

## FIVE THINGS to do this week...

**1** Hit the gym, park, pitch or track to begin to blow away the winter cobwebs and Christmas excess. It's so easy to overdo it during the festive season but the sooner you get back into the exercise and the healthy lifestyle the easier it is – January is here!

**2** Throw out, donate or give away any old or unwanted clothes, shoes, gifts, DVDs or anything else collecting dust in a wardrobe or closet. The start of the year is a great time to have a clearout and it will help ensure that you begin 2012 free of baggage and clutter.

**3** Take a nice relaxing bath. After the hectic running around at Christmas and over New Year take some time for yourself and treat yourself to a nice long soak in a hot bath. Add some bubbles, some music and the chaos of the last few weeks will just melt away.

**4** Check out new TV talent show The Voice of Ireland on RTÉ One from 6.30pm on



Sunday night. Kian Egan, Sharon Corr, The Blizzard's lead singer Bressie and Brian Kennedy will make up the coaching panel of experts. This is a talent show with a twist because the coaches cannot see the contestants at the initial auditions, they can only hear them.

**5** Make a plan for 2012 – lists can be invaluable when you are trying to achieve goals at work, at home, in sport or business so use them to try and set targets for yourself throughout the year. Whether it is job seeking, weight loss, a quest for love or travelling the world putting a plan in place can only help the process.

# Jason's funny circus on a worldwide tour

Cirque Du Byrne to tour Ireland before heading down under

FUNNYMAN Jason Byrne will take to the stage for two nights only at the Draíocht in Blanchardstown on Thursday January 19 and Friday January 20.

After touring across Britain and Northern Ireland with his very funny show Cirque Du Byrne, in 2011, the stand-up comedian is back on home soil briefly before taking off again in March.

The tour will take him around Ireland, with the shows at Draíocht the only ones planned for Dublin, before heading for Australia in March.

During 2012, the Dublin-born comedian will perform at some of the best comedy festivals in the world including the International Comedy Festival in Melbourne and the Fringe Festival in Edinburgh.

Byrne will also return to Britain in September, October and November to perform at more than 30 venues.

His highly anticipated shows at Draíocht are currently sold out as tickets were snapped up quickly for both nights.

Limited tickets are available for other dates around the country throughout January and February.

It is always difficult to predict what will happen at a Jason Byrne comedy show, and Cirque Du Byrne is certainly no exception to that.

One thing is certain, however, audiences are sure to leave with a smile on their face after the hilariously funny comedian is finished.

As he turns 40 in 2012 the new stage show, which will be touring at the end of the year, is sure to include even more clever observations, witty humour and a uniquely scarce insight into the mind of Jason Byrne.

For more information visit [www.jasonbyrne.ie](http://www.jasonbyrne.ie)

## Poet's corner

Áine Lyons is a member of St Muirín's writing group based in Dominic's and also of Platform One in Red Rua. She has lived in Tallaght for 40 years and never tires of the changing colours of the Wicklow mountains. She has appeared in many anthologies including most recently, South of the County; New Myths and Tales edited by Old Bawn resident Eileen Casey. A number of her poems were also published in Flower Gathering, an anthology of poems and short stories which was edited by local writer Marie Gahan, and her poetry was shortlisted by Carol Ann Duffy in Poetry on the Lake in Italy. Áine relaxes and enjoys sharing the richness of creativity with other writers around Tallaght and South County Dublin.

### Mapping the River by Áine Lyons

*Downstream a siren sounds heralding sunrise,  
out of the mist slivers of light skittle across the broad  
antiquity of the river Suir.  
A lone skylark sings an aria to peace.*

*Beside the jetty a heron waits, sculpted silence  
long leg out of sight, head tucked sideways,  
lethargic, patient, a serene arabesque.*

*Through a grey fog ghosts hover,  
Norsemen in their longships, sailed with  
the tide to raid, stayed to mingle bloodlines.*

*Map makers, boat builders, swirling through  
history.  
A voyage that started with glaciers melting,  
ends with the shaping of landscapes.*



## Congratulations to the Tallaght Person of the Year Art Competition Winners

The winners of the Tallaght Person of the Year Art Competition will be presented with their prizes at the Abberley Court Hotel on Thursday 12th January at 7.30pm and the special guest of honour will be **Sam Maguire!**

### And the winners are:

Nadine Raymond, age 6, senior infants - "Cinderella" **St Kevins**

Stephen Goode, age 10 - "Keep Out" **St Roses**

Jack Brady, age 10, 4th class - "The Scream" **St Dominics**

Donal Ogbanna, age 8, 3rd class - "Firework" **Scoil Maelruains**

Teo, 4th class, - "Celtic Chalice" **St Martins**

Pheobe Biodun, age 7, 2nd class "Parot" **Scoil Carmel**

Muinteoir Eoin's ranga 6, including Emily, Sadhbh, Rachel and Jessie "Large Celtic Scene" - **Scoil Santain**

If you, your school, your business or your group would like to find out more about Tallaght Community Council contact us on [tallaghtperson@gmail.com](mailto:tallaghtperson@gmail.com)