

Bia Gleann na Laoi

This informal group focussing on LOCAL FOOD will include:

- Growing your own vegetables
- Keeping small livestock
- Sourcing local food
- Supporting local producers
- Farm walks
- Evening presentations
- Asking restaurants to cook local food
- Organising events around local food
- Nurturing food resilience in our community.

NEXT MEETING 8.30 p.m. Friday 14th May

Cuan Barra Community Centre, Ballingeary

Lorna Finnegan from Ballydehob Food Group has been invited to give a short explanation of how that group works, with time for questions. General discussion of possibilities for the group. If you would like to join this new initiative, please come along. All welcome.

Further details from: Julia Kemp 026 47300 or
Fred La Haye 086 8770050

CYSTIC FIBROSIS IRELAND CAKE SALE

Cake Sale in Cuan Barra, Ballingeary on
Saturday 22nd & Sunday 23rd May after mass.

Bring a cake and/or buy a cake.

Cupán tae & scone & raffle.

All proceeds go to Cystic Fibrosis Ireland.

Réidh na nDoirí Church Choir

Practice every Monday night 9.00pm - 10.00pm

in the Ionad Aise - Newcomers welcome

Children must be accompanied by parents

For more information contact:

Andrea at 026 65777 / 085 7586633

FETAC Level 5 'Child Development' Module

Commencing Monday 26th July in the Ionad Áise

Limited places available. For more information:

Tel: 026 45661 or Email: eolas@muscraie

The Library Baile Mhúirne

Tuesday: 10.00am - 1.00pm & 2.00pm - 6.00pm

Thursday: 2.00pm - 7.00pm

Friday: 10.00am - 1.00pm & 2.00pm - 6.00pm

Saturday: 10.00am - 1.00pm

Closed Monday & Wednesday

Broadband Internet & Photocopying service available

Adult Book Club meets first Tuesday of each month.

New members welcome

New documents and manuscripts

The library has recently received documents and manuscripts of local poets and writers on loan from the Ionad Cultúrtha. The works of the local poet Seamus Ó Céilleachair have also been donated to the library. We have also acquired 15 volumes of genealogical records which include some 19th century birth & marriage church records for the Barony of Muskerry, which includes Ballyvourney. For more information drop in to the Library or contact: **Eibhlín at 026 45767**

Directory of Community and Voluntary

mfg-Meitheal Mhúscraí are currently updating a

Directory of Community and Voluntary groups in the Múscraí Gaeltacht, which we hope to publish soon.

Through this Directory we hope to raise awareness of

the groups and the work they do. Profiles of some groups can be seen on www.muscraie To ensure your group is included in this Directory please contact us:

Tel: 026 45661 or Email: eolas@muscraie

West Cork Women Against Violence Project

Harbour View, Bantry

Freephone Helpline: Tuesday 10am - 4pm

Tel: 1800 203 136

Office Open: 10am - 1pm Mon - Fri Tel: 027 53847

Website: www.westcorkwomensproject.ie

Email: admin@westcorkwomensproject.ie

Ionad Cultúrtha

Baile Mhúirne

'Críonna Croíúil' **Thurs 6th May 7.30pm**

Tacaais Art Exhibition - Official Opening

Cór Ban Chúil Aodha **Fri 7th May 8.30pm**

'Caoineadh Airt Uí Laoghaire' directed by Peadar Ó Riada

Cór Ban Chúil Aodha **Sat. 8th May 8.30pm**

'Laoi na Laoithe' directed by Peadar Ó Riada

Drama & Agallaimh Beirte **Fri 14th May 8.30pm**

Aisteoirí Chill na Martra 'Séadna agus an Fear Dubh'

Aisteoirí Chúil Aodha 'Aiséirí Pheig na Féithe'

Traditional Concert **Fri 21st May 8.30pm**

Music Network & musicians from Waterford -

David Powers, Fionn Mac Giolla Chuda and Ciarán Somers

Críonna Croíúil' - Seniors' Art Exhibition

will continue until 3rd June

Further Information: **026 45733** eolas@ionadculturtha.ie

Cúil Aodha/Barr d'Inse School

Cúil Aodha

45 Card Drive **Fri.14th May 9.00pm**

Everybody Welcome

Sponsored Walk **Sun. 16th May 2.00pm**

The walk will commence from halla Chúil-Aodha

Everybody Welcome

Irish Water Safety

Cúil Aodha

Swimming & life saving courses in Cúil Aodha pool

12th to 17th July and **9th to 14th August**

For more information contact Siobhán at 087 9274671

snilaocha@gmail.com or log on to www.iws.ie

The Abbey Hotel

Baile Mhúirne

Traditional Music In the Bar every Saturday night

Musicians and singers are welcome to join in each night.

Now serving an **Early Bird** menu from 5pm to 8pm daily

Tel: 026 45324 www.theabbeyhotel.ie

Parent & Toddler Group

Réidh na nDoirí

Ionad Áise **Each Wed 10am - 12pm**

Breastfeeding Support

Réidh na nDoirí

Breastfeeding Support Group meet at the Ionad Áise

on the 1st & 3rd Tues of each month 2.30-4.30pm

Contact: Maresa 026 65919 / Jana 085 7856960

Lee Valley Walking, May 2010

- > **Caherconree Dingle Peninsula** **Sun May 2nd**
- > **Gougane Barra** **Mon May 3rd**
- > **Ballyvourney Woods** **Wed May 5th**
- > **Mullaghanish** **Mon May 10th**
- > **Clara** **Wed May 12th**
- > **Brandon Cottage to Torc** **Sun May 16th**
- > **Douce** **Mon May 17th**
- > **Doughill** **Wed May 19th**
- > **Mushera** **Mon May 24th**
- > **Clydagh Valley to Ballyvourney** . . . **Wed May 26th**
- > **Sheehy Mountain** **Sun May 30th**

Walks commence: Mon 10am; Wed 7pm; Sunday 9am

Annual Membership: Single €65, Couples €90, Families €110.

Contact: Catherine Ketch 026 45642 / 087 2231225

www.leevalleywalking.com **Booking essential**

Irish Water Safety

Béal Átha'n Ghaorthaidh

Swimming & life saving courses in Ballingearry pool

19th to 23rd July

Information from: **Mary Farrell 026 47207**

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 appointment

Contact Aisling Ní Laoire at 087 6579894

Chiropodist Appointment only

Contact Ann O Donovan 027 50340 / 086 3679761

Art classes for seniors with Pauline Dodds each Mon.

For further details call 026 47777

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 **026 40999**

Massage Appointment only **Contact 087 6759121**

Art classes for seniors with Pauline Dodds each Tues

For further details call 026 40999