 6624888 Email: webmaster@taoiseach.gov.ie

**BRA HAS MADE REPRESENTATIONS TO THE AFOREMENTIONED.
ULTIMATELY, IT MAY GO ALL THE WAY TO BERTIE FOR A DECISION.**

THE LAW ON OUR SIDE

PLANNING

The Dublin City Development Plan sets the framework within all planning applications are considered. It sets out the zonings, the development criteria and the policies of the City Council. It is revised every five years. The revision is currently under way with a new plan to be adopted towards the end of 2005.

Planning permission is required for any proposal to erect a new building, alter an existing building, make a material change of use in an existing building or make a new or wider access to a public road. The following works are exempted from the need to get planning permission.

- > Internal alterations unless the building is listed.
- > Garages or sheds to the side or rear of no more than 3 metres in height (4 metres if pitched roof) or 25 sq. metres in floor area.
- > Walls up to 1.2 metres height to the front, 2 metres to the side or rear.
- > A porch up to 2 sq. metres in area which is no more than 3 metres high (4 metres if pitched roof).
- > Extensions of no more than 40 sq. metres located to the side or rear, not more than 12 sq. metres of which is at first floor level in a semi detached house (20 sq. metres is detached). The exemption is lost if the walls or roofs are higher than the existing building, if a window in the extension is less than 1 metre from the boundary at ground floor level (7 metres at first floor) or if the open space to the rear of the house is reduced below 25 sq. metres.

Strict procedures apply to planning applications.

- > The applicant must place a notice in a local newspaper and on the site of the proposed development not more than two weeks prior to the lodgement of the application. The site notice must remain in place for 5 weeks after it is lodged.
- > Objections or comments on the application must be made within 5 weeks of the lodgement of the application. They must be accompanied by a €20 fee to be valid. A receipt will be issued to any person who lodges an objection and only persons holding such a receipt have a right to lodge an appeal to An Bord Pleanala.
- > The City Manager must make a decision within 8 weeks of the date of lodgement or make a request to the developer for further information. A final decision must be made within 8 weeks of the receipt of such additional information. The City Manager may consult with Councillors on applications but the views of Councillors are not binding on the Manager. A notice of his decision will be issued to the applicant and to those who lodged objections.
- > An appeal to An Bord Pleanala against the decision or any of the conditions attaching to the decision must be lodged within four weeks of the decision. The Bord can, if requested by either party hold an oral hearing on the application, but this is only done in a minority of cases. The Board is required to reach a decision within 4 months of an appeal but this is not always achieved. Unlike the City Council, the Board is not strictly bound by the City Development Plan. The decision of the Board is final and can only be appealed on a point of law.

Planning Fees

The following are some examples of planning fees.

- > The erection of a house €65, an extension €34
- > A comment or objection to a planning application €20.
- > An appeal to An Bord Pleanala €150 (plus €75 for an oral appeal).

All developments must be constructed in accordance with the Building Regulations. It is up to the applicant or his architect to ensure that their work conform with these regulations except in the case of developments exempt from Planning Permission. A commencement notice must be issued to Dublin City Council at least seven days before the commencement of building.

Lane Closure

Any resident or group of residents may apply to extinguish a public right of way in order to close a lane. If the lane is in the charge of the City Council the application is made to the Roads Department, if it is not in charge, the application goes to the Planning Department. The steps involved in the process are as follows:

- > A petition should be submitted by those seeking the closure showing the level of support for the proposal and the proposed method of physically closing the lane.
- > A survey of services in the lane is undertaken by the City Council to check that the closure is feasible.
- > Notice is placed in the laneway indicating that the Council is considering the closure of the laneway and inviting objections within four weeks.
- > Objectors have an opportunity to submit their views and can request an oral hearing on the matter. If an oral hearing is requested an independent person will be appointed to hear both sides and draw up a report for the council.
- > A final decision is made by the City Council after consideration by the Local Area Committee.

DERELICTION AND HAZARDS

You may make a complaint about a derelict site to the Dublin City Council Tel: 6723378. The legal definition of dereliction is "A condition which significantly damages the amenity of adjoining property". Generally it would not cover just an overgrown garden.

Dublin City Council has the power to serve a notice on the owner of a property requiring that owner to take specified action to deal with the dereliction. If the owner fails to do so, the City Council can undertake the work itself and bill the owner for it. It can place the property on a Register of Derelict Sites and impose an annual levy of 3% of the market value of the property until the dereliction is rectified.

The **Environmental Health Officer** Tel: 6723749, has powers to investigate and to serve notice on an owner in respect of conditions that give rise to an environmental hazard. The most common use of this power would be to serve notice on owners to sort out a sewage blockage. However the powers can be used to deal with other hazards such as the storage of hazardous materials, or excessive noise.

NOISE

An individual to initiate a formal complaint about neighbourhood noise in the District Court. The law does not specify an exact standard of noise that is illegal, but if noise is coming from a home or business which is continuous, repeated, loud and occurring at such times and of such duration that it affects the quality of life of the person then a successful action could be taken. Before taking a complaint to the Court, you should first approach the person causing the noise and try to come to a mutually acceptable solution. If you decide to take your complaint to the Court, you do not need a solicitor, you simply serve a particular form of notice on the person causing the problem and the Court will have a hearing at which it can order abatement of the noise.

LITTER

The owner or occupier of property that can be seen from a public place is obliged to keep the property free of litter. This obligation would apply to the front garden of a home and to the footpath immediately outside. There is an even stricter obligation in respect of the owner of any property to which the public has access. Operators of mobile food outlets have an obligation to clean up any litter arising from their operation within a radius of 100 metres and to provide appropriate bins.

DOGS

The owner of dogs over 4 months old must have a dog licence. The dog must be under effective control if it is outside the home. Dogs must have a collar that bears the name and address of the owner inscribed on it. Dogs must be kept on a leash except in areas provided for by City By-Laws. A person in charge of a dog is obliged under litter law to remove dog faeces and dispose of it in a suitable sanitary manner. Excessive dog barking which causes a nuisance is open to challenge under the provisions of noise regulations. Additional rules apply to dogs such as Pit Bulls, Alsatians, Rotweillers, or Doberman Pinchers providing that they must be muzzled whenever they are in a public place and kept on a short strong lead by a person over 16. Dog licences are issued by your local Post Office. Other useful information can be got from the Irish Society from the Prevention of Cruelty to Animals Tel: 4977874.

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WINNERS!

Community Neighbourhoods Competition 2006



Beaumont House, winner of the Best Commercial Premises in Dublin's north city. Congratulations to Dermot Carew and Staff.

There was great news for Beaumont at the **Community Neighbourhood Competition Awards** (previously Tidy Districts) held on 24th August last in Dublin City Council's offices in Coolock. Beaumont picked up four awards; Coolatree Park, Coolgreena Road and Dromawling received Merit Awards. Beaumont House won 'Best Commercial Premises' award.

The awards ceremony was well attended by representatives of many Residents Associations and Commercial Premises from across north Dublin. Most of the local Councillors and a few TDs were also in attendance. Our thanks to Dublin City Council staff for laying on a lovely reception –lots of food and wine and for generally making the occasion enjoyable.

It is so important for the small number of people in our community who put in so much hard work, to get recognition for their efforts.



Des Maguire accepting the Award on behalf of Beaumont House, from Cllr Naoise O'Muire



Tony King shows off his Award for Coolatree Park.



Des Maguire presents Dermot Carew, Proprietor of Beaumont House with the Award for Best Commercial premises

This is the best ever achievement for Beaumont in this competition - well done to all of the few who made the effort. In particular, the following individuals deserve special mention; Tony King, Coolatree Park. Jo Buggy, Bernie Flood and Kay Maguire, Coolgreena Road. Frank O'Driscoll, Dromawling Road. Dermot Carew, Beaumont House.

These individuals work tirelessly and with little help from neighbours, to make a difference – and it's so important to see the difference being recognised and rewarded. Let's hope a few more neighbours will get involved and help out next year. The shops on Shantalla Road would do well to take note and make some effort to sharpen up and enhance their premises.



Kay Maguire admires the Award for Coolgreena Road, with Cllr Larry O'Toole and Cllr John Paul Mahon.



Frank O'Driscoll receiving the Award for Dromawling Road area, from Cllr Naoise O'Muire



Des Maguire accepts the award for Coolgreena Road, from Cllr Naoise O'Muire

Back to school and boyhood memories ...



By Fr. O'Gara

It's the time of the year when mothers take to the road to bring their charges to primary or secondary school. It brings back thoughts of my school days. You can only be impressed with the emotion of the occasion for parent and child as they part company. For yours truly it was equally as traumatic as I kept running home from school each day my first week in primary. By good fortune I had only a short distance to travel as the local primary was just at the top of our street in Phibsboro. I can however well imagine my mother's fright when I arrived home unannounced and the teachers panic when she discovered me missing from class. We all survived the happening and I settled like all other children as school life began.

The classrooms in St Peters national school were the large, well aired and comfortable solid brick school buildings. The desks were big wooden ones and had a hole into which an ink pot could be fitted (for black ink only). If you were lucky enough a nib pen was supplied but most of our early school was done by work on a black slate with white chalk, which was kept in a big press in the class room. The floors were wooden and uncovered and were usually worn down so the wood knots appeared raised. To have a fall on such meant wood splinters embedded on hands and knees. When you were old enough to look after yourself, you could play in the school yard. That was hazardous as the older children could be really rough. I remember being sent flying once by the local bully. However, by and large primary was a pleasant memory and you certainly were prepared for the rough and tumble of secondary. Friendships were forged which lasted long after school years.



The highlight of the primary school year in the forties, was the May procession when the girls dressed in their white first Holy Communion dresses and the boys in their neat suits with Holy Communion rosettes. We walked behind the statue of Our Lady around St Peter's church and if the weather was fine around the grounds of the nearby presbytery. I had graduated to the altar boys. We wore black soutanes made by our mothers and white surplices with a laced hem. You had to have black runners to go with the outfit. Your 'altar gear' had to be kept spotlessly clean for serving mass. Fr Crowley was in charge of the altar boys and was fairly strict about our behaviour. No one could talk on the altar as we served mass and you were never to look down the church. Needless to say we managed to do both. One enticement was serving early mass as in the autumn you could secretly visit the orchard at the back of the presbytery which had red apples and juicy pears. You had to keep an eye out for anyone who would spot you at work.

The summer of 1942 was my time to commence in O Connell Schools, North Richmond St.. On May 2nd of that year a German aircraft dropped a huge bomb on the North Strand. Thirty four people were killed and 109 injured. Property was levelled to the ground and many made homeless. The survivors were accommodated in parish halls and even in the Mansion house till alternative housing could be provided. It was about the time when entrance exams took place to the school. My Dad took me along by the stricken area and it still comes back to mind. Everyplace was cordoned off with rubble still being removed and unsafe buildings demolished. I passed my test even though I failed the one and only question I was asked. 'Spell knee;' said the Brother. 'NEE;' I answered proudly. 'Well, that's it exactly;' he replied stifling a chuckle.

On progressing into the secondary school, it was time to change to long trousers (longers they were called). The unfortunate thing in my case was

that my good mother decided to make them herself. The end results was more like two drain pipes sowed together at the top. I tried to plead with my Ma, but she stood by her decision and so I arrived first day in Secondary in my drain pipes. Embarrassment was dispelled when I looked around to see many other boys wearing longers sort of like mine. Strange thing is they became a designer accessory for men in the sixties. How easily we forget how scarce money was in those years when all we had were the basics of life. Extras were unknown and many families had to make their own clothes and then pass them on to the younger children as they grew up. School books were passed down the line along with ones clothes and some other items. Yet they were happy days. My parents always made sure we went on holidays each summer, usually we took a house in Howth. But for adults often a holiday meant time off work and a visit to the Phoenix Park or Dollymount in the daytime. A trip to Killarney on the radio train was a real special treat. Foreign holidays were practically unknown or made real news if you could afford one.

I grew to love my time in O Connell's. My circle of friends grew wider. Some of the teachers really were exceptional and did wonders with us pupils, who often were not very interested in learning at all. . Nowadays you hear lots about the punishment in the schools run by the Brothers. I do remember some few episodes but that is not my abiding memory. I remember the teachers as serious about their task and really considerate and helpful. They gave us a great platform for our future lives and imparted good Christian formation, some of which actually stuck. One brother, Bro O Toole, was particularly kind and promoted athletics in the school. We responded and gained many trophies for the school in competition against the best school athletes in Ireland. Many past pupils made an impact in sport. Boys attended till leaving certificate, graduated well and took good positions in life afterwards, for this all thanks to the brothers' efforts. Sadly many emigrated but most returned later when the economy picked up. There are other memories I have of those times but best leave them for another day.

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Noreen's News



BEAUMONT MASS FROM OUR LOCAL BEAUMONT CHURCH



Apologies from all of us regarding the article - Mass on the radio. I have since checked with the Priests etc. and anyone who has a radio which they purchased from the Parish, can hear Mass on Citizens Band (CB 80) which serves Beaumont, Whitehall, Donnycarney and Ardlea.

NEIGHBOURHOOD WATCH

As the long dark evenings approach, remember to draw your curtains and leave nothing visible to the eyes of any potential burglar. Do leave on a light and the radio when going out and inform a neighbour if going away for a weekend or a winter holiday. As the weeks go by quickly and it comes up to Halloween time, any householders leaving combustibles in their gardens or outside their homes are liable to prosecution. Bonfires can pose a danger when they are not supervised by adults and later in the night unsupervised teenagers can cause disturbance for residents. If anyone has a problem with any of the above please phone the Gardai at Santry Station 8427555.

We wish to welcome all new homeowners who have moved into Beaumont over the past few months. If you wish to become part of the Residence Association and be updated with news and views please contact Des 086 8575814 or Noreen 8374590

Congratulations to all Beaumont Leaving Cert. Students who successfully obtained their results. We wish you all the best whatever path you decide to take.



SINCERE SYMPATHY RIP

Sincere sympathy to:
Pauline and her family on the death of her husband Paddy Gannon.
Jack Corcoran and his family on the death of his wife also to all who have lost loved ones.

RETIREMENT OF SERGEANT JOHN O' DRISCOLL

The retirement party for Sergeant John O'Driscoll took place at the Carlton Hotel, Old Airport Road on 1st September. The event was well supported with a great attendance of comrades, colleagues, and local residence associations, Neighbourhood Watch committee, Family and Friends. John got a great send off and rightly so. We all had a lovely meal and John was presented with a number of gifts, etc. He was man of his word, and one could always rely on John to tackle a problem and come back to you with a timely answer. He had a great interest in the community, especially the elderly and he left no stone unturned when there was problems to be solved. He set up a sub committee for the pendant alarms for the elderly and the Neighbourhood Watch



Committee became involved with this project over a number of years. He even helped us with the Senior Citizens Christmas Party incorporating the Special Party for the Hundred Year Old Lady by his presence and the energy he put into the night in more ways than one. John helped to foster a strong relationship between the community and Gardai and hence we have a great Neighbourhood Watch Committee in the H District. We have built up a very good relationship between the community and the Gardai over the years and it has gone from strength to strength. As a result we can see the difference with our crime rates - way down. I wish John a long, healthy and happy retirement. I look forward to seeing John around the neighbourhood for a long time.

KIDS SPORTS FUN FEST 2006



Our annual 'Sport & Fun Fest' was officially opened by Desmond Heller. Unfortunately, the weather was quite wet and with the rain coming down until 2.45pm the crowds were down on last year. Those who came had a wonderful day with plenty of games and races and were treated to sweets, crisps and minerals. Congratulations to all who won an event on the day. The Penalty Shoot-Out competition was a great success with the rapidly rising soccer star with Manchester City, Karl Moore in goal.

The Bouncy Castle, Slide and Cars from the Traffic School went down a treat with the children.

The Fire Brigade arrived around 2.30pm and the Firemen demonstrated to the children the many pieces of equipment carried on the Fire Tender. They even allowed them to use the hose and drench the other kids - much to the delight of all. The Wheel of Fortune was a great success with the Senior Citizens and children alike. They were so excited with their winning prizes.

Congratulations to Doreen Fry who won "Glamorous Granny" and to Bernard Higgins who won "Trendiest Granddad".

Thanks to the Gardai who provided great assistance and helped us in various ways. **SPECIAL THANKS** goes to the following: *Our Committee Members* who helped on the day and also to our non committee helpers: *Michael Maher, Kay Maguire, Ciaran Redmond, Derek Doyle, P.J. Flanagan, Beatrice Flanagan, Aidan Buckley, Aishling Higgins and her Friend, Shane Maguire, Saida Inamova, Garda Mark O'Connell, Garda O'Brien, Garda Cain, Karl Moore and Paul Moore.*

A Special word of Thanks to Aidan and Breda Buckley for the use of their electricity and all the work Aidan put into cleaning up the park and

making it safe for the children before the event started.

Sponsors: Dublin City Council, Super Valu, Byrnes Butchers, Lanigan Funeral Directors, AIB Swords Road, Doherty's Pharmacy, Karisma Hairdressers, Pick of the Crop, Crumlin Blinds, and Larkhill Credit Union.

Thanks to Beaumont House for the food and hospitality provided to Committee Members and helpers, at the end of the Sports Day - it was much needed and appreciated.

If I have omitted anyone who helped, I apologise and the omission is certainly unintended, it is difficult sometimes to keep tabs with so many helpers. My sincere thanks to all who helped in anyway, the event would not be possible to stage without your kind help and assistance.

WEDDING BELLS

Congratulations to:

David Maher, Coolgreena Road and Saida Inamova.

Lisa Conway, Caroline Curran, Antoinette O'Toole and Sean Moore - all four are from Cooleen Avenue and they got married during the summer. (Spouses names unknown to me) Best wishes to all who get married recently, may they enjoy long and happy lives together.

PUT YOUR WEDDING DRESS TO GOOD USE

Wedding, Bridesmaids and Debs dresses are required to set up a dress hire business in Lusaka, Zambia. The proceeds will go towards helping the "Kids in Crises Centre" - a local project established to help orphans and children who are physically and sexually abused. Please contact Maeve Tel: 01-8224234 or 086-8217487.

More News in Our Next Newsletter

Download your copy of The Beaumont News at www.thebeaumontnews.com

EDITOR'S EPILOGUE

The battle for Beaumont appears to be winding down after a summer of being woken up each morning by the noise of Diggers, Jackhammers and Concrete cutters. Coils of yellow pipe and red and white barriers appeared to be everywhere. Beaumont could be Beirut with the cratered roads and footpaths left in the wake of ferocious and sustained assaults by the GMC brigade. Some lucky residents received warning of their gas being cut off and of their footpath or driveway being dug up, others were less fortunate and found themselves trapped in their houses and their cars stranded in the driveways. The gas renewals works was very disruptive for most of us and it certainly detracted from the otherwise beautiful summer. **If you have suffered damage to your property arising from the gas works (damage to front wall, paintwork, etc) you are entitled to have it repaired.**



Digging up Beaumont

Gerry McCluskey Ltd / GMC Group, are the contractors carrying out the work on behalf of Bord Gais and it is to the contractor that you should make your complaint in the first instance. Should you not receive satisfaction, escalate your complaint to Bord Gais. I suffered damage to the paintwork of my garden wall. I complained in writing to GMC but not as much as an acknowledgement did I receive. I escalated the matter to Bord Gais and I had a positive response within 48 hours. The whole of the wall was repainted by GMC shortly after. The lesson from this appears to be; GMC will not repair any damage unless they are forced to do so. I notice a number of walls in the area showing damaged similar to my own (see photo). You are entitled to have any repairs done free by GMC.



Damage to garden wall

Parking at the shops on Shantalla Road upper is becoming more problematic by the day. Customers are finding it near impossible to find a parking space. A brief survey of the area at about 8.30 am showed that about half of the spaces were used. I was amazed to see so many cars parked outside the shops so early, particularly since nearly all of the shops were not open and the cars were empty. I assumed that the few open shops were bursting with customers. However, on closer inspection I found most of the shops to be empty. So where were the car drivers?



Parking on Shanalla Road

There are two possibilities worth considering:

- i) Commuters use the area as a 'park and ride' facility. They park their cars there in the morning and take the bus into town.
- ii) The shops staff takes their cars to work.

Whatever the reason, it is very frustrating and inconvenient for customers and it must surely mean loss of business for the shops. I'm amazed the shop owners are allowing this practice to continue unchallenged – if indeed this is what is happening. Perhaps it is time to look at some type of parking duration restrictions. In any case, I believe something need to be done about this worsening situation – and soon.

Didn't we do well in this years '**Community Neighbourhoods Competition**' (previously Tidy Districts competition). To win four awards at a time when the gasworks was waging war on us is a fantastic achievement. It shows so demonstrably that the few who make the effort get rewarded – if only the few would become many, how great the neighbourhood would be. Particular congratulations to Dermot Carew and his staff on winning outright, the best Commercial Premises in all of north Dublin. Sincere thanks to my colleagues on the BRA Committee; Tony King and Frank O'Driscoll for their efforts. To my immediate neighbours; Jo Buggy and Bernie Flood for their enthusiasm hard work and great support for the project.

We recently delivered through your door, a leaflet on the **METRO**. Assuming you have not binned the leaflet, I would ask you to take another look at it and satisfy yourself as to the great opportunities it opens up for Beaumont. '**Metro East Alliance**' is a group is comprised of commercial interests, other interested parties and individuals of like mind, who want to bring the Metro to Beaumont. BRA Committee fully supports this venture as it has huge benefits for Beaumont. I ask you to support this project in whatever way you can.



John O'Driscoll with Phyllis Redmond, Noreen Maher and Deirdre Higgins at Sergeant O'Driscoll's retirement party

My best wishes to **Sergeant John O'Driscoll** who retired recently. A great party was held recently in his honour in the new Carlton Hotel. Many of John's colleagues and professional acquaintances were present and gave very glowing accounts of his achievements and contribution to society and more recently to Beaumont and the greater north Dublin. Noreen Maher's speech concurred with the many other positive contributions and she thanked John for his help over the years. The focus quickly shifted after the party to who would succeed John. A number of names are being mentioned but an informed source said the safe money is on Sergeant Stephen Daly. Sergeant Daly served as Community liaison Garda in Beaumont back in the late 1990s.

I am still seeking an IT Student who is looking for a project to undertake for his/her examinations and an opportunity to demonstrate and show off his/her skills. We need a new website designed and I believe it is an ideal live project that would help both parties.



There is a financial reward for the successful Designer – in addition to considerable publicity. Call me on 086-8575814.

Until next time..... Des Maguire

Photo-call



Desmond Heller cutting the tape to officially open the Kids Sports & Fun Fest in June



Fireman drenching the Kids (on request)



Kids line up to use the Fire Brigade hose



A van stranded on Donabate beach in July



Car about to fall victim to the incoming tide on Donabate beach in July



Emma Flanagan, Coolgreena Road celebrating her 21st Birthday assisted by parents, PJ and Beatrice



Fun on the Slide



Lisa Conway, Cooleen Avenue with her Bridesmaids and Pageboys



David Maher and Saida Inamova, Coolgreena Road.



Eddie Bolger, Cooleen Avenue on his 1st Day at school



Maureen Noonan, Cooleen Avenue celebrated a 'Big Birthday' recently

More photographs from the 'Kids Sports & Fun Fest' are on display in the window of Beaumont House

Stress versus Sugar

In the 1800's the average intake of sugar a day was 2 teaspoons! This is the amount of glucose that we have in our blood constantly.

Today the average intake of sugar is around 40 teaspoons a day. Did you know that a chocolate bar with nuts and caramel can contain up to 15 teaspoons of sugar and fizzy drinks about 7 teaspoons! Not to mention the sugar added to tea or coffee, cakes, biscuits, cereals and alcohol, **which adds up to a lot of sugar in a day!!**

STRESS

When we get stressed we experience it in different ways but our bodies respond to it the same way, preparing itself to 'fight'!

1. The adrenal gland releases adrenalin, this releases our stores of **sugar** into the blood. This sugar is then taken from the blood into our cells to be used for energy to deal with the stress.
2. Calcium is also released from the bones to prepare for the "fight" by increasing the heart rate and enables the muscles to contract. The calcium helps to clot the blood to prevent injury in the "fight".



The problem is though there is no real fight or emergency!

When the body thinks there is an emergency, ie. saving someone from harm, then, the body would use up the sugar and release calcium. When the emergency is over, the chemistry would settle down and the body would go back to it's natural state.

As there is no switch off point, **sugar** that is released is not used up for energy and can be converted to fat which may end up on the walls of our arteries, or cholesterol which is also stored as fat.

Calcium that is released may also end up on the walls of our arteries, this can lead to:

- a) hardening of the arteries.
- b). be deposited into the tissues of our joints contributing to arthritis.
- c). when calcium is not returned to the bones there is a risk of increasing osteoporosis (bone crumbling disease)

Stress maybe the reason for cravings of chocolate, coffee or caffeine drinks so the next time you get stressed check how you deal with it!

One way to combat stress is the simple use of breathing techniques, changing food choices can make you calmer and regular fitness is a natural de-stressor.

For more information on breathing techniques, stress management and how to balance your blood sugars contact Susie!

SUSIE BOLAND is a qualified and accredited Fitness and Nutrition Consultant with over 25 years experience.
Susie works as a Personal Trainer from her studio or in your home
Contact no. 086-8580-500 or 01-8318011



QUIZ COMPETITION

Questions are on our Website

COMPETITION WINNER'S LAST ISSUE

Quiz Competition: Edward Foy, Coolrua Drive
Beaumontz Competition: Lena Carroll, Cooleen Avenue

~ CONGRATULATIONS TO LENA AND EDWARD ~

Many thanks to all who entered the Competitions

BEAUMONTZ

		Z		A		
		O		M		T B
	T			E		O U
T		B E M				N
	U					M
	M			B O T		E
M N			U			B
Z O			T		M	
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IF THE JAPANESE COULD DO IT THEN SO CAN WE! ... PRESENTING ...

BEAUMONTZ

Each line across contains the letters
BEAUMONTZ
Each line down contains the letters
BEAUMONTZ
And each panel of nine contains the letters
BEAUMONTZ, there are nine panels

SOLUTION TO No. 1.

M	Z	T	O	U	E	N	A	B
A	N	E	M	B	Z	T	U	O
U	B	O	T	A	N	E	M	Z
E	T	N	U	O	A	Z	B	M
B	M	A	E	Z	T	O	N	U
Z	O	U	N	M	B	A	T	E
T	U	Z	B	N	O	M	E	A
O	E	B	A	T	M	U	Z	N
N	A	M	Z	E	U	B	O	T

BEAUMONTZ WINNER'S PRIZE

First correct winner out of the hat will receive €200 voucher for the Jervis Shopping Centre

Competition open to BRA Members only

Closing date for receipt of entries 8th October 2006

Post entries into the BRA Post Boxes in the Post Office and in the Shell Shop

This competition is very like SUDOKU, which is the craze at the moment. The grid give clues as to which letter is missing from different lines. Example, if a down line has BEAMNT in it then the missing letters in that line are UOZ, if the line diagonal to the square which has a missing letter in it has U and a Z in it then the missing letter in that square is O. Try it, you will get the hang of it after a while. When completed line by line keeps giving you extra clues, enabling you to finish the whole competition. Enjoy!

Name:

Address:

.....

.....

Phone No:

WINNING LETTER

Winning
Letter Prize €50



Letters to the Editor

GETTING BACK IN SHAPE

See does this description ring any bells with you. Middle 40's or older. Few teenage children. Clothes in the shops sized smaller than they used to be. You now have to buy a size 16 where 5 years ago you were in a 12. Then you tell yourself it is natural to be a few stone heavier than you were in your 30's. After all you have had a few kids and you are not as young as you used to be. And sure who would be bothered looking at you and aren't all your friends in the same boat.

Then every so often you catch a glimpse of yourself in a shop window or you go to put on your safe black trousers and your stomach is beat into them. Then you say okay time to go walking. You go for the first two evenings and then it rains on the third evening or you don't want to miss the exciting episode of Coronation St or your friend can't make it that evening. So you tell yourself you are grand the way you are, sure aren't you healthy and a bit of padding never did anyone any harm. Most of us if we are honest are caught in this vicious cycle and don't know how to get out of it.

Well I think I have finally broken the cycle. For at least 10 years I have been 2 stone overweight. I had actually convinced myself that this is the weight I am meant to be because I have stayed that weight for so long. (SO NOT TRUE). I have done Weight Watchers, Unislim, Curves, Low Fat Diet, No White Bread or Potatoes Diet etc etc. The list is endless. And there I always stayed, stuck at 12 stone no matter what I tried. Then earlier this year I had a health scare (not something I would recommend but it was the wake up call I needed) and I decided it was the time once and for all to sort myself out.

I went to a professional to get advice on diet and nutrition and have learnt to include things in my diet I wouldn't have dreamed of ever eating. Things like porridge, seeds, beans, soya products, wholemeal brown bread, and lots of fish. I have never liked eating fruit but I have got around that one by making smoothies and drinking them straight down! When somebody explains to you why your body needs certain foods and the damage you are doing with some of the foods you have been eating for years it is very easy to embrace the changes.

GREEN SPACE

All over this country, there are communities fighting to get green spaces and parks for families to enjoy and use for recreational use. Other communities are fighting tooth and nail not to have rubbish dumps sited in their areas. And what about us in Beaumont? What do we do? After years of lobbying by the Residents Association we finally get a lovely pathway around Coolgreena Close Park and 2 litter bins at the entrances to the Park. You would think we would all be delighted with this facility and use it for exercising, letting the children run around safely or just to enjoy the greenery, but on no we do something that right thinking communities would find unbelievable. We leave all kinds of litter, sweet wrappers, cans, glass bottles etc strewn all over the grass and the pathways. We even break the glass bottles on the pathway so they are more dangerous. It is so sad to see this blatant abuse of what could be the heart of our neighbourhood.

No doubt some of you will dismiss this by blaming the teenagers for it. While I have no doubt the teenagers must take their share of the blame, I guarantee you it is not teenagers who are bringing their dogs around there to use the park as a public toilet. This in effect means no parent or grandparent can bring small children around there to let them play and run in the grass. Imagine having a lovely park like that unusable because some people think they are perfectly entitled to put innocent children's health at risk by allowing their dogs contaminate a public amenity in this way. I say shame on all of us in Beaumont and we have ended up with the Park we deserve.

EMERGENCY TIP

I read a little tip recently that I thought I might share with your readers. There is an ongoing international campaign to enable emergency services etc to contact next of kin in the event of an accident or emergency. As most people nowadays carry a mobile phone people are being asked to store a contact number for their next of kin under the name ICE. This stands for In Case of Emergency. So if you have an accident the emergency service will check your phone, look up ICE and phone the number stored under that entry. Simple but very effective and it could also save valuable time in getting information to your loved ones. This is one of those things that hopefully we will never have to use but it should give us an easy mind when loved ones are out and about.

The next step was the dreaded exercise. I was realistic enough to know I could not do this alone; I needed instruction and motivation so I decided to do what the Madonnas and Chers of this world do. I booked a consultation with a personal trainer. On the way there I decided I would take her advice and then be able to go on my merry little way and do my own thing. After listening to her advice I decided it would do no harm to book three sessions and see how I got on. Each session lasted an hour and while initially I found it very tough because I was so unfit, I am really enjoying the challenge of the whole thing.

I learn how to do the exercises correctly and then I do them every day for about 30 minutes at home. I am realistic to know that with the Winter coming in I will not go walking each evening so the trainer is tailoring the exercise sessions to include things I enjoy and to make sure the sessions are both beneficial and interesting. I have learnt that I enjoy using weights, the gym ball and the exercise bike and I hate going walking unless the sun is shining and I don't like jumping or running!!!! After the first three sessions I booked another three and am just coming to the end of them. I now feel I can go it alone with maybe a session every month or so to keep me on track. The trainer gives me an exercise programme every week and I can mix and match them over the week as I see fit. I now have 5 sheets that can be intermixed so the sessions don't get boring. I exercise for 30 minutes 4 to 5 times a week and between this and watching my diet I can finally see a light at the end of the tunnel.

The secret of the whole thing is to be realistic about what you will and won't eat, what exercise you will and won't do, the amount of times a week you realistically will exercise and work around this. After 6 weeks of this I have started to lose weight slowly, am toning up steadily and surely and most importantly feel better in myself. I have finally realised that I owe it to myself to give my body all the help I can to ensure that I go forward to middle age and beyond as healthy as it is possible to be. So have a think about what I have said and hopefully you will realise that you owe it to yourself also.

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THE 'NEW IRISH'

爱尔兰的中国人

By James (Shichun) Chen



I told many of my friends about my friendship with Beaumont Residents Association and the work I have done on the BRA Committee. I told them the best way to learn about Irish culture is getting in touch with the Irish people and finding ways to work with the Irish people. Taking part of the local activities getting involved in committee work is a great way to learn. The reason we have that conversation is there are so many Chinese people in Ireland who don't know how to join the Irish social life. Then I said, why not launch a Chinese newspaper and we could show all the Chinese people the way. Here is the story about my first business venture:

Jade is one of my friends, she is working in a retail outlet as store manager for 3 years, she has very good management skill and most importantly, she has the stamp 4 Visa - the visa that permits non-EU persons can run a business in Ireland. Her high income and business experience gave us a better chance of getting a business loan from the bank. After two weeks marketing research, we discovered a lot weakness in our competitors. There are some problems: the first one is that Jade, my partner she could not quit her job, which meant the only time she could work with me was in her spare time. I can contribute lots of time as time is not a big issue for me. The second problem is we knew nothing about how to run a newspaper, how to design the artwork and the right information source to get all the information and news we need. Soon we found that there is one certain type of software all the newspaper and magazines use but it is very expensive. We had no choice but to buy the software and then we needed training and there was no training course. Hiring an editor was impossible for us so I had to do it myself. It took a lot time for me to learn the software. I am still learning!

The third problem is information or words we should put onto the newspaper. Because we are a Chinese newspaper we decide to outsource the work back to China. That is why I went back to China in 7th of June. I only had two weeks in China to find the right people to do the job.

The summer temperature in China is around 40 degrees some places much more. There are labour markets in every city of China. We hired a place in that market, the first day we got loads of CVs. After interviewing many candidates, we finally engaged 3 people. Then we rent an office and bought all the hardware for the office. On 21st June I was back in Ireland and before I went back again to China, there we had three people join our team. We decided to launch the newspaper in 10th of August.

I have to take care all the advertising clients. It is hard to get advertising clients to sign a contract. After one week we had 5 Advertisements but they all wanted to pay after the first issue was published. That's the only choice we got. Then we have to deal with the printer, their print cost is high; but there is one problem, they would not print anything in Chinese unless we sign documents accepting liability and responsibility for what we are saying in our newspaper. Our solicitor advised us against signing and we called the director of the printer but we didn't solve the problem. Then we heard some that our competitor's print cost is only half of the cost with ours. We tried every possible way to find out who was their printer but we found nothing.

I got a call on 8th August from my partner, Jade. She said she was quitting. There was too much pressure for her. It was like the end of the world to me. Luckily I found a new partner on 25th August. We are trying to launch again in September. I am still sitting in my office now, working on the rest of the jobs. We are going to meet our new printer soon. There is still a long way to go but I am determined to make it.

Amazing Facts

- ❖ In the 1400's a law was set forth that a man was not allowed to beat his wife with a stick any thicker than his thumb. Hence we have 'the rule of thumb'.
- ❖ Many years ago in Scotland, a new game was invented. It was ruled 'Gentlemen Only Ladies Forbidden' and thus the word GOLF entered into the English language.
- ❖ The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.
- ❖ Men can read smaller print than women can - women can hear better.
- ❖ Coca-Cola was originally green.

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CHARITY BEGINS AT HOME

Householders are being encouraged to only give second-hand clothes and household items to recognised charities that have landline phone numbers and display the umbrella mark logo, which is the Irish Association of Charity Shops quality mark. Their collections have dropped by almost 50% because there are approx 40 bogus charity collectors now taking what the legitimate collectors used to receive.

There is no legislation in the South of Ireland to cover clothes and household collectors. People are asked to be vigilant in ensuring that their goods are going to help bona fide charities for without the proceeds from these collections they will no longer be able to function to their full potential.

If you suspect that the collector asking you for your items might not be legitimate, keep your items until a legitimate collector comes to you. Legitimate charities make very regular collections. Any charity involved in the collection of discarded clothes in the Dublin region are obliged to obtain a collection permit from Dublin City Council. The council will be targeting unauthorised collections in the future.

ABANDONED VEHICLES REMOVAL



There are two types of vehicles that Dublin City Council can remove from the public highway. * End-Of-Life Vehicles * Abandoned Vehicles. Dublin City Council will remove end-of-life vehicles with the owner's consent for a fee of

€30. The removal of vehicles with the owner's consent is subject to certain conditions. Dublin City Council will also remove vehicles which are clearly abandoned. Under section 71 of the Waste Management Act 1996, the term 'abandoned' may be defined as: "Abandoned, in relation to a vehicle, includes left in such circumstances or for such period that it is reasonable to assume that the vehicle has been abandoned, and cognate words shall be construed accordingly". The circumstances referred to in the definition refers to vehicles left with no identification and no means of contacting the registered owner. What this means is that a vehicle shall be deemed abandoned if it is left for a period of time with no identification and no means of contacting the registered owner.

DOG LICENCES / DOG FOULING

If you have a dog over four months old you must have a licence for him/her and the person to whom the licence is issued must be over 16 years of age.

The dog licence fee is €12.70 and is valid for one year from the date of issue of the licence. A dog licence may be purchased at any post office or from Dublin City Council, Customer Service Centre, Wood Quay, Dublin 8. If you do not have a licence for your dog, you are liable to a €30 "on-the-spot" fine.

Failure to pay this fine can lead to a prosecution with a maximum fine of €1,269.74 and/or up to 3 months imprisonment, if convicted. Failure to clean up after your dog's waste can lead to a €125 "on-the-spot" fine. Failure to pay this fine can lead to a prosecution with a maximum fine of €3,000, if convicted. Excessive barking which causes a nuisance to any person is an offence. Complaints in relation to excessive barking should be made to the District Court on the appropriate form. Tel: 01- 8886117 or 01-8886118.



WHERE CAN I GET A HOME COMPOSTING KIT

A home composting starter kit (*compost bin €30, kitchen caddy €10 and booklet*) can be purchased for €40 at the following locations: Shamrock Terrace Civic Amenity Facility, North Strand Dublin 3; Ringsend Civic Amenity Facility, Pigeon House Road, Dublin 4; Sustainable Ireland, 15-19 West Essex Street, Temple Bar. Alternatively, you can purchase a compost bin from Dublin City Council for a fee of €55 which includes, a compost bin, information booklet, a kitchen caddy and delivery within the DCC area. To order phone 222 1000 with credit card details or write to Waste Management Section, Dublin City Council, Marrowbone Lane, Dublin 8 enclosing a cheque for the correct amount. Please include your contact address and phone number, the delivery address and number of bins you require.

NEWS UPDATE ON THE BROWN BINS

After a period of 6 months, a review will be carried out to determine future roll outs of the Brown Bin service and householders will be advised accordingly. City-wide roll out is not expected to take place until late 2007 to early 2008 when two biological treatment facilities are due to come on-line.

BRA SUPPORTERS

Service Providers Who Value Your Custom

BRA Members (and their families) receive Preferential Rates and Service on presentation of BRA Membership card from:

1. **BEAUMOUNT HOUSE.** Tel: 8371008:
10% discount on all Carvery Food. (Max group of 6).
2. **INDIA LINK TAKE AWAY.** Tel: 7978000:
10% discount on all orders in excess of €10.
3. **DAVID CAREY.** Gents Fashions, Omni SC.
Tel: 8428344: 10% discount on marked prices (except during sale).
4. **DOHERTY'S PHARMACY.** Tel: 8371931:
10% discount on Toiletries and Cosmetics.
5. **BEAUTYLICIOUS.** Tel: 8040404: 10% discount on treatments in excess of €20 (except Sunbed Treatments).
6. **MURPHY JEWELLERS.** Tel: 8426197:
10% discount on all purchases - except repairs.
7. **BEAUMONT ELECTRICAL SERVICES.**
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8. **INSIGHT OPTICIANS.** Tel: 8426400:
10% discount on Spectacles, Sunglasses & Contact Lenses.
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BRA COMMITTEE MEMBERS & ROAD REPS 2006

COMMITTEE MEMBERS

Noreen Maher, <i>Chairperson.</i>	26 Coolgreena Road	Tel: 8374590
Des Maguire, <i>Secretary.</i>	101 Coolgreena Road	Tel: 086-8575814
Bernie Bolger, <i>Treasurer.</i>	62 Coolrua Drive	Tel: 8371270
Anne Maher	52 Coolrua Drive	Tel: 8373616
Chris Foy	56 Coolrua Drive	Tel: 8375301
Phyllis Redmond	49 Coolrua Drive	Tel: 8375857
Samuel Bolton	19 Coolrua Drive	Tel: 8374293
Deirdre Higgins	11 Beaumont Crescent	Tel: 087-6398816
Joan Ennis	47 Beaumont Crescent	Tel: 8371396
Frank O'Driscoll	67 Dromawling Road	Tel: 8375919
Connie Butler	22 Coolatree Park	Tel: 8373990
Tony King	36 Coolatree Park	Tel: 8378436
James Cheng	58 Shantalla Road	Tel: 086-3561301
Nancy Noone	95 Coolgreena Road	Tel: 086-8272825
Sean Mullen	13 Shantalla Drive	Tel: 087-9409652
Tom Doyle	124 Beaumont Road	Tel: 8378222

ROAD REPS

Marcella O'Donohoe	33 Shantalla Avenue	Tel: 8420029
Margaret Doyle	64 Coolrua Drive	Tel: 8373058
Thomas Hopper	4 Beaumont Grove	Tel: 087-2377215
Aidan Buckley	31 Shantalla Road	Tel: 8372269
Roger Farrell	25 Dromawling Road	Tel:
Laura Ennis	47 Beaumont Crescent	Tel: 8371396
Lorraine O'Toole	Cooleen Avenue	Tel: 8368868
Frank Gurry	51 Cooleen Avenue	Tel: 8377822
Bobby Ennis	47 Beaumont Crescent	Tel: 8371396

COMMITTEE MEMBERS AND ROAD REPS WILL BE DELIGHTED TO ASSIST YOU

Should satisfaction not be forthcoming from your official Service Provider (Dublin City Council, Dublin Bus, Gardaí, etc.) please call our relevant Spokesperson. He/she has relevant expertise in a particular sector. The Spokesperson will liaise with the relevant Authority on your behalf and endeavour to expedite a solution. Please understand; you should contact the Spokesperson only when you have exhausted the normal channels – they are not a 'first port of call'.

SPOKESPERSONS:

- **TRAFFIC**
Signals, Safety, Ramps, etc:
Phyllis Redmond
Tel: 8375857
- **TRANSPORT**
Buses, Bus Shelters, etc.
Tom Doyle Tel: 8378222
- **ENVIRONMENT**
Litter, Refuse, Drains, etc:
Ann Maher Tel: 8373616
- **PLANNING**
Planning Permission Matters etc:
Joan Ennis Tel: 8371396
- **CRIME**
And Associated Matters:
Deirdre Higgins
Tel: 087-6398816
- **TIDY DISTRICTS**
Trees/Grass Cutting etc.
Tony King Tel: 8378436

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