



Cavan Community Exchange – March 2010. Issue 3

Cavan Community Forum has set up Cavan Community Exchange, an email network to enable Cavan organisations and local people to share and exchange information about activities, events, newsletters, funding opportunities taking place in County Cavan. Cavan Community Exchange will be sent out once a month. Information that people want circulated should be emailed to kateennals@cavancoco.ie who co-ordinates the list on behalf of the Cavan Community Forum by 24th of every month

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Cavan Common Ground Gardening Project

Cavan Community Forum and the Cavan Energy Team are working with the Cavan Network Co-ordinator (Peace III) to promote good community relations through community gardening.

The gardening project will involve a land audit for County Cavan which will identify suitable land available for local communities from all backgrounds to come together to plant, grow, and garden – whether through community gardens, allotments, nature trails etc.

It will also involve a workshop which will look at how one's cultural background/religion can influence what we grow in our gardens etc and look at why we eat what we do.

If you are interested in being employed to facilitate this project (during March and April) – carrying out the audit (through desktop research, site visits) and organising the workshop, please contact Kate Ennals at

kateennals@cavancoco.ie or Siobhan Wallace at swallace@cavancoco.ie for further information.

Love Stories in Cavan - Spring

Cavan Community Forum is hosting three story telling workshops this spring to explore the challenges of being in love with people from different cultures, religions, tribes, and nationalities when the country is in conflict. We are looking for Irish and foreign national people to come and discuss how love for them or their families was affected by conflict – whether it was love across the border in Ireland, between different faiths or whether it was in foreign lands between tribes, religions, countries.

The stories will take place in the Farnham Estate on the 15th April, the 13th May and the 3rd June. There will be food and refreshments. People can remain anonymous.

If you are interested in facilitating these sessions or want more information or to register, contact Kate Ennals on 0494378583.

Pyjama Party – Tuesday 16 March, Farnham Arms Hotel

The Breakfast Roll programme, Northern Sound between 7am and 9am is having a pyjama party in the Farnham Arms Hotel Cavan on Tuesday morning the 16th of March.

Sean McCaffrey is looking for everyone to come and join the Breakfast Roll Team in their best P.J's . There will be great giveaways, guest appearances, Pyjamy competitions, live music and lots lots more on the morning. So mark the date the 16th of March, the Farnham Arms hotel Cavan between 7am and 9am , the Pyjamy party brought to by the Breakfast Roll on Northern Sound.

Further information from Sean McCaffrey smccaffrey@northernsound.ie

Irish Classes in Cavan

Tionóltar grúpa léitheoireachta Ghaeilge gach mí sa Leabharlann Lárnach Mhic Eoin, Sráid Fearnham, an Cabhán. Ar an chéad Satharn de'n mhí a bhéas sé ó'n nóin go 1.00i.n. Bhéadh sé oiriúnach dóibh siúd a bhfuil labhairt na Gaeilge acha. Seans do Ghaeilgeoirí an Chabháin páirt a ghlacadh san ócáid suimiúil seo. Teangmháil 0879890754

An Irish language reading group meets in the Johnston Central Library on the first Saturday of every month from Noon to 1.00pm. The Gaeilgeoirs of Cavan are invited to come and take part in this informal and interesting event.

Further information, contact 0879890754

First Meeting of Grow It Yourself in Cavan – Tuesday 30 Cavan. 8pm Lavey Inn.

GIY (Grow it Yourself) Ireland is a new not-for-profit initiative that is literally sweeping the nation. People in Cavan are setting up a Cavan branch. The organisation gets growers together (in the community and online) on a regular basis to talk, learn from each other and exchange tips, produce and war stories. GIY activities include monthly meetings, talks and demos; garden visits, seed and seedling swaps; produce bartering, mentor panels and grower's meitheals. GIY Cavan will be based in The Lavey Inn. The first meeting takes place on Tuesday the 30th of March at 8pm.

For more information visit www.gjiireland.com

Teach Oscail Positive Relations invited to Dail

Senator Ivana Bacik has invited participants of the Teach Oscail Positive Relations project to the Dail for a presentation on a Report of the Oireachtas Sub-Committee on Women's Participation in Politics. The report was published last year and is particularly relevant to this project who's aim is to develop women's leadership and decision making skills . The trip takes place on March 10th.

For further info. contact Mary McCabe 086-0200083

Have you got a visual impairment?

Assistive Adaptive Technology is available for people with a visual Impairment in the Johnston Central Library. The library is holding an information coffee morning in the Johnston Central Library on Wednesday 10th March at 11.30am.

Staff will demonstrate the equipment on a one to one basis and advise on services available in the library. Helena McDonlad from NCBI will also be on hand to answer queries. Dr Brendan Scott will give a talk on the Franciscan Abbey in Cavan town.

All welcome. For further information, contact Johnston Central Library: 049 4378500

Bailieborough School of Music...Benefit Gig 12th March

Past and Present members from the Bailieborough School of Music will be performing in a benefit gig for Haiti on the 12th March 2010 in the Bailie Hotel at 8.30pm. All proceeds will go towards the Red Cross in Haiti tickets cost 10.00 euro and are available in advance from the School of Music desk, Halls newsagents Main Street Bailieborough and Lloyds Main Street Bailieborough. There will be a variety of music on the night from musicians still in the School and from musicians who have formed their own bands in the area. So buy a ticket support local musicians and give money to a good cause.

Further information from Kate Dean [katesdean@hotmail.com]

The Bailieborough School of Music A.G.M. on the 4th March at 9.00pm in the Bailie Hotel

The school of music is keen to welcome new members to its management committee. Without the voluntary work of parents from the School and people from the local community we would not be able to make music lessons available at such low rates to children in the locality. So please give up some of your time and get involved in a wonderful community enterprise. The Bailieborough School of Music will also be performing at the Bailieborough St. Patrick's Day Parade get there early to hear the music as we will be playing before the parade which starts at 2.30 pm.

Further information from Kate Dean [katesdean@hotmail.com]

Women In Sports Initiative in Killeshandra

Women in Killeshandra interested in trying new fitness techniques, meeting friends & staying healthy can join a new project supported by the Cavan Sports Partnership starting in March. Women Meet & Train offers 6 weeks, 3

times a year of exercise & fitness. It will start in the first week in March with one of the following: Aerobics/Salsa/Yoga
€2.00 per session/€10.00 for six.

For further information, call Noeleen/Ann 049 436 4065

Sharing Our Space - Overcoming Division in Rural Communities

Rural Community Network and the Community Relations Council are hosting two events to explore the nature of division in rural communities and specifically the experiences of people from the Border Counties. These events will also investigate the concept of Rural Interfaces, if and how they exist outside of an urban setting. Rural interfaces maybe related to town lands, extremely localised physical features, or a mindset that impacts on people's behaviour and social patterns.

The events will take place on: 4th March 2010 - Killyhevlin Hotel – 6.00pm – 9.00pm (Buffet supper on arrival) 29th March 2010 – Cavan Crystal Hotel – 10.00am – 1.00pm (Followed by Lunch)

If you would like to attend please contact Teresa on 028 8676 6670 or email

teresa@ruralcommunitynetwork.org

Virginia Show - New Date Saturday 31st July 2010

The Virginia Show is to move to the weekend of 31st July with the main day taking place on Saturday 31 July (though it is hoped to have some of the judging done on Friday evening especially the home industry sections).

On the Saturday, people will be able to view the wonderful skills and crafts of the exhibitors in the Main Hall. We will concentrate on all aspects of rural life and especially the food sector from Farm to Fork. The Show will be a major tourist attraction for the weekend and will develop into a weekend of celebration of rural food, culture and craic. Entertainment will include the renowned Show Dance with music filling the summer air, so we invite people to make a weekend of it in Virginia, meet the farmers who supply the food, see the quality and get close to all the farm animals, taste the delights of our totally traceable exhibits, relax along the shores of Lough Ramor, all less than a hour from Dublin.

Further information from kathleenduffy@eircom.net

Waste Management Survey in Cavan

John Brannigan, who works in Cavan County Council Waste Management, is carrying out a survey on attitudes to waste management issues in Cavan. The information gathered will help provide and improve recycling activities and environmental initiatives in Cavan. The questionnaire will be available on line next week. Please take the time to complete and return to jbrannigan@cavancoco.ie Check out www.cavancommunity.ie next week.

This survey will also be circulated through the Community Forum News and be available on the Cavan County Council website shortly.

Arts Council Artist in the Community Scheme 2010

Phase One Research & Development/Mentoring is open to artists who wish to develop a community based project and who have identified an artist mentor they want to work with during the research and development phase.

Phase Two, Project Realisation, is open to communities of interest or place

(or their representative organisations), planning a project of between 6 weeks and 5 months with a maximum award of €5000, and those who are planning a project of between 6 months and 9 months with a maximum award of €10,000.

The next deadline is Friday 25 June 5pm.

<http://www.activelink.ie/node/929>

Discounted Insurance For Community, Voluntary and Charitable Organisations

JLT Ireland had announced discounted comprehensive insurance to the community, voluntary and charitable sector.

For further information: <http://www.activelink.ie/node/833>

Annual Cavan Nyah Festival – outline programme . 10 – 28 March.

Wednesday 10th March

- 10pm Farnham Arms Hotel Cavan. Traditional Seisiún - with Fintan Mc Manus, Fermanagh (fiddle/guitar), Martin Donohoe (accordion) Trevor Bury (Bodhran) Seamus Fay (lilter)

Thursday 11 March

- Daytime Schools Seisiún with Paul Jermyn (guitar and singer), Mickey McDonnell (banjo), Seamus Fay (Lilter), Traditional music/song sessions throughout the day in selected schools.
- 10pm Boylan's Lounge, Kilnaleck. Traditional Seisiún - with Philip Clarke & Cuisle Ceoil
- Farnham Arms Hotel lounge Music Session 10.30pm till late with Garry Walsh (Flute)

Friday 12 March

- Widows Bar Belturbet 10.30pm. Paul Jermyn, Guitarist, Singer/Songwriter from Cavan Town,

Saturday 13th March

- Music & Song one to one master classes Saturday and Sunday - various venues in co-operation with Cavan Town Comhaltas. All classes must be pre-booked by Thursday 8pm 11th March, 0862342270. No entries taken on the day. start 11am. Cost is €25 for 1 hour workshop and CCE Members €20. Discount for families. Booking on a first come basis. 0862342270
- Farnham Arms Hotel 8.30pm
GALA CONCERT to celebrate the election of Cavan Lilter, Seamus Fay as Comhaltas All Ireland Fleadh President 2010. Booking 0862342270 –and tickets at Farnham Arms reception. Limited Seating; Admission €15,
- Farnham Arms Hotel 10.30pm Free music session till late – Led By All Ireland champion Dean Warner Leeds/Armagh, Aidan Shannon(flute)Philip Clarke (keyboard), Martin Gaffney, (Flute), Gary Lynch (fiddle). Mairead Kelly (Fiddle). All welcome to join in.
- Smith & Wilson 10.30pm Lounge session Guest. Daoirí Farrell a folk singer and bouzouki, guitar and banjo player from Dublin joined by

Deirdre O Connor bodhrán/Whistle/Fiddle and local accordion player Damien Keaney.

Sunday 14 March

- Farnham Arms Hotel Free Workshop/Recital - 3pm-4.00pm. This event is an Introduction to 'Starting Irish Traditional Music' and Song, with Garry Lynch, Fermanagh (fiddle) Cathal Lynch (Tyrone)
- Widow's Bar, Belturbet, 8pm-9pm. Comhaltas Youth Session all welcome
- Widow's Bar, Belturbet, 9.30pm. Pub Seisiún and traditional Songs - with Fintan McManus, (Bouzouki), Gabriel McArdle Fermanagh (traditional Singer)) Michael Mc Donnell (Banjo), Marian Crowe (Singer/Dancer) Seamus Fay(Lilter/Singer) and Cathal Lynch Tyrone (traditional Singer)

Wednesday 17 March

- CAVAN Town St Patricks Day Review Stand Main St From 11am. Webber Dancing School display on Market Square
- Farnham Arms Hotel, Cavan. 1.30pm 4pm St Patrick's Day
- Smith and Wilson Bar, Seisiún, 5pm-8pm Cavan, Pub FREE Seisiún with Cavan Town CCE Mickey Mc Donnell. And Friends
- Farnham Arms Hotel Cavan 10pm. Traditional Seisiún all Welcome FREE Seisiún. Fleadh Bucks and friends

Friday 19th March

- 'Cavan Celebration of the Harmonica music, Virginia's Eamonn (Eddie) Clarke 1945-2004, The Ramor Theatre Virginia

Saturday 20th March

- Backyard Arts Centre Moynehall Cavan Town 3pm -5.5pm Comhaltas family day Learn how to get involved.
- Smith & Wilson bar Cavan Town 10.30pm. ADM FREE. Traditional music with John Wynne (flute) John McEvoy (fiddle) and Fintan Mc Manus (bouzouki) and Seisiún for all to follow

Tuesday March 23rd Dublin Show

- Button Factory, Temple Bar, Curve Street, Dublin 2. Conor Byrne presents
A WILD NIGHT of CAVAN NYAH: music song dance and liltin hosted by
Martin Donohoe - Button Accordion. Featuring Seamus Fay - Cavan lilter, Antoin Mac Gabhann – Fiddle, Martin Gaffney – Flute, Joe Brennan - Guitar /Songs, Sharon, Seamus and Martin Smith - Box/fiddle/flute, Philip Clarke - P/Acc /Piano, Mickey Mc Donnell - Singer/Banjo, Eimear & Deirdre Reilly - Fiddle /P Accordion, Daryl Dolan - Button Accordion, Aoife Flynn - Sean Nòs Dancer
Aoife Murray – Singer, Donal Reilly Luke Ward - Box/Bouzouki

Kavan Donohoe & Savannah Donohoe - Harp/Pipes/Flute
Garreth & Seamus Tierney - P-Acc /Flute, Trevor Bury - Bodhran
/Bones, Plus Cavan Set Dancers

Thursday 25th March

- Kilnaleck hall 8pm Dr. Brian Galligan Memorial Concert. Tickets €10 from Betty Leddy Kilnaleck CCE Chair 0879267280

Sunday 28th March

- The 41st Annual Mullahoran Concert, Mullahoran, Co. Cavan. 6pm - 10pm Singing Music Stories and Dancing. Details from Antóin MacGabhann 0868307580. Proceeds to Mullahoran Apostolic Workers
- Widow's Bar, Belturbet, 9.30pm Pub Seisiún - with Fintan McManus (Bouzouki), and Martin Donohoe (Accordion) FREE Seisiún, all welcome.