



# Na Fianna Nuacht

## Metrolink Announcement Imminent

The Club Executive understands that an announcement is due next week from NTA on the new preferred Metrolink route. This announcement, details of which Na Fianna has not been privy to, follows the extensive Public Consultation process which followed the initial announcement almost 12 months ago.



No change at top of leader board this week with Ryan O'Flaherty (Senior Footballers) and Kevin O'Donnell (2006 Girls) continuing to head the field and sharing the lead with an impressive cumulative weight loss of 13% each. In next place is Nora McCarrick (2007 Boys) following at 10% and Carla Downes (2004 & 2008 Boys) just behind at 8%. See latest Leader Board.

### Na Fianna Operation Transformation Leader Board

Leader(s)	Week 4
Kevin O'Donnell	13%
Ryan O'Flaherty	13%
Nora McCarrick	10%
Carla Downes	8%
Deborah Walsh	7%
Seosamh O Maolalai	7%
Philip O'Brien	7%
Shaun Cummins	5%
Aileen Donnan	5%
Ciara Purdy	4%
Colm O'Driscoll	4%
Roisin O'Donoghue	3%
Sinead Kane	3%
Maurice Grehan	3%
Christina Hendrick	0%



# Na Fianna Nuacht

In this week's Nuacht we begin a series of "Get To Know Your Na Fianna OT Team Leaders", where over the course of the next few weeks we will feature our Team Leaders and this will allow Na Fianna member to decide who you're going to throw your support behind. This week we feature four ladies. First up is Róisín O'Donoghue representing the Senior Camogie Team.



**Róisín O'Donoghue**, I'm 21 and studying law in Trinity College. I'm representing the Senior Camogie team and I also play on the Senior Ladies Football team!

I decided to do OT to get into a routine of healthy living but also to help support my team financially - I train 6 days a week between both teams and I try get to the gym every so often!!

I work part time and have gotten immense support from my boss Zoë in San Sab Drumcondra - she never takes issue with me leaving work early for training and has sponsored us a very generous amount of money!!

My main goal was to beat Ciara Purdy in this competition, but she dropped out because I was doing so much better than her so now the plan is try get up there with the rest of the leaders!



My name is **Carla Downes**, married to Steve and have 4 Children, Evun (2000), Sophia (2002), Davin (2004) and David (2008). We are all Na Fianna members since we moved to Drumcondra in 2011.

I decided to join the Operation Transformation for a few reasons, the main one being to give something back to the

club that has given me and my family so much over the years. I want to fit back into clothes that haven't fit in years, feel fit and have more energy.

In October Evun had a bad accident and broke both his heels, as part of his rehabilitation and to learn how to walk again I started bringing him swimming every week. I'd forgotten how much I enjoyed exercise so when I saw the Nuacht looking for OT leaders I decided to bite the bullet and text Paul McCarville. 3 weeks passed, I was secretly delighted when I had not heard back, I put the idea to the back of my mind.



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Fast forward to Christmas Day, after weeks of Christmas parties and over indulgence, I'm sitting with a bloated belly, full of food and probably to many glasses of red wine, I text Paul again (this time to his correct no) offering my services to the Boys teams. This time, message was received and I'm representing the 2004, and the 2008 Boys Teams.

Even though my Body has ached in places I never knew was possible (thanks to Alan in GNS Fitness) I've lost 9.5 % of my body weight, and don't need a paramedic close by when I go for a run! I've met some great people and made lots of new Na Fianna friends. It has been lovely having my daughter out doing the walks and classes with me each week. I've a planned training session with the 2004/2008 boys teams in the next few weeks when I'm sure they will put me through my paces.

I'd like to thank all the parents, friends and mentors that have donated and given their time to promoting and sponsoring me so far. With only a few weeks left all donations are still gratefully received. I'd love to see as many of you at the Gala night -€25 per ticket and don't forget to register for the fun run on good Friday, under my name!



My name is **Christina Hendrick** I'm representing the 2009 girls team which my daughter Mia is on she's my eldest child , I have a son Niall who is in 2014 nursery and a ten month old baby Grace.

I really didn't have any idea what I was getting myself in for with the fund raiser! I initially thought it was the whole team raising money and getting fit. Little did I know!

I never watched Operation Transformation so I had no clue about leaders and weigh-ins, but besides all that I had always wanted to give something back to the team as I feel they've really encouraged Mia and brought her out of her shell. I thought this would be the perfect opportunity to give a little back to the club.

When I finally realised what it was all about I was horrified, I was going to opt out before it had even started! But honestly I'm so glad I didn't, I've met really lovely people along this journey and the bonus is I'm feeling great, what exercising does for your mental health is amazing, and what's even better I'm almost back to my pre baby tummy.

The support has been great, Alison one of the girl's parents off the team has been great and I never even met her before this! She managed to get one of the local salons to support us



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by donating money earned through nail treatments given to girls on the team along with mams nail treatment.

My yoga instructor kindly bought an ad for the booklet, also two friends of mine have supported us by buying ads. Not to mention everyone buying tickets for the grand finale 👍 Now it's time to get the team behind me I plan on doing a warm up session with the girls, as I'm new to this I'll get a few helpers from the team to lead and let me know their favourite warm ups.

I just hope I can keep the attention of 40 under 10's!



My name is **Deborah Walsh**. I am 39 years old. I am a part-time Beauty Therapist. I have two children, Robyn age 7 & Holly age 3. I am representing my daughter Robyn's team 2011 girls under 8's. Three years ago we brought Robyn to take part in the mini leagues at Na Fianna. She was very shy & reluctant to join in. She eventually did & now 3 years on she loves it & really looks forward to both training & matches. When I read about Operation Transformation I knew I wanted to be involved either as a leader or maybe following a leader. I thought this would be a great way for me to get motivated to lose weight, get healthier and help to raise much needed funds for Robyn's team. I signed up for weight loss but got much more than that. I have really enjoyed doing the classes, getting to know the other leaders, parents & coaches on my daughter's team. I even enjoyed the fund raising. I really appreciate everyone's support up to now & need your continued support in following me for the 5K Fun Run & if you could dig deep one last time & vote for me on the final night that would be a bonus.

Four more profiles next week, don't miss it!

Don't forget that everyone is welcome to join the Team Leaders on Wednesday and Friday nights but you are asked to please email [ot@clgnafianna.ie](mailto:ot@clgnafianna.ie) in advance just to register. The Monday Night Walkers at 7pm are also welcome anyone who fancies a quick stroll around the block. Take the 3km route or the slightly longer 5km route, whichever suits, and don't forget the cuppa or glass of water, or the fruit selection back in the Club Bar afterwards.



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## Gala Night 19<sup>th</sup> April

Hosted by a national media personality, the Gala night, which will be the grand finale of Na Fianna's Operation Transformation, will be held in Scoil Chaitriona and back to the club afterwards on Friday 19<sup>th</sup> April. On the night, the winning leader will be announced during a night's programme that includes quality halftime entertainment, spot prize raffle, finger food back at the club bar and general fun and craic. Tickets for the night are €25 and are available to buy from any of our team leaders...but get to them early, because when they're gone, they're gone and the event will sell out very quickly!

## Championship Dates For Your Diary

### Club Hurling Championship

Senior	Sat 6 April 4pm	<u>Kilmacud Crokes</u>	Na Fianna	Parnell Park
Senior B	Sat 6 April 6pm	Na Fianna	<u>Ballyboden St Enda</u>	Mobhi Road
Junior D	Sun 7 Apr 3pm	Na Fianna	<u>Whitehall Colmcille</u>	<u>Collinstown</u>
Junior E	Sun 7 Apr 3pm	Na Fianna	<u>Naomh Mearnóg</u>	<u>Collinstown</u>

### Club Football Championship

Senior	Sat 13 April 5.15pm	St Sylvesters	Na Fianna	Parnell Park
Junior 1	Sun 14 April 11am	Na Fianna	<u>Raheny</u>	Mobhi Road
Junior 3	Sun 14 April 11am	St Pats	Na Fianna	<u>Donabate</u>
Junior 4	Sun 14 <u>April</u> <u>3pm</u>	Na Fianna	Geraldine Patrick <u>Morans</u>	<u>Collinstown</u>





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## Na Fianna 5K Fun Run update

Over the past 2 weeks the Fun Run Committee have kept the OT leaders up to date with how the registrations have been going and with 4 weeks to go we are delighted to see that registrations are higher at this stage than in previous years. This is thanks to the OT Leaders for getting the message out to their support base – though some have gotten a better response than others! [see below]

The Fun Run success to date has been its ethos of being a family friendly and community event. If each OT Leader gets 25 supporters to take part there could potentially be over 400 participants on the day – our biggest turnout ever – and such numbers would make this an occasion in the Na Fianna calendar not to be missed. So register early and join us on the Fun Run [www.clgnafianna.com/good-friday-fun-run-2019/](http://www.clgnafianna.com/good-friday-fun-run-2019/)

As usual the success of club events, such as the Fun Run, depends on volunteers. We needs approx. 22 volunteers to help with the safety of all on the day. Volunteers will be given full instruction on their duties and tasks for the day. So if you are over 16 years old and wish to help make this event as safe as it will be successful then please sign up on [www.volunteersignup.org/EQFHF](http://www.volunteersignup.org/EQFHF)



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<b>Total Registrations</b>		<b>110</b>
Adults (over18)		84
Juveniles		26
<b>Support breakdown for OT Leaders</b>		
Aileen Donnan	2011 Boys	23
Philip O'Brien	2006 Boys	22
Carla Downes	2008 Boys	17
Deborah Walsh	2011 Girls	14
Nora McCarrick	2007 Boys	11
No OT Leader Chosen	---	8
Sinead Kane	2008 Girls	7
Kevin O'Donnell	2006 Girls	5
Carla Downes	2004 Boys	2
Christina Hendrick	2009 Girls	1
Shaun Cummins	Senior 2 Hurlers	0
Roisin O'Donoghue	Senior Camogie	0
	Senior Ladies	
Ciara Purdy	Football	0
	Senior Men's	
Ryan O'Flaherty	Football	0
Colm O'Driscoll	Junior 8 Footballers	0
	Gaeilge agus na	
Seosamh O'Maolalai	Ráillí	0
Maurice Grehan	2006 Boys	0

58% of the registrations have been made selecting the family option and have taken advantage of the great discounts available this year. So register today, choose a Na Fianna OT Leader and join us on the Fun Run [www.clgnafianna.com/good-friday-fun-run-2019/](http://www.clgnafianna.com/good-friday-fun-run-2019/)



# Na Fianna Nuacht

## EASTER CAMP 2019

 CLG NA FIANNA 1955



Please see Club website for details on this year's Na Fianna Easter Camp. Book early!

<http://www.clgnafianna.com/na-fianna-easter-camp-2019/>

## LOTTO Jackpot.....Could Be Yours!

**Na Fianna**  
**Lotto Results**  
**March 18th 2019**  
**Numbers**  
**10 14 18 29**  
**Jackpot €16000 - No Winner**  
**Match 3 Numbers €130 - No Winner**  
**Lucky Pick Winner - €15**  
Richard Currie  
Ann Kelly  
Aisling Casserly  
Carmel Casserly  
Fred Brady c/o Vinny  
**Next Jackpot €16250**

Next week's club lotto jackpot is €16,250. Tickets on sale in members bar or around the club. Alternatively, by signing up for the direct debit option, you could win the jackpot every week! See details [here](#)



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## Na Fianna's Dubs

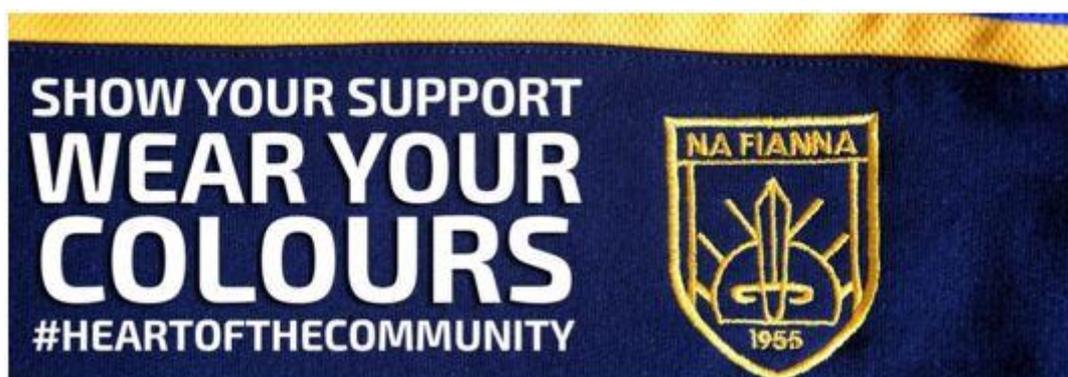
Good luck to Shane Barrett, Donal Burke and Dublin senior hurlers in today's National Hurling League Division 1 semi-final against Limerick in Nowlan Park at 1.30pm.

Best of luck also to Jonny Cooper, Eoin Murchan, Conor McHugh and Dublin Senior footballers playing Cavan in NFL in Breffni Park today at 2pm.

Na Fianna represented on Dublin's U-16A Camogie team playing Offaly in Leister Championship today 1.30pm in Parnells. Best of luck to Sinead Rogers, Laura Grendon, Aifric Mangan and the Dublin ladies.

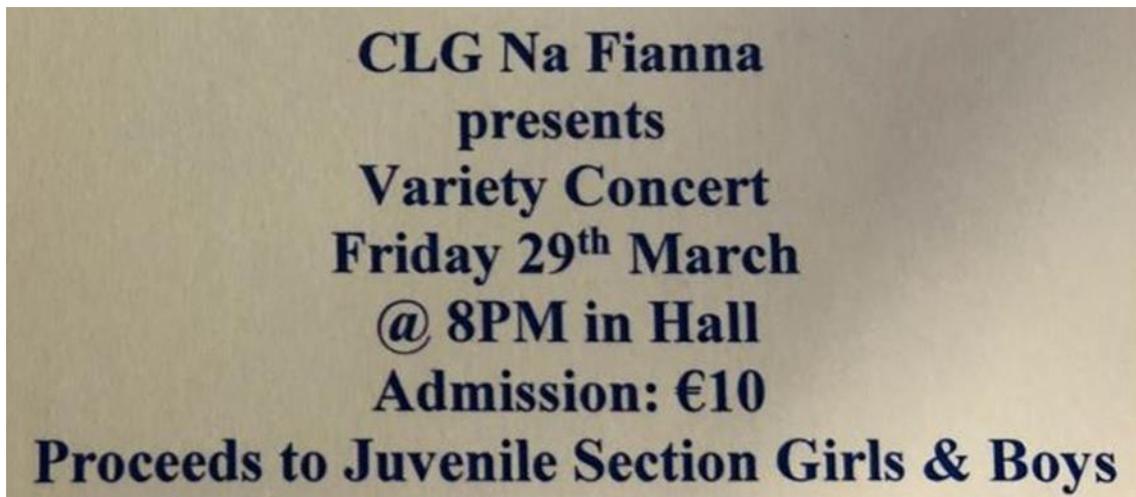
## 2011 Na Fianna Boys OT Fundraiser

**Family Happy Hour!**  
**This Sunday, 24th of March**  
**4pm -5pm**  
**Large astro pitch, Na Fianna**  
**Lots of fun activities, races and raffle.**  
**All families welcome.**





# Na Fianna Nuacht



## Members' Subscriptions Due

Members' subscriptions for the coming year are due and payable since the AGM. Details of subscription rates and methods of payment are on the Club website

<http://www.clgnafianna.com/membership/> Subscriptions can be paid online, on Saturday mornings in the Club or at the office during opening hours (9.30am to 1pm Mon –Fri).





# Na Fianna Nuacht

## Comhbhrón

Sincere sympathies of the Club are offered to the Heeney family on the passing of Mrs Mary Heeney, Mother of Vinny, Mother in Law of Mary and Grandmother of Ciaran (recent Senior Hurling), Cillian (Senior 2 Hurling) and Eoin (recent Senior 2 Hurling).

Ar dheis Dé go raibh a h-anam

## .....and finally



Congrats to Michael and Ellen Quinn on the recent arrival of Megan.

## Fógra Tabachtach

The objective of Na Fianna Nuacht is to communicate as much club activity as possible however it is important to note that all items for inclusion in either Club Notes or Na Fianna Nuacht are reported to [news@clgnafianna.ie](mailto:news@clgnafianna.ie) or texted to 087 9250697 by Sunday evening. With a growing membership of almost 3,000 and over 100 teams now competing it is difficult to ensure all club activity is reported upon – **Do not assume** that your team's activity is already known to Na Fianna Nuacht or that someone else has reported it. When errors or omissions occur it is the policy of Na Fianna Nuacht to correct these in subsequent issues when they are reported to [news@clgnafianna.ie](mailto:news@clgnafianna.ie).