



Munterconnaught

Our Community Newsletter

ourMCnews@gmail.com 086-0828040

24th August 2022

Collated and published by Noeleen Skelly

OUR COMMUNITY NEWSLETTER

FREE to all readers (in paper form and by email).

EMAIL- Contact the above by email to get your edition.

PAPER – collect it in the shop.

YOUR INPUT is welcome. All are welcome to contribute news.

Advertisers are welcome. €10 per edition. €60 for a full year's advertisement

CELEBRATIONS

Congratulations to **Padraig Skelly** (Island) and **Stephanie Mulvaney** (Sligo) who were married last weekend in Sligo.

RECENT DEATHS

Mary McDonnell, Castlebellingham. Our sympathy to her daughter Margaret Towell, Ryefield and her family at this sad time.

Seamus Keogan. Ballinagh. Our sympathy to his daughter Catherine Smith, Ryefield, and her family at this sad time.

John Joe Conaty. Coronagh. Our sympathy to his brother in law Noel and his relatives and friends.

HERITAGE - CROSSROADS

Our Local Heritage project. We aim to log every house in the parish (past and present), and give a little history about the house, and its occupants. So if you know any house / ruins / rubble or green patch which was once the home of somebody, write it down. Find out any information you can about it, and we will get our project moving. Meanwhile, remember, pick up the phone and make local enquiries. For more info phone Pauline Hankin at 086-3396394. **If everybody starts with the house they are living in, it will be a good start.**

- A big thank you to Niall Donoghue, Ray Murray, Nobby Mc Enroe, James Lynch and Martin Cadden for getting the Crossroads back into good shape and looking great heading into Autumn.
- Biodiversity area will be cut soon. The fruit trees have yielded fruit this year and the apples are being eaten by the birds. Biodiversity at its best.
- We hope to have our Forge finished soon and when ready we will have an Official Opening.
- WANTED: Horse Cart. We would like to source a horses cart for the Crossroads. A cart of any condition would be welcome.
- More help required - please contact Pauline or Noel.

Heritage Society: The AGM of the Heritage Society will take place on Thursday September 1st at 8.30pm in Ballydarrow Centre. We would encourage people to attend this meeting and become involved as the Heritage Society is a very important organisation in our Parish.

JOBS

If you are looking for work, or seeking new employees, contact ourmcnews@gmail.com and place an advert in our next edition.

Childminder wanted to mind 3 children (11, 8 and 6) after school from 2pm to 6pm. Please contact 087 6174036 for more information.

DID YOU KNOW

£20 & £50 Sterling Notes.

The Bank of England will be withdrawing the legal tender status of “paper” £20 and £50 banknotes after 30th September.

After this date, “paper” £20 and £50 notes will not be legal tender. Over the last months “paper” notes have been gradually replaced with polymer (plastic) notes. If you have any of the old notes, you are advised to either exchange them in your bank or spend them before 30th September.

Smart Electricity Meters.

ESB Networks is upgrading all electricity meters countrywide with Smart Meters. These new meters will give you accurate information about your energy usage with no estimated bills. The roll-out is being done on an area by area basis. It is possible that our area is one of those at the planning stage. You can get further information or register for one of these meters by contacting ESB or your electricity provider or the company contracted to install the meters, MD Electric (0818 297 111). In all cases, you will need your MPRN No, which is on your electricity bill.

WARNING ... be vigilant of rogue emails, phone calls or personal callers. ESB or MD Electric will give advance notice of any calls.

A letter, written by Pope Francis, on CARE FOR OUR COMMON HOME. This message can be found on the Kilmore diocese website (or on pages 14-15 of the digital newsletter).

<https://www.kilmorediocese.ie/august-2022-message-from-the-care-of-creation-group-on-soil/>



August 2022 Message from the Care of Creation Group on Soil
KILMORE CARE OF CREATION Inspired
www.kilmorediocese.ie

Conaty's Point

Swimming lessons in our lake run by local organisers and the IWSA (IRISH Water Safety Assoc).

Congratulations and Well Done to all our Swimmers on passing their swimming and Lifesaving awards. A Special thanks to the committee for their excellent job as always. Also thanks to Maria and Patrick for their support in allowing us to continue to use Conaty's Point for our Swimming and for their generous donation for new equipment which they raised from the Car Park fees. To everyone that came along this year that made it another great year. Roll on next year's swimming and please keep safe in and around the water.



Virginia Show. Today Wednesday 24th August 2022

Be aware, traffic in Virginia will be very slow. If you are going towards Cavan, you would be advised to avoid Virginia.

A fabulous local day out. Look through the schedule of events, and don't miss your favourite event.

There is something for everyone (young and old). U-12's Free.

Tickets available online <https://www.virginiashow.com/?ftredirect=1>

049-8547197. 086-0758364. Email: virginiashowoffice@gmail.com.

www.virginiashow.com Facebook / Twitter / Instagram

Time	Event	Location
8am	Showgrounds open	A82 A9X2
8am – 9.30am.	Home Industries Hall open	Virginia College.
9am – 1pm.	Shannonside Northern sound live.	Show Grounds (SG)
10.30am – 11am.	Judging starts	Young Stockperson / Cattle, Horse, pony, sheep.
11am	Water & biodiversity Demo	New prefabs on SG.
12.30	Hall Open for viewing	Virginia College
12.30pm	Water & biodiversity Demo	New Prefabs on SG.
Lunch Events		
1pm	Sheep Shearing Demo	Main enclosure
1pm	Cookery Demo with Chef Adrian	Virginia College
1pm – 6pm	Gig Rig – Live Music.	Outside Virginia College
1pm – 3pm	Sheep racing	Main arena in enclosure
Competition Events		
2pm	€5,000 Championships	Cattle Rings
2.15pm	ICA Guild Skills of the Year	Virginia College
2.30pm	Dog Show (Entries taken from 12.30)	Main enclosure
2.30pm	Fleetwood All Ireland Art	Virginia College
2.30pm	Champion Beef Bullock	Cattle Rings
Competition Events		
3pm	Sheep shearing Demo	Main enclosure
3pm	Water & biodiversity Demo	New prefabs on SG
3pm	Fashion Show	Virginia College Canteen
3.15pm	Bailey Champion Cow	Parade from the show centre
3.30pm	Bailey Champion Cow	Judging in Enclosure
4pm	Most Appropriately dressed person	Winner announced
4.30	Water & biodiversity Demo	New prefabs on SG
5pm	Ballymacad Trials	Enclosure
5pm	Result of Guess the Weight Comp.	Announced from the Judges Box

New Family Support Clinics will be held in Virginia Show Grounds every Tuesday morning, starting in September, from 10am to 12 Noon. Phone Sandra at 086-836 6153.

Every family needs some support from Time to time. Call in and have a chat with your local community Family Support Worker who will provide advice, support and information in confidence.



LOCAL NOTICES & THINGS TO DO

Crafts and Chat - every Wednesday, Knocknaveigh (A82 V0P1). 7.30pm. €5. Crafts, chat, tea and buns. Bring your work, or Sandra can start you off. Set the world right in two hours, and learn to knit, crochet or various other options. A very relaxing time, in lovely company, away from the busy-ness or solitude of your normal. Contact Sandra for info. 086-8205177. All Ukrainians living locally, are welcome to come (no charge).

EMERGENCY BUTTON: For info - contact Martin at 086-0434445

MEN'S SHED: We urgently need new members in VIRGINIA MEN'S SHED anyone from 40 to 90 are welcome they can get in touch with me on 087 765 3725 or just call in Wednesday 8 to 10 pm and 11 to 1 on Friday

SENIOR SCÓR: If you are new to the area, this would be a great way to get to meet some locals and have some fun. Anyone aged over 17 years may take part in Senior Scór and events include céilí dancing, solo singing, ballad group, recitation/scéalaíocht, nuachleas/novelty act, instrumental music, set dancing and table quiz. This year's Cavan County Final of Senior Scór will be held in mid-Sept. Anyone interested in taking part or helping out is asked to come along and bring a friend! We are meeting again on Wednesday night at 8.30 in Clubrooms.

BOAT TOURS ON LOUGH RAMOR. Details later in the newsletter.

FOR KIDS

Superkids will reopen on Monday 29th August 2022.

HIGH TECH KIDS CLASSES NEW AUTUMN TERM

Computer Coding Class

- Computer coding class for beginners
 - Tuesday October 4th. 4-5p.m.
- All classes**
- are for children 2nd to 6th class
 - start Tuesday 4th of October for 10 weeks
 - cost €90

Gaeilge le Spraioi/ *Irish with games & technology*

- Using fun, games & technology to support Irish.
- Drama
- Conversational Irish
- Linked to Irish Primary School Curriculum
- Tuesday Oct 4th 5.30- 6.30pm

Information: 086 6018559

ann@hightechtraining.ie

<https://hightechtraining.ie/>

<https://www.instagram.com/hightechtrainingclasses/>

<https://www.facebook.com/hightechkids>

KNOCKTEMPLE NS SCHOOL NEWS 049-8547081 www.knocktemplens.ie

Email addresses: office@knocktemplens.ie & principal@knocktemplens.ie

- **ONGOING**, please use the above emails for the school.
- School reopens for all pupils on Tuesday 30th August.
- The school office will be open on Monday 29th August from 9am until 3pm (for collection of ordered uniforms)

ST. BARTHOLOMEW'S REFURBISHMENT PROJECT COMPLETED



All parishioners can now enjoy the benefits of the work completed and are welcome to do so for family and community ceremonies and celebrations.

There have been many positive comments received about the work carried out from both locals and visitors to the parish. Thanks to all concerned for the very positive comments.

As a community we have a shared responsibility to maintain our church for the benefit of all parishioners. To-date €35,085 has been contributed by the community towards the costs involved and we always welcome new contributions. If you have contributed, thanks very much for your contribution, it is greatly appreciated. If you have not yet contributed and would like to do so, your contribution would be very much appreciated. You can donate in any of the following ways.

Payment Options

1. By using GoFundMe online Fundraiser
St. Bartholomew's Church Munterconnaught Refurbishment.
2. By putting your donation in an envelope marked – FAO Fr Kevin, Refurbishment Works and placing it in the basket at Sunday Mass or leaving it into the Parochial House. Envelopes are available in the church porch.
3. By bank transfer. Bank Account details are St. Bartholomew's Church.
BIC: ULSB IE 2D IBAN - IE36 ULSB 9852 8006 1902 79

**Please help share the responsibility by donating.
All Donations Greatly Appreciated.**

Time to say Goodbye

On this coming Sunday, (August 28th) Fr. Antony will say his last weekend Mass in Munterconnaught at 9.30am before taking up his new position in Shercock on September 3rd. We wish him every blessing and good wishes as prepares to serve the people of Shercock and we thank him for his time here with us in our parish. We hope his experience with us was an enriching one and he takes away many memories with him.

Lough Ramor – Guided Boat Tours

Ramor Watersport's Club have launched a fully accessible Boat - The Lady Amanda - Coulman V20. Boat Trips leave from the Lakeside Manor Hotel, Virginia. Trips last approx 1½ hours Including Briefing / Trip & Disembarking.

Boat Trips Schedule - Days & Times:

 Wednesdays: x 3 trips: 10am, 12noon and 2pm

 Saturdays: x 2 trips: 10am and 12noon

 Sundays: x 3 trips: 10am, 12noon and 2pm

Pre-booking is essential, to book: Phone John Wilson - on 087 124 1674

No Restriction on number of Carers however max people boat will take is 8 plus 2 crew total 10; can include up to 5 wheelchairs dependent on Mobility & size of chair.

Donations are accepted through the Ramor Watersports Club Facebook page & Cash donations on the Day



FORGE FRAMING, LURGANBOY. (RICHARD GALLAGHER)

087 7122 258. Forgeframing@gmail.com

Forge Framing service was set up by me, Richard Gallagher from my cottage in Lurganboy. Most things can be framed e.g. jigsaws, jerseys, and various other items.

Prices are usually €40-60 depending on the frame and size. If you'd like to know more please have a look at my Facebook page or contact me directly – details above.

<https://www.facebook.com/forgepictureframing>



The Irish Times, dated Thursday 8th October 1908, carried on page 11 an advertisement for the upcoming sale of a farm in Munterconnaught.

(Thanks to Declan Cooney).

A FARM FOR SALE

This “highly important and attractive Sale by Auction of a snug farm of land” in Corronagh was due to take place on the following Monday, 12th October 1908 on the instructions of the executors of the late Marcus Alexander Graham, Esq.

The farm comprised 27 acres, 3 roods, 24 sq. perches (approx. 11.1 hectares). There was a comfortable thatched dwellinghouse with suitable offices on the lands. The auctioneer described the farm as “situate within four miles and a half by road and one mile by ferry from the important Fair and Market Town of Virginia”. The farm was all in grass, except about two acres in tillage. The advertisement stated that the lands were laid out in convenient divisions, well sheltered, fenced and watered and well known for its prime feeding qualities.

Also to be sold on the day, in lots to suit buyers, were: 2 rams, 14 ewes, 15 lambs, 1 farm mare, 1 colt foal by Home Rule, 1 one-and-a-half-year-old filly by Home Rule, 2 bullocks and 1 acre of oats in stack.

Further particulars and conditions of sale might be obtained by applying to Messrs. Carruthers and Gamble, solicitors, 39 Fleet Street, Dublin or to Joseph Lowry & Sons, Auctioneers, Valuers and Cattle Salesmen, Kells and Navan.

The advertisement was dated at Kells, 23rd September 1908.

COURSES

POWER – Providing Opportunities for Women in Employment and Reskilling

Phone 086-140 8229. info@networkpersonnel.ie

fb: <https://www.facebook.com/POWERMonaghanCavanLouth/>

If you a woman, aged between 18-65, and are not employed, or in education, you may be eligible to participate in this **FREE Personalised Programme**. You will be helped back to work (training, confidence building as well as CV, Cover letters, interview techniques and personal marketing).

Meath Partnership’s launch – a new Irish Aid funded project, ‘Connecting Cultures: Sustaining Our World – a GCE approach to inclusion and sustainability’, on 6th Sept at 1pm.

This innovative multi-stakeholder project aims to support community practitioners and migrants/refugees/asylum seekers (primarily people in Direct Provision centres), Adult and Community Education practitioners, volunteer centres and the general public, to engage in Global Citizenship Training with a specific focus on the environmental pillar of the SDGs. This project recognises the importance of inclusion of various stakeholders to embed structural change to the root causes of exclusion and environmental degradation.

Please register on Eventbrite [Launch of Connecting Cultures - Sustaining Our World Tickets, Tue 6 Sep 2022 at 13:00 | Eventbrite](#)

Join us online to find out more about the aims of our project and the impact Connecting Cultures will have on in our communities. We look forward to seeing you!

For further information, please visit our website, [Meath Partnership - Irish Aid Programme](#) or email info@meathpartnership.ie.



LOTTO RESULTS JP Jackpot. QP Quickpick .

25th July: JP: €6,000. Nos: 05, 11, 13, 28 . No winner. QP: Frank Finnegan Snr, Church Street Oldcastle; G Hand C/o Bernie Sheridan; Martin Finnegan Ballinack, Mullingar; Pat Hetheron New Line, Knocktemple.

1st August: JP: €6,100. Nos: 02, 07, 17, 27. No winner. QP: Caroline McGovern, Ryefield; Damien Gilsean, Knocknagarton; Tina Walsh, Knocktemple; Declan Flood, Oldcastle.

08th August: JP: €6,200. Nos: 04,15,22 & 27. No winner. QP Dara Caffrey, 4 Forest Park, Virginia; Ciaran Mitchell, Dublin; Tina Walsh, Knocktemple; Mairead O'Meara, Ballydurrow.

15th August: JP: €6,300. Nos: 05, 16, 22, 29. No winner. QP: Cathy Brady, Ryefield; C Curran, Oldcastle; Noelle Cullen, Knocktemple; Jason Gilsean, Knocknagarton.

22nd August: JP: €6,400. Nos: 13 18 26 27. No winner. QP: Frank Finnegan, Oldcastle; Peter and Aine Monaghan, Oldcastle; Dermot O'Reilly, Ballydurrow; Irene Hetheron. Mullagh

Next Jackpot-Monday, 29th August 2022 €6,500

Congratulations to all winners. Thank you for playing our lotto and supporting our club. Play online on Clubforce, or envelopes available locally. If you're not in you can't win.

CLUB MEMBERSHIP GAA 2022 - REGISTRATION IS NOW OPEN

The link to the online club registration for membership and yearly lotto renewals is: <http://www.foireann.ie> If you have any difficulties do not hesitate to contact: Club treasurer, Paraic 086 2538915. Club Secretary, David 087 9517657 or Underage Secretary, Joanne 087 7831286

Congratulations to our own **Aisling Gilsean** who has been nominated for the Irish News All-Stars. Please follow the link below and Click Ladies Football you have to pick your 15 players including Aisling who is nominated in the Full Forward Line. Three other Cavan Ladies have been nominated as well so be sure to include them in your selection



Other county senior players nominated are: Shauna Lynch, Sinead Greene and Lauren McVeety.

Get voting people - and spread the word. www.irishnews.com/allstars

This weekend's Fixtures: Please keep an eye on social media during the week for any updates.

- Saturday 27th August - Lads U15 Championship Blackwater Gaels V Denn in Crosskeys @ 1pm
- Mens Juniors Championship 4th Rd, Munterconnaught V Kildallan, In Butlersbridge @ 5pm
Please note tickets will be required for this game - details to follow later in the week .

Best of luck to all involved and please come out and support our teams

Sponsorship of Training tops & Shorts for Senior Team.

The club would like to express our thanks to

- Darragh Carroll of **M3 Plumbing** Contractors and
- Declan Hetheron of **Whitehazel Development** Carpentry and Building Contractors

for Co-Sponsoring training tops and Shorts for our current adult Senior team ahead of today's championship game .

Pictured at the presentation are:

John Lynch Club Chairman , Darragh Carroll M3 Plumbing, Eoin O'Shea Senior Player, Declan Hetheron Whitehazel Developments and Paul Lynch Senior Team Manager

As always we encourage you all to support our sponsors if and when you can.



Well done

Well done to Jamie Henry and Daniel Tully on being selected to represent Munterconnaught GFC at the U11 Go-Games activity day in Croke Park.

A very proud day for families and club of two fine footballers and I'm sure it won't be their last time playing in Croke Park.



INTERESTING & LOCAL FACEBOOK AND WHATSAPP GROUPS

OUR COMMUNITY WHATSAPP GROUPS.

- Our Munterconnaught WhatsApp group. 086-397 1634
- Local Gardening WhatsApp group. 086-0828040.

INTERESTING FACEBOOK PAGES

- MuintirConnacht GAA (fb)
- Munterconnaught Community (fb)
- Cavan Old Irish Photos (fb)
- Cavan Heritage (fb)
- Munterconnaught Heritage Society (fb)
- Munterconnaught Genealogy (fb)
- Munterconnaught Community Alert (fb)
- Munterconnaught Crossroads Development (fb)
- Virginia Ramblers Walking Club (fb)
- Shane Martin Moodwatchers (fb). Uplifting guidance & suggestions.

INTERESTING WEBSITES

- <https://cavantownlands.com/tithe-applotment-books-of-1832/>
- <https://www.duchas.ie/en/cbes> (School's folklore collection, 1937-1939).

OTHER LOCAL PHONE NUMBERS.

- County Museum, BJD 049-8544070 ● Ramor Theatre, Virginia 049-8547074

CMETB (Cavan Monaghan Education Training Board)

Info available on <https://www.cmetb.ie/>

CMETB ANNOUNCEMENT

CMETB announces major reduction in course fees for all PLC courses.

As part of a plan to tackle the rising cost of living and making learning more accessible for all, CMETB has announced plans to significantly reduce fees on full time courses for the new academic year. The reduction in fees applies to all Post Leaving Certificate (PLC) at Cavan Institute and Monaghan Institute.

All PLC course fees have been reduced to a maximum of €200 per learner per year.

Further reductions apply to applicants who are in receipt of a benefit (eg Medical Card /social Welfare Payment, where the fee will be just €150.

This announcement marks a great opportunity for students to embark on courses at a significantly reduced cost, where all course materials, exam fees, toolkits and uniforms are now included in the yearly fee. Read more: <https://lnkd.in/eWGJZREk>.

Cavan Institute

Cavan Institute is the third largest further education and training college in the country, and it is the college of first choice for many school leavers and adults who wish to return to education. It has served the needs of businesses and industry in the north east region for the last 30 years and continues to grow and adapt to meet emerging skills needs.

Courses – Check out the website for full-time/part-time/evening or online courses. <https://www.cmetb.ie/cavan-institute/?search=13&view=0>

Vocational Training Opportunities Scheme

Under the VTOS programme the long-term unemployed can participate in full-time training, without losing their benefits. This in effect means that people who were in receipt of unemployment payments prior to going on VTOS will be paid a training allowance equivalent to the maximum standard rate of Unemployment Benefit. The allowance will be paid for the duration of the course-including all holiday periods. As it will not be means-tested, VTOS participants may also take up part-time work without affecting their payments.

There are a variety of subject areas to choose from including Information Technology, Childcare, Tourism, Art, Craft & Design, Sport & Recreation, Community Care and Nursing. Courses are certified by the Further Education and Training Awards Council (FETAC) at Level 5 i.e. Post Leaving Certificate.

It is also possible to offer Level 3 and Level 4 options for those who have been away from study for some time, subject to demand.

Also, check the website for <https://www.cmetb.ie/>

- Youth Groups
- Planet Youth

Family Learning Conference

Meath Partnership are hosting our annual Family Learning Conference on Tuesday, September 20th from 9.30 am- 1.30 pm, and you are invited.

This interactive, hands-on event will take place in the Ardboyne Hotel, Navan, Co Meath (C15 C9YA).

Agenda for the conference:

Key note speaker: *Sheila O Malley* is one of Ireland's leading parenting experts, who offers one to one parenting support & parenting talks through her organisation, Practical Parenting. She is widely known for her work as a parenting correspondent with independent newspapers; her television appearances on Ireland AM's parenting slot, and various other contributions on national radio stations.

Expert information seminars:

Aoife Bairéad: Trauma, Attachment and Family Dynamics

Maria Parker: Minding your mental health as a caregiver

Emer O'Brien: Play therapy and it's benefits

Facilitated workshops:

Daryl Noonan: Breath work for re-connection with self

Cormac Noonan: Building your resilience toolkit

Sabrina Marshall: Using aromatherapy for self-care

We will also celebrate the completion of Meath Partnership's Erasmus+ Project, Inside-Out, and share with you a wide range of resources ready for use with your groups of parents or children to learn more about health related topics.

Join us on the day to Reflect, Connect, and Learn. To book your place at this event free of charge, visit: <https://www.eventbrite.ie/e/398889297627>

Please feel free to share this information with your colleagues, clients, family and friends.

If you would like further information about the event, or about the Inside-Out project, please contact:

Jennifer.smith@meathpartnership.ie or call: 085-2286497.

Supporting Families from the Inside Out

Key note speaker: Sheila O Malley

Sheila is one of Ireland's leading parenting experts, who offers one to one Parenting Support & Parenting Talks through her organisation Practical Parenting. Practical Parenting was set up by Sheila in response to parents' need for training and support. Sheila is a fully qualified Parent & Relationship Minister and holds a Higher Diploma in Relationship-Motivated Parent Monitoring & Communication. She is widely known for her work as a Parenting Correspondent with Independent Newspapers; her television appearances on Ireland AM's parenting slot and various other contributions on national radio stations.

September 20th 9.30 AM

Join us

www.insideoutconference.eventbrite.ie

Supporting Families from the Inside Out

Meet our workshop facilitators

DARYL NOONAN
Workshop title: Breathwork for reconnection with self

SABRINA MARSHALL
Workshop title: Using aromatherapy for self-care

CORMAC NOONAN
Workshop title: Building your Resilience Toolkit

GET YOUR TICKETS NOW AT

www.insideoutconference.eventbrite.ie

Supporting Families from the Inside Out

Meet our family learning experts

AOIFE BAIRÉAD
Seminar title: Trauma, Attachment and Family Dynamics

MARIA PARKER
Seminar title: Minding your mental health as a parent/caregiver

EMER O'BRIEN
Seminar title: Play Therapy & it's Benefits

GET YOUR TICKETS NOW AT

www.insideoutconference.eventbrite.ie

SUPPORTING FAMILIES FROM THE INSIDE - OUT

Family Learning Conference for parents & caregivers, practitioners and educators

- Explore key topics involved in family learning & support by a range of qualified practitioners
- Engage in experiential learning workshops
- Receive family support conference packs
- Meet with key stakeholders

20th of September, 2022
9.30 am - 1.30 pm
Ardboyne Hotel, Co Meath (C15 C9YA)

Register Now

www.insideoutconference.eventbrite.ie

Meath Partnership, Inside-Out, and various partner logos including leargas and others.

USEFUL EMERGENCY NUMBERS (ALWAYS have your Eircode nearby)

Medical Emergency - In the event of a medical emergency **dial 999**.

There is a **defibrillator at the football club**, located outside the main entrance. This is the only defibrillator in the local community that is immediately available to the public.

The football club is happy to make the defibrillator available to the wider community in the event of an emergency. However it is not in a position to provide a “first responder service” outside of club grounds.

LOCAL GARDA: **VIRGINIA 049-8547002 BAILIEBORO 042-969 4577**

EMERGENCY SERVICES 112 OR 999

LOCAL DOCTORS: Virginia: Dr Igoe 049-8546222 Oldcastle: Dr McKevitt, 049-8541118. Dr Ann Marie Gilsean, 049-8541159

DOC ON CALL 1850 777 911 CAVAN GENERAL HOSP: 049-4376000

ACCORD: 049 4331496. 049-4375004, cavanaccord@eircom.net.

AFFORDABLE LIVE-IN HOMECARE provides live-in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Eileen or Tom on 087 991 6791 or 087 744 0729. Go to www.alhomecare.ie for the Family Information Booklet.

CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE (CYPSC). The Cavan Monaghan Services website provides official listings of services for children, young people and families in Cavan and Monaghan. This includes info on health, mental health, education, disability, youth, childcare and other services. <https://www.cavanmonaghanservices.ie/>

CUAN CANCER SUPPORT CENTRE (086-4556632) is a social support & wellness group for anyone who has had a cancer diagnosis & their family members. It offers free & confidential counselling service; Complimentary therapies; wellbeing enhancement; nutritional advice; MLD massage; financial care coaching, programmes & workshops - to service users & their families by appointment. **fb:** Cuan Cavan Cancer Support Centre. cuan@cavan.ie. www.cuancancercavan.ie Address: Knappogue House, Tullacmongon, Cavan H12 WV62
Opening Hours: Mon & Wed 9am-1pm & 2pm-4.45. Fri 9am-1pm & 2pm-4.30pm

GROW – Help and support in the area of mental health. Anonymous & Confidential. 086-0201718.

Kilmore Diocesan Child Safeguarding Liaison Person - Susie Duffy 049-4375004 Ext 105.Fr. Sean Mawn 071-9644039

MARY'S MEALS: €18.30 will feed a child for an entire school year. We are asking for help to fundraise. “Move for Meals” is encouraging supporters to set themselves a challenge and get active. For more info contact Trish on 086-3140814 or www.marysmeals.ie

NATIONAL BEREAVEMENT SUPPORT LINE. 1800 80 70 77. Mon-Fri, 10am-1pm.

RAINBOWS: a support programme to help children & adolescents cope with grief or loss due to separation, bereavement or divorce. 01-4734175. www.rainbowsireland.ie

SOSAD: Save our Sons & Daughters. SOSAD Irl works in the N/E to help anyone affected by or concerned about suicide. www.sosadireland.ie 1800-901-909

SAMARITANS: Call 116 123 anytime. **Don't give up.** You have too much to lose. <https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/>

ST VINCENT DE PAUL 086-8312765 Free phone 1800 677 7777

Woman's Aid National Free Phone Helpline – 1800 341 900

WIDOW.IE Support group for those who have lost a partner. <https://www.widow.ie/links-page/> There are various useful links, on the links tab.

TEARMANN: Domestic Violence Service. 047 72311 Mon–Fri. 9am–4pm. <https://tearmann.net/>

TUSLA- Cavan – 049-4377305

WOMAN'S AID National Freephone Helpline 1800 341 900

Are you struggling, feeling under pressure, low or depressed. **Help IS available**

Contact a Samaritan If you need someone to talk to, we listen. We won't judge or tell you what to do. You can ring them (116123) or there are various options to communicate online with them.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Turn2Me: Free and safe online space to post and share your thoughts, feelings, what you are dealing with, or trying to understand. It is a place where you can **speak to other teenagers** around the country who are going through the same stuff. It is moderated by a team member of **Turn2Me** to keep everyone safe. It is open from 2pm-8pm, 7 days a week. All you have to do is go to **Turn2Me.ie**, register, and give yourself a user name. *See the poster at the end of the 'digital' newsletter.*

INNOVATION RECOVERY COURSES. Free E-learning Mental Health and Wellbeing Courses. <https://www.mentalhealthireland.ie/recovery/> ☎
048-7161 123 email: VRC.Admin@westerntrust.hscni.net *See the poster at the end of the 'digital' newsletter.*

Connecting You! Youth Work Ireland Cavan Monaghan's (YWICM) New Information App! YWICM, as part of the Healthy Ireland Fund, has launched a new interactive mobile phone app for young people called Connecting You. The app takes all the health and wellbeing information as well as local organisations that young people might be looking for and puts it all in one easily accessible location. The app has been in development over the last year and after a lot of dedicated time by YWICM staff and app developers it's finally ready for use.

TLC KIDZ PROJECT: Offers support for children and their mothers who have experienced domestic violence and abuse. If you would like to make a referral, or attend this group, please contact the TLC KIDZ co-ordinator for Cavan / Monaghan: Eimear Kilpatrick, 086-060 0616 eimear.kilpatrick@barnardos.ie

AGE ACTION'S CARE AND REPAIR.

Age Action's Care and Repair does small DIY jobs, free of charge for older people to help them maintain their homes and their independence.

Age Action's Care and Repair prioritises carrying out jobs in the homes of older people who are being discharged or have recently been discharged from hospital. If someone is coming out of hospital, no matter where they live, Age Action will support them to make sure their home is safe.

Care and Repair can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return.

If you require work done in your home to make it safer after a stay in hospital, we can help you.

If you are a professional working with older people who would benefit from this service, you can download a referral form from WWW.ageaction.ie.

Any queries: phone 0818 911 109 email: careandrepair@ageaction.ie

August 2022 Message from the Care of Creation Group on Soil



KILMORE CARE OF CREATION

Inspired by LAUDATO SI', the Encyclical Letter written by Pope Francis ON CARE FOR OUR COMMON HOME

BLESSED ARE THE EYES THAT SEE AND THE EARS THAT HEAR!

An Intimate Bond – Humanity and Soil

“The seed sown in rich soil is someone who hears the word and understands it; this is the one who yields a harvest and produces now a hundredfold, now sixty, now thirty.” (Mt. 13:1-23).

Soil forms the top 20cm of the earth's crust and all life depends on it. It contains minerals and rock particles, organic matter, liquids and gases. Soil depends on organic living matter to stay fertile.

Interaction with soil has proven benefits for our health and overall wellbeing, from food production and nutrient supply to enhancement of our immune systems and the supply of medications. Essentially, soil is an ecosystem with a myriad of interconnected parts, with each part influencing the other. Soil is healthy when all necessary parts are present and functioning which results in our health benefiting also.

Soil has many benefits for biodiversity. We have yet to discover many unknown species that help keep our soil fertile, but earthworms, ants, woodlice and many others work hard to purify and cleanse not only our soil, but the air and water contained within it. The micro-organisms contained within soil are vital to its fertility. Microbes such as bacteria, fungi, algae, protozoa, viruses, etc. each have different characteristics and functions and interact with each other to keep the soil healthy. We have all heard the saying, “You are what you eat!” Well, 95% of all food production has its origins in soil. This makes us deeply connected to it. Our very bodies are made up of the earth's elements

“Essentially all life depends upon soil... There can be no life without soil and no soil without life; they have evolved together.” (C.E. Kellogg, 1938).

The quality and very nature of soil will be determined by its surrounding environment. In optimum, mild conditions, nature can make 1cm of new soil in 200-400 years and that's without growing anything in it. In wet, tropical conditions, it can take 200 years to make 1cm. We are losing soil faster than we can replace it. It is on this basis that we can say that soil is practically a non-renewable source in one's lifetime. There are four key types of soil: sand, silt, clay and loam. Loam is considered the most fertile of soil type as it has a combination of sand, silt and clay particles. The climatic conditions play a huge part in the type of soil you will find in a

particular area. Soil holds three times more carbon than the earth's atmosphere. Looking after our soil is so important. Every second, we lose a sports field-sized piece of land because we ruined the soil. When we mistreat soil, degradation, erosion and compaction occurs rendering the soil to dirt, meaning, it has lost all of its natural and vital elements for life. For more information on identifying and improving soil types, see <https://www.holganix.com>

Compost on the other hand is the process of decomposing organic matter from domestic waste and garden clippings with the added benefit of reducing the amount of organic material going unnecessarily into our landfills. Greens are quick to rot, they provide nitrogen and moisture. Browns are slower to rot. They provide carbon and fibre and allow air pockets to form. Certain things should never be composted. For more information on what to compost and what not to compost, see <http://www.cre.ie/Home%20Composting/Home-composting5.html>. The ideal ratio for carbon and nitrogen (C:N ratio: 30:1) is 30 parts carbon (browns) for 1 part nitrogen (greens) by weight. It is best to achieve the 30:1 ratio as microorganisms need a good balance of carbon and nitrogen to remain optimal and also to avoid nitrogen loss. To ensure the soils vitality, avoid using harmful pesticides and chemicals in your greens as these can kill off the microorganisms. Setting up a Wormery system will allow you to use worm casts as a fertiliser which can be mixed in small amounts with potting mixes and spread as a top dressing around the bottom of plants. See www.laudatosiainactionplatform.org for resources on setting up your own wormery.

The best way to add compost to soil is to simply place it over the top of soil, avoid mixing in. When it rains, the water will wash all the nutrients in the compost down into the soil, and so replenish and enrich the soil by adding moisture and balancing the pH levels in the soil. For some good advice on how we can all do our bit to promote and facilitate composting, see <https://www.cleanireland.ie/home-composting/>.

One of the most common question people usually ask is whether you grow plants with soil or compost or both. The answer is all three. The secret is in using an integrated approach and a variety of different plants that range from forming their roots in the top surface of the soil right down to the bottom of the soil.

There is much that we do not yet know about soil. Working in collaboration with a broad range of skilled and knowledgeable experts across multi-disciplinary systems will be required to communicate present and future research findings to the broader public, who may not be aware of the challenges and opportunities that the earth and all of its inhabitants are facing. A paradigm shift in how we approach nature, soil science and human health issues is required, a shift that takes into account the inextricable link between nature and creation.

“Nature is usually seen as a system which can be studied, understood and controlled, whereas creation can only be understood as a gift from the outstretched hand of the Father of all, and as a reality illuminated by the love which calls us together into universal communion.”

(Pope Francis' Encyclical Laudato Si' 76)

References available on Kilmore Diocese website.



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