

# ATHY



*Sing and Sign*



# 2021

An illustrated booklet  
of basic Irish Sign Language (ISL)

*Proudly brought to you by Athy Sing & Sign Club*



# I



# S

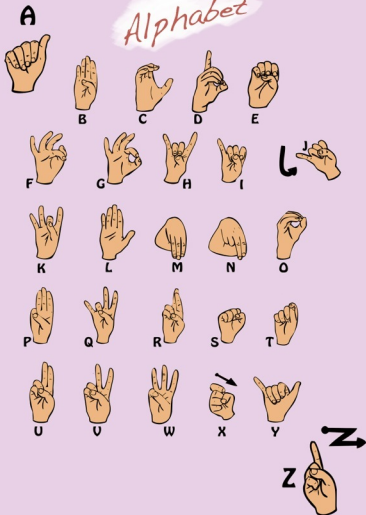


# L



Comhairle Contae Chill Dara  
Kildare County Council

# The Alphabet



## A Word From Our Chairperson



Welcome to the 5th edition of our Athy Sing & Sign annual booklet. My name is Meg Harris and I am this year's chairperson.



Athy Sing & Sign have had a busy but unusual year. The health and well-being of all our members and their families was very important to all of us especially when regrettably all our physical classes came to an abrupt end.

'Covid' Corona virus did not stop us and eventually we all got the hang of 'Zoom' and in what has to be the strongest year in our club we actually grew. It is amazing how resilient our members are and nothing was going to stop them in their commitment to learning ISL and having fun online.

One of my favourite activities the committee organised was the well-being festival "our health is our wealth" and this saying came to life for all ages in the club. We were introduced to Aromatherapy, wrote positive affirmations, made a video of us all signing 'Cover me in Sunshine' by Pink and we wrote a rap song. We all thoroughly enjoyed each session. I hope that you enjoy reading this booklet. Hopefully in the not so distant future things will improve and we can all get together in the classes we enjoy.

I look forward to meeting you at our annual festival  
Regards, Meg



Stephen signing the word 'learn'

### A word from Stephen Bates (ISL Teacher)

"What can I say about this group? They are full of energy and eager to learn ISL. I love teaching them, they are a fun group with a great sense of humour. I would like to wish them the best of luck with the annual Athy Sing and Sign ISL Booklet"

# ATHY Sing and Sign Highlights of 2021

## AROMATHERAPY

Our members had a beautifully relaxing evening with a virtual aromatherapy workshop with Miriam McNally. Featuring positive affirmations and how to perform a gentle and relaxing hand massage.



## NATIONAL ANTHEM

Well done to Pippa who received her certificate of participation for signing the Irish National Anthem in ISL. Here is Pippa with her certificate, and principal Mr. Sean Hourihane from Scoil Mhichil Naofa, Athy.



## IS MISE EIRE

Is Mise Eire exhibition had a good year travelling, they were exhibited in the Clanard Court and they even got involved in their annual magical Santa Trail! The exhibition then spent the summer in 'The Old Yard' in Castledermot.



## INTERNATIONAL CODA DAY

Athy Sing & Sign members and committee made this beautiful display for International CODA Day (Children of Deaf Adults)



## COVER ME IN SUNSHINE

Junior members performed 'Cover me in Sunshine' by Pink at Tim Flood's Family Day and Local Hero event. Jane Foley conducted the choir.



## NATIONAL ANTHEM

Congratulations to Caoimhe Owens on winning the individual category for the Irish National Anthem in ISL.



## CLIMATE CHANGE WORKSHOP



## WELLNESS WITHIN

As part of our 'Wellness Within' programme, members got together and learned how to sign 'Cover me in Sunshine' by Pink.



## AFFIRMATION & ILLUSTRATION

Congratulations to all our members for participating in the Affirmation and Illustration competition. We organised a day of prize giving and celebration. Special thanks to Mayor Aoife Breslin and to Patricia Berry.



## MISS IRELAND

All the girls and Miss Kildare Fiona Tracey are signing 'IRELAND'. Miss Kildare Fiona has invited 8 girls to go to the Irish National Stud and Japanese Gardens. She presented each of the girls with their own crown (tiara) and she made all our girls feel like princesses.



## RAP VIDEO

Junior members created a rap video of a rap song that they wrote, sang, signed and danced to, all by themselves! Special thanks Gary McCarthy from GMC Beats for producing the song and music, to Isobel Brady from Shooting Stars for dance workshop, and to Mikey Alridge for filming.



YOU CAN SAY THAT WE'RE LIKE A RAIN

# Hospital

1. Make the sign for the letter 'K'



Bring down to touch back of other hand. This is the sign for 'SICK'

2. Make the sign for 'HOUSE'



# Doctor

1. Make the sign for the letter 'D'



2. Bring down to touch back of other hand and tap twice

# St Vincent's Hospital Athy

Saint Vincents Hospital, Woodstock Street Athy, was originally a workhouse, opened on 9 January 1844 just before the Great Famine.

The Sisters of Mercy began to visit patients every Sunday soon after they arrived in Athy in 1852, until the Board of Guardians asked the Sisters to take charge of the workhouse infirmary. This they did on 24th October 1873. On 3 April 1969, patients were transferred to the new St Vincent's Hospital

St Vincents, in its various forms, has been serving Athy and county Kildare for over 170 years.

The hospital now primarily provides geriatric care, including a residential care centre and day-care facilities.

(SOURCE Frank Taelle's Eye On The Past (July 8th 2010) "Proud history of St Vincent's" <https://athyeventhepast.blogspot.com/>)



# Nurse

1. Make the sign for the letter 'N'



- 2.



3. And bring together and overlap

# Medicine

- 1.

Hands in these positions

- 2.

Little finger moves as if dipping into a pot of medicine



# Patient

1. Hold thumb and forefinger apart



2. Move hand down



# Emergency Services

1. Make the sign for the letter 'E' with both hands



E

2. Move together and apart several times



3. Fists held like a boxer and small movement back and forth



## Firefighter

Hands as if holding a hose  
then move left and right



## The "Guards"

1. Make the sign for the letter W



2. Place on opposite upper arm



3. Curl the fingers a little.  
Repeat a few times



## Ambulance

1. Closed fist, thumb extended  
and bring to other arm



2. Trace the shape of a cross



## Army

1. Hands flat, one above the other
2. Both hands together  
pat the left side of the chest



# Global Warming

## 1. Fingerspell 'Global'



## 2. Make this shape



## 3. Hold in front of face and move down diagonally



## Climate

### 1. Both hands make the letter 'W'



### 2. Hands together



### 3. And move apart



## Change

### 1. Hands closed. One thumb points at you, the other points away



### 2. Hands swap positions



## Recycle

### 1. Index fingers pointed at each other



### 2. And circle around each other

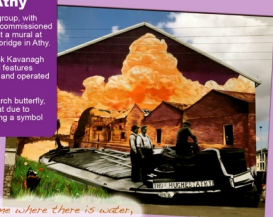


## New Mural in Athy

This year Athy Sing and Sign group, with funding from Creative Ireland, commissioned Cork artist Peter Martin to paint a mural at Boortmalt Wall near the canal bridge in Athy.

The mural, inspired by a Patrick Kavanagh poem, is of a canal scene, and features Barge 113B which was owned and operated by local man Thomas Hughes.

In the bottom corner is a monarch butterfly, a species currently under threat due to climate change, as well as being a symbol of the deaf community.



*O commemorate me where there is water,  
Canal water, preferably, so stilly  
Greeny at the heart of summer.  
Brother Commemorate me thus beautifully  
Where by a lock Niagaraously roars  
The falls for those who sit in the tremendous silence  
Of mid-July. No one will speak in prose  
Who finds his way to these Parnassian islands.  
A swan goes by head low with many apologies,  
Fantastic light looks through the eyes of bridges -  
And lock! a barge comes bringing from Athy  
And other far-flung towns mythologies.  
O commemorate me with no hero-courageous  
Tomb - just a canal-bank seat for the passer-by.*

*-Patrick Kavanagh*

'Lines Written on a Seat on the Grand Canal, Dublin' by Patrick Kavanagh is used with kind permission of the Trustees of the Estate of the late Katherine B. Kavanagh, through the Jonathan Williams Literary Agency.



Athy Sing & sign Club were delighted to be a part of Athy Library 'To the Waters and the Wild' event for Culture Night. With the new mural as backdrop, we signed to the late Dave Donohue's version of 'The Curragh of Kildare'.



Artist Peter Martin

## America

1. Make the sign for the letter 'M'



2. Touch to forehead  
Then to chin



## Europe

1. Make the sign for the letter 'E'



2. Opposite hand palm up  
Make a circle over it



## Olympic

1. Both hands make the sign for the letter 'G'



2. Link the fingers together  
as shown



3. Then switch hand positions  
and link fingers again as before

## Games

Both hands make the sign for the letter 'G' and touch together



## Africa

Hand high and open then moving down  
as fingers close



## Australia

1. One hand held flat



2. Make a circle over  
it with other hand



3. Close fingers  
Thumb extended  
Bring down to  
touch top of flat hand



## Fingerspell 'ASIA'



Booklet Design: Brendan O'Rourke

[www.artistbrendan.com](http://www.artistbrendan.com)

TEL : 086 0449163



ATHY SING SIGN

@AthySingSign