



ATHY



Sing and Sign



2022

An illustrated booklet
of basic Irish Sign Language (ISL)

Proudly brought to you by Athy Sing & Sign Club



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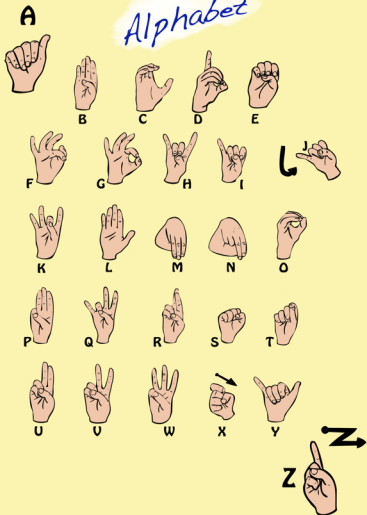


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Comhairle Contae Chill Dara
Kildare County Council

The Alphabet



A Word From Our Chairperson



Welcome to the 6th edition of our Athy Sing & Sign annual booklet. My name is Jane Bracken and I am this year's chairperson.



Hi everyone, my name is Jane Bracken. I am a 6th year student in Ardscoil na Tríonóide.

I am delighted to be the Junior chairperson this year. I am a member of Athy Sing and Sign for a number of years now. I have completed QQ1 level 3 and 4 over the past few years. Covid had us doing classes through Zoom, which was not ideal but it is fantastic to be back to the face to face classes now.

Athy Sing and Sign are always welcoming new members.

This year we are all delighted that our annual ISL festival is back to normal, and there will be multiple workshops and events to attend over the weekend.

This year's theme of the festival is 'positively'. I hope everyone will feel positive and uplifted after our festival! I am looking forward to working with everyone over the next year.

Jane



A Word From Eilish Langton (Creative Places Athy Coordinator)

As coordinator of the three year arts initiative Creative Places Athy, for Kildare County Council Arts Service, I am positively delighted to wish the 2022 Athy Sing and sign ISL Festival every success. I am constantly amazed at how the group and members use arts and culture to push their community of practice forward.

Their thrust and determination provides inspiration to all who encounter them as they have community at the heart of their initiative, and continue to imagine and draw on alternative ways to include and engage us in ISL in Athy and beyond.

Athy Sing and Sign

Highlights of 2022

AMHRAN NA bhFIANN

Well done to Aine Lawler who signed Amhrán na bhFiann in St. Conleth's Park Newbridge, at the National League game between Kildare v Monaghan.



Photo
Hannah Donoghue (Allenwood GAA)
Aine Lawler (Rheban GAA)

CODA DAY

Caitlin, Caoimhe, and Pippa celebrated CODA Day (Children of Deaf Adults) in the Deaf Village Ireland.



RELAY FOR LIFE

We were delighted to support our members Amelia & Riley Nolan's family charity 'Team Nanser Relay for Life' in Kildare.

Our members performed 4 songs including Ireland's Call. Naas Garda Ossie Wardick who is also a CODA performed with us signing on the day, and Garda Sean O'Mahony sang.



Thanks to Dr John Bosco and Dr Lorraine Leeson for making us feel welcome on our trip to the Centre of Deaf Studies in Trinity College.

AWARDS NIGHT

After 2 long years of covid - we were delighted to have an awards night recognising all our members for learning ISL, and some members QQI level 3 and level 4. Special thanks to Kildare Arts Officer Lucina Russell, Athy Enterprise Officer Patricia Berry and Councillor Brian Dooley for presenting the certificates. We also want to say thank you and best of luck to committee member Majella Harris on her retirement. We will miss her very much <3 (Photo Aisling Hyland)

TRIP TO THE DAIL

Senator Mark Daly (Cathaoirleach of Seanad Éireann), welcomed us and personally guided us to the Dail and the Seanad where he talked about the long process of getting ISL recognised as Ireland's third official language. We performed the Irish National Anthem in ISL outside, in front of posters celebrating 100 years of the Seanad. We were then treated to a delicious lunch in the Oireachtas Restaurant.

We were delighted to have lunch with Senator Mark Daly, two ISL interpreters Caroline O'Leary and Ciara Grant, and we were joined by the lovely Senator Fiona O'Loughlin. We were also delighted to meet Senator Mark Wall. We had such an amazing day at the Dail and we would like to thank everyone there for making all of us feel very welcome!

#CeadMilleFáilte

ST PATRICK'S DAY

Athy Sing & Sign members participated in the parade, showcasing different flags of the world. They then performed the Irish National Anthem in ISL and raised the Irish Flag onto a mast as part of the performance. (Photo below Frank Fanning)



BARROW SPLASH

We had great fun taking part in the Athy Dragon Boat 'Barrow Splash'. Well done to our young member Katie Phillips on winning the best overall time on 'Hanging Tough'!



SIGNS OF THE WORLD

For Kildare's Cúmnú na nÓg programme (LOGO), we launched the 'Signs of the World' project. Our members worked with students from Holy Family School for the Deaf in filming the signs. You can find signs for different countries on the resources page of our website.

www.athysingandesign.com



Chairperson of Irish Deaf Society Lianne Quigley, Manager of Deaf Village Ireland Sylvia Nolan, Maggie Owens, and CODA Amanda Coogan.

TEACH TIONOIL CHUMANN NA GCLARDE
 TÓGADH AN
 FOIRNEAMH 1 1780
 I LANA THIONOIL
 DO PHOIBIL NA GCLARDE I
 MBATLE ATHA I
 COMHAIRLE BHAILE ATHA I

QUAKER MEETING HOUSE
 BUILT IN 1780
 IN MEETING LANE FOR
 THE QUAKER COMMUNITY
 OF ATHY
 ATHY TOWN COUNCIL

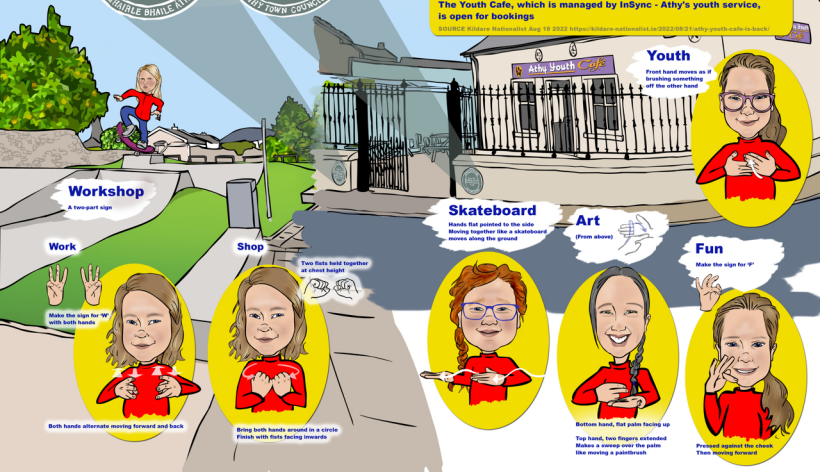
ATHY YOUTH CAFE

Located in Meeting Lane, Athy Youth Cafe relaunched on the 12th of August 2022, after prolonged closure due to COVID restrictions.

Formerly a Quaker Meeting Place, the building required renovations. This was funded by Kildare County Council, with input on the new design from local young people.

The Youth Cafe, which is managed by InSync - Athy's youth service, is open for bookings

SOURCE Kildare Nationalist Aug 18 2022 <https://kildare-nationalist.ie/2022/08/17/why-youth-cafe-is-back/>



Workshop

A two-part sign

Work



Make the sign for 'W' with both hands

Both hands alternate moving forward and back

Shop

Two fists held together at chest height



Bring both hands around in a circle
 Finish with fists facing inwards

Skateboard

Hands flat pointed to the side
 Moving together like a skateboard
 moves along the ground



Art

(From above)



Bottom hand, flat palm facing up

Top hand, two fingers extended
 Makes a sweep over the palm
 like moving a paintbrush

Youth

Front hand moves as if
 brushing something
 off the other hand



Fun

Make the sign for 'F'



Frenched against the cheek
 Then moving forward

Water

Using the 2nd finger
Stroke the chin twice



Wildlife

1. Fingers slightly curled
Hand moves across face to chest
like a windscreen wiper

2. Then 2nd finger
touches chest



3. And moves up



A word of thanks to



For organizing our
Cycle on The Bluneway
as part of our
ISL Festival 2022



ATHY WATERWAYS

Cafe

Thumb and forefinger
as if holding a cup



Then mime lifting the
cup to your mouth to drink



Walking

Palm touches lower
forearm



Then touches again
higher up



WELLBEING

Positivity

Fingers in cross shape
Finger behind taps finger in front



TAKE A
BREAK

Emotion

Both palms to chest
Circles in opposite directions



Health

'H' shape with both hands



And both hands moving down

Wellbeing

Both hands middle finger touching thumb



Interlinked and hands move together in a circle. As if linking the mind and the body

Self-care

Made up of two signs

Self

Right hand makes 'F' shape
Left hand flat palm



Both hands together
Move towards chest

Care

Both hands make 'C' Shape



Right hand in front of left
Both make small opposing circle

Saint Brigid

Born in 450 AD, St Brigid of Kildare is one of the Patron Saints of Ireland, along with St Patrick and St Columcille, and the founder of the first monastery in Kildare.

Poet, learner, healer and protector, she is patroness of many things, including blacksmithing, livestock, and dairy production.

The story of the Saint Brigid's Cross

According to legend, St Brigid lay by the sick bed of a dying pagan chieftain, soothing him with stories about her faith and her unwavering trust in God. She began telling him the story of Christ, picking up rushes from the ground to make a cross. Before his death, the chieftain had become a Christian

The cross is now typically woven by followers on her feast day which falls on the 1st February, also the 1st day of spring. In addition to the shamrock and Celtic harp, the Saint Brigid's cross is a national symbol of Ireland.



Stained glass window by Evje Hone (1894-1955)
West aisle of St. Brendan's Cathedral, Loughrea
From Wikimedia Commons
Photo: Andreas F. Borchert



Saint

Hand moves in the shape of a cross
Similar to a blessing



Cross

Fingers make a cross



'B' shape
Touch forehead

Spring



Fists crossed over each other
Then moving apart



King

Shape of letter 'K'



Touch to side of head and make forward circles



Queen



Shape of letter 'K'



Touch to side of head and make forward circles



Check

Hands held apart
First fingers extended



Right hand moves across
Right forefinger clasps
left forefinger



Knight

Left hand 1st 2 fingers extended like a gun
Right hand 1st 2 fingers 'straddle'



Checkmate

Hands held apart
Left forefinger extended



Right hand moves across

Fist clasps
left forefinger

Both hands move together right to left
Imagine a knight on horseback

Special thanks to
ISL interpreter
Sarah Jane O'Regan
for her help with the
signs on this page

