



Issue No 1

ISSUE NO 1 | SEPTEMBER-2018 | OUR LADY'S COLLEGE GALWAY

NEWSLETTER

As part of Our Lady's College partnership with Croí na Gaillimhe, 10 talented fifth year students were chosen to take part in the Young Hearts Programme. This is a unique learning opportunity designed specifically for our students and a number of older adults from Galway City & County and beyond.

The idea of the programme is to tear down generational stereotypes, combat ageism, change negative stereotypes, enhance active citizenship, improve

community cohesion, and increase health & wellbeing. Our first meeting took place on Tuesday 25th of September in the Croí na Gaillimhe, Maureen O'Connell House, Mill Street, Galway.

During this time the students had the opportunity to interact and collaborate with the older people and participate in exciting activities delivered by Loretta Needham (Manager, Croí na Gaillimhe) and Jackie Dockery (Our Lady's College Galway).

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YOUNG HEARTS PROJECT

Our Lady's College Galway in partnership with Croí na Gaillimhe, and the Astronomy Module with The Department of Physics of NUI Galway.





Loretta opened the event with a warm welcome and brief history of the Young Hearts programme.

Next, the students greeted and distributed name tags to the older adults.



Loretta then outlined the aims and objectives of the Young Hearts programme.

Jackie organised a group icebreaker activity to encourage participants to get to know each other.



As the activity took place, there was a stream of young and older adults buzzing around the room communicating with one another and answering questions. They created a vibrant atmosphere in the Maureen O' Connell House.



After the activity the students prepared tea and coffee for the older adults with Croí na Gaillimhe kindly treating us to some delicious cakes and canapés.

After break both the young and older adults were asked to feedback the information they had gained from their partners.



This was a very worthwhile exercise as we found out we had lots in common with each other regardless of our age difference.

Our final activity involved the participants being divided up into groups of young and older adults and asked to reflect on the themes for Galway 2020 Migration, Landscape and Language.



The participant's contributions to the activity were terrific and served as a wonderful source of motivation for the year ahead!

Next week... Astronomy



NUI Galway
OÉ Gaillimh

The participants will be introduced to the education component which will focus on 'The Astronomy & Art Outreach Project'. This project was designed to provide a motivating learning environment through art workshops and to open the mind of children about astronomers. The **Astronomy Module** is led by Professor Andrew Shearer and PhD student Adriana Cardinot from the Department of Physics, National University of Ireland Galway in collaboration with **Independent Artist Finbar McHugh and Quilter Marcella Morgan**.

We are very excited to be part of this project!
#watchthisspace!!



Issue No 2

ISSUE NO 2 | OCTOBER-2018 | OUR LADY'S COLLEGE GALWAY

NEWSLETTER

This week we were having fun **learning** about the awe-inspiring field of **astronomy** in Croí na Gaillimhe, Maureen O'Connell House, Mill Street, Galway. We began our session with some interactive fun Icebreaker questions.



This consisted of simply picking a question from a box of 20 great questions and relaying our answers to

the group. This helped us to get to know each other better and allowed us the opportunity to interact and welcome new participants to the group.



Next, we were given the opportunity to play exciting astronomy games. These interactive games ranged from educational, to just plain fun. We were delighted to have Phd student Adriana Cardinot lead us into space!

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YOUNG HEARTS PROJECT



Our Lady's College Galway in partnership with Croí na Gaillimhe, and The Centre for Astronomy, School of Physics, NUI Galway.



TEACHING ASTRONOMY THROUGH BOARD GAMES



Adriana is a PhD student in the School of Physics at the National University of Ireland Galway. Her doctoral work explores creative learning methods that immerse and engage the post-primary students with physics. Her research is supported by the Brazilian funding agency CAPES! Adriana developed an astronomy board game for conceptual understanding and to engage players with astronomy and physics.



Throughout the session we were immersed in mathematics, astronomy and physics curriculum!

'Excellence Together'



The board game consisted of a card-playing tabletop game in which we rolled a dice to move, checked to see if we landed on a space with instructions, and then resolved it.



There were two types of question cards with questions related to physics concepts, with various degree of difficulty. The game also had a third card called "Who am I?", which had pictures of various scientists, researchers and astronomers who contributed to the development of astronomy.



One that comes to mind was Emmy Noether a

famous Mathematician (1882-1935).



The board itself was visually appealing which helped us connect to the information in the game.



Learning about science was so much fun!

Special thanks to a small meteor (Adriana) for passing through the earth's atmosphere (Croí na Gaillimhe) and helping modern astronomers (Our Lady's College students) explore outside the solar system through fun and interactive board games! Looking forward to Finbar's class next week!





ISSUE NO 3 | OCTOBER-2018 | OUR LADY'S COLLEGE GALWAY

NEWSLETTER

Croí na Gaillimhe was a revelation of colour today with enthusiastic artists exploring their creativity! This week's session provided a unique experience for both young and old. We all found that it was a form of meditation as well as a way to exercise creativity!



We were delighted to be given the opportunity to participate in an in-depth and quality pointillism experience –with the

incredibly talented artist Finbar McHugh! We began our session by welcoming new members and distributing name tags.



Then, Finbar gave us an introduction to the Pointillism technique- using dots of paint to create a painting. We were all very interested to learn about this style of art.

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YOUNG HEARTS PROJECT



Pointillism- The Dotted Art of Modernity!



MAKING OUR MARK●●∴



Next, Finbar handed out acrylic paint markers and gave us simple instructions on how to use them. Both the students and older adults were excited to try out these special paint markers, as we had never seen them before.



The older adults noted that they were intuitive to use and said they found it easy to add pops of colour to our artwork.



We talked about the use of dots to make paintings and the use of primary colours placed next to each other instead of mixing colours. The older adults expressed to the students how, looking at the colours blue and yellow next to one

another created the illusion of the colour green.



Josephine and Mai took great care pressing down lightly to make small dots.



Helen then informed us that more pressure created a larger one.

Our task was to try to fill up as much of the paper as possible with colour.

Finbar encouraged everyone to individualise the painting according to their skills and desires.



John, Rose, Helen, Adriana and Jasmine enjoying their well-earned break!



We really enjoyed making all the little dots and being able to choose what colours we wanted. We loved expressing ourselves creatively and are grateful to Finbar for facilitating this session.



Trip to the School of Physics, National University of Ireland Galway! We are looking forward to exploring the world of astronomy!



Issue No 4

ISSUE NO | OCTOBER-2018 | OUR LADY'S COLLEGE GALWAY

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NEWSLETTER

This week saw three of the brightest planets (Our Lady's College, Croí na Gaillimhe and the School of Physics) align in the National University of Ireland, Galway.

With fantastic facilities, a tradition of excellence and the very best students and academic talent we were thrilled to have the opportunity to visit the School of Physics.

Professor Andy Shearer and PhD student Adriana Cardinot and their team presented us with the most exciting visually stunning thorough, and timely coverage of the

heavens above in an easy-to-understand style that was perfect for our Young Hearts Astronomers!

Their expert science reporting, was filled with vivid colour photography, that we all found extremely informative.

We experienced a 3D visualization of our known universe. It wasn't until we really left Earth, and got above the atmosphere and had seen the horizon bend back on itself, that we could understand our planet as a limited condition!



YOUNG HEARTS PROJECT



NUI Galway
OÉ Gaillimh



**"Remember to look up
at the stars and not
down at your feet" -
Stephen Hawking**



We were shown a visual of how the Universe began in a Big Bang about 14 billion years ago. At that time, the entire Universe was inside a bubble that was thousands of times smaller than a pinhead. It was hotter and denser than anything we could imagine!

Adriana then explained how the images on a television screen are composed of tiny dots called pixels (short for picture element). We were amazed to learn that the computer controls each pixel individually. Most monitors have hundreds of thousands, or often millions, of pixels that are lit or dimmed to create an image. We then were given the opportunity to create our own pixels.



(Helena, Natalie, Leny and Kate working hard on their pixels)



(Christina and Breda creating their colourful pixels).



(Aisling and Josephine discussing their pixels)

Professor Andy Shearer then explained that from the dawn of humankind to a mere 400 years ago, all that we knew about our universe came through observations with the naked eye until Galileo turned his telescope toward the heavens in 1610.

The world was in for an awakening. Edwin Hubble, for whom the Hubble Telescope is named, used the largest telescope of

this day in the 1920s at the Mt. Wilson Observatory near Pasadena, Calif., to discover galaxies beyond our own!



We learned that Hubble, the observatory, is the first major optical telescope to be placed in space!



Scientists have used Hubble to observe the most distant stars and galaxies as well as the planets in our solar system. With the decommissioning of the space shuttle, however, the telescope that changed the world is now looking ahead to its inevitable end-of-life.

The hubble will be replaced by the James Webb Space Telescope. Webb will be the premier observatory of the next decade, serving thousands of astronomers worldwide. The telescope

will be launched on an Ariane 5 rocket from French Guiana in 2021.



We ended our tour by visiting The O'Donoghue Centre, NUI Galway to meet our Young Hearts Artist Finbar McHugh. Finbar has created a series of abstract paintings exploring his inner world of thoughts, emotions and feelings, brought to life in stunning splashes of energetic colour



'These paintings are moments, snapshots from his travels. Each one a different adventure through space and time.' Finbar McHugh



'Excellence Together'

(Claire discussing her thoughts with Jackie)



Special thanks to the School of Physics for our warm welcome and taking such great care of us!



We are visiting the Astronomy of Birr Castle to visit one of the greatest attractions the Great Telescope!



Issue No 5

ISSUE NO 5 | OCTOBER-2018 | OUR LADY'S COLLEGE GALWAY

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NEWSLETTER

This week the School of Physics, N.U.I.G brought our Young Hearts astronomers on an unforgettable adventure to the picturesque setting of Birr Castle in Co. Offaly.

Our tour guide brought us up to speed with the Castle's history and both the young and older adults thoroughly enjoyed the tour of Ireland's historic Science Centre. The museum specialises in astronomy and botany.



We experienced history, science and so much fun!

We entered a world of fun-filled exploration as we encountered a 17th century castle, the famous Great Telescope and the historic science centre.



YOUNG HEARTS PROJECT



BIRR CASTLE DEMESNE & HISTORIC SCIENCE CENTRE

'Where learning and fun collide'



Inside the museum we discovered astronomical instruments, cameras, photographs and photographic equipment used by the Third and Fourth Earls and Mary, Countess of Rosse, in the middle and late 1800's.



(Maura, Josephine & Loyola marvel over their surroundings)



(Helena looking back in time)



Also on display was the electrical and engineering equipment originally belonging to Charles Parsons and used in his experiments as well as a large area devoted to the botanical work carried out in the Demesne.



(Atom looking up!)



The Dark Room contained within the grounds is believed to be the oldest surviving dark room in the world which belonged to the 5th Earl of Rosse and his mother who were renowned photographers.



The interactive centre revealed the wonders of early photography, engineering and astronomy with a special emphasis on the brilliant design and assembly of the world famous *Great Telescope*.



(Lenny directing her gaze to the Great Telescope)

We were then brought to the location of one of the most extraordinary telescopes ever built... the Great Telescope (the biggest in the world for over 70 years). Our guide highlighted the importance of Birr Castle in modern astronomy. The Great Telescope was completed by the third Earl of Rosse in 1845.



The telescope has a

mirror of 72 inches in diameter, larger and more powerful than anything built before. We learned that one of the major discoveries with the telescope was the spiral nature of the nebulae!



Both the young and older adults had really worked up an appetite so our next stop was the Courtyard Café at Birr Castle, where we enjoyed a delicious lunch which was kindly paid for by the School of Physics, N.U.I.G.

After our delightful lunch Adriana brought us to the site of the Irish Low Frequency Array (I-LOFAR).



I-LOFAR is the Irish station in a European-

wide network of state-of-the-art radio telescopes, used to observe the Universe at low frequencies (10-240 MHz), which is based at Birr Castle. It connects to the International LOFAR Telescope network which stretches nearly 2,000 km from Ireland to Poland.

We then spent time strolling through the 120 acres of beautiful gardens and parklands.



(Helena, Natalie, Geraldine, Rosemary & Nicole having a rest in the beautiful demesne)



(Aisling, Claire, Dayna, Aaron & Maura relishing Birr Castle Gardens)



(Josephine, Maura, Breda & Lenny enjoying the demesne)

This trip was fun & educational and inspired both young and old to explore science, astronomy, engineering and biodiversity.

We are all very grateful to our tour guide, Adriana, Aaron and the School of Physics, N.U.I.G for bringing us to marvel at the Great Telescope & explore the science Centre!





Issue No 6

ISSUE NO 6 | NOVEMBER-2018 | OUR LADY'S COLLEGE GALWAY

IN THIS ISSUE

NEWSLETTER

Croí na Gaillimhe was bustling this week as the Young Hearts participants began their trojan work on the Galway 2020 Small Towns Big Ideas project, with Mill Street Quilters.

The project, involves the coming together of two groups – the sewing group at Croí na Gaillimhe and the Intergenerational Group – Young Hearts to create three quilts based on the Galway 2020 themes of Language, Landscape and Migration.

The idea for the project grew from Croí na Gaillimhe's experience in offering sewing classes

and the natural and easy interaction and communication it brought about in the group.

The sewing classes act to reduce isolation, increase intergenerational and intercultural connections and leave a lasting legacy for the local community.

The quilt will be hand sewn to encourage more intergenerational connections between the young and the old while they are making the quilt.

We hope the final quilt will be simply out of this world!



**YOUNG HEARTS
PROJECT**



MILL STREET QUILTERS



**QUILTING AS AN ART
FORM, THERAPY &
SOCIAL GLUE**

Our workshop began with Marcella Morgan from the Mill Street Quilters introducing the participants to the basics of quilt design and construction essentially bringing the community together through the craft of quilting.

We were relieved to learn that even those with no sewing experience would be able to contribute!



Marcella divided us up into groups and encouraged us to think about how we would craft the planets and if we wanted to create new planets.

We began by using footballs to create the initial shape of our planets. We then covered the balls with an outer layer of synthetic padded material.

Next, we were given an array of fabrics to choose from. Once we had chosen our fabrics we then began cutting and piecing together blocks,

this time aloud the group unplug and focus on creating.



The environment of quilting helped us to focus on completing our tasks, and required our full attention.



Breda, Rose, Kate, Nicole and Jasmine practice and perfect specific techniques, from sewing basic squares and quarter-square triangles to mastering hand appliqué and using templates.



Lenny, Josephine, Geraldine, Helena, and Natalie are pictured making strong personal

connections through the process of making the quilt.

This is the students' first time doing a project that consists of such small blocks. Geraldine said that she liked all the fabrics that she received and that she is looking forward to this project.



The older ladies reminisced on the past with the girls and noted that throughout most of the last century, sewing was taught in school and that it was part of a standardized curriculum for girls and boys.

We found the session very relaxing and therapeutic. Being part of the workshop over the next several weeks will also mean that the participants will develop their skills and become more competent.

We are already looking forward to more quilting next week!



ISSUE NO 7 | NOVEMBER-2018 | OUR LADY'S COLLEGE GALWAY



Issue No 7

IN THIS ISSUE

NEWSLETTER

One of the great things about quilting is that it involves a fantastic community spirit. The Young Hearts participants are thoroughly enjoying taking part in this old tradition. Croí na Gaillimhe makes it very easy for everyone to come together to share their skills and work collaboratively. We are so lucky to have Marcella from Mill Street Quilters helping us find inspiration, teaching us new skills and guiding us in our Galway 2020 Small Towns Big Ideas project.

!

The Young Hearts participants have varying skill levels and instruction is customized to each participant's skill level.

This week the participants were busy selecting their fabrics, using different threads and working on their patterns. Regardless of previous skill, all participants are finding success with this project.

Even though the planets are sewn in the same way, each piece is unique due to the fabric selection and the pattern chosen!



YOUNG HEARTS PROJECT



MILL STREET QUILTERS



QUILTING AS AN ART FORM, THERAPY & SOCIAL GLUE

Our workshop began with Marcella showing us examples of some quilt designs and construction.



We spoke about different designs for our planets and visualised what they might look like.



Next, we organised ourselves into our groups and began working on our planets.



Lenny, Mary, Josephine and Geraldine get straight into designing their planets.



Christina and Atom decided to cut contrasting shapes into their designs under the watchful eye of their supervisor Maura!

After our delicious break, we received an array of different fabrics to use. This helped us create some interesting designs with a colour palette/fabric combo that we really wanted to play with.

These fabrics were a mix of recycled clothes plus a few other pieces thrown in for good measure.



As part of our project, we are also quilting a chair. Each week different groups will add to the masterpiece.



Atom in particular has shown great ability and skill in her sewing!



Marcella told us that quilter's weight cotton fabric was the best fabric for quilting. While it does have shrinkage, it typically shrinks less than cheaper cotton fabrics.



"I like EVERYTHING about the quilting module" - Nicole. Our instruction from Marcella has been invaluable and we are really looking forward to the finished project!





ISSUE NO 8 | NOVEMBER-2018 | OUR LADY'S COLLEGE GALWAY



Issue No 8

IN THIS ISSUE

NEWSLETTER

This week we were adding to our creations using carefully saved garment pieces and fabrics. We have started building many layers to our planets.

Using upcycled materials as the fabric is a great way to maximize our resources. It is also a great way to bring new life to pre-loved clothing.

Our planets are being made from old shirts, jeans, ties and other fabric. Our project relates to the Japanese philosophy of 'mottainai', which centres around wasting nothing of the intrinsic value on an object.

Taking the time to create something truly unique is a beautiful way of connecting with garments and textiles, and because mistakes and wonky stitching are embraced, it is the perfect project for the young hearts participants!



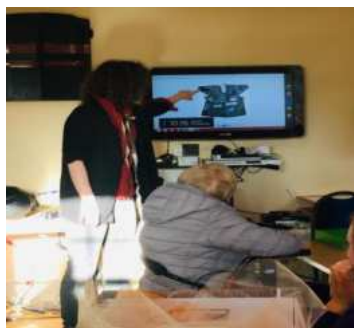
YOUNG HEARTS PROJECT



MILL STREET QUILTERS



Beauty in an object's impermanence and imperfection!



The traditional Japanese boro cloths inspired this week's quilting session. We explored images of boro cloths and sashiko stitching to add some inspiration into our planets.

Marcella explained that each cloth tells a unique story of its journey through life with patches carefully sewed on and reinforced with stitching, often over generations of a single family.



We learned that by patching and stitching, the fabric could be strengthened and its life could be extended.

Making a feature of garment repairs was an alternative to the art of invisible mending. During the Edo era there were also laws that restricted

lower classes from wearing bright colours which is why the cloths are indigo blue and brown.

This was very inspiring and gave the participants some great ideas for tearing and repairing strips of fabrics and sewing them onto our designs.



Leny, Geraldine, Mary & Josephine were busy cutting up some old shirts and working them into their planets. They used a wide mixture of fabrics for their planets.



Loreta, Atom, Maura, Tara & Christina carefully preparing the chair for the next group. Each week the chair is prepped by different groups who work together to maximize creativity. Each group is assigned a certain role.



Marcella provided great mentoring and feedback to the groups.



"Sew a needle pulling thread"- John pictured above threading the needle.



Some of the selvages we are using are pretty vibrant bits of fabric, that are making our planets come alive and challenge current theories of planetary formation☺



ISSUE NO 9 | NOVEMBER-2018 | OUR LADY'S COLLEGE GALWAY



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NEWSLETTER

This week we were joined by Galway 2020 photographer Cormac MacMahon. Cormac kindly photographed all our work and spoke with the participants about their creations.

Our project is coming to an end for this year, however we will continue it in 2019.

Sitting down in groups and mastering the skills of sewing has been extremely enjoyable and we have enhanced our motor skills, especially our hand-eye-coordination. The attention to detail that our planets require

has encouraged our coordination. This project has required a lot of creativity, which the participants have illustrated in their planets.

We have become familiar with the materials particularly in terms of their suitability and workability.

Our knowledge has increased in terms of sewing different stitches. We are now using running, basting, and slip stitching as we construct our planets by hand with our needles and thread.



YOUNG HEARTS PROJECT



MILL STREET QUILTERS





Loretta adding some colour to her planet



We are learning sew many skills from this project☺



Bridget has decided to add some zips to her planet to add texture.



Christina decided to add some colour to her planet, I hope that's not your school jumper☺



Leny perfecting her stitching.



Josephine and Marcella discussing ideas to enhance Josephine's planet.



John, Jackie, Aisling, Bridget & Atom hard at work.



Mary's planet is growing in size and shape.

Next week, the participants are bringing in some traditional christmas food from around the world. We are all looking forward to sampling some of the seasonal delicacies that the participants make!



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IN THIS ISSUE

NEWSLETTER

This week's session was about Intergenerational communication through food. The Young Hearts participants developed a better understanding between generations by sharing food and memories. All the participants prepared food that was important to them.

Jackie introduced the session as "A trip down memory Lane" by asking everyone to explain their dish and share a fond Christmas memory. Food and eating together is an effective tool for creative languages that promotes

intergenerational communication.

This activity further served to build dialogues and build rapport and furthered communication. Food has a magical power that combines people and strengthens social bonds; it touches everything important to people.

Overall, the session was a great success. We concluded the session by practicing some songs for our Christmas Carol Service, on December 18th in the Headford Road Shopping Centre!



YOUNG HEARTS PROJECT



FOOD FOR THOUGHT

Empowering intergenerational communication through sharing food, stories & song





The students were very busy on Monday in both school and at home preparing food for the Young Hearts Programme.



Christina made some gender neutral gingerbread☺



Aisling and Claire made delicious chocolate brownies.



'Excellence Together'

Geraldine and her mum were up early making cake bread for the participants. Leny made some delicious Stroopwafels (Dutch Waffles).

Overall, it was an effective tool for our participants in terms of communication, sharing and learning.



Aisling, Jackie, Breda & Geraldine having a chat & enjoying the delicious food on offer. Food and eating together enabled the participants to go back to their families of origin and value their personal stories but at the same time listen and appreciate other real life stories.



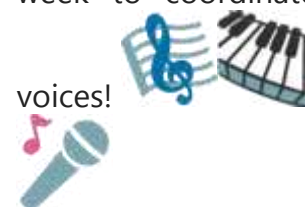
Food and eating together created an environment where there was mutual respect, understanding and a greater sense of empathy towards each other and the will to

interact and form social relationships.



Participants felt bonded through preparing the food and eating together. They found it easy to share their Christmas memories and personal experiences. They learned a lot from each other through personal stories regarding family life, food, and preparing the food.

We finished off our session with John leading us in song in preparation for our Christmas Carol Service on the 18th of December. We practiced a number of carols however; we all agreed that we needed help fine tuning our pitch! Thankfully, choirmaster Ronan De Burca will be on hand next week to coordinate our





ISSUE NO 11 | DECEMBER-2018 | OUR LADY'S COLLEGE GALWAY



Issue No 11

IN THIS ISSUE

NEWSLETTER

This week we were in full preparation mode for the Young Hearts Carol Service that is happening on Tuesday 18th of December in the Headford Road Shopping Centre. We will be spreading the joy of Christmas through song.

The corridors of Croí na Gaillimhe were filled with song this week as its walls echoed Christmas hymns and carols. Ronan De Burca was our choirmaster who taught us some breathing techniques and patiently practiced carols with the young hearts participants.

For many, carol singing helps prepare people to welcome Jesus into our hearts and homes on Christmas Eve. Moreover, it helps in bonding the community.

We are hoping to spread the Christmas cheer through carols and hymns next Tuesday from 10am 1.00pm at the Galway Shopping Centre to raise vital funds for Croí na Gaillimhe Resource Centre. The resource centre acts as a social network for people living in the City or County of Galway, where they can



YOUNG HEARTS PROJECT

Bringing in the spirit of Christmas through music at Croí na Gaillimhe



attend classes, clubs and groups, meet up with old friends or meet new friends, take part in activities which are enjoyable and fun, sometimes educational or creative as well as accessing useful information and resources.

We began the session by learning breathing techniques. Breathing well will support our voices. We learned that singing when we have no breath left is a common way of tiring our voices.



We practiced breathing in gradually, and
'Excellence Together'

thought of our lungs filling up in fractions, when we counted.



We also focused on the diaphragm, being careful not to hold tension in the throat.



Next, we explored our range by singing the note that came most naturally to us. Gradually we took the pitch up to the highest note we could sing without straining. Then we took it all the way down to the very lowest note, again without straining.

We went through breathing exercises and vocal exercises, to ensure that we warmed up before singing, and that our singing technique was sound. After we had finished warming up we practiced our carols and developed our technique and range.



We hope to bring the joy of Christmas to people. We will be singing some popular Christmas carols including Hark on hear, Little Drummer Boy, Long Time ago in, Joy to the world and Silent Night. Carols do not just represent songs, but thousands of years of Christian history. We hope to revive the real essence of Christmas spirit by singing some traditional Christmas carols for the public. Special thanks to Ronan for facilitating this session.

Please come along and support us if you can next Tuesday! All are welcome and the support is greatly appreciated!!



ISSUE NO 12 | DECEMBER-2018 | OUR LADY'S COLLEGE GALWAY



Issue No 12

IN THIS ISSUE

NEWSLETTER

Performing at Galway Shopping Centre! Students from Our Lady's College and St Joseph's 'The Bish' and older adults from Croí na Gaillimhe and friends from Galway Direct Provision centres sang beautifully whilst raising money for the charity SVP.

We Started our day in the Christmas spirit by singing carols and holiday songs from across the ages and

around the world, with backing from the choir master Roman De Burca.

Carol singing is a merry way to spread some joy and raise vital funds for St. Vincent de Paul.

Thanks to the generosity of the public who helped raise €729.29 for the charity.



CHRISTMAS CAROLING IN AID OF SVP!





I hope we can all return in the New Year ready for all the possibilities to come. Wishing you a happy and peaceful festive season. Jackie ☺

We wish each and every member of the Young Hearts Family and your families a nice break and a happy and healthy 2019.



Issue No 13

ISSUE NO 13 | JANUARY-2019 | OUR LADY'S COLLEGE GALWAY

IN THIS ISSUE

NEWSLETTER

Happy New Year and welcome back to the Young Hearts programme. I hope that you have all had a lovely Christmas and now we are looking forward to a happy and healthy 2019.

Last term saw lots of progress with our 2020 project. The project, involves the coming together of two groups – the sewing group at Croí na Gaillimhe and the Intergenerational Group – Young Hearts (which involves Our Lady's College Galway and active retired people from the community), to create quilts based on the Galway

2020 themes of Language, Landscape and Migration.

The planets are taking shape and the participants seem to be working well together and enjoying the quilting sessions.

This term will involve a few more sessions finishing off our part of the 2020 quilting project under the extremely talented facilitator Marcella Morgan from Mill Street Quilters. We look forward to seeing the final planets in all their glory! No doubt they will be out of this world☺



YOUNG HEARTS PROJECT



MILL STREET QUILTERS



We began the session by welcoming back the participants and sharing our Christmas experiences. We also said goodbye to Tara and welcomed a new member from Our Lady's College Michelle.



Marcella then divided up the participants into four groups. Each group identified similar themed planets and picked a name for them. They then began adding to their planets.

Being part of the workshops over several months has meant that participants have developed their skills and are becoming more

competent. Strong personal connections are being made through the process of making the planets.



This week, Atom, Maura, Christina, Rose and Breda had the opportunity to work on the chair that we are also quilting as part of our project. The physical act of quilting, from choosing our fabric to cutting and piecing together blocks, is time set aside that lets the group unplug and focus on creating.



The environment of quilting focuses on completing tasks and requires our full attention.

Below are some pictures of the participants working hard in their teams completing their assigned quilting tasks.



Rosemary, Michelle, Timea and Leny concentrating on their work.



Helen was delighted to be back with the participants!





ISSUE NO 14 | JANUARY-2019 | OUR LADY'S COLLEGE GALWAY



Issue No 14

IN THIS ISSUE

NEWSLETTER

This week the Young Hearts participants were busy adding to their 2020 landscape designs. They have been making steady progress and their designs are beginning to take shape.

This week Leny's group were in charge of customising and personalising the upholstery chair using decorative cut-outs, crocheted flowers and embroidery. With a large collection of vintage materials to draw from, the participants are creating a beautiful patchwork-style upholstery base.

The participants have been using some leftover fabric, old blankets and even old shirts, to create the patchwork background to reupholster the chair. This project is extremely inspiring for everyone as every participant has the opportunity to add their own designs and ideas.

The participants are engaging in open communication, in which group members are sharing their thoughts, ideas, and feelings. This willingness to communicate openly with one another, has created a healthy respectful climate.



YOUNG HEARTS PROJECT



MILL STREET QUILTERS

Creative Endeavour



John has his planet all sewn up!



Breda and Josephine are pictured above stitching.



Leny, Jasmine & Rose adding their designs to the chair.



You may be surprised at how much creativity goes into our sewing sessions, especially as the participants are designing their own ideas.

Sewing is a fun, relaxing task that is almost therapeutic in nature; it lets us escape from the everyday stresses of the world and put our thoughts and effort into creating something unique and special.

The participants step out of their comfort zone and make things they dared never imagine creating before. Because their creative juices are flowing this gives them more ideas. Sewing also stimulates the parts of the brain that allow us to solve more complex problems and tasks, with its measuring, planning, and stitching required.



The chair is starting to take shape. Reupholstering is a great way to upcycle old furniture. Dayna and Aisling cut-fabric shapes and gave them to Jasmine, Rose, Leny and Marcella to arrange them on the chair in a pattern or arrangement that they liked. They then pinned them in place and then hand-stitched them onto the chair.

We are looking forward to seeing the finished chair in a few weeks!! As always special thanks to Marcella Morgan from Mill Street Quilters for facilitating this session.



Issue No 15

IN THIS ISSUE

NEWSLETTER

This week in Croí na Gaillimhe the Young Hearts participants continued their work on their 2020 project.

One of the pieces from their project is in collaboration with the CNG sewing group. They are making a very special quilt.

This is being made by people who are already involved in classes in Croí na Gaillimhe, including participants from Galway, Nigeria, Spain and Syria. The quilt is being hand sewn to encourage more intergenerational connections between the

young and the old while we are making the quilt.

The sewing group have made fantastic progress with the quilt to date.

This week the YH participants were given the honour of embroidering the quilt.

The sewing group, which consists of people from all over the world, have written messages and quotes on the hand-stitched quilt.

This was a great opportunity for the young hearts participants to work together and practice embroidery!!



YOUNG HEARTS PROJECT



MILL STREET QUILTERS



ISSUE NO 15 | JANUARY-2019 | OUR LADY'S COLLEGE GALWAY

Embroidery is the method used for decorating fabrics with a needle and a thread.

Learning hand embroidery was both fun and relaxing, plus it was an easy way to create a beautiful piece of art with fabric and thread.



We used a number of stitches in our embroidery, namely, running, straight and backstitches.

Using varied stitches, we worked independently from the fabrics weave which allowed us to embroider our designs, onto the fabric.

This surface embroidery allowed great versatility in order to create beautiful designs using colourful threads.

The session exemplified our appreciation for detail and our desire for individuality.

We learned that we could express ourselves with a hand-embroidered creation by

adding an embroidered design so it becomes an expression of our personal style.



This is a picture of the quilt that has been carefully hand stitched by the sewing group.



Marcella was on hand to give us great guidance and support.



Breda is pictured above embroidering an Irish message "Fáilte" which means welcome on the quilt.

Timea wrote a message from her home country of Romania "Sănătate buna" which means good health.

Atom wrote a Thai message "ชีวิตที่ดี" (Chīwit thī dī) which means good life in Thai.



The sewing group have also written messages from their countries of origin.

Adriana from the School of Physics, NUI Galway dropped by to say hello and viewed our planets that we have been creating over the last number of weeks. She was very impressed with our planets which have been fed by imagination and illustrate the participant's creative capacity.





Issue No 16

ISSUE NO 16 | JANUARY-2019 | OUR LADY'S COLLEGE GALWAY

IN THIS ISSUE

NEWSLETTER

This week we were joined by Adriana from the School of Physics, National University of Ireland, Galway. Adriana viewed our planets and was impressed by the different fabrics and materials that we used. Each participant was asked to describe their piece to the group and explain its characteristics and features in terms of its size, colour, and surface.

Adriana led the discussion about the pros and cons of living on our planets and stars and encouraged a couple of the more

reticent members to chime in. The participants worked extremely hard throughout this module and received very positive feedback from Adriana.

After break, we resumed our work on the chair and migration quilt. Geraldine (student) and John (older adult) sang two beautiful songs for us as we crafted.

We would like to express our sincere gratitude to Marcella Morgan from Mill Street Quilters for her time, help and guidance throughout this project.



YOUNG HEARTS PROJECT



MILL STREET QUILTERS



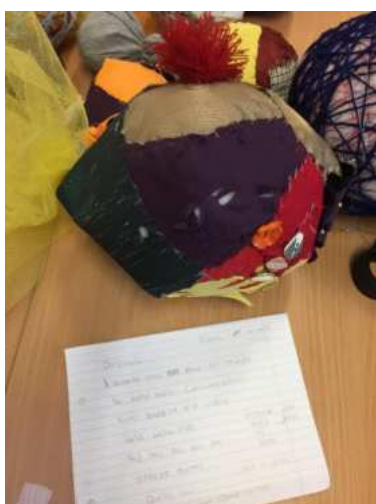
Participants discuss their solar systems with Adriana.



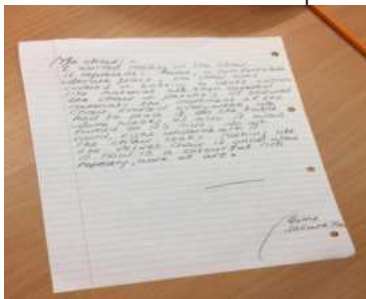
The participants completed their reports on their planets.



John and Adriana are pictured above discussing John's "Death Star".



Atom, Rose and Leny worked on the chair. Rose wrote that the chair for her represented "home, a comfortable, and secure place"



Another group worked on the quilt. The sewing group have made fantastic progress with this quilt and have added swallows to the quilt to represent human migration, which is one of our themes for our 2020 project.



The participants stitched on the flight path of the swallows.



Josephine is pictured above stitching her swallows migration route.



Issue No 17

ISSUE NO 17 | FEBRUARY-2019 | OUR LADY'S COLLEGE GALWAY

IN THIS ISSUE

NEWSLETTER

This week we began our Art and Astronomy module. The module is delivered by The School of Physics, NUI Galway, and presented and curated by art consultant Finbar McHugh and PhD student Adriana Cardinot.

We began the session with some mindful meditation to help focus our minds.

Finbar led the meditation by asking us to clear our mind of distractions. He told us that working with the breath was a good baseline technique to work with before a period of creative engagement, because it is about

gathering and settling the mind.

After our meditation, we were given some paper to frame with tape. We were then given the freedom to experiment with chalk pastels. Playing with colours and discussing the different colours in space was so much fun! We used a combination of blending and unblending the pastels to give our work greater variety, softer edges and more unified areas of light and shadow.

We had great fun and all participants really enjoy the session!



YOUNG HEARTS PROJECT



ART & ASTRONOMY

With Finbar McHugh
and The Centre for
Astronomy, School of
Physics, NUI Galway







Issue No 18

IN THIS ISSUE

ISSUE NO 18 | FEBRUARY-2019 | OUR LADY'S COLLEGE GALWAY

NEWSLETTER

This week we learned about Astrophotography! We were delighted to welcome guest speaker Dr. Ray Butler from the School of Physics, NUI Galway. Ray presented a talk about Astrophotography.

Dr. Ray Butler is a lecturer of Physics and Astronomy at NUI Galway. Ray has a huge interest in night sky quality and is studying the darkness of the night sky in different locations throughout Ireland. Nowadays tourism gets a huge boost from certification of dark sky quality, for example in Kerry and Mayo. Ray

finds it fascinating to see where the darkest locations are found and to encourage amateurs astronomers and budding astronomers to go and visit them both with their families, friends, schools and other groups.

We learned how astronomers and photographers record photos of astronomical objects, celestial events, and areas of the night sky. After the presentation, Finbar McHugh gave us the opportunity to make our own photography and experimented with light.



**ASTROPHOTOGRAPHY
IN PARTNERSHIP WITH
SCHOOL OF PHYSICS, NUI
GALWAY**





Ray began by explaining the five regimes of exposure and technique. He said that for the most part, astrophotography divides into two styles. There is long exposure shots, showing stars streaking across the sky in a dizzying array of circles. Then you have short exposure shots, which is your more traditional glamour photos of the Milky Way.

We can also use a longer lens depending on how much of the Milky Way and the surrounding scene we want to capture. We learned that a longer focal length will create star trails in only a few seconds instead of keeping the stars focused in the photo.



Ray told us that there is software, other than Photoshop and Lightroom that are custom-made for astrophotography. He

told us about Hugin, which is a panorama photo stitcher.

We were amazed by Ray's awe-inspiring shots of the night sky and the Milky Way. We also learned how to take star trail photos.

As the earth rotates on its axis, stars change position, so opening the camera shutter for a long time with the North Star (Polaris) visible in your composition will put it at the center of a giant swirl of stars. The longer the total exposure time, the further around the sky the stars will create a light streak.



Dr. Ray Butler with the Grubb Telescope in the South Dome at Dunsink Observatory.
(Credit: Qi Qi Kennedy)

Thank you Ray for the great presentation. We certainly appreciated your background of Astronomy. Your enthusiasm was great & you did an excellent job of educating us about the beauty of the night sky!



After Ray's presentation, Finbar gave us the chance to create our own amazing photography using a Light Painting Photography technique. This technique is the art form of using handheld lights to paint and/or draw in a scene while the shutter of a camera is left open during a long exposure photograph. By shooting in a dark location and using photographic technique of LONG exposure photography (let's say a 30 second exposure) the flashes, streaks, colors, textures, and trails of light created by our light painting tools and modifiers can be captured in a photograph without the use of any postproduction.





Issue No 19

ISSUE NO 19 | MARCH-2019 | OUR LADY'S COLLEGE GALWAY

IN THIS ISSUE

NEWSLETTER

This week we learned all about **the laws of planetary motion!** Our objective was to understand Isaac Newton's 1st Law of Motion, while visually seeing the effect of gravity on a moving object.

Adriana explained Kepler's laws of planetary motion and discussed how the laws describe the motions of the planets in the solar system. As discovered by Kepler, the planets orbit on ellipses with the Sun at one focus. In addition, the planets all revolve in the same direction on their orbits (*direct orbital motion*).

We began our activity by assembling our pendulum using some ladders, string and paper cups. We learned about the forces of motion and gravity with this new painting technique by exchanging the paint brush for a swinging bucket pendulum. We created a number of patterns using the spherical pendulum and predicted how variables would change the look of the paintings. With the help and guidance from Finbar we created some fantastic pieces of art using the bucket pendulum.



PLANETARY MOTION & PENDULUM PAINTING



In partnership with the
School of Physics, NUI
Galway & Galway Artist
Finbar McHugh



Finbar is pictured testing the length of the string



Leny waits patiently for her turn with the pendulum

Holding our finger over the hole on the bottom of the cup, we grasped the cup and poured a bit of paint in the cup. Next, we released our cup, and aimed it at a slight curve so that it would travel in a circular direction.

Once finished, it was important for us to keep the painting flat while drying.

We used acrylic-based paints, using water color over the paint in order to not disturb our spirals.



Dayna and Finbar are pictured practicing their swing.

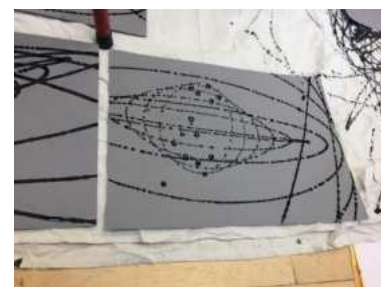


Helen was intrigued by the different patterns that the swinging pendulum created. As the swing moved back and forth it demonstrated the physics of a pendulum. The swing was moving back and forth due to the force of gravity on the swing.



Leny brought in a rotating constellation map 'Draaibare Sterrenkaart voor Nederland' from the 1940's that showed the sky over the Netherlands. This was really interesting and brilliantly captured the constellation.

Adriana gave us a visual to illustrate the rotation and orbit of planets.



We were delighted with our finished paintings as they were unique to each individual. The young hearts participants had so much fun and surprisingly it wasn't that messy!



ISSUE NO 20 | MARCH-2019 | OUR LADY'S COLLEGE GALWAY



Issue No 20

IN THIS ISSUE

NEWSLETTER

This week we made tides with watercolour painting. We learned some fun painting techniques for creating soft edges in our watercolor art.

No seascape is complete without a few waves, right? We learned how to paint water in motion using just a few washes, and got painting tips for creating hard and soft edges, both of which are necessary when it comes

to waves. We also discovered that the gravitational pull of the Moon and the Sun makes the water in the oceans bulge, causing a continuous change between high and low tide.

Adriana taught us that while both the Moon and the Sun influence the ocean tides, the Moon plays the biggest role because it is so



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Finbar McHugh**



much closer to our planet than the Sun.

In fact, the tidal effect of the Moon on Earth is more than twice as strong as that of the Sun, even though the Sun's gravitational pull on Earth is around 178 times stronger than that of the Moon!

The gravitational force of the Moon and the Sun pulls the water in the oceans upwards making the oceans bulge, which creates high tide in the areas of Earth facing the Moon and on the opposite side.



Breda, Josephine and Helen really enjoyed painting with watercolours.



Atom, Christina & Leny painting their masterpieces!

Some finished masterpieces!!





Issue No 21

ISSUE NO 21 | APRIL-2019 | OUR LADY'S COLLEGE GALWAY

IN THIS ISSUE

NEWSLETTER

This week we had a pastel painting workshop, Finbar demonstrated some basic pastel painting techniques that we could use in the lesson.

The purpose of our class was to experiment with the medium of pastels and above all, to have fun!

We began by focusing on learning how to draw with pastels and enjoyed ourselves in the process! The pastel paper that we used was a Pastel Card, which had a slightly abrasive surface. This was

an excellent pastel paper because the pastel adhered easily to the surface, yet it was still easy to blend. Using acid-free art tape, we adhered the pastel paper to the table. This kept the pastel drawing in place as we worked on it, and it gave us a flat, smooth work surface. We then began blending the pastels using our fingers. The blending helped to smooth out the pastel painting.

The Pastel paintings were stunningly beautiful, with rich textures and deep colours. We had a great time and really enjoyed the session!



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Finbar McHugh**







Issue No 22

ISSUE NO 22 | APRIL-2019 | OUR LADY'S COLLEGE GALWAY

IN THIS ISSUE

NEWSLETTER

The Young Hearts participants had so much fun this week learning the art of spraying by spray painting a wall at the Plots, Woodquay, Galway. The weather was perfect for our project, which helped us choose the right materials to work with.

It was a great way of showing the participants that graffiti has artistic value. Indeed, in recent years graffiti and street art have enjoyed growing prestige.

The activity required a lot of movement, like bending and stretching

and strengthened our hand-eye coordination.

The activity promoted generational interchange and was very beneficial as it was a great way for bridging the generation gap and facilitating communication. Special thanks to Finbar McHugh for organising.

We have thoroughly enjoyed the art and astronomy sessions that Adriana and Finbar have facilitated throughout the year. It was a pleasure connecting with you both and seeing how passionate you are about art and astronomy.



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Galway & Galway Artist
Finbar McHugh**



We began our morning in the Corrib House Tea Rooms. This is a beautifully restored historic Georgian townhouse which is located on the edge of the Salmon Weir, in the heart of Galway City. We had uninterrupted views of the spectacular River Corrib. We were treated to some delicious treats, specialty teas and gourmet coffees.



We were joined by Sarah Jenkins of Jenesys Associates who travelled from the U.K on behalf of



The activity created stimulating inter-generational dialogue between the generations.



Ready for action!



Jackie helping Maura with her apron.



Finbar kept everyone active and motivated, while Claire and Dayna provided the music.



Josephine really enjoyed spraying the colour spectrum.





Issue No 25

ISSUE NO 25 | MAY-2019 | OUR LADY'S COLLEGE GALWAY

IN THIS ISSUE

GRADUATION 2019

What a fantastic year it has been! The Young Hearts participants attended their graduation in the O' Donoghue Theatre, National University of Ireland, Galway. We have all thoroughly enjoyed being part of the Royal Astronomical Society's 'Making Space programme' and Galway 2020's 'Small Towns Big Ideas programme'.

Special thanks to everyone who helped and contributed to making these programmes a fabulous success!



♥YOUNG HEARTS♥

In partnership with the
School of Physics, NUIG



The ceremony began with a welcome from the new Dean, Professor Walter Gear of the newly combined College of Engineering and Science at NUIG.



Next we met Professor Steve Miller from the Royal Astronomical Society who presented the participants with certificates of achievements.



Dayna receiving her certificate from Professor Steve Miller.



Bridget receiving her certificate from Professor Steve Miller.



Aisling receiving her certificate from Professor Steve Miller.



Claire receiving her certificate from Professor Steve Miller.



Christina receiving her certificate from Professor Steve Miller.



Atom receiving her certificate from Professor Steve Miller.



Jasmine receiving her

certificate from Professor Steve Miller.



Breda receiving her certificate from Professor Steve Miller.



Leny receiving her certificate from Professor Steve Miller.



Mary receiving her certificate from Professor Steve Miller.



Josephine receiving her certificate from Professor Steve Miller.



Rose receiving her certificate from Professor Steve Miller.



Our finished work was displayed in the O'

Donoghue Theatre.



Claire and Dayna strike a pose beside their paintings.



The final quilt looked amazing!



Our chair looked fantastic!



The finished quilt showing the migration flight path.



Mary summed up wonderfully how we all felt about the programme.