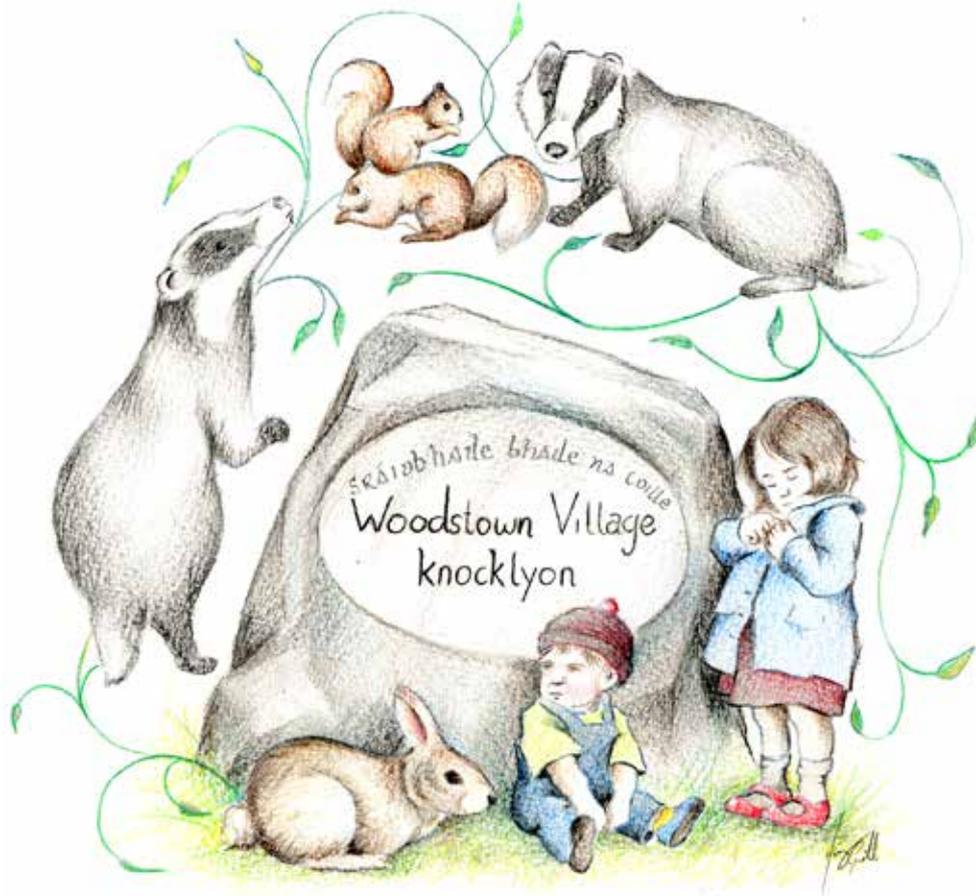


Woodstown Village Residents Association Newsletter

Summer 2018



Find us on  facebook.com/WoodstownVillage-Knocklyon
or email woodstownvillage@gmail.com



Chairperson Brian Good **Secretary** Mary Bond **Treasurer** Orla Dunne
Tidy Towns Co-ordinator Gabriel Curtis **Community Involvement** Neil Reid
Built Environment Gabriel Curtis, Neil Reid **Landscaping & Open Spaces** Shane Guest, Eamon Power, Stephen Costello **Wildlife Habitats & Natural Amenities** Tony McGaley, Mark O'Brien
Tidyness & Litter Control Kevin Almond, Ray Kearns **Newsletter** Olga Gibbs, Gillian Treacy, Nysha Griffin, Mary Bond **Website** Kevin Almond **Security** John Donnelly
Planning Keith Kelliher **Senior Residents Group** May Lynott, Tony McGaley

<p>Specialists in: Gold Fever Extensions QOD Organic hair smoothing Kerastase treatments Drystyling Precision cutting Colouring</p> <p>KÉRASTASE PARIS</p>		<p>Unit 8 Woodstown Shopping Centre</p> <p>01-495 3093 @redapplehairdressing</p> <p>Opening hours: Tues - Wed 9am - 6pm Thurs - Fri 9am - 8.30pm Sat 8.30am - 5pm</p>
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Redapple Hairdressing

2018... The year spring forgot

Looking back it seems winter outstayed its welcome this year, and if winter was a guest....they'd be like the last guest at a house party, with the hosts praying they'd just get their coat!

But spring did arrive, somewhat late, but welcome as always. Some researchers trace the origin of spring cleaning to the Iranian Nowruz, the Persian New Year, which falls on the first day of spring. Iranians continue the practice of "khooneh tekouni" which literally means "shaking the house" just before the Persian New Year.



We didn't quite 'shake the house', but we did take the opportunity to take out the power washer to clean all of the boundary walls – in order to get the best result, all of the moss had to be removed. This job is all part of our preparations for this year's Tidy Town's application where we hope to improve our score yet again. We have always held the belief that the whole community benefits for the work that is done regardless of the actual score achieved. Living in a community that is well maintained gives a sense of pride to us and our children and fosters a community spirit that is often the envy of others. We saw this community spirit in full force during the heavy snow in March – literally dozens of neighbours on each road helping each other, digging out cars, footpaths and driveways. We did notice people get a bit techy about the Brennan's bread – but let's be honest - community spirit only goes so far...



Something to consider

'If aliens are watching us through telescopes, they're going to think the dogs are the leaders of the planet. If you see two life forms, one of them's making a poop, the other one's carrying it for him, who would you assume is in charge?'

- Jerry Seinfeld.

You may wonder why we care so much about dog poo? We care because it is unsightly, unpleasant, smelly and anti-social.

Dog fouling laws are in place first and foremost because dog faeces are unsightly and unpleasant. Not only does it look and smell nasty, but it also causes a mess if you step into it, cycle through it, push a buggy or wheelchair through it or even worse fall into it. If you don't realise you have stepped in it, there is a good chance you will carry it and spread it, either outside in public places, or into public buildings, your car, your own home or someone else's home. On top of everything else therefore, it is extremely anti-social.

And to bring this message to life, we had our largest ever public display on March 24th where many of our Woodstown children held up signs asking the minority of dog owners who consciously or unconsciously allow their dogs to poop in open spaces to think twice, carry a poop bag and to 'pick it up'!



Annual Subscription 2018

A big thank you to all the Residents who have paid €40 towards to running of Woodstown Village for 2018. It is fantastic to have so many people paid up at this stage as it allows us to go full steam ahead with our plans for the summer – Residents Day, gardening, planting, painting etc. For those of you who have yet to pay, you can drop your fee into your Road Rep – please put it in an envelope and don't forget to include your family name and house number.



Slugging it out

NOTE!
The key to a slug free garden: use a variety of methods, not just one.



1 Many common brand slug pellets are toxic. They can be harmful to pets, and are also harmful to frogs, hedgehogs and birds which are the garden's natural defence against slugs.



2 Use nematodes (microscopic worms) that prey on slugs. The nematodes are spread using a watering can.



3 Grow sensitive plants in pots and containers.

4 "Slug Puk" or beer traps: a container filled with beer which attracts the slugs and snails to an intoxicating death.



Keeping the balance



1 Keep an eye out for hazardous symbols displayed on the labels. Why not try for an alternative which is more environmentally considerate.

2 Pesticides and herbicides can get into the food chain working their way up through insects to birds and rodents, knocking the balance of our local ecosystems.



3 Garden fertilisers can encourage soft growth, making plants more susceptible to damage by wind and rain and also attack by pests such as slugs.



Help the grass

1 Stratification involves raking over the lawn to remove moss. This is traditionally done in autumn as it also removes excess debris that has built up in the lawn. Stratification is particularly effective for moss in shaded areas.

2 Grass catching is when gardeners leave the clippings on the lawn which allows the grass to be returned to the soil as mulch. This returns nutrients to the soil and improves the soil structure making the lawn less susceptible in periods of dry weather.



Greener Gardening... it's at your fingertips

Gardening can benefit our environment; trees help absorb carbon dioxide, provide food and habitats for wildlife and growing our own vegetables reduces our carbon footprint. However, how you garden can impact negatively or positively on the environment through simple choices. In this guide we hope you will find out more about how to be a greener gardener using natural products and fewer chemicals.

Be a SAVVY SHOPPER!

WITH



"This programme is a fantastic step towards creating awareness of skills in the kitchen which will not only save money but help reduce waste." Donal Skerfan



See overleaf for top ten tips to waste less food and save more money.

Children & FOOD WASTE



Preventing food waste starts when you go shopping. Much of the food we waste comes from 'perishables'; things like fruit, vegetables and dairy products. So when you are shopping consider some of the following tips, and see if you can save yourself money and reduce food waste.

Ten Top Shopping Tips

- 1 Don't go shopping when you are hungry, you'll buy more than you need.
- 2 If you are shopping for the week, try to plan your meals ahead.
- 3 Check your fridge, freezer and cupboards before you go shopping, and plan meals around what you find.
- 4 Then make a shopping list... and try to stick to it.
- 5 Beware of special deals – these are great for toilet rolls and shampoo but bad for fruit, veg and salads (anything that can go off quickly). These are the things we buy because of a "good deal", but often they do not get eaten.
- 6 Try to buy loose fruit and veg – you get what you need and can cut down on packaging waste in your bin as well.
- 7 Check use-by-dates to avoid buying food that might be thrown out if not eaten immediately.
- 8 Poke around at the back of shelves – you'll often find use-by-dates that are further away.
- 9 Shop for what you actually eat, not for what you want/wish you would eat (e.g. "I am going to be really healthy this week and eat lots of yogurts") and then not eat them!
- 10 If it's an option for you, try shopping online for the basics – you get only what you want because you are not distracted by all the other goods on shelves AND you save money – it's like magic!

Stick me to your fridge, I'm useful!



For more simple tips on how to waste less and save money visit



Shopping

- Feed the kids first – they will be less cranky and less likely to try to grab all the goodies they fancy.
- Get the kids to help make the shopping list that you all have to stick to and tick off as you shop. One treat only!
- Small sized fruit are great for kids – less waste, they fit in lunch boxes and don't put kids off. Often too much food is seen as a challenge for the little ones!

Cooking

- Involving children in the cooking process is great fun and a good way to get them familiar with food and used to eating different foods.
- Use measures or a weighing scales where possible for potatoes, pastas, rice, etc.
- Small portions of leftover rice or pasta, once stored correctly, can make a simple quick meal the next day.

Serving Food

- Small stomachs fill quickly, so don't overload their plate – they can always come back for more if they are still hungry.
- Kids are easily distracted, so try to keep the basics on the table and the TV switched off.
- While a degree of firmness is essential, if they don't want to eat their food now, put it in the fridge for eating later.

School Lunches

- Small snacks are more appealing.
- Ask the children what type of food they want and how much of it they have time to eat.
- Use lunch boxes with reusable containers in them. The kids bring it all home and it's cleaned and refilled for the next day.

Eating Out

- Children's meals are often way too big – Irish restaurants traditionally don't serve small portions. Make sure to communicate with staff about what you want for the children.
- Look out for the Kids Size Me logo on menus – this initiative aims to provide kids sized portions of adult meals in restaurants. See www.wheretoeat.ie for more info.

For more simple tips on how to waste less and save money visit



Greener Cleaning

Environmental Tips for Domestic Cleaning and Hygiene



So your motivation to switch from conventional store bought products may be based on wanting to save money or wanting to limit the amount of chemicals you use in your home. Whatever the motivation we hope you find the ideas and alternative suggestions included in this guide useful.

USEFUL TIP! MEASURE IT OUT

This one is a great money saver as well. The other tip to "green cleaning" and preventing household hazardous waste is to use less product (and maybe a little more effort). Think about it, when was the last time you followed the dosage instructions on your cleaning & laundry products? Most of us use products liberally, paying scant heed to the manufacturers' recommendations.

Diluting down products will also make them last a lot longer which will save you money as well as minimising the impact of their use on the environment.

What are these wonder ingredients and where will you find them?

Baking Soda also known as Bread soda or Bicarbonate of Soda

A commonly available mineral full of many cleaning attributes, baking soda is made from soda ash, and is slightly alkaline (its pH is around 8.1; 7 is neutral). It's a great cleaner, deodoriser and mild abrasive to use in household cleaning. It neutralises acid-based odours in water, and adsorbs odours from the air. So when you are next in the supermarket look for it in the Home Baking aisle.

Soda Crystals also known as Washing Soda

A chemical neighbour of baking soda, washing soda (sodium carbonate or soda crystals) is much more strongly alkaline, with a pH around 11; it's a product which contains no phosphates, enzymes or bleach. It is often referred to as an effective but gentle cleaner, but you should wear gloves when using it because it is caustic in nature. Washing soda cuts grease, cleans petroleum oil, removes wax or lipstick, and neutralises odours in the same way that baking soda does. It's very cheap approximately €1.20 per kg, which will do a lot of cleaning. You will find Soda Crystals in the laundry/cleaning aisle in the supermarket.

The other great thing about making up a solution of Soda Crystals to clean with is that you can decide the strength you need for each task. As a general rule of thumb:

- A mild solution would be approx 1 tablespoon of soda crystals to 1.5 cups of water
- A regular solution would be half a cup of crystals to 1.5 cups of water
- A strong solution would be 1 cup of crystals to 1.5 cups of water

White Vinegar and Lemon Juice

White vinegar and lemon juice are acidic — they neutralise alkaline substances such as scale from hard water. Vinegar will help tackle all those 'tough' tasks where we might ordinarily reach for bleach or a strong chemical cleaner. Acids such as vinegar dissolve greasy build-up, eat away tarnish, and remove dirt from wood surfaces. Again, it is very cheap and has a multitude of uses.

Salt

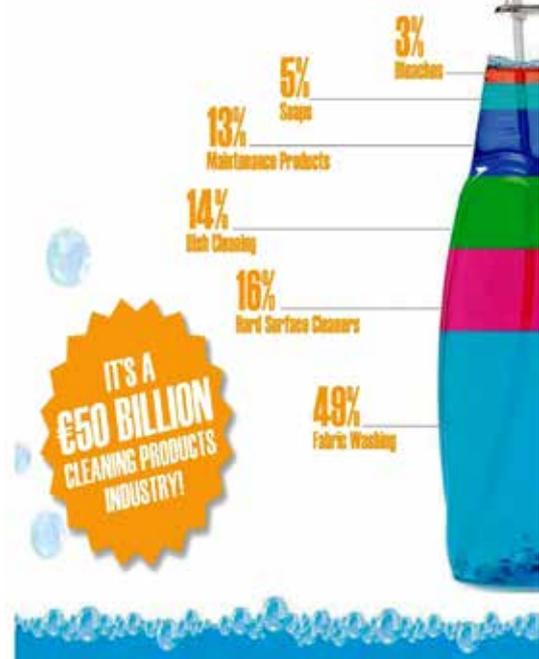
Salt works as an effective yet gentle scouring agent. It is also great in synergy with other ingredients such as vinegar and lemon juice to boost cleaning and deodorising action.

Greener Cleaning Products

Cleaning products are necessary for maintaining attractive and healthy conditions in the home and workplace. In addition to the obvious aesthetic benefits of cleaning, the removal of dust, allergens, and infectious agents is important to maintaining a healthy indoor environment.

However, cleaning products are not benign and as they are chemical formulations they can present several health and environmental concerns. However, scant heed is often paid to the hazardous symbols they carry and as such we don't think about cleaning products as chemicals.

Take a peek in your bathroom or kitchen cupboard today & you will probably find a lot of different products for home cleaning. The products we chose to buy is influenced by brand loyalty and advertising. The household cleaning industry is a very lucrative business and across Europe it's now estimated to be worth almost €50 billion. Of that market, approximately 50% comprises of laundry products.



Over the last twenty years, Ireland has gone from being one of Europe's lowest performers to the highest for packaging recycling. Despite this, approximately 87,000 tonnes of non-recyclable material end up in the recyclable bin every year. While these findings show that the nation's knowledge of how to recycle is high, there remains a significant proportion who are not recycling and are not actively considering the effects that failing to recycle properly has on the environment.

- 2017 was a significant year for Repak. Established in 1997, Repak celebrated 20 years of delivering packaging compliance for members, surpassing all EU recycling targets and being a lead advocate in the environmental behavioural change of Ireland.
- 10.1 million tonnes of packaging have been recycled and diverted from landfill since 1997
- Landfills have reduced from 126 in operation in Ireland in 1997, to 4 in 2017
- Ireland ranks the 7th highest country in the EU for recycling and recovery, currently achieving 91% recycling and recovery of all packaging waste
- In the last twenty years, Ireland has recycled:
 - 8 billion plastic bottles
 - 7 billion glass bottles
 - 6 billion aluminium cans
 - 4 million tonnes of paper and cardboard

Did you know that Ireland's recycling waste is sorted by hand at the beginning of the recycling process? These workers are dedicated to removing nappies, mouldy food, medical waste and much more every single day! We have some top tips for Irish residents to ensure they don't mess it up when it comes to recycling this summer;

- Only place rigid plastic, cardboard, paper, food cans and aluminium cans in the recycling bin
- Soft plastic is currently not widely accepted in the recycling bin and should be placed in the black bin
- These should be clean, dry and loose with any food residue or liquids removed
- ALL glass should be brought to one of the 1,838 Repak-funded bring bank sites around the country and never placed in the household recycling bin
- Never put nappies, broken toys, food, grass cuttings or anything else un-recyclable into the recycling bin
- If you knowingly contaminate your recycling bin, think of the long-term consequences of those actions and the people who have to pick through your rubbish
- If you know of a neighbour, friend or family member not recycling properly, take the time to educate them on contamination. Their recycling bin could be contaminating yours!

What do we mean by 'contamination'?

Make sure you know what shouldn't be in your recycling bin:

- Nappies and Sanitary Products (including baby wipes)
- Food waste
- Soft plastics
- Contaminated Packaging (greasy, dirty or with residue)
- Garden cuttings / soil
- Polystyrene
- Liquids / Oils
- Textiles – including clothes/shoes and home furnishings
- Dismantled furniture
- Medical waste
- Glass – bring this to your local glass recycling facility
- Light Bulbs
- Electrical and Electronic Equipment i.e. anything that can contain a battery or a plug
- Batteries
- General waste that should be in the General Waste Bin

And finally...



Check out our new reusable Woodstown Village Knocklyon Tidy Towns Shopping Bags.

They will be passed out to our members over the coming weeks.

Do you know 500 billion plastic bags are used worldwide every year? Most are used for a short period of time, but a significant number end

up in our environment causing serious damage to our oceans and wildlife.

Our Woodstown Village campaign encourages residents to avoid the use of plastic bags when it is not necessary, so please use these bags, place them in your car boot or near the front door so you'll have them to hand when going shopping.

Many thanks to our partners, SDCC, SuperValu Knocklyon, Woodstown Spar, An Taisce and Mark Ellis Pharmacy

Recent Estate Clean Up and Easter Egg Hunt

Our Woodstown Village Knocklyon Flag was flying high with pride in the beautiful March sunshine. Congratulations to all the residents who turned up for our Tidy Towns Spring Clean and Don't waste water campaign, and what a brilliant job our Junior Committee done clearing all the litter from around the estate, we had over 200 excited Kids for our annual Easter Egg Hunt, many thanks to all our volunteers who helped out. Lots more photos on our website, (Photo of Sinéad Hurson from Irish water with the Junior Committee)



Bulbs for Bees- go organic!

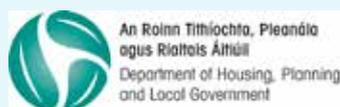
Concern that many packs of bulbs and plants with the RHS logo "perfect for pollinators" are actually doing more harm than good, in that although they are the right flowers, many nurseries propagate them using pesticides which persist in the bulbs and, although they attract Bees, they eventually poison them.

The RHS are considering discontinuing the use of this and simply offering a list of Plants for Pollinators.

However, a number of nurseries now supply similar products that are cultured organically, without the use of any chemical and these are strongly recommended. I now source my Bulbs online from naturalbulbs.co.uk. Although the webpage has a UK address, this is just a mirror site for a reputable nursery in Holland. While this information may be too late for this year, you can plan ahead and order your bulbs that come on stream in September. Bulbs are probably best planted in pots, troughs or special bulb baskets, so they can be easily retrieved for division or winter storage at a later date. Also, you can select Bulbs that bloom at different times of the year to maintain a continuous food supply for Bees. The photo shows *Allium sphaerocephalon*, or the drumstick allium, which blooms late June, July and August. Happy gardening!



We would like to acknowledge the support of our partners in the production of this newsletter and all our endeavours.



Mobile Library South Dublin County Council

Woodstown Park
Every Monday 7pm - 8pm.

"The more that you read, the more things you will know. The more you learn, the more places you'll go."

- Dr. Seuss, "I Can Read With My Eyes Shut!"

Proposal: Woodstown Private Bus Service

Are you working in town? Do you take the car, bus or cycle? Would you like to take the stress out of your daily commute to work? We have the possibility of arranging a private bus (for a trial period) to take residents from Woodstown Village into town every weekday morning departing at 6.45am - 7.00am.

We can also consider providing a bus for the school run to St. Colmcilles Primary School.

If you're interested in finding out more or to register your interest, please contact us via our Facebook page.



Preparing this for this year's SuperValu Tidy Towns 2018

As you'll know by now SuperValu Tidy Towns is celebrating its 80th birthday in 2018, and Woodstown Village is celebrating its 5th entry! Over the past 4 Years we have increased our point's year on year and in 2017 Woodstown Village had the highest point increase in all of Dublin.

To give you just a flavour of this year's endeavours, here's a summary of the activities we have undertaken so far as part of this year's preparations

Woodstown Village Shopping Centre is getting a fresh paint job as suggested by our Tidy Towns adjudicator last year. Shop fronts, litter bins, pillars, gutters - all getting a clean-up, with hanging baskets and bicycle stands planned over the few weeks.

To support our environmental agenda, we will be installing Bat and Swift bird boxes plus a Woodstown Village Wildlife notice board which will highlight the most common animals living alongside us.

We are always looking for more help so please get in contact if you have a little spare time on your hands.
#WOODSTOWNVILLAGE2018TidyTowns

Glass Recycling

Did you know that SuperValu Knocklyon bring site is one of the busiest bring sites in Dublin and regularly features in the Top 20 bring sites nationwide in terms of tonnage? In 2017, almost 350 tonnes of glass were deposited at the SuperValu Knocklyon site. This equates to over 1.1 million glass bottles and jars collected and recycled from the site. This is a very significant amount of material recycled by the community in Knocklyon. By recycling this glass, it was kept out of scarce landfill space and also lowered refuse charges for those homeowners who used the bring site as opposed to their general waste bin. Below are a few key facts that relate to glass recycling and the role of the SuperValu Knocklyon site:

- For every tonne of recycled glass used in the manufacture of new glass, 1.2 tonnes of raw materials are preserved.
- If all the glass collected by Glassco Recycling from the SuperValu Knocklyon bring site was laid end-to-end, it would stretch for a distance of 224kms. This is the distance from Dublin to Fermoy!
- Over 14,300 litres of fuel was saved in the glass manufacturing process by using the glass collected and recycled from SuperValu Knocklyon bring site in 2017
- Recycling just one glass bottle or jar saves enough energy to power your TV for 1.5 hours.
- Glass placed in landfill will never decompose. Archaeologists are still finding glass used during the Roman age.
- Each ton of glass that is recycled saves the equivalent of 40 litres of fuel oil
- Recycling glass saves 25-32% of the energy used to make it.

We would ask all site users to avoid placing any crockery (such as plates, cups and saucers) and ceramics into the glass banks as these materials are major contaminants in the recycling of glass into new glass packaging.

If you are interesting in learning more, please go to www.glassco.ie for more details.etc. Please share your knowledge and skills.

