

PICNIC SUNDAY at Casadh na Spride

Sunday 11th July - 2 p.m. weather permitting

If it's raining, it will be held on Sunday 18th July.

Bring your own folding chair/table and a picnic to share!

- Best home-grown early potato competition
- Prize for best-dressed teddy bear
- Face painting
- Children's games
- Fancy dress optional
- Live music & Céilí



Event organised by Bia Gleann na Laoi to celebrate the park and our community.

For further details contact:

- Mary Rose O'Mahony 026 47278
- Pat McCarthy 086 1765413
- Fred La Haye 086 8770050

The Abbey Hotel Ballyvourney
Trad session in the bar every Saturday night
3rd July Matthew Kelleher
10th July Jonathan Roche and Eiblish Murphy
Musicians and singers welcome to join in.
Tel: 026 45324 www.theabbeyhotel.ie

Irish Rural Link invite you to a seminar on
FIGHTING RURAL POVERTY
Thursday 15th July 9:30am - 12:45pm
Castle Hotel, Macroom. Attendance is free but places
must be reserved by Tuesday 13th July 2010
Contact Irish Rural Link, Moate Business Park, Clara
Road, Moate, Co. Westmeath. Tel: (090) 6482744
email: info@irishrurallink.ie www.irishrurallink.ie

Back to School Clothing & Footwear Allowance
runs from 1st June - 30th Sept. each year.
For application form text BTSCFA + name &
address to 51909 or for information contact the
Health Centre at 026-20650.

Pay Barrier at Coillte Forest Park Gougane Barra

The project to erect a coin operated barrier in Coillte Forest Park Gougane Barra is almost complete.

The barrier will operate on a full time basis. An entrance fee of €5 per vehicle will apply. 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. This key fob will cost €30 per annum and will allow access to all of Coillte's 13 Forest Parks in the country.

Revenue from the barrier will go towards maintenance of the walking trails, roadway and toilet facilities.

For further information please contact Joan O Connor at 026 20270 / 087 1345097 or e-mail

joan.oconnor@coillte.ie www.coillteoutdoors.ie

The Mills Inn Ballyvourney Friday Madness every Friday night

Bucket of Beer - 6 Bottles €20. Cocktails & more.

Pig on a Spit Barbecue 10th July from 6 p.m.

Bouncing Castle. Music by 'Hot Electrics'. All welcome!

info@millsinn.ie www.millsinn.ie

Tel.: 026 - 45237 Fax.: 026 - 45454

Ballingeary Cumann Staire will publish a magazine later this year. Any new or old article or historical document about the Mid Cork area will be welcome. Contact Seán Ó Súilleabhain, Na Curraithe, Béal Átha'n Ghaorthaidh Email: sosul@eircom.net or visit www.ballingeary.com for previous issues

FETAC Level 5 Child Development Module

Ionad Áise, Reidh na nDoirí Monday 26th July

Still a few spaces available.

For further information contact: 026 45661

Email: eolas@muscraie.ie

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 12th to 17th July
9th to 14th August
Info: **Siobhán 087 9274671 snilaocha@gmail.com**

Ballingeary 19th to 23rd July
Contact **Mary Farrell at 026 47207**
Registration at **9.30am** on the first day of each course.
Further information on www.iws.ie

Local Food Group Ballingeary

Bia Gleann na Laoi meeting
Cuan Barra Mon. 5th July 8.30pm
Everybody welcome

Lee Valley Walking, July '10

- > Gougane Barra Horseshoe... Sun. July 4th
- > Doughill Mon. July 5th
- > Lost Valley Wed. July 7th
- > Sheep's Head Sun. July 11th
- > Inchigeelagh Mon. July 12th
- > Douce..... Wed. July 14th
- > Carriganima archaeology Mon. July 19th
- > Gougane Barra Wed. July 21st
- > Cape Clear Sun. July 25th
- > Meelin Mon. July 26th
- > Cappagh Glen Lough Guitane Wed. July 28th

Monday morning walks 10am - 1pm.

Wednesday evening walks 7pm - 10pm

Alternate Sundays 9am - 5pm

For further information contact:

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. 1st, 15th & 29th 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

'**Faulty Towers the Dining Experience**' one-day show
25th of July at 2.00pm and 7.00pm
(Interactive Theatre Australia & Ten42 Productions)

World premiere of Aidan Dooley's one man show
Play on Words O'Sullivan Beara - The last Gaelic Chieftain
28th July - 15th August

Des Keogh 17th - 22nd August
JB Keane's 'Confessions of an Irish Publican'

Ticket only €23.00 / (€18.00 for concessions)
Ticket + Early Bird Dinner €50.00 per person
Tel:026 47069 or email: gouganebarrahotel@eircom.net
Info: www.gouganebarrahotel.com

Private Swimming Lessons Cúil Aodha

Private Swimming Lessons for Adults at Coolea Swimming Pool
one night per week from 7.45 to 8.15pm commencing on:

- Beginners - Female** Mon July 5th 7.45pm
- Improvers - Female** Tues July 6th 7.45pm
- Beginners - Male** Wed July 7th 7.45pm
- Improvers - Male** Thurs July 8th 7.45pm

Information at the pool or **Siobhán at 087 9274671**

Ballingeary Show

Ballingeary Show Sunday 22nd August
Entry Forms available in the local shops from mid July
For further information please contact:
026 47182 / 47278 / 47196 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

Óige na Gaeltachta Summer Camps

- Muscraí A** FULL
- Muscraí B** 3rd. to 7th August
- Campa Deagóirí (13-18yrs)** 16th to 20th August

For Info / Registration forms contact Ultan at:

026 65883 085 7824242 Email: ultan@onag.ie