

Irish Sign Language - Provinces of Ireland

MUNSTER



LEINSTER



ULSTER



IRELAND



CONNAUGHT



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With special thanks to
ISL Interpreter Stephen Bates



2020

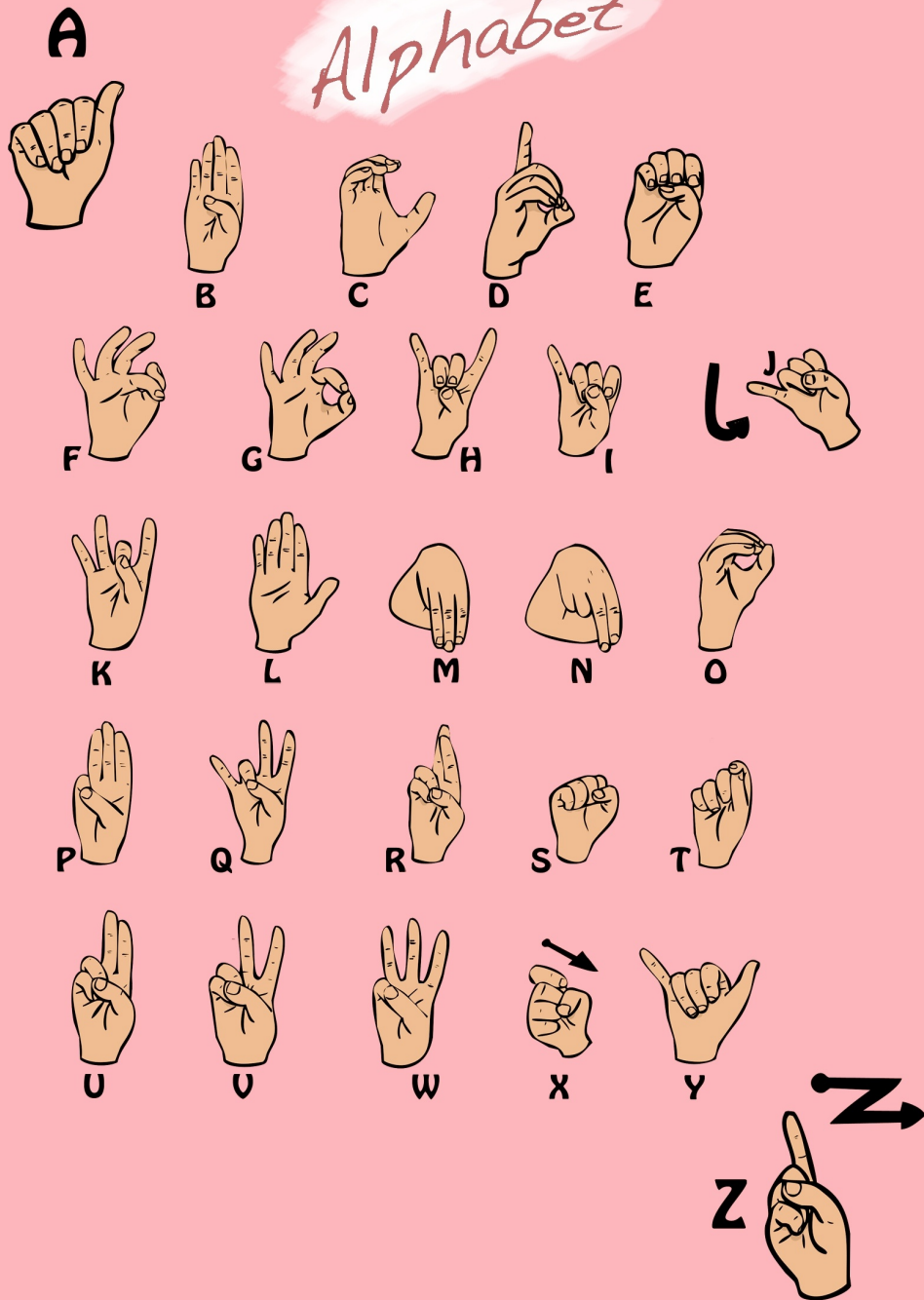
An illustrated booklet
of basic Irish Sign Language (ISL)

Proudly brought to you by Athy Sing & Sign Club



Comhairle Contae Chill Dara
Kildare County Council

The Alphabet



A Word From Our Chairperson



Hi everyone!
My name is Molly Goldrick.
I am the new chairperson of
Athy Sing And Sign Club.



I've been part of the club for about 6 years and we have never come across a challenge like COVID brought. But we adapted and did our QQI level 4 in ISL course via Zoom.

I am delighted to say we have all passed with merits/distinctions!

I was especially proud to be part of the Cruinniú na nóg 'It's Time to Sign' project this year.

The year 2020 will be our 4th ISL Festival and despite COVID, it will still go ahead but it will be done visually and virtually.

I'm so excited for the program as it commemorates strong women. We all know a Mam, a Sister, a Granny, an Aunty or friend that deserves to be celebrated. I hope you enjoy our ISL Booklet. Keep Safe Everyone <3

mollygoldrick

A Word From Aiden McHugh (Founder)

In 2005 the gym club Gaisce Group needed a new skill. They were all teenagers and chose ISL. Through the IDS we found Kay O'Brien, and 2 years later a local girl named Maggie took over and shook it up!

Maggie doesn't understand the word 'no', which was to our advantage. Numerous events later, and Athy is now recognised as the number 1 town in Ireland for ISL.

Proud to have been a part of this, and proud of the students who have gone on to achieve bronze, silver and even gold Gaisce awards, and to see them learning a new language, that is Irish Sign Language



P. McHugh

ATHY Sing and Sign Highlights of 2020

CLEAS ACT ON TG4

Some of the younger group got to perform on 'Cleas Act' on TG4 with Gaelscoil Athi.

They performed 'Take my Hand' by Picture This in ISL and as Gaelige

FUNDRAISER IN ST MICHAEL'S

We were asked by Athy Lions Club to perform with Rob Chanders in St Michael's Parish Church, with the No 1 Army band in aid of a new wheelchair ramp.



ENTERTAIN US ATHY

We were delighted to take part in local Facebook Group 'Entertain Us Athy - COVID 19' where we performed songs in ISL to 7000 members.

Feeling Proud 🇮🇪🇮🇸🇮🇸🇮🇸 Michael Foley Family Athy Sing Sign #StandingTall



QQi IN IRISH SIGN LANGUAGE

Congratulations to our members who have completed QQi in Irish Sign Language (ISL) in Level 3 and Level 4 with the Irish Deaf Society.

Special thanks to Chris Jones and Stephen Bates our ISL tutors, and also to Athy Lions Club and Brian Dooley, who sponsored the course level 3.

And thanks to Aoife Breslin and Mark Wall for helping to secure funding for course level 4.



HOME SCHOOL HUB EXTRA

Well done Athy Sing and Sign members who performed 'How far I go' by Moana on Home School Hub Extra on RTE. They were fantastic!



OFFICIAL ISL INTERPRETER

Massive congratulations to Aoife Harrington who is now an official ISL interpreter.

She has completed 4 years Deaf Studies in Trinity College and we are very proud of her.

She is the first person from ATHY to qualify as an ISL Interpreter.



Cruinniú na nÓg

Kids from Athy Sing and Sign Club did an amazing project called 'It's Time to Sign' for Cruinniú na nÓg. This is a day of free creativity for children and young people. Our young presenters both deaf and hearing created a fun interactive film teaching ISL for children.

Their topics included the Alphabet, How Deaf people make a phone call, signs for characters in Harry Potter, and signs for different counties in Ireland.



AIDEN MCHUGH

We would like to wish Aiden McHugh, the founding member of Athy Sing and Sign Club the very best of luck. He has now retired from his position as chairperson, and he promises to rest!

Aiden will always be welcome back as an honorary member. We want to thank him for everything he has done for us and for all of his support over the years.

We will forever live by his motto 'If life is good, give something back'



Athy Railway Station

Athy is one of the larger towns served on the old Great Southern & Western Railway's main line from Dublin to Waterford.

The station first opened in 1846 and passed to the newly-formed Iarnrod Eireann in 1897. Apart from a few minor alterations the present Athy Station building is the original one. It was designed by a man named Woods, the Architect of many of the Great Southern and Western Railway stations (src: Frank Taaffe's Eye on Athy).

Athy Station is a very typical early station building, built in a Tudor style. The metal footbridge still features notices in old intricate Irish letters and font.

TICKET



One hand makes a "claw" shape with the first two fingers

Then clasps the palm of the other hand in the manner of "punching" a ticket

TRAIN



Hands held flat. Then left on top of right and left hand moving back and forwards, like a train moving on the tracks



TICKET INSPECTOR



Make the sign for "TICKET" As above



Then one hand finger and thumb together



Then touch forehead then chin

TIMETABLE

Hand flat facing forward. Thumb tucked in.

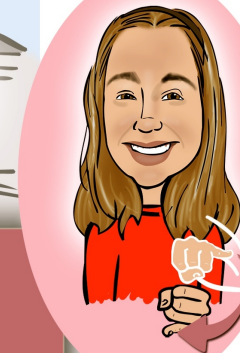
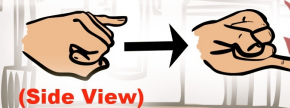
Then as if drawing the columns and rows of a timetable ...

... hand moves down towards the center and finally back across to the outside.



JOURNEY

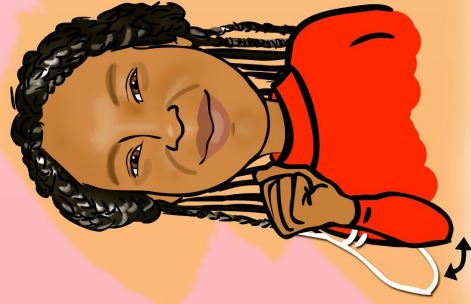
Making the sign for "J" Hand moving forward as it turns



The nearby signal cabin which once controlled the junction with the branch to Ballylinan is now out of use.

The line to Ballylinan closed in 1963, with just a short section remaining in use for access to the Tegral cement factory, but this has been disused since 2005.

In the 1840s the stone road bridge was built at the north end of the Station.



**Fist closed
Then move elbow in and out twice**

**Fingers like holding a glass
Then tapping twice against the chin**



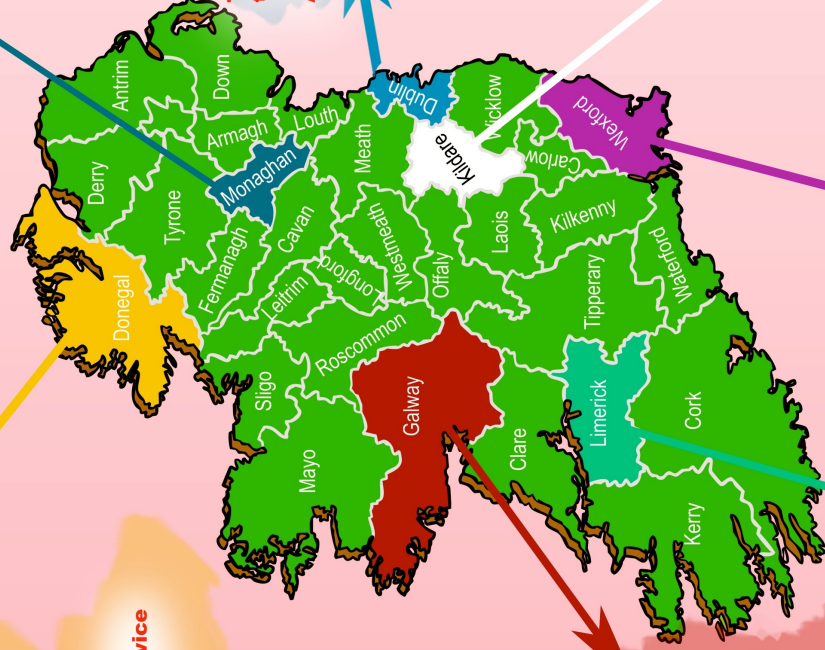
**Thumb and 1st finger
together
And tap chin**

**Then fingers like pointing a gun
And tap chin again**



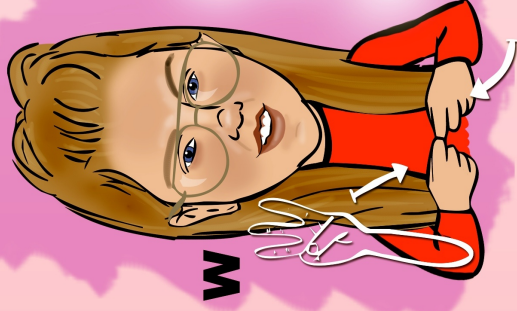
G

**Finger-sign the letters
"G" then "L" then "Y"
to make "GALWAY"**



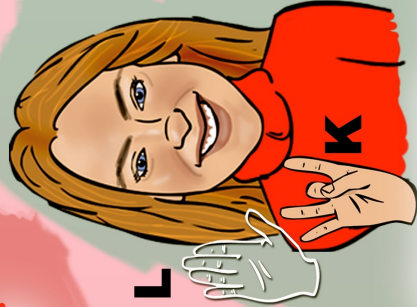
K

**Make the sign for 'K'
Then tap twice against shoulder**



W

**Make the sign for "W"
Then both hands come together
as shown, each making the "X" shape**



L

**Finger-sign the letters
"L" and "K" to make "Limerick"**



Rugby

Make the motion of throwing a rugby ball

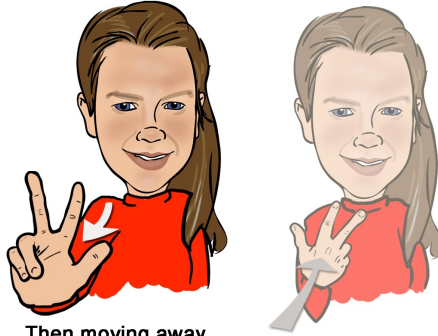


Alison Miller

Katie Taylor

Triathlon

Make the sign for the number 3



Then moving away from you

Then turn hand around and bring back towards you

Deirdre Walsh



Cycling

Make two fists and move in circles like pedalling a bike



Boxing

Hold fists in a boxing pose

Fists move back and forward in synch with the syllables of BOX - ING



Swimming

Mime the arm motions of a swimmer



Deirdre Byrne

Linda Dobbyn



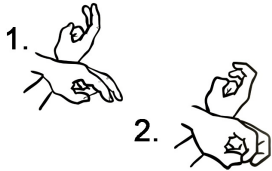
Running

Wrists crossed. Make fists but with first 2 fingers extended

Then 2 fingers curl inwards

Hands moving forward

Viewed From Above ..



Maria McCambridge

Dragon Boat

Make gesture as if paddling

Make the front of a boat using the fingers

Then move hands forward away from body



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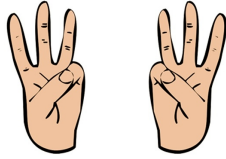


Athy Sing & Sign are celebrating the achievements of women. Here are some women we admire, both local and further afield.

INSPIRATIONAL

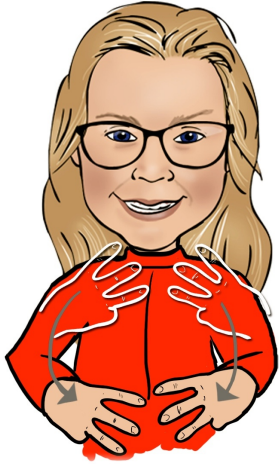
WOMEN

Both hands make the sign for "W"



Hands open palms facing in

Both hands together moving upwards



**Then touch collarbone
Move out and down
in curve shape
to finish below ribcage**



TOP LEFT TO RIGHT: Panti Bliss (Gay Rights Activist), Mary Robinson (First woman President of Ireland, and Climate Change Advocate), Maggie Owens (Teacher of the Deaf), Lydia Mendes (Founder of #COAB & social media content creator), Sr. Consilio (Founder of Cuan Mhuire), Caroline O'Leary (ISL Interpreter and CODA), Anna May McHugh (GEO Ploughing Championships), Lucina Russell (Arts Officer For Kildare County Council), Josephine O'Leary (TV Presenter and was awarded the National Deaf Woman of the Year), Joanne Chester (ISL Presenter for RTE News), Aoife Breslin (Councillor), Clare Kambamettu (Clinical Psychologist and winner of 51st Rose of Tralee), Niamh Boyce (Author), Dr. Niamh Shaw (Engineer & Scientist), and Sinead Burke (Teacher and advocate for disability and design)