



# Munterconnaught

## Our Community Newsletter

[ourMCnews@gmail.com](mailto:ourMCnews@gmail.com) 086-0828040

**7<sup>th</sup> April 2023 (Easter Weekend)**

*Collated and published by Noeleen Skelly*

### OUR COMMUNITY NEWSLETTER

**FREE** to all readers (in paper or digital form). **PAPER** – collect it in the shop.

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

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



**A very happy, holy, safe and peaceful Easter to all our readers, near and far.**

**Advertisements are welcome** (and needed for the ongoing publication of this free newsletter). Rates on back page.

### DEATHS

Marion Anderson (née McCabe, Beherna) (18<sup>th</sup> March). Our sympathy to her son John and his family, her son William's family and her brothers John & Peter, and her sisters Bridie, Sally, Violet, Veronica, Pat, Geraldine, Loyola, Claire and their families.

Joe Henry, Dunancory (20<sup>th</sup> March). Our sympathy to his wife Bella, his daughters Vivienne, Fiona, Diane, and sons Joey and Robert, his sister Irene Farrelly, and his sister-in-law Helen Henry, and their families,

Liam Hetheron, Rathoath and formerly Lurganboy (25<sup>th</sup> March). Our sympathy to his children Emer, Paul, Robbie, Derna, Orla Terry & Marie, and to his sisters Eilish, Cait, Bridie, & Margaret, and his brothers Jimmy and Mickey, and their families.

Renée Henry (née Carry) Cortown, (1<sup>st</sup> April). Our sympathy to her son Packie Henry, and her daughter in law Yvonne (nee Brady, Ryefield) and their family.

### Jean Tighe, Ryefield, is still missing in Portugal.

Local Councillors Shane P O'Reilly and TP O'Reilly and all the Councillors in CCC voted unanimously in favour, and Cavan Co Council has sent a letter to the Portuguese Ambassador in Dublin. As yet there is no reply.

**Time is being wasted every day with bureaucracy, instead of looking into what leads and information could still be available.**

#### Update on the investigation:

- The information that the Gardaí gathered, has not been shared with the family, and has not been transferred over to the Inspector Costa, Polícia Judiciaria (Judicial Police) in Lisbon Portugal .... (This info is important because it includes Jean's DNA, and computer and phone data – but no phone).
- The family still don't know if Jean's info is fully registered up on the Database for Europol, Interpol, the Portuguese and Spanish DNA websites and all websites that deal with Missing persons.
- Neither Police force have obtained a copy of Jean's bank of Ireland bank statements, starting January 1st 2020.
- Jean's sister has been restricted on fb, because of complaints on social media, re Jean's fb page!!

The Tighe family need all the support they can get.

Please keep Jean and her family in your prayers.

Also keep an eye on MISSING JEAN TIGHE's fb page.

<https://www.facebook.com/profile.php?id=100087960987592>



## History of Munterconnaught Homes Project.

We hope you are all gathering information about your home, and if you can, any information about a derelict or vacant home in your possession or in your vicinity.

If you are interested in compiling information relating to this project, and have not contacted anyone yet, we look forward to hearing from you.

Noeleen 086-0828040 or [info@munterconnaught.ie](mailto:info@munterconnaught.ie)

## History of Munterconnaught Homes Project



The aim of the project is to gather and eventually publish information on the buildings of Munterconnaught.

## BALLYDURROW COMMUNITY CENTRE & MCDA

**Sensory Room:** Ballydurrow Community Hall has a sensory Room. ☎ Dermot O'Reilly for details 087 910 2147.

**Our Hall** is now be available for rent in evenings and at weekends. Further details from Carina O'Reilly 086-1798419. €20 per hour for commercial. [mcda.bcc@munterconnaught.ie](mailto:mcda.bcc@munterconnaught.ie)

**MCDA** were awarded €750 in the Calling initiative by Cavan County Council towards a community cultural event which will take place over the summer.

**Blue envelope collection:** MCDA is very grateful to the GAA for allowing them the Blue envelope collection in a recent weekly draw.

**Building Blocks Grant:** We were successful in the Building Blocks grant application (€65,017). This will go to improving the energy efficiency of the building through new heating system, new doors and other measures,



## HERITAGE CROSSROADS

### High Nelly Charity Run: Sun 29<sup>th</sup> April. Oldcastle- BJD-Billis-Virginia-Ryefield.

“The Munterconnaught Heritage Breffni High Nelly’s will take to the road again after a lapse of 4 years due to Covid, on April the 29<sup>th</sup>. It will be dedicated to the late Frank Nulty who was a very active participant in our High Nelly Runs. He died tragically and will be remembered on the day with a short service.

This will be a Fundraiser High Nelly Run in aid of Charities (Oldcastle Alzheimer Committee/Motor Neuron Ireland/Virginia Cancer Care) & Crossroad Development. Bucket collections will be in place in Oldcastle/Ballyjamesduff & Virginia on the day and your generosity would be greatly appreciated for all these causes.

The route will begin with **Registration on the Square in Oldcastle at 11.15**. The Nelly’s will **set off at 12.00** and head to **BJD** via Jim Farrelly’s. Following a short stop in BJD it will continue **to Virginia via the New Inns** with a **stop at the Billis** for a short service for Frank Nulty. It will **move on to Virginia** for a short break before heading **back to Ryefield Crossroads** in Munterconnaught.

We are calling on all High Nelly enthusiasts to join us on what we hope will be a fantastic day for Cyclists and Charities alike. We would accept any help with Bucket Collections / Stewarding / General organising and if interested you can contact (087) 2785903.”

**The Heritage Crossroads Committee** would like to inform and invite people to a weeding/cleaning up evening next Thursday (13<sup>th</sup> April) at 7 o’ clock. Any help would be greatly appreciated and if coming bring some gardening equipment. Thanks.

## Other News

**Foróige:** We are hoping to have Foróige youth club up and running in the parish again starting in September. Foróige is for secondary school students. If any parents are interested please contact Caroline Farrelly on 087-2263169 or Tina Walsh on 087-6304889.

**Conaty's Point Swimming 2023** will take place on Monday July 24th until Friday August 4th inclusive. This year we will return to the traditional programme of 2 swims per day, a morning session and an afternoon session. Registration will open online in May and we can only accept those who are available for the full 2 weeks."

**The Swim Ireland POP-UP-POOL** has arrived in Oldcastle. Facilities: Changing Rooms, Toilet, Hoist, Wheelchair ramp. 12m long, 1.2m deep. 30°C. Qualified staff and lifeguard. Email: [popuppool@swimireland.ie](mailto:popuppool@swimireland.ie) [www.swimireland.ie](http://www.swimireland.ie) for info.



*Scan above to book your swim*

**Potholes:** If there are potholes on roads or lanes near your house, you can report them to the local council office in Virginia by calling 049 854 7013 and referencing the road number. They will organise for them to be repaired with 1-2 weeks.

**Virginia Breastfeeding Peer Support Group** has been nominated and shortlisted in the 'Breastfeeding Support Group of the Year 2023' category in the Friends of Breastfeeding Awards 2023. There are many local mothers from Munterconnaught & surrounding areas who are past and present members of, and volunteers with, this wonderful support group. There are a few other local shortlisted nominees involved in the Virginia Breastfeeding Support Group too. A fantastic achievement... Winners will be announced at a special Gala Lunch & Awards Ceremony in Dunboyne Castle Hotel on 22nd April 2023. We wish them all the very best of luck at the Awards! Contact Lorna Gaule on 0876626180 for more info/tickets!

**School Bus:** Don't forget to apply for your child's place on the school bus. Info on [Transport for Ireland website](http://Transport for Ireland website).

## Knocktemple NS Enrolment for School Year 2023 - 2024

All information regarding enrolment and other school details are available on our school website, [www.knocktemplens.ie](http://www.knocktemplens.ie) and on our school Twitter page @knocktemple. Please phone the school on 049 8547081 or e-mail [office@knocktemplens.ie](mailto:office@knocktemplens.ie) for an application form or if you have any questions. Please feel free to share this form with anybody who is considering enrolling their child in our school.

**ECCE & Afterschool:** Mini Me's. Located beside Castlerahan School. We are now taking bookings for ECCE and Afterschool for Sept 2023/2024. Limited places. Contact Anita Clarke. 083-206 7482 [minimesplayschool1@gmail.com](mailto:minimesplayschool1@gmail.com)

**If you feel overwhelmed,** contact **Pieta House** or **Samaritans** for help.

**Pieta House:** Free 24/7. Crisis Helpline 1800 247 247 Text HELP to 51444  
<https://www.pieta.ie/how-we-can-help/helpline/>

**Samaritans** ☎ 116 123

**Some tips for coping better** <https://www.facebook.com/moodwatchers/>

Phone a friend. Just say **“I need help”**.

**Karen O'Reilly, The Intuitive Coach. 087-256 4696**

**Show Centre:** A 5-week Heart Healing Meditation programme will be commencing in the Virginia Show Centre on Monday 17<sup>th</sup> April. This meditation is a guided meditation helping you create a deeper connection with yourself as well as helping you to create more peace within, greater clarity, feeling lighter and better well-being. Total Cost is €60, Book with Karen 087-2564696

**Ballydurrow:** The next 5-week meditation programme in Ballydurrow Community Centre will commence on Thursday 4<sup>th</sup> May.

**Free Meditations** Live on Facebook / The Intuitive Space

Karen runs free live meditations twice a week in your private Facebook page called “The Intuitive Space”. If you are interested in experiencing her meditation style, pop a text to Karen or collect with her on fb through Messenger.



**If you need help with finances, contact MABS 0818 07 2000**

The MABS Helpline **0818 07 2000**, is available Monday to Friday from 9am to 8pm. Helpline Advisers can give you advice and support on many money management and debt issues, and can also provide you with MABS self-help materials free of charge.

**Live life to the fullest”. A 12 Step programme of Healing and recovery.** Weekend includes: Talks, sharing, individual prayer Ministry, Confessions & Mass.

**Venue:** Cuan Phadraig, Ceili Catholic Community Kilbeggan N91 NY28. **Sat 29<sup>th</sup> April & Sun 30<sup>th</sup> April.** Book with Rosaleen 087-6333437. Accommodation available if required.

## Gardeners Corner

We have two local WhatsApp gardening groups.

The **Munterconnaught and local** garden group swaps and shares seeds / plants etc. and sometimes even offers or seeks advice. Contact Noeleen at 086-0828040 to be added to this group.



The **Virginia Show garden group** does the same as above, but also arranges classes for people who want to do more with their garden. Contact Monica at 086 126 1393 to be added to this group.

**Annual Seed / Swap** event at the Crossroads. Date to be decided, but we will advertise it through our M'connaught WhatsApp group, and the above garden WhatsApp groups closer to the time. When you're sowing seeds, maybe plant a few extra, just a few.

**50% off all trees.** Wide selection of **native tree varieties** - oak, alder, willow, hazel, yew, mountain ash, wild cherry, birch, holly and Scot's pine. Also **bareroot apple, plum, damson and pear trees.** Delivery available nationwide. Native Trees (€1) Fruit Trees (€10). Contact David Skelly at 087 242 7399.



# ST. BARTHOLOMEW'S CHURCH



## Schedule of Easter Ceremonies - Happy Easter to all Parishioners

**Holy Thursday:** Mass of the Lord's Supper - 8pm

**Good Friday:** Celebration of our Lord's Passion - 5pm.

**Holy Saturday:** Easter Vigil - 9pm

**Easter Sunday Mass:** The Resurrection of the Lord - 11am

**Date for First Holy Communion:** For Knocktemple NS, St. Bartholomew's Church, Munterconnaught, Saturday 20th May at 12 Noon

**Date for your Diary:** Blessing of the graves will take place in Munterconnaught on Sunday 2<sup>nd</sup> July 2023 after 9.30am Mass. Please inform family members or former parishioners living elsewhere of this date so as to give them an opportunity to make plans to attend.

**CHY REVENUE TAX FORMS.** Members of the parish Finance Council are actively following up the completion of Tax forms. Many thanks to all who have returned their tax forms over the last number of weeks. For some others you may have just forgotten or left it to one side with the intention of filling it out later. This is a vital source of income for the parish but can only be claimed if the form is returned. Your immediate attention to returning this form would be very much appreciated. If you have any queries in relation to completion of the form, please text **083-097 2655**.

## New Banking Details for our Parish

<b>A.I.B Bank Details for St. Bartholomew's Church</b>	
<b>Weekly Offertory Collection</b>	<b>Priest's Revenue Account (Monthly Dues)</b>
Current Account	Current Account
Sort Code: 932051	Sort Code: 932051
BIC: AIBKIE2D	BIC: AIBKIE2D
Account Number: 42217044	Account Number: 42444028
IBAN: IE94AIBK93205142217044	IBAN: IE83AIBK93205142444028

*Many thanks for your contributions to the upkeep of the parish and the salaries of the priests.*

## ST BARTHOLOMEW'S CHURCH

**Contact details for our Priests.** Fr. Brian Flynn C.C. 049-8547435 086- 0422996  
Fr Kevin Donohoe 049-8544410 [ballyjamesduff@kilmorediocese.ie](mailto:ballyjamesduff@kilmorediocese.ie) Notices before Thurs 6pm.

**Trócaire Boxes** – Please remember to return your Trócaire boxes or Envelope Contribution at the Holy Thursday Masses or sometime during Holy Week. Many thanks in advance for your contributions

### **Ministries for April in St Bartholomew's Church:**

Readers: Seamus O'Shea, Bob Gilbert.

Ministers of the Eucharist: Brigid Gilsenan, Noeleen Skelly.

**Altar Society:** We are delighted to have our church looking so lovely. We are looking for volunteers to help with the upkeep, and keep it beautiful for upcoming celebrations e.g. Baptisms, First Communions, Weddings & Funerals. Contact Dympna 086 361 3902.

**New readers** are always welcome. Contact Ann at 086 356 5640

**Pilgrimage to the Holy Land:** Fr. Gerry McCormack, P.P, Kingscourt will lead his 21st consecutive pilgrimage to the Holy Land from Nov 24th – Dec 2nd. Cost €2,095 inclusive of flights, baggage, all transfers, full use of air-conditioned coach, all entrance fees, excellent catholic guide and a full religious programme. Bookings with Navan Travel at 046-9068600 and all enquiries to Kingscourt Parish office at 042-966731

**Free training in suicide prevention awareness** scheduled across Cavan & Monaghan: Training is being organised by the HSE and is open to anyone over 18 years. For info go to: <https://bookwhen.com/suicidepreventiontrainingcho1> The schedule includes two upcoming courses in the Kilmore Diocesan Pastoral Centre, Cullies, Cavan H12 E5C7 - a two day ASIST course on 20th and 21st April

**Pre Marriage Course** - takes place in the Kilmore Diocesan Pastoral Centre, The Conaty Centre, Cullies, Cavan H12 E5C7 on the following Fridays and Saturdays: 14 & 15 April, 13 & 14 Oct. Friday evening sessions 7.30pm to 10pm Saturday sessions 10am to 5pm. Couples are obliged to attend both sessions. Book on line at [www.accord.ie](http://www.accord.ie) for further information, please ring Mrs Eileen Connolly in the Cavan Accord office on 049 4375004, extension 101

**The parish Newsletter is distributed each weekend by email.** Anyone who would like to receive a copy, contact [skellynoeleen@gmail.com](mailto:skellynoeleen@gmail.com) or 086-0828040

## Munterconnaught Church of Ireland

Service of Holy Communion  
Saturday 8th April  
Easter eve  
At 7.30pm



## EASTER TRADITIONS by Declan Cooney.

In Ireland in the past, there were certain customs and beliefs attached to the Easter period. It is recorded that in the 1930s, it was a custom with the children in this locality to get up very early on Easter Sunday morning “to see the sun dance”. Eggs were central to the Easter celebrations as can be seen from this extract from the Schools’ Folklore Collection from Knocktemple Girls’ School:

Before Mass they eat their breakfast of boiled eggs. When Mass is over they usually eat fried eggs for their dinner. When they have their dinner eaten and the work done, they get a lot of raw eggs and go out to a field in some backward place where they cook and eat them. This is called their “clúdóg”. When they have it eaten, they play games. When the games are finished, they go home in great joy.

The custom of the “clúdóg” lasted in many rural areas until the 1960s. There was also a tradition of decorating bushes or tree branches to greet the summer. The branches would be adorned with coloured papers and with eggshells which had been coloured by using buttercups. Incidentally, there is a tradition in Ukraine whereby eggs – real ones, not chocolate – are brightly painted and decorated and exchanged as presents.

Finally, there was a belief in parts of Ireland that if a hen laid an egg on Good Friday, the egg would remain fresh for the rest of the year!

Beannachtaí na Cásca daoibh go léir!

*Photo shared by Helen Dunne, Virginia, on Cavan Old Irish Photos fb page, on 20<sup>th</sup> March 2021.*



## Congratulations Edel Gaffney, Ballydurrow



*Photo from Athletics Ireland.*

**Record Alert:** We are so proud of Munterconnaught’s Edel Gaffney (Trim A.C.) who broke the Irish Masters W35 Indoor Record in the Mile, at the Track & Field Live Meet, with a time of 5:09.14



Great to see Edel Gaffney back in the green and white. This time, though, she was representing Ireland and winning an amazing 2nd place in the World XC Championship. Well done, Edel! We are all so proud of you.





**LOTTO RESULTS JP Jackpot. QP Quickpick.**

**13<sup>th</sup> Feb. JP:** €8,900. **Nos:** 06,15,16 & 23 **QP:** Susan Redmond, Coronagh; Chris Hetherton Knocktemple; Ciaran Mitchell, Dublin; Debbie Roche, Knocknagarton.

**20<sup>th</sup> Feb. JP:** €9,000. **Nos:** 13, 14, 22 & 31. **QP:** Lorcan Fox, Oldcastle; Eugene Geraghty, Pollintemple; Donna Hetherton, Carrick; Pdraig Finnegan, Ryefield.

**27<sup>th</sup> Feb. JP:** €9,100. **Nos:** 01, 04, 12 & 18. **QP:** Mal Gibney, Oldcastle; Dermot Brady, Mounnugent; Brendan O'Reilly, Island; Shauna Dunne, Lurganboy.

**6<sup>th</sup> March. JP:** €9,200. **Nos:** 05, 18, 19 & 29. **QP:** Paddy Rahill, Springhall; Paul Kevin , Oldcastle; Thomas Lynch, Ryefield; Ciaran Mitchell, Rahard.

**13<sup>th</sup> Mar. JP:** €9,300. **Nos:** 01, 02, 19 & 21. **QP:** Martin Flood, Oldcastle; Vinny Walsh, Oldcastle; Declan O'Reilly, Island; Dan Smyth, Gearha, Farranfore.

**20<sup>th</sup> Mar. JP:** €9,400. **Nos:** 11, 25, 30 & 31. **QP:** Ciaran Burke; Edel Sheridan, Knocknaveigh Carmel Mullaney; Jerry Coakley, Oldcastle.

**27<sup>th</sup> Mar. JP:** €9,500. **Nos:** 06, 15, 23, 31. **QP:** Dolores Power, The Drumlins; Ray Cassells, The Mountain Dew; Ellen Gaule; The Yore Family, Lurganboy.

**3<sup>rd</sup> Apr. JP:** €9,600. **Nos:** 06, 14, 17 & 24. **QP:** Laura McEnroe, Lurganboy; Ann Tuite, Oldcastle; Ann Baugh, Ryefield; Siun & Daithi O'Reilly, Ballydurrow.

Thank you for playing our LottoBonus. Blue ticket Hamper winner – Sean O'Reilly, B'durrow

**Next Jackpot-Monday, 10<sup>th</sup> April. €9,700. In the Ramor Inn.**

*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.*

**Last Man standing Update:** 5 winners shared the last man standing. Each one gets €100

● Patrick O'Reilly (c/o) Enda O'Shea ● Jacinta McEnroe ● Michael Mulvey (c/o) James Lynch ● Nial Yore Maghera ● Seamus Kiernan

Well done all and thanks for supporting our club fundraiser

**Walking Track Lights:** The only means to be used to light the walking track is by using the external switch on the outside wall, left of the main door of the clubrooms. This is on a timer and will automatically extinguish the track lights after a set time period. No other means should be used to light the track.

**Pitch and training lights:** Can everyone who is using the training pitch and main pitch please remember to switch off the lights when finished. Lights have been left on a number of occasions in the past few weeks. Thank you

**Club Officers for 2023**

**Chairperson:** John Lynch

**Secretary:** David Cremin

**PRO:** Aisling Burns

**Designated Liaison Person:** Sean Enright

**Underage Chairperson:** Aidan Barr

**Vice Chair:** Val Yore

**Treasurer:** Maria Carr

**Children's Officer:** Lynn Grimes

**Cultural Officer:** Caroline Gilsenan

**Underage Secretary:** Joanne McGovern

**St Patrick Day Parade** Members of our underage thoroughly enjoyed themselves at the Oldcastle parade, despite the bad weather #letsGoMunchiesLetsGo#MakingMemories

**League games have commenced across all grades.** Please see club social media accounts for up to date fixtures and results. Facebook is [MuintirConnacht Gaa](#)

Twitter is [Munterconnaught GAA- Official Account](#).

Cul Camps will run in Munterconnaught from 17th to 21st July. Booking now open at

<https://www.kelloggsculcamps.gaa.ie/booking/?county=Cavan>





**Drug & Alcohol awareness Workshop:** We joined forces with Ramor Utd recently and held a very successful workshop on drug and alcohol awareness. Thank you to Stephanie Kane from North Eastern Regional Drug & Alcohol Task Force for delivering the course, and a special thanks to Ramor's Niall McHugo and Munterconnaught's Sean Enright for organising it.

Basically, the reason for running this workshop was to give us an awareness of the widespread misuse of the above, and to help us set up supports for young people in the GAA, to help them cope if they find themselves in trouble with drugs or alcohol. The trouble could be the addiction itself / debt / or many other issues that arise as a result of the above. We hope to have supports in place, where GAA members have a specific, non-judgemental person to talk to in the club, who will direct them to the appropriate services which will give them the best advice and guidance.

GAA Contacts are John Lynch and Sean Enright.

**A Suicide awareness course was held recently in Ballydurrow.** Some locals have been trained, and we will have more details in our next edition.

## Jobs & Further Training.

 <p><b>Breffni Community Employment clg</b></p> <p>We currently have a vacancy for a Clerical /Receptionist with Cavan Digital Hub on our CE Scheme.</p> <p>The successful candidate would:</p> <ul style="list-style-type: none"><li>• Meet &amp; greet clients/customers</li><li>• Assist Individuals with queries</li><li>• Announce clients when necessary</li><li>• Book meetings, answer Telephone and other adhoc duties as required by Management</li></ul> <p>Did you know that while working on a CE scheme you can upskill and train while still getting paid to work?</p> <p>This is a great opportunity to learn new skills and/or study towards a new career.</p> <p>To be eligible for the scheme you need to be in receipt of a qualifying welfare payment for minimum 12 months. To find out more just call us on 049-4361519 or email <a href="mailto:info@bceccavan.ie">info@bceccavan.ie</a></p>	 <p><b>Breffni Community Employment clg</b></p> <p>We currently have a vacancy for a Clerical /Receptionist with Cavan Genealogy on our CE Scheme.</p> <p>The successful candidate would:</p> <ul style="list-style-type: none"><li>• Meet &amp; greet clients/customers</li><li>• Update Genealogy Database</li><li>• Maintain existing client database</li><li>• Register new clients</li><li>• Assist Genealogist with research when required</li><li>• Book meetings, answer Telephone and other clerical duties as required by Management</li></ul> <p>Did you know that while working on a CE scheme you can upskill and train while still getting paid to work?</p> <p>This is a great opportunity to learn new skills and/or study towards a new career.</p> <p>To be eligible for the scheme you need to be in receipt of a qualifying welfare payment for minimum 12 months. To find out more just call us on 049-4361519 or email <a href="mailto:info@bceccavan.ie">info@bceccavan.ie</a></p>
---	--

Are you unemployed and receiving Social Welfare payment for 12 months or more. Vacancies for Clerical/Receptionist on Community Employment scheme in Cavan Digital Hub and Cavan Genealogy.

**Cavan Co Co** are looking for **General Operatives**. Check out their website.  
<https://www.facebook.com/100064814827795/posts/pfbid02HKyqqgLS8aSjQh2a68fNwyuojobpzWAeWYXqoLXAT56a5Uk91Uf96j97BB8Ur1VEI/>

**Meath County Council** invites applications to form a panel for permanent & fixed-term contract vacancies for the position of **Assistant Staff Officer**. Application Forms and Information Booklets are available at [www.meath.ie/jobs](http://www.meath.ie/jobs) Closing date for applications is Wednesday, 12th April 2023 at 5pm.

If you feel ‘stuck in a rut’, ask yourself what would you LIKE to do. Would you consider re-training. Then check out appropriate colleges. There are many options to retrain on part-time or full-time courses, especially as a mature student.

## Upcoming Short Courses Ballyjamesduff



**cmetb**

Bord Oideachais agus Oiliúna  
an Chabháin agus Mhuineacháin  
Cavan and Monaghan  
Education and Training Board

### Day Classes

Course Code	Course	Day/Time	Start Date
388776	Healthy Food Made Easy	Friday 10am - 1pm	21/04/2023
388793	Smartphones and Tablets	Thursday 2pm - 4pm	20/04/2023
388797	Crafts	Friday 10am - 1pm	21/04/2023
390309	Establishing Trees and Shrubs	Thursday 9.30am - 3pm	20/04/2023
389878	Planting and Potting by Hand	Wednesday 9.30am - 1.30pm	19/04/2023
388838	Basic Computers	Tuesday 10am - 1pm	18/04/2023
389900	Word Processing	Monday 10am - 1pm	17/04/2023
390248	Bookkeeping and Accounts	Monday 10am - 1pm	17/04/2023
388840	Maths	Friday 10am - 1pm	21/04/2023
390308	Word Processing	Thursday 9.30am - 1.30pm	20/04/2023
390306	Career Planning	Friday 10am - 1pm	21/04/2023

### Evening Classes

Course Code	Course	Day/Time	Start Date
388788	Sign Language	Monday 7pm - 9.30pm	17/04/2023
388780	Creative Writing	Tuesday 7pm - 9.30pm	18/04/2023
388790	Conversational English	Tuesday 7pm - 10pm	18/04/2023
389882	Sewing	Tuesday 7pm - 10pm	18/04/2023

Visit [www.cmetb.ie/course-finder](http://www.cmetb.ie/course-finder) and search course codes below  
For course any queries please contact Regina on 087 2855907 or [reginaclarke@cmetb.ie](mailto:reginaclarke@cmetb.ie)

[#ThisIsFET](#) [#FurtherEducationandTraining](#) [#Empowerment](#) [#Learning](#)  
[#Prgression](#)

## LOCAL NOTICES & THINGS TO DO

**FAMILY SUPPORT CLINICS**, held in Virginia Show Grounds every Tuesday morning, will continue in 2023, from 10am to 12 Noon. Phone Sandra at 086-836 6153.

**CRAFTS AND CHAT** - every Wednesday, Knocknaveigh (A82 V0P1). 7.30pm. €5. Crafts, chat, tea and buns. 📞 Sandra for info. 086-8205177.

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

**MEN'S SHED:** New Members welcome to **VIRGINIA MEN'S SHED** (From 40 to 90 years old – call 087 765 3725 or just call in Wednesday 8 to 10 pm and 11 to 1 on Friday

**BOAT TOURS ON LOUGH RAMOR.** On a fully accessible Boat. **Pre-booking is essential** - Phone John Wilson 087 124 1674

**RAMOR THEATRE:** will reopen in March 2023.

**CAVAN COUNTY MUSEUM:** 049-8544070. Virginia Road, BJD. A82 YP70. Adults €6. Seniors: €4. Family ticket €14. Open: Tue, Wed, Thurs, Fri & Sat 10am-5pm.

**CAVAN CO COUNCIL WEBSITE:** There are loads of interesting things to check out. Re grants (private houses, community etc.), as well as Leisure, Amenities, Transport and much more.

**VIRGINIA SHOW CENTRE:** Check out their fb page, loads to do for young and old.

## KEEPING FIT

**VIRGINIA RAMBLERS:** Wednesday afternoon walks start at 2pm at the Virginia Show building.



Virginia Ramblers Walking Club est 2016

(see Virginia Ramblers fb page for further details). No dogs.

**PARK RUN IN VIRGINIA, EVERY SATURDAY MORNING AT 9.30 AT DEERPARK, VIRGINIA.**

Register once at [www.parkrun.com](http://www.parkrun.com) check out <http://www.cavansportspartnership.ie/> for more details.

**ACTIVE VIRGINIANS:** New members welcome. Ladies and men aged 50+. Classes every week, Bowls, Pickleball, Art, Computers and more. For info: 087 235 0515 or Email: [m spatprice@gmail.com](mailto:m spatprice@gmail.com)

**Local Whatsapp groups:** ● Munterconnaught group. 086-397 1634  
● Local Gardening group 086-0828040.

**Local useful Facebook pages:** [MuintirConnacht GAA](#) [Munterconnaught Community](#) [Cavan Old Irish Photos](#) [Cavan Heritage](#) [Munterconnaught Heritage Society](#) [Munterconnaught CommunityAlert](#) [Munterconnaught Crossroads Development](#) [Shane Martin Moodwatchers \(Uplifting guidance & suggestions\)](#) [Virginia Ramblers Walking Club est 2016](#) [These can all be searched for and joined through fb](#)

There is a new website for the community on the way, [Munterconnaught.ie](http://Munterconnaught.ie). **Munterconnaught Community Development Association** (MCDA) is in the process of developing a website to serve the community and its many groups. It is hoped that all groups established in the area will become involved, e.g. the Historical Society, Crossroads Committee, sporting and social clubs etc, with the aim to make this a one-stop shop for all things Munterconnaught. Any articles or photos of interest can be sent to [info@munterconnaught.ie](mailto:info@munterconnaught.ie)





www.envirostar.ie

**Empty Septic Tanks**  
Paraic Hetherton 086-2538915



**For all your Furniture needs**

**From all of us at CP Furniture,**

We would like to thank you for your continued support and custom.

[www.cpfurniture.ie](http://www.cpfurniture.ie) 0498547605  
[info@cpfurnituresales.ie](mailto:info@cpfurnituresales.ie)



**CRAFTS OF IRELAND**

KEEPING ALIVE OUR RICH CRAFT HERITAGE

Craft Workshops & Demonstrations  
Flax Growing, Wool Spinning, Butter Making etc

Afternoon Teas

We serve all homebaked food and can cater for family events

www.craftsofireland.ie Sandra Coote 086 8205177  
Knocknaveigh, Virginia, Co Cavan A82VOP1

**Ryefield Stores 049-8547206**

**Mon-Sat 9am-9pm. Sun 9am-7pm.**

All your daily needs

Newspaper, Off Licence

Tea, Coffee, Ice cream cones



**Ice cream bar is now open...**

**try our new hot chocolate brownie**

Coal, logs, gas, home heating oil

☎ Paddy 086-833 2036 for delivery.



**The Ramor Inn Beer Garden**

*Mini Me's ECCE and Afterschool*



located beside Castlerahan School  
We are now taking bookings for  
ECCE and Afterschool for September (23/24)  
Limited Places available.

Contact: Anita Clarke  
Mobile: 083 - 206 7482  
Email: [minimesplayschool1@gmail.com](mailto:minimesplayschool1@gmail.com)

**Ramor Landscaping**

Book your grass-cutting for 2023



**Hedge cutting**

**Winter clean-ups**

**New Hedges planted.**

**Phone David Skelly**

**087-2427399**

**Huge sale on trees**

**see gardening section**

[ramorlandscaping@hotmail.com](mailto:ramorlandscaping@hotmail.com)

**FORGE FRAMING, LURGANBOY. (RICHARD GALLAGHER) 087 7122 258.**

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.

<https://www.facebook.com/forgepictureframing> [Forgeframing@gmail.com](mailto:Forgeframing@gmail.com)



**Rates for advertising in the Community Newsletter.**

Free	General news items (Church, GFC, congrats, commiserations, upcoming events, seeking employment etc.).
€10	Business advert (up to five lines) one edition.
€30	Business advert (quarter page) one edition.
€80	Full advert for the year.

## 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](mailto: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](http://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](mailto:cuan@cavan.ie).

[www.cuancancercavan.ie](http://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](http://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](http://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](http://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

# “Live Life to the Fullest”

**A 12 Step Programme of Healing and Recovery**

Weekend includes: Talks, Sharing, Individual Prayer Ministry, Confessions and Mass.

Facilitators: Msgr. Finbarr O`Leary and Turlough Quinn (recovering alcoholic)

Venue: “Cuan Phadraig”

Ceili Catholic Community

Kilbeggan, Co Westmeath

N91NY28

Dates: Sat April 29<sup>th</sup> and Sun April 30<sup>th</sup>

**Booking contact: Rosaleen 087 6333437**

Accommodation available if required.



**SWIM IRELAND**



Pop-Up Pool

# OLDCASTLE

Swim Ireland POP-UP POOL has arrived in Oldcastle. We look forward to welcoming you to the pool over the coming months.

**Start your swimming adventure now!**

- Swimming Lessons
- Community Groups
- Aquafit Classes
- Private Hires
- Public Swims
- After School Fun
- Parents & Toddler
- Family Splashes
- School Swims
- Autism-Friendly Swims
- Swimming Camps
- Over 50's Swims

## Pool

12M LONG  
1.2M DEEP

30°

## Facilities

CHANGING ROOMS,  
TOILET, HOIST,  
WHEELCHAIR RAMP

## Staff

VETTED, QUALIFIED  
SWIMMING TEACHER  
& LIFEGUARD



**MEATH**  
Local Sports Partnership  
SPORT IRELAND

POP-UP POOL Location  
CO-OP Building, Railway Yard,  
Oldcastle, Co.Meath A82 TF86



SCAN ME TO BOOK



comhairle chontae na mí  
*meath county council*

Email | [popuppool@swimireland.ie](mailto:popuppool@swimireland.ie) Website | [www.swimireland.ie](http://www.swimireland.ie)

# Upcoming Short Courses

## Ballyjamesduff



**cmetb**

Bord Oideachais agus Oiliúna  
an Chabháin agus Mhuineacháin  
Cavan and Monaghan  
Education and Training Board

## Day Classes

Course Code	Course	Day/Time	Start Date
388776	Healthy Food Made Easy	Friday 10am - 1pm	21/04/2023
388793	Smartphones and Tablets	Thursday 2pm - 4pm	20/04/2023
388797	Crafts	Friday 10am - 1pm	21/04/2023
390309	Establishing Trees and Shrubs	Thursday 9.30am - 3pm	20/04/2023
389878	Planting and Potting by Hand	Wednesday 9.30am - 1.30pm	19/04/2023
388838	Basic Computers	Tuesday 10am - 1pm	18/04/2023
389900	Word Processing	Monday 10am - 1pm	17/04/2023
390248	Bookkeeping and Accounts	Monday 10am - 1pm	17/04/2023
388840	Maths	Friday 10am - 1pm	21/04/2023
390308	Word Processing	Thursday 9.30am - 1.30pm	20/04/2023
390306	Career Planning	Friday 10am - 1pm	21/04/2023

## Evening Classes

Course Code	Course	Day/Time	Start Date
388788	Sign Language	Monday 7pm - 9.30pm	17/04/2023
388780	Creative Writing	Tuesday 7pm - 9.30pm	18/04/2023
388790	Conversational English	Tuesday 7pm - 10pm	18/04/2023
389882	Sewing	Tuesday 7pm - 10pm	18/04/2023

Visit [www.cmetb.ie/course-finder](http://www.cmetb.ie/course-finder) and search course codes below

For course any queries please contact Regina on 087 2855907 or [reginaclarke@cmetb.ie](mailto:reginaclarke@cmetb.ie)

[#ThisIsFET](#) [#FurtherEducationandTraining](#) [#Empowerment](#) [#Learning](#) [#Progression](#)





## **WORKSHOP**

### **Prevention and Awareness of the misuse of drugs and alcohol.**



Stephanie Kane from the North Eastern Regional Drugs and Alcohol Task Force has offered a workshop in relation to the prevention and awareness of the misuse of drugs and alcohol.

The workshop (90 Minutes) will cover a range of topics, including:

- Prevention & Awareness piece on alcohol and drugs, specifically cannabis, cocaine, benzodiazepines and ecstasy.
- Drug/alcohol interaction and effects of each.
- Statistics and evidence will be included. The workshop will link it up to GAA and how to approach the subject from a wellbeing perspective.
- Gambling and performance enhancing substances.

It will look at GAA policy around substance use, and lastly it will provide localised support signposting and offer further training and development. .

The workshop is for:

- Parents
- Coaches
- Senior players (over 18s)

The training has been developed and given the green light from Croke Park and it will be launched from Croke Park in April, so Cavan clubs are getting an opportunity to avail of it early.

**Ramor United GFC and Munterconnaught GFC are delighted to  
be co-hosting this event.**

**Venue: Munterconnaught Clubrooms  
Monday 20th March at 7pm**

We would encourage all our players over the age of 18, parents/guardians,  
and all coaches to attend.





**safeTALK**  
*suicide alertness for everyone*



## Free Training in Suicide Prevention Awareness

### safeTALK Training

Monday 27<sup>th</sup> March, 7.00 – 10.30 pm

St Kilian's Heritage Centre, Mullagh, Co. Cavan

- What is safeTALK?** safeTALK is a half day training programme (3.5 hours) that prepares participants over the age of 18 to identify persons with thoughts of suicide and connect them to a suicide first aid resource. These specific skills are called suicide alertness and are taught with the expectation that the persons learning them will use them to help reduce suicide risk in their community.
- What will I learn?** As a safeTALK trained suicide alert helper, you will be better able to:
- Move beyond the common tendencies to miss, dismiss or avoid suicide;
  - Identify people who have thoughts of suicide;
  - Apply the TALK steps (Tell, Ask, Listen & Keepsafe) to connect a person with suicidal thoughts to people and agencies that can help.
- Who is it for?** safeTALK is appropriate for most members of a community (over 18 years old) including front line workers, volunteers, parents, teachers, clergy, concerned citizens etc. However, safeTALK is not suitable for persons or communities that have recently been bereaved or seriously affected by suicide, nor can it be used to teach the complete set of suicide intervention skills.

To book a place log on to (ctrl & click):

<https://bookwhen.com/suicidepreventiontrainingcho1/e/ev-ski8-20230327190000>

For queries and/or further information please contact:

Councillor Shane P O'Reilly, Tel: 087 664 5941

## **Valuable Sources of Research available**

*By Declan Cooney.*

The following sources may be of use to anyone who would like to carry out research into some aspects of family or local history. Also, the Johnston Central Library in Cavan has an excellent section on local studies.

- Munterconnaught A History 1847 – 1997 (Knocktemple History Committee, 1997)
- Noisy Mansions (Knocktemple History Committee, 2006)
- Griffith's Valuation was a boundary and land valuation survey of Ireland, completed in 1868. See [www.askaboutireland.ie](http://www.askaboutireland.ie)
- Tithe Applotment Books: These were compiled between 1823 and 1837 to determine the amount which occupiers of agricultural land over one acre should pay in tithes. See [www.titheapplotmentbooks.nationalarchive.ie](http://www.titheapplotmentbooks.nationalarchive.ie)
- Census Records: The complete census information from 1901 and 1911 is available online as well as some fragments from earlier census records. See [www.census.nationalarchive.ie](http://www.census.nationalarchive.ie)
- Schools' Folklore Collection. This is a collection of folklore compiled by schoolchildren in Ireland in the 1930s. See [www.duchas.ie](http://www.duchas.ie)
- Michael McShane and Catherine Kerr, [www.cavantownlands.com](http://www.cavantownlands.com)
- Archaeological Inventory of County Cavan (Patrick F. O'Donovan, 1995)
- The Parishes of Munterconnacht and Castlerahan (Dr. Philip O'Connell, Journal of the Breifny Antiquarian Society, 1925, pp 263-310)
- John Smith, The Oldcastle Centenary Book, (Oldcastle Centenary Committee, 2004)
- Patrick Cassidy (ed.), Virginia a portrait: Celebrating 400 years 1612-2012, (Virginia 400 Committee, 2012)
- MUNTERCONNAUGHT UNCOVERED Heritage of a Rural Cavan Community. (Munterconnaught Heritage Society, 2008).

# *Mini Me's ECCE and Afterschool*



**located beside Castlerahan School**

**We are now taking bookings for  
ECCE and Afterschool for September (23/24)**

**Limited Places available.**

Contact: Anita Clarke

Mobile: 083 - 206 7482

Email: [minimesplayschool1@gmail.com](mailto:minimesplayschool1@gmail.com)



# Munterconnaught Heritage Society BRÉIFNE HIGH NELLY CLUB

## Frank Nulty Memorial Run

Saturday 29 April 2023

Raising funds for: Oldcastle Alzheimer's Committee

Irish Motor Neurone Disease Association

Virginia Cancer Care

Munterconnaught Heritage Society



Registration @ 11:15, The Square, Oldcastle. Depart 12:00 to Ballyjamesduff, break, stopping at Billis for short prayer service en route to Virginia, break at Virginia before heading to Ryefield Crossroads

**VINTAGE DRESS ENCOURAGED!**