

We would like to sincerely thank every member of the Rural Social Scheme for their hard work, their positive attitude, and the way they co-operated with all the Coistí associated with Coiste Pobal Mhúscraí during their time as members of MFG staff.

We wish them every success in the future, and many thanks for a job well done.

Ballyvourney / Coolea Show

Sunday 16th August 2009

A fun day out for all the family

Michael Healy Rae MCC, Alan O'Neill a.k.a **Keith from Fair City** **Michael Hughes** Secretary of the Irish Shows Association are set to attend the show at 2pm. to open the show.

Sheep, Cattle, Horse, Pony Competitions,

Vintage Display, Arts & Crafts,

Step-Dancing Competitions, Best Dressed Person, Dog Show, Tug of War, Sheaf Tossing

Baby Show (under 6, 12, 18 Months),

Little miss & little mister

Children's Sports, Numerous other Side Shows

CHILDRENS PLAY AREA

Bouncing Castle, Slide, Childrens' Amusements

Music on the field by Ger Deasy, **Let the fun begin!**

Further Information: Tel: 026 45957

Email: taispeantasbc@hotmail.com

Ballingeary Show

Sunday 23rd August 2009

At farm of Finbarr Cotter, Kilmore, by his kind permission.

A GREAT FAMILY DAY OUT ASSURED!

Competitions include: Horses, Ponies, Cattle, Sheep, Poultry, Dog Show, Sheepdog Trials, Arts & Crafts, Horticulture, Flowers, Children's Section, Baking, Jams, Eggs etc.

Side Show attractions include:

Live Music & Dancing on Field, Bonny Baby, Most Suitably Dressed Lady, Farmer's Market.

Novelty Events include:

Sheaf Throwing (Ladies/Gents), Farmer's Market, Alpacas, Best Dressed Scarecrow, Vintage Cars Display, Ballingeary Pipe Band, Lots of Trade Stands and Show Raffle.

Entry Forms + fees must be returned by **12th August**.

Exhibits for **indoor** section must be in stewards hands before 10.00am on show morning.

No indoor exhibits taken the evening before show.

Details from Secretary Tel: 026 47182.

St Bridget's Conference. St Vincent De Paul Society.

St Bridget's conference was formed in January 2009 to coordinate a clothes recycling programme in the Cork region. Recycling bins are now placed in the following sites within the Lee valley area: Inchigeela, Ballingeary, Toon Bridge, Cill na Martra, Baile Bhúirne, Cuil Aodha, & Clondrohid. We are now appealing for all types of clothing, footwear, bedding etc to be placed in these units. All clothing will be sorted to ensure that all good quality clothes will be placed in the society's chain of shops within the county for resale. Clothing unsuitable for resale will be disposed of through a reputable recycling company. All proceeds raised from this venture will be redistributed to conferences within the Cork region.

Computer Training for Older People - Log on, Learn

Learn how to book flights, surf the Internet or send an email to a friend! Transition Year students in Coláiste Ghobnatan are offering free, one to one computer training for those aged 65 and over. Following the success of these classes in the spring, these user friendly classes will be available again in the Autumn. To sign up today call Nellie at 45661. (Log On, Learn is an Intel, Microsoft, An Post collaboration.)

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.

Irish Water Safety

Swimming & life saving courses

Cúil Aodha 10th to 15th August
 For more information contact Siobhán 087 9274671
 or email: snilaocha@gmail.com
 Registration at 9.30am on the first day of course.
 Further information on www.iws.ie

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 Tues. Aug 11th
 Contact Mary/Eileen at 026 40999

Lee Valley Walking, August '09

> Bere Island (low hills) Sun. Aug 2nd.
 > Doughill (hill walk) Wed. Aug 5th
 > The Paps (hill walk) Sun. Aug 9th
 > Inchigeela Castle & Hill Wed. Aug 12th
 > Musherahill walk Wed. Aug 19th
 > 2 woods Ballyvourney Wed. Aug 26th
 > Rosscarbery (coastal) Sun. Aug 30th
 Sunday walks 9.00am Wednesday walks 7.00pm
 New for summer 2009 - Hill-walking for beginners
 > Claragh Mountain Mon. Aug 10th
 > To be announced Mon. Aug 17th
 Monday walks at 10.00am.
 Guided walks available on request (rates available)
 Annual membership €55. Guests: Day €20 Evening €10
 Rates available for couples and families. Info. From:
 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. 13th & 27th August
 Contact Aisling Ní Laoire at 087 6579894
 Chiropodist Appointment only End of August
 Contact Ann O Donovan 027 50340 / 086 3679761
 Dr. Ken Harte, 12noon to 1 pm Every Wed

Gougane Barra Hotel

Theatre by the Lake

Dezy Walls 1st - 9th August
 A double dose of 'Musiplays'
 'Kilminchy to Carnegie' and 'Be Kevin Spacey'
 Des Keogh 11th - 17th August
 John B. Keanes's 'Confessions of an Irish Publican'
 All shows start at 8.30pm. Tickets €23.00/€18.00
 Further information on www.gouganebarrahotel.com
 Tel :026 47069 or email: gouganebarrahotel@eircom.net

Dog Show Ballingearry

Ráth an Ghaiscigh 9th Aug. 1pm - 5pm.
 Refreshments and Trade Stands
 Proceeds for School Equipment
 For info. Tel: 026 43557 or Email: svstone@hotmail.co.uk

Farmers Market Inchigeela

Creedons Hotel Sat. 29th Aug. 2.00pm
 Fresh locally grown produce
 Everybody welcome

Parent & Toddler Group Réidh na nDoirí

Ionad Áise Each Wed 10am - 12pm
 New members welcome

Breastfeeding Support Réidh na nDoirí

Muskerry Breastfeeding Support Group
 Meet on the first and third Tuesday of each month
 Ionad Áise, Réidh na nDoirí 2.30pm - 4.30pm
 New members welcome
 For more information and support contact:
 Maresa 026 65919 or Janna 085 7856960

The Library Baile Mhúirne

Library opening times
 Tues. & Fri. 10.00am- 1.00pm & 2.00pm - 6.00pm
 Thurs. 2pm - 7pm. Saturday 10am - 1pm
 Broadband Internet Access available
 Photocopying service available
 New members welcome.
 For further information contact Eibhlín at 026 45767