

Car Boot Sale and Fun Day Rath an Ghaiscigh Béal Átha'n Ghaorthaidh Sunday July 26th 1.30 - 4.30pm.

Adults €1 Children Free

Booters €5 Register by July 22nd.

Pony Rides, Games and Prizes

Children

- Paint a daisy competition
- Make a cookie competition
- Make a paper hat competition
- How many things can you get in a small matchbox

All entries marked with age and phone number to ensure judges impartiality must be in by July 24th
All entries €1 each.

Dads

- Wellie throwing competition

Mums

- Washing line pegs competition

Refreshments

Phone for details: Jennie 026 47955

Proceeds for equipment for school

Citizens Information Lo Call 1890 777 121

Local Office: South Square, **Macroom**, Co. Cork

Tel: 026 42179 email: macroom@citinfo.ie

Opening Hours: Tue 10am- 4pm Wed-Fri 10am - 1pm.

Wolfetone Square **Bantry**

Tel: 027 52100 email: bantry@citinfo.ie

Opening Hours: Mon Tue. Wed & Thurs 10am-5pm
Fri 10am-4pm, **MABS**: Every Fri 10am-11.30am.

Social Welfare Local Office, 3 The Terrace
Masseytown, Macroom, Co. Cork

Tel: 026 20110

Opening Hours: Mon-Fri 9.30-12.00 & 2.00 - 4.00

Health Centre, Community Hospital, Macroom

Tel: 026 20650

Proposed Pay Barrier at Coillte Forest Park Gougane Barra

Coillte propose to erect an electronic pay barrier at the entrance to Coillte Forest Park Gougane Barra.

The barrier will operate on a full time basis and it is proposed to have an unchanged entrance fee of €5 for any vehicle to avail of parking in the park. Consistent with Coillte's Open Forest Policy there will be no charge for pedestrian access to the park. For regular users, a key fob will be available that will replace the Season ticket that was used heretofore. This key fob will cost €30 per annum and will allow access to all of Coillte's 10 Forest Parks in the country and the Ballyhoura MTB Centre. Similar barriers which also serve as security have been put in place in Donadea and Curragh Chase Forest parks.

Revenue from the operation of the barrier is required to carry out ongoing and necessary maintenance on the 8k of walking trails, 2k of roadway and of the toilet block.

For further information on our proposal please contact Joan O Connor at 026 20270 or e-mail joan.oconnor@coillte.ie www.coillteoutdoors.ie

New Support Website for unemployed

www.halfaloaf.ie

Óige na Gaeltachta Summer Camps Sport, Art & Swimming for Gaeltacht children aged 7 to 14 years

(A) Cúil Aodha **FULL**

(B) Cúil Aodha **Tues. 4th August – 8th August**

Registration forms available from Ultan at 026-65883 or 085-7824842 Email: ultan@onag.ie

A bus will be coming from Ballygeary through Renaniree and the Mons morning and evening .

mfg-Meitheal Mhúscraí, Réidh na nDoirí, Maigh Chromtha, Co Chorcaí.

Tel: 026-45661. email: eolas@muscraie.ie

Disclaimer: We take great care to research the information contained in this publication. It is, to the best of our knowledge, accurate and up-to-date at the time of publication. Our aim is to provide useful information to those who receive Dialann Mhúscraí. MFG-Meitheal Mhúscraí cannot accept any liability for any loss or damage arising as a result of reliance on this information.

Irish Water Safety

Swimming & life saving courses

Cúil Aodha 13th to 18th July
10th to 15th August

Info: Siobhán 087 9274671 snilaocha@gmail.com

Ballingeary 20th to 24th July

Contact Mary at 086 3261844

Registration at 9.30am on the first day of each course.

Further information on www.iws.ie

Farmers Market

Inchigeela

Creedons Hotel Sat. 25th July 2.00pm

Fresh locally grown produce

Everybody welcome

Lee Valley Walking, July '09

- > The City at Shrone Wed. July 1st.
- > Lost Valley Sun July 5th
- > Roughty Valley Wed. July 8th
- > Cappagh Glen Wed. July 15th
- > Caherbarnagh hill walk Sun. July 19th
- > Claragh hill walk Wed. July 22nd
- > Lost Valley Wed. July 27th

Sunday walks 9.00am Wednesday walks 7.00pm

A series of walks in Gougane July 5th - 12th

In conjunction with Adventure Week in Gougane Barra

New for summer 2009 - Hill-walking for beginners.

June - July: Hill walking for beginners: Monday 10.00am

Guided walks available on request (rates available)

Annual membership €55. Guests: Day €20 Evening €10

Rates available for couples and families. Info. From:

Catherine Ketch 026 45642 www.leevalleywalking.com

Ionad Lae Cuan Barra

Béal Átha'n Ghaorthaidh

Lunch available Mon and Fri. at 12:30 pm.

Must be booked in advance.

Contact Siobhán /Lucy at 026 47777 or 087 1378099

Transport available 026-45661

Beauty Therapist - by appt. 2nd, 16th & 30th July

Contact Aisling Ní Laoire at 087 6579894

Chiropodist Appointment only

Contact Ann O Donovan 027 50340 / 086 3679761

Dr. Ken Harte, 12noon to 1 pm Every Wed

Gougane Barra Hotel

Theatre by the Lake

Tom Crean Antarctic Explorer 17th - 31st July

Dezy Walls 1st - 9th August

'From Kilminchy to Carnegie / Be Kevin Spacey'

A double dose of music / plays each lasting 1 hour

Des Keogh 11th - 17th August

'Confessions of an Irish Publican'

All shows start at 8.30pm. Tickets €23.00/€18.00

For further info. or to book contact 026 47069 or

email: gouganebarrahotel@eircom.net

Outdoor activity fortnight 3rd - 17th July

Cycling, hill walking, mountain climbing and canoeing

Info: www.gouganebarrahotel.com or call 026 47069

The Library

Baile Mhúirne

Summer Arts for Children in Ballyvourney Library

Jewellery making workshop Tues. 14th July 2.30-4.30

"Let's go Loopy" workshop Fri. 17th July 11.00-1pm

Age 8 -12yrs. Places limited, please pre book

Further information from Eibhlín at 026 45767

Library opening times

Tues. & Fri. 10.00am- 1.00pm & 2.00pm - 6.00pm

Thurs. 2pm - 7pm. Saturday 10am - 1pm

Broadband Internet Access available

Photocopying service available

For further information contact Eibhlín at 026 45767

Ballingeary Show

Ballingeary Show Sunday 23rd August

Entry Forms available in the local shops from mid July

For further information please contact:

026 47182 after 7pm

Ionad Lae Cois Cille

Cill na Martra

Lunch available at 12:30 pm.

Monday, Tuesday, Wednesday & Friday

Must be booked in advance

Transport available 026-45661

Chiropodist Appointment only End of July

Contact Mary/Eileen at 026 40999

Parent & Toddler Group

Réidh na nDoirí

Ionad Áise

Each Wed 10am - 12pm

