

# Free Community Newsletter



ATLANTIC VIEW COMMUNITY DEVELOPMENT COMPANY LIMITED

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## Autumn 2008

Issue 25

### Community Networking Night

Two Community Networking Nights will be held, one in Bundoran and the other in Ballyshannon. In Bundoran it will take place in the Holiday Centre, Main St at 8.30pm on **Wednesday 15th October** and in Ballyshannon in Dorrian's Imperial Hotel, Main St, at 8.30pm on **Wednesday 5th November**. Everyone is welcome to attend. The idea of the night is to look at what the communities feel is needed in their area and what we can do together to achieve this.

The Transition Year students in both towns will do a 'needs analysis' for youth of the area and representatives from community groups will do presentations on each night.

We are hoping for a good attendance each night as this will provide a better overall range of opinions and hopefully more sectors of our communities can have their say. We look forward to seeing you there.

### St Patrick's Well

Pilgrims to St Patrick's Well, Abbey Bay, Ballyshannon, are very worried about the missing water to the little Well. It has been seen as a place of cures and pilgrimage for centuries. Legend has it that St Patrick, stopped for a feed at the Duff but was denied a salmon, he cursed the Duff and headed to the Drowes got a salmon and blessed the Drowes and the fishermen. He travelled by chariot to Ballyshannon and was enthralled by the beauty of the place and friendliness of the people. Two reminders of his visit are Tobar Phadraig, Dunmuckrim and Tobar Shannon, The Rock. It is believed Patrick spent many days meditating at Tobar na Bachaille (The Well of the Staff) the Abbey. Pilgrim's here have survived Cromwell's forces and many other persecutions which have plagued our land in times gone by. Why now, after all these years of trouble and torment has this Well failed? Most say it has nothing to do with Divine intervention but could be related to the Ballyshannon Waste Water scheme. Was the digging responsible for interfering with the water table that has fed the Well for centuries?

A meeting between concerned local people and a senior Donegal Co Co Engineer held during Aug 08 agreed there was a strong possibility the works in the proximity of the Well was responsible for interfering with the water table affecting the water flow to the Well. The Engineer has agreed to look at an alternative source of water before 2009. Local historian and business man Paddy Donagher said "While we are delighted to have the Waste Water works, if the contractor had spoken first to the locals regarding this Historic Site they would have avoided the desecration and destruction of St Patrick's Well"

### Candle Light Vigil

An Interdenominational Candlelight Vigil is organised by Fr Cathal O' Fearraí and Rev Brian Russell and will be held in Ballyshannon on Wednesday 3rd Sept at 7.30pm from Allingham Park (the Fair Green) to St Patrick's Church in support of the Cancer Campaign for the retention and development of Cancer Services in Sligo General Hospital. On arriving at St Patrick's Church guest speakers will outline the impact that the removal of these services will have on the NW region or talk on their own personal journeys. Please come out on the night and bring a candle and add your voice to the many thousands who are campaigning to retain and develop the Cancer Services in Sligo General Hospital. No one knows who will next need these services.

### Quotes

You never truly understand something until you can explain it to your grandmother.  
Children never misquote you, as a matter of fact they repeat word for word what you shouldn't have said.  
Accept that some days you are the pigeon and some days the statue

### **Ballyshannon Community and Social Club**

The Ballyshannon Community and Social Club continued their garden tour. This time it was Roberta Ludlow's beautiful garden, Rossnowlagh, where they had afternoon tea in her lovely old world cottage. The sun shone as they chatted amid the plants and shrubs and admired the wild life pool.

Other visits were to the Hiring Fair, Irvinstown, with the Belleek Young at Heart club. Several of the ladies dressed in long black skirts, shawls and bonnets. Omagh's Folk Park gave demonstrations on crafts and there was a vintage parade of vehicles and a horse sale which added to the atmosphere. A wonderful day was had by all.

Meetings of the group will resume on the 11th Sept in Kilbarron House at 2pm and the Afternoon Tea Dance in Dorrian's Imperial Hotel on Wed on 1st Oct from 2.30 – 4.30pm and continue over the winter. New members are welcome to come along. For further info contact Kathleen Rafferty

### **'Twilight Zone' Active Age members Summer adventures**

Well done to the Twilight Zone members who went on a cruise on the Nile, a wonderful experience which the five women thoroughly enjoyed. Two of the women also went up in a hot air balloon over Luxor, the Valley of the Kings and the Sahara desert where the scenery was marvellous. Charmaine Patton said "We have now got a great few events planned for the winter and look forward to more fun, activities and adventures". (*This is what happens when you join a community group.*)

### **Fire Alarms**

Another alarm is available for those Active Age who received one earlier this year which had not been collected from the Co Co. Two different types of alarms are to be installed in each house of those allocated alarms. We will be in touch with those concerned shortly.

### **Home Energy Saving Scheme**

Grants of up to 30% or to a maximum of €2,000 per house are available towards improving the energy efficiency of your home from Sustainable Energy Ireland (SEI) Applicants to apply as a cluster. SEI suggest each cluster should be of at least 10 homes. However the absolute condition is that a minimum of 5 properties must proceed with at least one of the recommended measures in order to qualify for the grant. Cluster lead households or homeowners must be appointed through which correspondence will be managed. This scheme is of particular interest to Residents Associations and Community Groups who are best placed to organise a cluster of houses. Communities should appoint someone to act as a 'cluster leader' and to be the main point of contact and to collate the application forms etc. This can be one of the householders or a Residents Association leader. Unfortunately, as this is a limited pilot scheme, we are anticipating that applications would need to be in, ideally by the **end of Aug** but certainly by early Sept to guarantee acceptance. The cluster leader should forward all application forms to Toni Needham at Donegal Co Co, Lifford or call into Atlantic View CDP.

### **Adult Education and Training Centre**

Back to Education Initiative (BTEI) daytime courses starts Sept:

I.T skills (Beginners and advanced) Keyboarding skills, ECDL, Communications, Mathematics, Business Calculations, Manual and Computerised Accounts, Manual and Computerised Payroll, Caring for Children, Child Development and Play.

Anyone who has left full-time education and are over twenty one years of age can take part.

Certificate are offered and tuition is free for those on Social Welfare. Contact Marie Faherty for further information on (071) 98 51276

VTOS is also starting back in the Adult Education Centre, College St, with a number of courses:

FETAC Business Studies Certificate.

FETAC Level 4 and 5 Part -Time - 2 years.

For people on Social Welfare at least six months.

Contact info from Anita O'Rourke on (071) 98 51276.

### **Community Health Forum**

The Ballyshannon and Bundoran Community Health Forum collates information and works with the Primary Care Team on health-related issues. It works on the assumption that being healthy is not only about being free of illness and injury but having a healthy lifestyle and environment, freedom from poverty or excessive stress and access to good community facilities.

The Forum's public meetings attempt to prioritise issues raised. On this list is rural transport, family support, alcohol/drug problems and access to information. There are two reps on the Ballyshannon/Bundoran Primary Care Team and the groups hope for a joint action plan in the near future. For more information on this contact the Community Health Forum Secretary, Chris Ovens, on 086 225 5804 or [chrisattara@hotmail.com](mailto:chrisattara@hotmail.com)

### **Promoting Life Long Learning**

Tirhugh Resource Centre in conjunction with Tuath and the Letterkenny Institute of Technology (LYIT), invite applications for Higher Certificate in Arts in Community Studies (Part-Time) The course in Tirhugh Resource Centre will commence 15<sup>th</sup> Sept 08 and will run over two years. The course will develop participants' understanding of Com Dev and offer opportunity to existing Community Workers or those thinking of a career in the community to gain a recognised qualification - HETAC Level 6. Entry requirements; over 23 years of age OR Leaving Certificate. Closing date for receipt of completed applications is Mon 1<sup>st</sup> Sept 08. Further information, including course outline and application forms can be obtained from Tirhugh Resource Centre 071 9852476 or email [info@tirhugh.org](mailto:info@tirhugh.org). An information evening will be held in Tirhugh Resource Centre on Tue 26th Aug 08 at 7 p.m. to provide an opportunity to answer any questions that you may have. The Tirhugh Resource Centre is one of five prospective Centres for Learning who will deliver a range of Community Development courses including those currently being offered at LYIT to promote the uptake of lifelong learning at local level.

### **The BMW Smallholder Skill Network**

Training Programme is promoted by the MED Rural Company Ltd. The training project is specially designed for smallholder farm families. It is a new network to provide a support structure and training programme to enhance the skills and knowledge base of the smallholder farming sector within the BMW region. It delivers local, enjoyable and practical low cost training that makes sense and makes a difference to farming life and business.

**Training:** Training is essential in any business and farmers in the region can benefit from a needs driven training programme in a variety of customised courses. Many small holders have already participated in training. For further info contact: Gerry Gallagher or administrator Geraldine Mc Gill on 071 98 58252, email: [bmwsskillnet@medpartnership.com](mailto:bmwsskillnet@medpartnership.com) or visit our website [www.medpartnership.com](http://www.medpartnership.com)

### **The Afternoon Club**

The Afternoon Club, Bundoran have had a very interesting year with lots of activities, events and social outings. They will be back in force in Sept with lots of plans for the Winter. Their games of bingo, word and quiz games and dancing will continue to keep the body and mind active. They are also planning further courses, events and social outings. The group would also like to see more men attending the club. So come on all you guys over 55, get in there and have a bit of craic.

### **Tip: Have you locked your keys in the car?**

If your car has a remote keyless entry? This may come in handy. If you lock your keys in the car and the spare keys are at home call someone at home on their mobile phone from your mobile. Hold your mobile about a foot from your car door and have the person at home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. So it says on the internet.

## Coolmore Creek

The Creek, a little cove with rocks and pools in Coolmore, Rosstown, was washed away with the high tides, storms and surface water from new houses lately. Eight years ago the Coolmore Community Group developed a park with seats and repaired the path leading down to the Creek but it is now in a dangerous state. The group are looking for funding to repair the damage and would appreciate any help towards this. For further information contact Maureen Finnegan, Coolmore, Rosstown.

## Faith and Light

Faith & Light is a support group for people with Special Needs. In 2008 they received €1,800 from Ballyshannon Town Commissioner's Christmas Ball. In June they received funding of €3,000 from the HSE National Lottery Grant. With this funding and other donations they organised outings and activities for the Special Needs and their families in the area. They would like to express their sincere gratitude for all this funding and also to the staff of Atlantic View CDP for sourcing it for them.

Special Needs with helpers at the Five Oaks Ranch

## Currachs Race

Pictured are two of the seven Currachs which were built by the Erne Fishermen during last winter. The currachs are replicas of the old Donegal traditional fishing boats which have not been seen for many years. They were raced at the RNL Charity Fun Day held in July last in Ballyshannon with Timmy & William Gallagher winning 1st Prize.

Also in the picture are James O'Brien, John McIntyre, David Feely and Brian Carroll who also took part in the race.

€5,000.50 was collected for this very worthy cause on the day.

## Thought for today

With money you can buy a house but not a home, you can buy a clock but not time, you can buy a bed but not sleep, you can buy a book but not knowledge, you can buy a doctor but not health, you can buy a position but not respect and you can buy blood but not life.

## Magi Says:

*Skin is a good indicator of health, both physical and emotional. A good diet of fresh fruit and vegetables help but diet cannot do a proper job if we are stressed or tense. So taking time to relax can work wonders. Massaging with the following oils once a fortnight will give skin a boost.*

**Dry Skin:** 10ml Sweet Almond Oil, 5ml Wheat Germ oil and 1 drop of Essential oil of Rose or Camomile.

**Normal Skin:** 10ml Sweet Almond Oil, 5ml Avocado, 1 drop of Lavender or Neroli oil.

Directors, Michael Devaney, Catherine Maguire, Michael Tunney, Michael Gallagher, Margaret Doyle, Roisin Lee, Mary Monaghan, Gerry Doherty, Sean Ferguson, Ann Mc Gowan.

COMPANY REG. NO. 347229 CHARITABLE STATUS REF NO: CHY14833

FUNDED BY THE IRISH GOVERNMENT UNDER THE NATIONAL DEVELOPMENT PLAN 2000-2006 & SUPPORTED BY THE NATIONAL LOTTERY.

