



RATHGAR

RESIDENTS ASSOCIATION

LINK

• MAGAZINE •



RATHGAR VILLAGE. Left Rathgar Rd • Christ Church Presbyterian • Highfield Rd original medieval Road from Rathmines • Pigeon House Chimneys in distance.

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www.rathgarresidentsassociation.ie



When we were putting together 'link' magazine in January I think few of us could have predicted the way 2020 would pan out. Locking down, isolating and reducing our contacts has proved challenging for most of us to one degree or another.

It has obviously been a time of great Sadness and fear for many people on a personal and economic level, but if we can take anything positive out of the pandemic it is the fact that people have recognised the importance of belonging to a community and working together to help each other. An enormous amount of people have stepped up and put themselves forward to help others navigate the virus pandemic

Hopefully we can harness that community spirit to make Rathgar the best place for all of us to live; whether that is supporting local shops who have been so vital to us through the pandemic, helping our neighbours- young and old- or just having pride in our environment, so that when we are stuck at home or working from home or just hanging out, Rathgar is somewhere that we are proud and happy to be.

Throughout lockdown, various schemes have been trialled to manage pedestrian/cycle and vehicle flow. Initiatives like Bus Connects haven't gone away with Covid, so it's incumbent on all of us to keep up to speed on issues affecting our community so that we can have our say. As an association we will endeavour to keep you informed on specific issues and act on your behalf - the best place for updates is the website - rathgarresidentsassociation.ie.

If any of you have any ideas and want to help Rathgar to thrive as a community, then please get in touch, please join the association and the committee.



PLANNING REPORT

SEP 2020

Paddy Marron

Over the last number of years, the Minister and Department of Housing and Local Government have introduced ministerial orders which override local councils' Development Plans. Orders have been introduced covering areas relating to apartment sizes, shared living apartments, student accommodation, apartment developments exceeding 100 units and development heights. All of these orders mandated that changes must be made to the Dublin City Development Plan 2016-2022.

As an example developments exceeding 100 units (**strategic housing development**) go forward to An Bord Pleanála; by passing the local authority planning process and ignoring the local authority's plan on such things as heights

In a recent article in the Irish Times on July 23rd, Robin Mandel, architect and former president of the Royal Institute of Architects in Ireland expresses deep concern about the effect these changes will have on our towns and cities. "What we are witnessing is uncoordinated development, designed at densities that are far in excess of anything that has been built in our country including the tenements of the late 19th century. Officials who are not accountable to the democratic process, unlike the local planning authorities, will decide this uncoordinated development.An Bord Pleanála has neither the resources nor mandate to demand area plans to put these individual **strategic housing developments** into a physical, social and community context. I also fear an unquestioning assumption within the Board that the higher the density is, the better"

The processing of many planning applications in March, April and May by Dublin City planners and by An Bord Pleanála were delayed for up to a period of 8/10 weeks during the covid 19 lockdown.

However, the planning group of your Association were still busy during that period. Many planning proposals were still submitted and needed to be assessed.

Below are some of the proposed developments and where submissions were made by the RRA.



Mews/back lane developments

Bushes Lane(rear Kenilworth Square East), Garville Avenue (Rear/Kenilworth Square south) Spire View Lane(Rear 32/33 Rathgar Road), Rear 151 Rathgar Road, 74B,74C Rathgar Road(Garville Mews)

Strategic Housing Developments

An application to An Bord Pleanála under the Strategic Housing Development provisions for an increase in the student apartment complex at Trinity Hall Dartry Road was approved. This application was for an increase in student accommodation for almost 400 units bringing the total to 1300 units. It was opposed by a large number of local residents, local residents' association and the RRA.

Permission was granted.

The developer at Marianella who previously had been granted permission for an additional 107 residential units under the Strategic Housing Development provision, sought permission to be exempted from the requirement to provide creche facilities on site. This was refused. Subsequently permission was looked for a small creche unit in the original gate house. This withdrawn later.

The owners of **Orlando at 31 Orwell Road /Washerwoman's Lane** at their 3rd attempt are seeking the development of four 2 storey houses. Access would be from Washerwoman's Lane, a lane that services the supermarket and gives access to its car park. Further information has been sought.

At **63 Highfield Road-junction Templemore Ave**- permission was sought to build an annex. 63 is semidetached to 62 and both are protected structures; as are many houses on Highfield Road.

Additional information has been asked for.



A WORD ON OUR ENVIRONMENT

SEP 2020

John McCarthy

The last six months have been hard on all of us, and our lives have changed so much since the emergence of Covid-19 and the introduction of lockdown on Friday 13th March 2020.

We are spending much more time in our gardens, and from the condition of many front gardens, it is plain to see they are getting much care and attention. Initially it was difficult to get bedding plants and shrubs, when they became available the gardeners put them to good use. The weather in March, April and May was most unseasonal but very welcome and while this may have challenged the less experienced gardeners, the more experienced gardeners did very well. Generally, many front gardens are in great condition and this improves the overall appearance of the area.

The front gardens may look great, but the same cannot be said of the street scape of the area.

The growth of weeds makes the place look unsightly. Traditionally Dublin City Council have employed contractors to drive around and spray everywhere with pesticides to kill off the weeds. Thankfully this practice has ceased, we do not want the air and ground being contaminated with harmful chemicals. I would like to see Dublin City Council make some effort to mechanically remove these weeds. (Mechanical equals elbow grease and spades)

I would very much like to compliment and thank those residents who take it upon themselves to carry out such work and as a consequence the appearance of their streets and roads has improved.

Every Wednesday I go hill-walking, which gives me the opportunity to explore our beautiful countryside. However, during my recent trips up the hills of Dublin and Wicklow, I've observed vast quantities of rubbish and fly-tipping. Please remember the old adage, 'Leave No Trace' whenever out and about. Closer to home, the residents of Kenilworth square have also had this problem of late. Their recent tidy up collected sixty large bags of rubbish which were then removed by D.C.C. This was a great result and great effort by the whole community. Fly tipping is a criminal offence and therefore if any one observes this practice please report it immediately to the Gardai.



During the lock down days it was very noticeable the increase in pedestrian and cyclist traffic in the area. It was lovely to witness the number of family groups out walking and cycling together, however those careless dog owners who do not clean up after their dogs are not helping with the enjoyment of these activities. Please be responsible and play your part, clean up the mess your dog creates.

The onset of Autumn and early Winter brings around the annual leaf fall. In recent years D.C.C. have not dealt with this problem resulting in blocked drains causing ponding and when these leaves get wet under foot conditions become very dangerous. Please be aware of this in due course.

You can contact Dublin City Council for this area at southeast@dublincity.ie

LOVE OUR VILLAGE - GET INVOLVED

A group of the Residents Association members had started clean ups of the village on a regular basis prior to covid. These clean ups will be starting again in October. Sign up to our facebook page to get updates about when the clean ups are happening (<https://m.facebook.com/RathgarResidentsAssociation>) or contact us at info@rathgarresidentsassociation.ie if you would like to get involved.

We have the basic equipment from Dublin City Council, so if you want to tidy up a specific area or help with the wider clean up, we'd love to hear from you.

All suggestions and help in the enhancement of our Village are welcome.

In addition to having pride in the appearance of the village we all need to try and shop local if we can so we chatted to a couple of the businesses - old and slightly newer ...

GET ACTIVE WITH RUNZONE

With a lot of us trying to work a bit more fitness activity into our lives throughout the pandemic a welcome part of the Rathgar scene is Runzone on Orwell Road.

Set up by a running mad family that decided to make their passion their worklife, Runzone isn't just any old shop but a place where a love of running comes alive.

Jim and his team head up the shop and are lucky enough to get to chat about running all day with those that are taking their first few tentative steps into the world of running through to their regular elite runners (respect to you all!!).

Runzone's mission is quite simply to run the best specialist running shop in Ireland by giving expert advice, supplying the best running brands and doing business in an ethical and fair way to all.



If you call into the shop they have all the specialist equipment to analyse your gait and they stock a fantastic range of top brands from Nike, to Brooks, Hoka, Under Armour and many more for running or generally working out and exercising in. We popped in to have a chat with Jim and he gave us some of his top tips for shaking up your running regime – maybe improving your times and certainly feeling fitter and stronger.....

Variety is the spice of life

“How many of you lace up your shoes and always run at the same pace? Maybe the same distance and the same route?

Let’s shake it up a bit, make your runs more interesting, more fun and improve your speed at the same time.

Here are a few of my favourite runs/workouts.

1. Progression run. Pick your distance in miles or kms. For this example I am going to say we’re running 5 miles. Each mile must be faster than the previous mile, I like to be approx. 10 seconds faster each mile. Don’t start out too fast or mile 4 and 5 will be nearly impossible. You should find that you have finished the run faster than you would have if you had run it at your normal pace.
2. 50/50 run. Again pick your distance, we’ll run 5 miles again. The first half of each mile should be a fraction slower than your usual running pace. The second half of each mile should be fast, as fast as you can handle for ½ mile. This is similar to interval training but your rest is the slower ½ miles. Done properly, you will be amazed how fast you cover the 5 miles and the effort is achievable as you get to “slow down” after the hard effort.
3. Variation on no.2 above. Run .25 mile easy, .25 fast, .5 easy, .5 fast, .75 easy, .75 fast, 1 mile easy, 1 mile fast and a cool down mile. 6 miles total including the cool down mile, you’ll be amazed how the run seems to fly by versus a single paced run.
4. Hills. Everyone should incorporate some hills into their training. I like to run a couple of miles and arrive at a hill warmed up and ready to go. Something like the hill in Bushy Park from the bandstand to the playground. Sprint the hill (optional 10 push ups at the top), walk back down and repeat 10 times. Alternatively do it 5 times and then do 5 repeats of the steps in the forest or at the pond, similar workout, 10 bursts of effort. Run another easy mile or 2 home.

Try some or all of the above to shake up your running and enjoy!”



GET CYCLING WITH DUBLIN'S OLDEST BIKE SHOP

One of the other shops that we are lucky enough to have in Rathgar to help us get out and get active is MacDonald Cycles.

In Dublin city longer than any other bike store, MacDonald Cycles was founded in 1922 by Alexander MacDonald. The shop is family owned and run, by cyclists and for cyclists.

Their first store opened on Bride Street in Dublin's Liberties in 1922, later making the short move to Aungier Street and then to Wexford Street in the 1950's.

They opened the Rathgar store on Orwell Road in 1993, with Alexander's sons Ken and Alec taking the reins after their Dad's retirement. They pioneered the electric bike in Ireland and today are Ireland's longest established bicycle and e-bike shop.

Ken MacDonald served Dublin's cyclists by repairing hundreds of thousands of bikes, pumping countless tyres and spreading the love of cycling from their landmark store on Wexford Street in Dublin 2 and on his retirement they moved all of their business to their Rathgar shop where Alec is still flying the MacDonald flag.

Bicycles have changed a lot through the years, with many technological advancements having been made to both bikes and accessories. Today we have electric bikes with hydraulic disc brakes and onboard computer systems.

Many people actually replace one of their cars with an e-bike as they can get from A to B quicker, whilst getting exercise, but it's not gruelling and they don't arrive at their destination hot and bothered. They liken the experience to basically 'taking the hills out of cycling'

Modern bicycles and especially electric bikes, however, are complicated machines. E-bikes have more in common with motorbikes than they do with regular bicycles, so it's essential to place your bike in qualified hands for servicing and repair.

In addition to being fully trained, after nearly 100 years in the business the MacDonald Cycles staff still love what they do and have a passion for cycling, so if you fancy getting out there on a bike drop in and have a chat to Alec.

And if you want some ideas for getting out and about on the bike:-
Head for Phoenix Park and explore the park on two wheels.



What about the challenge of the Ballinastoe Mountain Bike Trail in Wicklow Or the more gentle Blessington Greenway.

Another great day out is the tow path along the River Barrow – check this out and other waterside cycling on Waterwaysireland.org.

And if you haven't seen Lough Boora Discovery Park, with its 22km of trails, that's definitely worth a trip.

Whilst running and cycling are great for those of us who are able to get out there and do it, many of our community feel the vulnerability that can come with age, even more acutely in these strange Covid times. There are a number of groups trying to ease the situation for our older community.

One of the organisations that has been doing fantastic work throughout the Covid pandemic is ALONE.



YOU'RE NOT ALONE

Alone is a national organisation that strives to enable older people to age at home, safely and securely, for as long as they wish. They work with all older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties.

They provide an integrated system of Support Coordination, Practical Supports, Befriending, a variety of Phone Services, Social Prescribing, Housing with Support, and assistive technology. Using support plans, they provide a point of contact for access to health, social care, housing, transport and other arising needs using technology and other services and activities to improve physical, emotional and mental wellbeing.

Alone have nearly 3000 volunteers throughout the Country who conduct and provide practical supports to older people through visits and phone calls, linking older people into social activity and being a companion.



ALONE's National Support Line was established in response to the COVID-19 Pandemic, but it is now a dedicated number/line for older people all over the country. Older people are encouraged to call 0818 222 024 for support, advice, and information seven days a week from 8am – 8pm.

ALONE's support line has become the leading national number for 'Community Call', an initiative that links local and national Government with the community and voluntary sectors to provide support to older people and those who are at risk at this time. This partnership is crucial in mobilising a rapid response in every county to make sure everyone is looked after.

Nobody should feel lonely or afraid during the pandemic or at any other time, so if you feel in need of a little extra support or friendship call the dedicated phone number. Equally if you feel you are in a position to volunteer or perhaps even donate then contact Alone.

IMMUNITY - BOOSTING YOUR OWN WELL-BEING

As we head into winter, with the spectre of Covid and flu, immunity is a hot topic, so we spoke to South Dublin nutritionist Anna Collins. Anna is an experienced Bedfordshire University and Institute of Optimum Nutrition-qualified nutritional therapist. She consults by video and in person in South Dublin and specialises in digestive health and immunity (including autoimmune and skin issues).





We spoke to Anna to get some tips on what we can do to help ourselves:-

Are you keen to develop super-strong immunity this winter? If so, maybe start by using her favourite 4 diet hacks:

1. Avoid concentrated and processed sugars such as sweets, desserts, fruit juices (yes, fruit juices!) and sweetened drinks. Spiking your blood sugar is inflammatory and weakens your immune system. 1 teaspoon of sugar lowers your phagocytic activity for 5 hours. Phagocytes (e.g. white blood cells) are immune cells that destroy harmful bacteria and viruses.

2. Eat foods high in antioxidants and flavonoids such as fruits and vegetables of many different colours. High levels of antioxidants and flavonoids will support your immune function. Make sure to minimise fruits and stick to low-sugar fruits to avoid spiking your blood sugar. Low glycaemic fruits are those lowest in sugars – berries, apples, pears and stone fruit like plums and nectarines.

3. Improve your microbiome diversity. Having a plentiful and diverse population of healthy bacteria in your gut supports your immune resilience. Your microbiome is the population of micro-organisms that live on and in you, especially in your bowel. An effective way to support your microbiome is to eat plentiful amounts of many different kinds of vegetables and fruits. This helps feed the bacteria in your gut and maintain healthy bacterial balance. It's also important to regularly rotate the types of produce you eat.

4. Reduce your intake of foods that are generally inflammatory. If you're managing auto-immunity or another chronic health condition, you may already avoid certain inflammatory foods so as to get into remission. However, this is something everyone should do to improve immune resilience. Many common foods are actually quite inflammatory regardless of food sensitivities, such as:

- Foods fried in vegetable, nut or seed oils, and partially hydrogenated fats, which are in packaged foods, fast foods, and processed foods. These foods will deplete your antioxidant reserves.
- Starchy, high-carbohydrate, and flour-based foods that make you tired after you eat. This tiredness after meals is a sign you've had an insulin surge, which is very pro-inflammatory, depletes your body of antioxidants, and is harmful to your brain.

It's useful to bear in mind that there are non-food factors that play a part in strengthening or weakening your immunity. In my practice I teach you how to mitigate these factors, develop a healthier immune system AND feel healthier and happier.

If you would you like Anna's FREE e-book with recipes to turbo-charge your immune system just go to www.annacollins.ie and click "free ebook" at the top of the page.

You can also contact Anna on 087 981666 or anna@annacollins.ie to schedule a FREE quarter hour phone consultation, where she'll talk you through how to check if your immune system is optimised and give some quick hacks to see off infections fast.



USEFUL LOCAL CONTACTS

City Councillors and local TDs

Councillors

Deirdre Conroy	N/A	deirdre.conroy@dublincity.ie
Carolyn Moore	N/A	carolyn.moore@dublincity.ie
Pat Dunne	0877764422	pat.dunne1@dublincity.ie
Tara Deacy	0879389904	
Anne Feeney	0872955256	anne.feeney@dublincity.ie
Mary Freehill	0868126378	marycfreehill@gmail.com

TDs

Chris Andrews	087 2851515	chris.andrews@dublincity.ie
Kate O Connell	083 1653401 / 01 618 3286	kate.oconnell@oireachtas.ie
Eamon Ryan	01 618 3898	eamon.ryan@oireachtas.ie
Eoghan Murphy	01.618 3324	eoghan.murphy@oireachtas.ie
Jim O Callaghan	01 618 3134/01 475 8943	jim.ocallaghan@oireachtas.ie

Local Gardai:	Rathmines	Tel: 01 6666700
	Terenure	Tel: 01 6666400

Dublin City Council: problems with litter, potholes, graffiti, abandoned vehicles etc
Go to Dublin City Council website and key in service request and follow instructions
or Tel: (01) 222 2222 or Email customerservices@dublincity.ie

Keep up to date:

The Association's website: rathgarresidentsassociation.ie

Facebook: <https://m.facebook.com/RathgarResidentsAssociation/>

Contact the Association: info@rathgarresidentsassociation.ie

Twitter: @RathgarResident; <https://twitter.com/RathgarResident>