



Réidh na nDoirí Church choir presents "JOY" 17th September 2011, at 4 pm

Réidh na nDoirí Church - sing, chant and enjoy with us followed by Irish Music and Set Dancing in the Ionad Áise with Jerry Mc Carthy and Liam Forde. Raffle with Prizes, Tea and Coffee no entry fee - optional donations at church entrance for a possible wheelchair access into the church are welcome



Valley Wheelers Cycling Club

"Trasna na nGleannta Tour" from Kilnamartyra, on Sunday 11th Sept 2011. All proceeds to Down Syndrome Ireland & IHCPT. Register from 9am at GAA pitch Kilnamartyra, departing 10.15am. (110km / 65km / 25km). Further Details: www.valleywheelerscc.com All welcome.

The Hall/Pool Committee in Cúil Aodha are organising a collection of old scrap metal and iron from local people.

The aim of the collection is to raise funds for planned improvements of the hall and swimming pool. All types of scrap metal and iron are welcome -for example old farm machinery, zinc, copper and car/tractor batteries. For further information, call Jerh - 086 2543377.

Chernobyl Orphans' Fund - Fundraising prize draw 1st prize Vintage White Triumph GT6 MK3 and many more prizes. Draw takes place 9pm 23rd Sept Mills Inn Local Contact: John Cronin 026 40039 / 083 3719342

Tai Chi - Qi Gong classes Tues. 10.30-11.30am, Wednesday 8-9pm. in Ionad Áise Réidh na nDoirí Soft, easy exercises to improve health and wellbeing To enrol & information: Astrid 026 40903 / 083 3520481

Jobs Plus

Support for people who are job hunting

C.V. Preparation, Job Search, interview skills
A chance to network and share ideas
Free Internet access & support, photocopying service, support with reading, writing and computer skills
Starting October 2011. Please contact us by **Friday Sept. 16th at 026 45661** for more information

Courses being considered for the Autumn:

- Start Your Own Business
- Train the Trainer
- Occupational First Aid FETAC Level 5
- Practical First Aid
- Health & Safety on the Farm
- Manual handling
- Computer Skills for Beginners & Improvers
- My Camcorder – how do I use it?
- TV and Video Production
- Heritage Research
- Complementary Therapies

Please note if you left school prior to Leaving Cert no tuition fees will apply. If you are in receipt of a social welfare payment reduced fees may apply. Courses are dependent on numbers, therefore if you are interested please contact us by **Friday September 16th**. Queries and suggestions are always welcome. Tel: 026-45661 Email: eolas@muscraie.ie www.muscraie.ie

Comharchumann Forbartha Mhúscraí is investigating the idea of running local farmers' markets on a regular basis at various venues throughout the Gaeltacht. It's our intention to host a pilot market in Cúil Aodha/Baile Mhúirne (venue yet to be confirmed) during Féile na Laoch II. We would like to have a meeting with potential vendors and others who might have an interest on Wednesday, 7th September, 9pm.

Irish Classes - Registration Ionad Óige Chúil Aodha Mon 12th Sept 8pm. Cois Cille, Cill na Martra Tues 13th Sept. 8pm Cuan Barra, Ballingearry Wednesday 14th Sept 8pm. Fee for ten classes: €50. The classes will be dependent on numbers.

The Biggest Loser. The Comharchumann is planning to start a scheme this Autumn which will help people lose weight in an enjoyable way, under the supervision of a trained professional. Ainle Ó Cairealláin will be directing the ten week course. The cost of the course will be dependent to some degree on the amount of people who sign up but we expect it to be between €150 and €180. It's intended to run this course bilingually. For Information on any of the above contact: **Concubhar Ó Liatháin, Comharchumann Forbartha Mhúscraí 026 65781 / 085 8130777**

The Coiste of Féile na Laoch are extremely grateful to all whose help was vital to ensure the great success of Féile na Laoch. Part 2 will be held on the weekend of 30 Sept-2 Oct. Details will be available on: <http://www.feilenalaoch.com>.

mfg-Meitheal Mhúscraí, Réidh na nDoirí, Maigh Chromtha, Co Chorcaí. Tel: 026-45661 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.

Swimming Pool	Cúil Aodha
Swimming Gala	11th September 2pm
Races under 6, 8, 10, 12 years and over 12 years.	
Obstacle race and diving. BBQ afterwards.	
Coolea Swimming Pool Opening Times: Monday-Friday	
6 - 7pm for young people 7- 8pm for adults	
From Monday 5th September the 5-6pm session will cease	
Saturdays and Sundays 2pm - 3pm for all ages	
Pool Lifeguard Course 3rd, 4th, 10th & 11th September	
Minimum requirement: 16 years of age and Rescue 2	
Bookings for Poolguard Revalidation also being taken.	
Info: Siobhán 087 9274671 or snilaocha@gmail.com	

Lee Valley Walking, September 2011

- > **Brandon Mountain** Sunday 4th Sept.
- > **Coastal walk at Rosscarbery** . . . Sunday 18th Sept.

Sign up before Sept. 30th for Autumn beginner's hill walking
For further information phone or text Catherine
087 2231225 www.leevalleywalking.com

Ionad Lae Cuan Barra	Béal Átha'n Ghaorthaidh
Lunch available Mondays and Fridays at 12:30 pm.	
Must be booked in advance. Transport available	
Beauty Therapist - Aishling Ní Laoire 087 6579894	
Chiropodist Ann O Donovan 027 50340 / 086 3679761	
Dr. Ken Harte , 12noon to 1 pm Every Wed	
Art with Pauline Dodds Hyland Monday 26th Sept	
Contact Siobhán /Lucy at 026 47777 or 087 1378099	

Culture Night	Cúil Aodha
As part of Culture Night, Comharchumann Forbartha Mhúscraí will host a Scrabble as Gaeilge Competition at the Ionad Óige Chúil Aodha on Friday 23rd Sept. at 7pm	
Prizes to the winning team (of 2) and other spot prizes	
Info: Concubhar Ó Liatháin 026 65781 / 085 8130777	

Ionad Lae Nua	Baile Mhúirne
Please note: Lunch now available each	
Monday, Wednesday & Thursday at 1pm	
Must be booked in advance. Tel: 026 40999/45559	
Transport available. Everybody welcome.	
Massage Appointment only Tel: 087 6759121	
Chiropodist Rita Sheehy Wednesday 14th Sept	
Information & Bookings: 026 45559 /40999	

Ionad Cultúrtha	Baile Mhúirne
Ceiliúradh an Riadaigh	Saturday 17th 8.30pm
Concert to commemorate the life & works of Sean Ó Riada	
Michéal Ó Suilleabháin, Mary Mc Sweeney, Sean McKiernan and Peadar Ó Riada with Cór Chúil Aodha	
Culture Night	Friday 23rd September
Film - 'Vertical Man' Music composed by Sean Ó Riada	
Art Exhibition 'Ceiliúradh an Riadaigh' 17th Sept.	
Photographs on the life & works of Sean Ó Riada	
Exhibition will continue until 17th October	
Classes commencing during September	
Traditional music with Henry Cronin. Accordion & Concertina with Tríona Ní hAodha. Fiddle with Geraldine O'Callaghan	
Flute with Conal O Gráda. Singing with Máire Ní Cheilleachair	
Art workshops for Seniors with Bernadette Ní Choitir	
Further Information: 026 45733 ionadculturtha@eircom.net	

Cúil Aodha/Barr d'Inse School	Cúil Aodha
45 Card Drive	Fri. 9th Sept. 9.00pm
Everybody Welcome	

Club Páistí	Cúil Aodha
Ionad Óige	Each Thursday 10.30 - 12.30
Music & singing with Fiona Kelleher Thursday 8th Sept.	
Chat & Play, All are welcome	

Parent & Toddler Group	Réidh na nDoirí
Ionad Áise	Each Wed 10am-12pm
Chat & Play, All are welcome	

Ionad Lae Cois Cille	Cill na Martra
Lunch Monday Tuesday Wednesday & Friday 12:30 pm	
Must be booked in advance Transport available	
Massage Appointment only Tel: 087 6759121	
Chiropodist Appointment only mid September	
Scoraíocht will resume again on Thursday 8th September	
Art with Pauline Dodds Hyland Tuesday 27th Sept	
For further details call 026 40999	

Muskerry Breastfeeding Support
Breastfeeding Support Group meet at the Ionad Áise on the 1st & 3rd Thurs of each month 10am -12pm
Contact: Maresa 026 65919 / Jana 085 7856960
or just drop in - all are welcome