



Cavan Community Exchange – December 2009 Issue 12

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 County Council Information Event – 1st December 2009

Cavan County Council is holding an Information Event about Council services on Tuesday 1 December from 4 to 7 pm. This will take place in the Events Space in Johnston Central Library on Farnham Street. Come and find out about services available through Cavan County Council in areas such as: Housing / Planning / Motor Tax / Waste / Library / Arts / Fire & Emergency / Community Forum. Representatives will also be there from Breffni Integrated & the Citizens Information Service.

The event is open to everyone and we particularly welcome foreign nationals living in the county. Interpreters will be available on the evening for a range of languages (Lithuanian, Polish, Russian, French, Romanian, as well as Irish). Storytelling for children will take place in the main library building (English & Polish)

Further information from gboyle@cavancoco.ie

Cavan Community Cookbook €5

Is on Sale! Cavan Community Forum has collected recipes from various different groups and people in Cavan and put them together in this Community Cook Book. It's an eclectic range of recipes and reflects the diversity of people living in the County. Many different groups sent in recipes. Look out for the Kingscourt Scouts menu which involves digging holes in the garden and filling them with stones in order to cook the chicken. Carrickallen Community Alert's Black Pudding salad is now a favourite. The Cavan woman's approach at the back is interesting too! Thank you to everyone who contributed – it much appreciated!

Copies €5 available from Kate Ennals on 0863737847.

Music, Song and Dance in Ballyhaise 5th December 2009

Sketches, musical recitals by local people in Ballyhaise will take place Community Centre on Saturday 5th December next @ 8p.m. & Sunday 6th December next @ 3p.m. Look out for Niall Patterson in the Pointer Sisters and the folorn batchelor looking for a wife. Look out for Kevin Sexton, Colm Connaughton, Jimmy Greenham at their amateurish best (or worse!). All proceeds to Ballyhaise Community Development Association.

Contact Niall Patterson for tickets on 0494378600.

Launch of Breifne in Transition

Cavan Family Resource Centre Ltd in partnership with Cavan County Council are launching their Peace III Project "Breifne in Transition" on Tuesday 8th December, 2009 in The Hotel Kilmore, Cavan at 8.00 pm. The launch will be performed by Mr Jack Keyes, County Manager, Cavan County Council. You are invited to come and hear about this new peace project and its value to County Cavan. All welcome and refreshments will be served. Guest appearance of Killyfargue Pipe Band, Scotshouse and Cuisle Ceoil Ceili Band, Cavan.

Service of Remembrance for Families Bereaved by Suicide

Living Links Cavan are holding an Ecumenical Service of remembrance for families and friends who have been bereaved by suicide. The service will take place on Sunday 13th December at 3.00 p.m. in the Cathedral of Saints Patrick and Felim, Cavan, Co. Cavan. The main celebrants are Bishop Leo O'Reilly and Bishop Ken Clarke, the guest speaker on the evening is Christy Kenneally.

Everyone is welcome and for further information please phone 049 4336070.

Sports Grants

Cavan Sports Partnership wishes to support initiatives by sports and physical activity clubs in Cavan who are working towards the aim of increasing participation in sport and physical activity among all persons in County Cavan. With that in mind, there is funding available through the Sports Club Grant Scheme for increasing participation in sport and physical activity.

The closing date for receipt of applications is Friday, December 4, 2009.

Contact ncrotty@cavancoco.ie

Getting Domestic Violence out of the Home

Tearmann Domestic Violence Services are hosting an awareness raising initiative "Bringing Domestic Violence out of the home and into the community" – 26 Cavan Towns Project. Between Friday 27th November

2009 and 30th November 2010. This project involves providing an information session in each of the 26 major towns in County Cavan. If your group is interested in getting involved in the event in your town / community please contact us. The two sessions in December are taking place in

Arva	Friday 4th December 2009	Town Library (3pm – 5pm)
Bailieborough	Friday 11th December 2009	Town Library (10am – 3pm)

For further information, please contact: Emma Jane Hoey on 087 6290833 emmajanehoey@eircom.net Or Siobhan Mc Kenna on 047 72311

Comhaltas Go Monster Horse Racing 30 December

Cavan County Board Of Comhaltas will hold a Monster Horse Racing night on Wednesday 30th December in the Imperial Hotel, Cavan as a fundraiser for Fleadh 2010. Race's sponsorship-100 euro. horse sponsorship -20 euro
For details contact Gussy Moyles-086 8103902 or Declan Finnegan-086 2458489 or e-mail abmoyles@eircom.net

Free Ecology Advice and Support on Offer

People who want are interested in applying for a heritage grant may be interested in an offer from an ecological consultant to provide ecological advice in the coming year. Projects might be

- Development of a nature trail (signboards, promotional leaflets) for a woodland, bog, wetland, meadow, etc.
- Clearing invasive species such as Rhododendron, Japanese Knotweed, Gunnera, Water Fern, Giant Hogweed
- Restoring habitat to encourage wildlife, e.g. blocking drains on bogs, developing a wildflower meadow, improving woodlands, development of a pond
- Mapping areas of value to nature or wildlife in your area
- Nature gardens for schools or villages

For further details contact Una Traynor on 0494331029

Safe Graffiti Removal Ltd : CSR Service Offer

As part of it's Corporate Responsibility Program for 2009, Safe Graffiti Removal Ltd is again offering goods and services to the value of €1,000 to non profit and non government organisations suffering from graffiti attacks and tagging on the inside and outside of property.

Details are available on www.safegraffitiremoval.ie

Community Gigs at the Fleadh

Mórtas an Chabháin, Pride of Cavan, is a sub committee of the Fleadh Executive Committee. It is working on a county wide programme of events involving the wider Cavan community in the Fleadh celebrations to show case the best of Cavan talent. These events will take place during the months of June, July and August 2010 at venues throughout County Cavan. Any community groups, festivals and organisations who want to organise events should contact either Savina Donohoe sbdonohoe@cavancoco.ie 049 8544070 or Catriona O Reilly catrionaoreilly@cavancoco.ie 049 4378548

FAS Work Placement Programme Change

The FÁS Work Placement Programme provides work experience for graduates and other unemployed people. New changes now mean that people receiving social welfare payments, including Jobseeker's Allowance and Jobseeker's Benefit, and who have done so for 3 rather than 6 months will also now be eligible to apply as will unemployed graduates who are not receiving a social welfare payment.

The Programme will be open to all sectors of the economy including the private, public, and now the community and voluntary sectors as long as they employ at least one person. The work placement can be up to 9 months. **Find out more about the changes to the Work Placement Programme on the Department of Enterprise, Trade and Employment website.**

Health FEST in Ballyhugh House Cultural Centre, Ballyconnell, Sunday 6 December

The cancer fighting properties of food are headline news as current research is showing convincingly. The most recent being Turmeric - the sacred spice of India and Indonesia, used in curries and mustard. There is no doubt that what we eat affects our health, and there is proven links between diet and disease. This event is about Health, by showing how everyday humble foods i.e. cabbage, beets, garlic, berries and nettles contain extremely powerful molecules that fight serious disease by acting at the very source of its development. The medicine we need is all around us. Our gardens, meadows and roadsides are our pharmacies. It is only to find what is suitable and how to use it, appropriately and effectively. Rediscover your body's natural rhythms and gain greater control of your health using Mother Nature's powerful natural remedies.

Sunday 6th December 12.00pm - 5.30pm

12.00pm: Registration, Juices & Herbal Refreshments and Exhibition of Herbs & Wildflowers

12.45pm Margie Lynch ND.DIP.HERB.RGN(ICU).MINA.MIRH Herbalist/Naturopath on wild and native Irish herbs, and Ayurvedic traditions

1.30pm: Reduce the Risk of Cancer through Diet - Live Food Demonstrations and Healthy Recipes - Marian Bradley

2.45pm: Organic, Vegetarian Lunch

3.30pm "Let Food be thy Medicine and Medicine be thy Food" – Margie Lynch ND.DIP.HERB.RGN(ICU).MINA.MIRH

Fee €50.00 Further information from ballyhughart@eircom.net 049 9526044

Bird Boxes from Arbour Hill Prison

Irish Prison Services has an project in Arbour Hill Prison where in-mates are making Bird Boxes / Feeding Tables/Owl Boxes etc. The products are of an excellent standard and they would like to develop links with community groups,community gardens,school projects,community parks,playgrounds etc to supply their wares. They would need the recipient group to supply the cost of the materials.

Further information from Una Traynor on 0494331029

Christmas Gala – Kilmore Cathedral Hall. Tues 1 December. 7.30

Celebration of Christmas joy with George Hamilton 1V. A restful evening of Christmas music and community carols by Kilmore Cathedral choir. Supper follows. Everyone welcome.

Further information Doris on 0494332242.

Art Exhibition for Virginia Cancer Fund

Virginia Shopping Centre will be the location for an ambitious art exhibition coordinated by local artist Jim McPartlin in aid of the Virginia Cancer Fund, a charity which supports and assists the transportation of patients to appropriate treatment centres around the country. The exhibition opens on Friday 4 December at 7pm and will run until mid December.

For more information about the exhibition and painting classes, contact Jim McPartlin, Tel. 049 8543852/0877576846

Backyard Christmas Fair – Sat 5 December

There will be a wide range of local produce, arts and crafts at the Backyard Christmas Fair. The Gift Shop will also have a sale – up to 40% off selected items. Coffee shop open. Free admission. Everyone welcome!

Christmas Craft Fair

Bailieborough Arts and Cultural Centre @ the wesleyan chapel will host its 10th Annual Christmas Craft Fair on Sunday 13th December from 10am – 6pm. Fantastic Christmas present ideas with everything from jewellery to mouth watering Christmas party foods and cakes. This fair has a long tradition and hosts well established craft workers with handmade products that are guaranteed to satisfy all those Christmas lists. Doors open at 10am so don't be late to get the ideal Christmas gift this year.

Craft workers interested in showcasing their work should contact Niamh Smyth Curator @ 042 -966 66 66.