



Munterconnaught

Our Community Newsletter



ourMCnews@gmail.com 086-0828040

24th December 2023

Collated and published by Noeleen Skelly

OUR COMMUNITY NEWSLETTER

FREE to all readers (in paper or digital form).

PAPER – collect it in the shop. If you have a neighbour or friend who can't manage to read the newsletter online, consider printing one off for them.

EMAIL Contact the above by email to get your edition.

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

For Christmas this year, let us all be **kind to each other**. Everybody has their own struggles.



Advertisements are welcome (and needed for the ongoing publication of this free newsletter).

DEATHS

Frances Browne (née Power) Swords / St. Margaret's, Dublin (23-10-22). Our sympathy to her husband Phil (Island) & his family.

Margaret (Maggie) Donohoe (née Langtry), Loughduff, Cavan. (24-10-23). Our sympathy to her daughter Ann Booker & her family.

Paula Mooney (née Masterson), Blanchardstown, Dublin (27-10-23). Our sympathy to her sister Sabrina (Island) & her family.

May Hetherton, Newcastle. (13-11-23). Our sympathy to Thomas, Jim, Bernard, Anne Marie, Nora Siobhan, John Oliver, Michael & their families.

Marlene Embley, Ryefield (26-11-23). Our sympathy to her son Graham, & the Embley family.

Darragh Monahan, Knocknaveigh. Born an angel on 19th Dec 2023. Our sincere sympathy to his heartbroken parents, Christine and Peter.

Jean Tighe, Ryefield, is still missing, she was last seen on 13th July 2020, in Parede, Lisbon, Portugal. Please follow **MISSING JEAN TIGHE's** fb page.

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

The latest update is reported by the Anglo Celt.

<https://www.anglocelt.ie/2023/12/21/for-every-answer-we-get-there-are-more-questions/>

‘For every answer we get, there are more questions’

Three and a half years after her sister Jean disappeared in Portugal, Leona Tighe says that the pain of still not knowing Jean's whereabouts hasn't diminished. That pain was felt sharply when Leona spoke at an event in Croke Park recently to commemorate National Missing Person's Day.

“It was a very hard day, I was watching it online and I nearly couldn't watch it,” said Leona who lives in New York and addressed the event via a pre-recorded video.



“It's a very sad day, you're grieving and it's such a traumatic thing to happen but, at the same time, there's an ongoing battle to find Jean. There's two things going on at the same time, so you don't know where you are.”

Munterconnaught woman Jean Tighe was last seen in Portugal, leaving a hostel alone in the capital Lisbon in July 2020. The then 38-year-old, had been living in Portugal for several months.

Leona said the commemoration was a good opportunity to highlight Jean's case.

"It's important to have the day as people get in touch with you afterwards. You can share suggestions and ideas about what works and what doesn't work [in terms of the search for missing loved ones]."

Leona maintains a deep sense of frustration and feels Jean's disappearance was never fully investigated by Portuguese authorities and says key witnesses have yet to be contacted.

"We're only getting to places now that we should have been three years ago. That's the sad part of it, time is so precious to get clues, answers and to jog people's memories.

"Jean was reported missing within days of disappearing. There was no proper investigation done at the time because obviously we would have been contacted," contended Leona.

Jean's boyfriend at the time was the one who reported her missing. He has since passed away.

One of the most frustrating aspects of the case, says Leona, is the poor communication between authorities in Ireland and Portugal, which she feels has slowed down the investigation.

"She was added to the missing persons list in Portugal in July 2023, she was meant to be added to the Irish missing persons list but that has not happened yet," Leona stated.

The family is keeping the pressure on authorities but the language barrier is an issue.

"Nobody is fighting for Jean apart from us. But we can't do it on our own, but we have to keep it up. I don't know what type of investigation is going on. The Portuguese are waiting on correspondence from Gardaí to investigate things like her social media and bank accounts. They sent a request for info and it hasn't been actioned.

"It's hard to go chasing up people, to see what's been done. It was confirmed to me recently that they're waiting on Irish police to send information. For every answer we get there are more questions," said a frustrated Leona.

There are also inconsistencies in some aspects of the case, according to Leona.

"It's very worrying. Nobody can come up with a reasonable explanation. Her body has never been recovered. A detective said he was 99% sure she didn't take her own life. He said the case had moved on to the judicial police but encouraged us to keep looking for info.

"He said he didn't like a couple of things about the case, and neither did I," continued Leona.

"There needs to be an appeal for information from people who were staying at the hostel to come forward," she added.

Despite better contact from Portuguese authorities, Leona says their investigation still leaves a lot to be desired.

"Portuguese police are communicating with us, but aren't very proactive. We're the ones pushing the case. They're not very sympathetic. A few times when we asked for information they shouted at us on the phone.

"There's also never been a boots-on-the-ground investigation," claimed Leona.

"Jean went off with her handbag, left everything else behind her, but never came back."

✝ Please pray for Jean's return ✝



CONGRATULATIONS

Welcome **Grace**, daughter of Shane Costello and Libby Smith, New Line.

Congratulations to **Robyn BEAMISH** (Knocktemple NS), who entered a creative Art & best handwriting competition on the famous Dumbledore of Hogwarts last year in 5th class. Robyn created an old world scroll effect, and wrote some sentences Professor Dumbledore used. The results were announced recently. Robyn won first prize - a large gold Medal, and a Perpetual Trophy.



JOBS

Childminder required: 3 days per week in child's home. Approx 7.30am to 5.30pm. No school pick-ups required. Call or Text Avril 086 8407984.

SAFETY

FIRE SAFETY: *Christmas Lights need to be plugged out at night, and when there's nobody home. *Candles should not be left unattended *Phones, Laptops & chargers should not be left plugged in for long periods*Find out where your nearest fire hydrant is in case of emergency (Yellow with H written on it).

House Insurance: Please be aware of the importance of reviewing / increasing sums insured on home insurance policies. With a huge increase in building costs over past year and more, going forward it is very likely many are under insured. Trying to save money on home insurance could prove costly in the long run.

ROAD SAFETY: As the evenings get darker earlier, it is very important to be visible and wear a High Viz jacket. **You** need to take care of **yourself** on the road – don't expect that a driver will see you – an oncoming car's headlights may blind a driver with disastrous consequences. Don't leave your safety in somebody else's hands.

MCDA (Munterconnaught Community Development Assoc).

Our new website for the community is live

Munterconnaught.ie. MCDA's website was established to serve the community and its many groups. We expect that all groups established in the area will become involved, e.g. the Historical Society, Crossroads Committee, sporting and social clubs etc, Foroige, Swimming 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

History of Munterconnaught Homes Project.

We hope you have all started gathering information about your home. It would be wonderful if you can gather any information about any derelict or vacant house, in your possession, or in your vicinity or - even if you live in another country - info on your ancestral home, and the people who lived there. We look forward to hearing from you. Noeleen 086-0828040 or 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.

We have created a form, as a starting point, for anyone who would like one (it is not essential).

If you prefer to just write what you can about your home that is fine. As well as details about the house, we would especially welcome details of all those who lived in the house (in your time as well as those who lived there before your time).

Good luck everyone. We are looking forward to moving this project forward in the new year.

The Heritage Crossroads Committee would like to thank everyone who attended the Christmas Fayre and Santa on Sunday. We would like to thank all our Sponsors and helpers / stewards / bakers, etc. Photos of this event are included in the digital version of this newsletter.



We wish all in our Community a very Happy & Peaceful Christmas and a Healthy & Prosperous 2024.

(B) Robyn, Tara, Holly, (F) Bobby & Jamie Beamish.

BALLYDURROW COMMUNITY CENTRE

Hall Rental: Our newly renovated Hall will be available to rent in evenings & weekends for voluntary/commercial use. If you are interested in starting a class/holding a meeting/music or dancing lessons/grinds etc. Very competitive Rates Available: contact Mcda.bcc@gmail.com or Carina: 0861798419.



Mon – Fridays: Superkids Preschool. Limited places available for 2023 / 2024. Contact superkids.manager@munterconnaught.ie

The following resume in Ballydurrow on Tuesday 24th January:

- Tuesdays: **Pilates** 8.15 to 9pm
- Wednesdays: **Yoga** 7.30pm to 8.30pm
- Thursdays: **Fitness by Dance** by Amanda, 7 to 8pm. **Cards.** 3x25. 8-11pm.

Things to do.

Ramor Theatre and Virginia Library.

The Ramor Theatre is already up and running. Find out the latest on their fb page or ring them. 049 8547074 <https://www.facebook.com/RamorTheatreVirginia>

The new Virginia library is now open, with lots to do ... visit in person, or online. 049 8548456. library@cavancoco.ie. Librarian: Sinéad McArdle.

Dates for your diary:

Wilton Wheelie bin Collections: Closed on 23rd, 24th, 25th, 26th, 30th, 31st, 1st Jan. www.wilton-re-cycling.ie 049-4374815.

7th Jan: GFC AGM will be held on Sunday 7th January 2024 at 5pm in the clubhouse.

Sat 13th Jan: 7pm Sharp. Munterconnaught & Maghera communities have joined together to have our annual New Year Party in the Lakeside Manor. If you are aged 65 or over and have not got your invitation, please accept this as an invitation, and RSVP to John Lynch at (083) 115 1317. Meal followed by music and dancing. Its a lovely evening and a chance to catch up with all our neighbours.

4th February. Strictly come dancing. Tickets available online – Our three very brave local contestants are **Maria Tuite** (Ryan Kevin), **Elaine Skelly** (Eoin Muldoon) and **Amy O’Dowd** (Craig Mullen). Fundraiser for Oldcastle GFC.



Ryan & Maria



Eoin & Elaine



Craig & Amy

Trim Library, in partnership with Trim Family Resource Centre are holding free parenting talks in January and February.

Speaker Dr Mary O’Kane. To book phone 046-9436063.

All talks take place at 7pm (see poster attached to digital copy)

- Thurs 11th Jan, Supporting Anxious Teens
- Thurs 25th Jan – Raising resilient children
- Thurs 8th Feb Parenting in the online world
- Thurs 22nd Feb Parenting Tweens and Teens.

ONGOING

Mondays: 7pm. Knocktemple school. Circuit training with Tadhg Morrissey **Vouchers available.**

Tuesdays: FAMILY SUPPORT CLINICS, held in Virginia Library (upstairs), 10am to 12 Noon. Phone Sandra at 086-836 6153. (Please note change of venue).

Wednesdays: YOGA with Vickie 7.30 – 8.30. Ballydurrow. 087-9039236.

CRAFTS AND CHAT 7.30pm. €5. Crafts, chat, tea and buns. ☎ Sandra for info. 086-8205177.

MEN’S SHED, (8-10pm) Virginia. Call 087 765 3725 or just drop in on a Wed or Fri.

Thursdays: FITNESS BY DANCE, 7-8pm, Ballydurrow.

CARDS, 8-11pm. Ballydurrow.

CIRCUIT TRAINING WITH TADHG MORRISSEY 7pm. Knocktemple school. **Vouchers available.**

Fridays: FORÓIGE, 7.30-9pm, every Friday in the Clubrooms.

MEN’S SHED, (11am – 1pm) Virginia. Call 087 765 3725 or just drop in on a Wed or Fri.

Every Day: Road Safety for all, drivers, pedestrians, cyclists. High viz essential. We want to make sure nobody alive today, is missing for Christmas.

ANYTIME:

If you feel overwhelmed, Samaritans ☎ 116 123

Guided Meditation, to reduce stress and anxiety, feel lighter in yourself, think more clearly, feel better in your physical body, sleep better. Take time out for yourself and unwind. Group or one-to-one. Ladies and Gents welcome. Contact Karen O’Reilly, the Intuitive Coach, 087-2564696

JAM CARD Just A Minute

A JAM card allows people with a hidden disability or communication barrier to tell others they need “Just a Minute”.

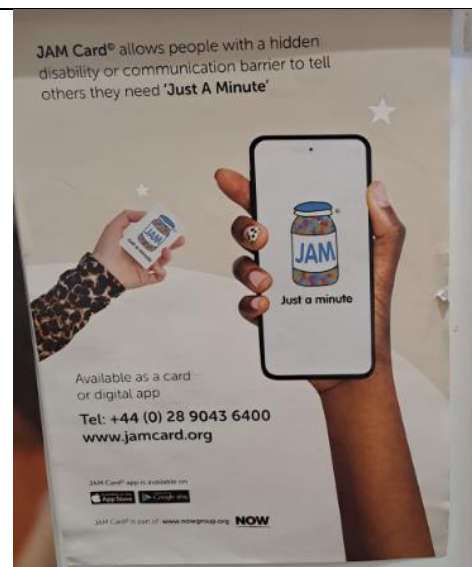
It is available as a CARD or as a digital App.

Tel: +44 (0) 28 9043 6400

www.jamcard.org

Maybe one would be useful for you !!!

Maybe you have never heard of a JAM card, if not, just be aware what it means, in case somebody presents one to you.



Would you like to be part of a local whatsapp group of parents of children with special needs. If yes, text or whatsapp me. 086-0828040

High Tech Kids

Maths & Computer Classes

Maths & Coding - 3rd & 4th class

- Building a strong foundation in maths
- Boosting confidence in maths
- Fun and interactive maths activities



Google Docs & Slides - 3rd-6th class

- Create documents & presentations
- Develop essential digital skills
- Typing & file management

Class Details: Registration

- Start Date: Tuesday 30th Jan 2024
- Class Hours: 4-5 p.m. and 5-6pm
- Location: Virginia Co. Cavan
- €54 for 6 weeks

Reserve Your Child's Spot Today!

086 6018559   info@hightechtraining.ie

Visit our website at <https://hightechtraining.ie/>

Every year, the New Year invitation is designed and printed locally. We look for local winter / religious scenes to include on the card. If you can take a suitable photo, please send it on to ourMCnews@gmail.com or skellynoeleen@gmail.com

Last minute gifts. Go local. There is so much to choose from. Christmas gifts from Irene's wooden things. Vouchers from ●Tadhg Morrissey's keep fit class; ● Marina Lynch's hairdressing saloon; ● Ramor Theatre; ● Local shops / chemists / restaurants / Co-Ops etc / drapers etc.

Knocktemple NS Enrolment

All info regarding **enrolment** and other school details are available on our school website, www.knocktemplens.ie and on our school Twitter page @knocktemple. Please phone the school on 049 8547081 or e-mail 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.

First Holy Communion will be celebrated on Sat **25th May 2024 at 11am** in St. Bartholomew's Church.

The sacrament of **Confirmation** in our parish will take place on **Sat 11th May 2024 at 3pm** in St. Mary's Church, Castlerahan. Our pupils will receive the sacrament with pupils from Castlerahan NS and the venue will alternate each year.

Knocktemple School **reopens** on Mon 8th Jan.

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

Random Notes.

Looking for Brigid. Deirdre, a Photographer is searching for women named Brigid (or Brigit, Bridget, Bríd, Bridey or Bridie or any spelling of the name) to commemorate the 1500th anniversary of Brigid's death in 2024. Deirdre can travel to you to take the portrait. Contact Deirdre 087-9951252 photo@deidrebrennan.com

Would you like to become a FIRST RESPONDER. Contact Lakeside Community First Responders. 086-062 0831. No closing date, as training is ongoing.

Bowel Screening: If you are aged between 59 & 69, you are eligible for Bowel screening. To register Freephone [1800 45 45 55](tel:1800454555) email: info@bowelscreen.ie or [register online](#)

ST. BARTHOLOMEW'S CHURCH



Schedule of Weekly Masses	Contact details for Priests	
Tuesday: 9.30am	Fr Kevin Donohoe	049-8544410
Wednesday: 9.30am		086-852 4816
Friday: 8pm.	Fr Brian Flynn	049-8547435
Sunday Mass: 9.30am		086-0422996
Webcam: churchtv.ie/ballyjamesduff		Parish email: ballyjamesduff@kilmore.ie

INFORMATION ABOUT PARISH SACRAMENTS

Baptisms: Saturday & Sunday. Please Call Fr. Kevin for baptisms in Ballyjamesduff & Castlerahan and Fr. Brian for baptisms in Munterconnaught.

Getting Married: Couples should give at least six months' notice of their intention to get married and to ensure that the date is available at the church of their choice.

First Friday Visits – If one of your family members would like a visit and receive Holy Communion on the first Friday of each month, please let Fr. Kevin or Fr. Brian know and their name will be added to the list.

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2023 Parish Contributions – As a community we have a shared responsibility to maintain our church for community and family ceremonies and celebrations. All parishioners who use the church or expect to use it are invited to contribute. As we are coming to the end of the year, if you have any outstanding envelopes, please drop them into the collection baskets at Sunday Mass or to Fr. Kevin or Fr. Brian. Many thanks to all who contribute on a regular basis for your generous offerings and support.

Offertory Collection: A gentle reminder that the suggested weekly contribution is €5. The collection is taken up at Sunday Mass. Alternatively you can contribute by bank transfer using the bank details provided on page 8. The suggested contribution of €5 is to help with the rising maintenance costs of our church.

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.

Banking Details for our Parish

A.I.B Bank Details for St. Bartholomew’s Church

Weekly Offertory Collection

Current Account

Sort Code: 932051

BIC: AIBKIE2D

Account Number: 42217044

IBAN: IE94AIBK93205142217044

Priest’s Revenue Account (Monthly Dues)

Current Account

Sort Code: 932051

BIC: AIBKIE2D

Account Number: 42444028

IBAN: IE83AIBK93205142444028

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

Volunteers are always welcome. Contact: Altar Society - Dympna 086 361 3902.

Readers - Ann 086 356 5640. Choir - Caroline 086 244 0385

Our Carol Service on 17th Dec was a lovely celebration. Thank you to all who participated or attended, and a special thanks also to the Foróige team who provided a lovely cuppa and loads of goodies to everybody afterwards in the school. Photos are available in the digital version of this newsletter.

Catholic Parish Christmas Schedule Webcam: churchtv.ie/ballyjamesduff

Christmas Eve, Sun 24th Dec.	10pm	St. Joseph’s BJD.
	12 midnight.	St. Mary’s, Castlerahan
	10pm	St. Bartholomew’s, M’connaught
Christmas Day: Mon, Dec 25th	11.15am	St. Joseph’s Ballyjamesduff
	10am.	St. Mary’s, Castlerahan
	11am	St. Bartholomew’s, Munterconnaught

Church of Ireland Christmas Schedule

Sun 24th, Christmas Eve Service | **7.30pm.** | Munterconnaught



No avenue of lights in Virginia this year. Scouts have their crib set up as usual.

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

THE HOLLY AND THE IVY Declan Cooney.

“The holly bears a prickle
As sharp as any thorn
And Mary bore sweet Jesus Christ
On Christmas Day in the morn.”



Both holly and ivy have long been associated with the Christmas season. As far back as the 15th century, holly and ivy were paired together for Christmas decoration. Because holly and ivy remained green during the cold dark days of winter, they came to signify eternal life. Furthermore, Christians believed that the holly symbolised the sufferings of Christ.

The significance of holly and ivy predates Christianity, however. Even in ancient Egypt, ivy was sacred to the god Osiris and it was seen as a safeguard against evil. Holly was a popular gift among the Romans, who carried it in processions. Both holly (cuileann) and ivy (eidhneán) were regarded as sacred trees by the Druids. In Ireland, it was widely believed that cutting down a holly tree would bring bad luck. While holly berries are poisonous to humans, they are a good winter food for birds and livestock. In addition, the leaves of the holly were used for treating colds and other winter ailments.

The well-known carol quoted above is a traditional English folk carol. It has been dated to the 18th Century but may well be much older. This popular carol also gave its name to a 1952 Christmas film starring Ralph Richardson and Celia Johnson.

Nollaig shona agus athbhliain faoi mhaise do chách.



If you feel overwhelmed, Samaritans ☎ 116 123

Some tips for coping better

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

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

Or, you might be interested in :

<https://thedepressionproject.com/blogs/news/positive-uplifting-encouraging-quotes-for-depression>



Family Addiction Support Network (FASN) Helpline: 087-9046 405.

Office: 042-9355 251 www.fasn.ie

If you are a Family Carer: <https://familycarers.ie> may be able to offer support & direction.

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

The MABS Helpline 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.

Gardeners' Corner

We have two local WhatsApp gardening groups.

The **Munterconnaught & local** garden group swaps and shares seeds plants etc. and sometimes even offers or seeks advice. ☎ Noleen 086-0828040 to be added to this group.

The **Virginia Show garden group** does the same as above, but also arranges gardening and similar classes in the Virginia Show Centre. ☎ Monica 086 126 1393.

ROAD SAFETY To date this year, there have been 181 fatalities on our roads. (as at Thu 21st Dec). Each death has left grief-stricken families behind. These numbers do not include anyone with life-long physical or brain injuries. This is not a statistic you want to be included in. Pay more attention to speed, this is not a statistic you want to be part of.



LOTTO RESULTS JP Jackpot. QP Quickpick.

- 30th Oct: JP: €13,000. Nos: 07, 12, 22 & 28. QP: Peader Briody, Crossdrum; Dympna Brady, Ryefield; John Devin, Ryefield; Fiona Flynn, Stuttgart.
- 6th Nov: JP: €13,200. Nos: 10, 12, 14 & 24. QP: Emmet Fox, Oldcastle; Paul Kennedy, Island; Martin Finnan, Ballinalack, Mullingar; Paraic Hetheron, Knocktemple.
- 13th Nov: JP: €13,400. Nos: 01, 02, 12 & 31. QP: Martin Blake, Ballinacree; Ann Tuite, Fennor; Tommy Smith, Ryefield; Dermot O'Reilly, Ballydurrow.
- 20th Nov: JP: €13,600. Nos: 05, 17, 18 & 30. QP: • Michael Brady, Beherna; Trevor Geraghty, Knocknagarton; Derval Yore, Lurganboy; Kate & Shane O'Neill, Clonmellon.
- 27th Nov: JP: €13,800. Nos: 09, 19, 21 & 32. QP: Gerry & Carmel McDermott, Oldcastle; Fetherston family, Beherna; Stephen Farrelly, Beherna; Noel & Marina Lynch, Carrick.
- 4th Dec: JP: €14,000. Nos: 03, 05, 19 & 23.
WINNER: Mal Gibney, Oldcastle. Congratulations Mal
- 12th Dec: JP: €2,000. Nos: 01, 02, 29 & 30. QP: Stephen Farrelly, Beherna; Pat McCabe Whistlestop, Virginia; Jim Gilsenan, Knocknagarton; Ealma Purcell, Oldcastle.
- 18th Dec: JP: €2,100. Nos: 08, 11, 16, 25. QP: James Lynch & Oisin, Croghan; Fetherston Family, Beherna; Declan Cooney, Virginia; Donnie McEnroe, Lurganboy.

**Next Jackpot - Wednesday, 27th Dec. 2023 €2,200
in Tom Farrelly's, Oldcastle**

Presentation on the night to recent jackpot winner, Malachy Gibney.

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.

Our Club AGM will be held on Sun 7th Jan 2024 at 5pm in the clubhouse.

Club Officers for 2023

- | | |
|--|--|
| Chairperson: John Lynch | Vice Chair: Val Yore |
| Secretary: David Cremin | Treasurer: Maria Carr |
| PRO: Aisling Burns | Children's Officer: Lynn Grimes |
| Designated Liaison Person: Sean Enright | Cultural Officer: Caroline Gilsenan |
| Underage Chairperson: Aidan Barr | Underage Secretary: Joanne McGovern |

Congratulations to all our Blackwater Gaels Raffle winners at the recent presentation night. Thank you to everyone who sold & purchased tickets & supported the Blackwater Gaels Teams throughout 2023!

Munterconnaught GFC would like to wish everyone a very happy Christmas and a wonderful new year . Thank you for all your support during 2023 and we look forward to 2024.



WALKING TRACK fully open now to all members...for use currently in Daylight Hours only, until further notice...Thank you.

Fixtures: See club social media pages for up to date fixture info. A full fixture list for the week ahead is posted each Monday on our "MuintirConnacht GAA" Facebook page.

Drug & Alcohol: If you need help to cope - if you find yourself in trouble with drugs or alcohol, John Lynch & Sean Enright are the non-judgemental people to talk to in the club, and will direct you to the appropriate services to get you the best advice and guidance.

Cavan GAA Sensory Room in Kingspan Breffni has been designed to enable children with additional/sensory needs watch matches with family from a comfortable and quiet space.

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: See what's on <https://www.facebook.com/RamorTheatreVirginia>

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.

VIRGINIA LIBRARY: Books, Audio Books, Large Print, Adult Literacy, Language Courses, Reference, Printing, Local Studies. 049 8548456. library@cavancoco.ie. Librarian: Sinéad McArdle.

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 DEER PARK, VIRGINIA.

Register once at 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

CAVAN SPORTS PARTNERSHIP: So much info – too much to include here. Check it out.

CAVAN PPN: <https://www.cavanppn.ie/>

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

Community Website: Munterconnaught.ie. Any articles or photos of interest can be sent to info@munterconnaught.ie



www.envirostar.ie

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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

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: <u>Virginia:</u> Dr Igoe 049-8546222 <u>Oldcastle:</u> 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 <u>health</u> , <u>mental health</u> , <u>education</u> , <u>disability</u> , <u>youth</u> , <u>childcare</u> and <u>other services</u> . 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 <u>counselling service</u> ; <u>Complimentary therapies</u> ; <u>wellbeing enhancement</u> ; <u>nutritional advice</u> ; <u>MLD massage</u> ; <u>financial care coaching</u> , 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

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
- 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
- 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
- Schools' Folklore Collection. This is a collection of folklore compiled by schoolchildren in Ireland in the 1930s. See www.duchas.ie
- Michael McShane and Catherine Kerr, 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).



******Lakeside Community First Responders******

**Would you like to be part of an elite team within the
Maghera/Munterconnaught Community?**

If the answer is yes, please contact **086-0621831** for further information.

What you need:

- ✓ A positive attitude towards helping your community.
- ✓ To be over 18 years of age.
- ✓ Access to a fully insured vehicle (and licensed to drive it) or transport enabling you to reach the patient within the assigned time & radius.

What you do not need:

- ❖ Any medical experience as all training will be provided by the scheme.

Community First Responders (CFR) are volunteers who are trained to attend certain types of emergency calls in the area where they **live or work**.





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Raising resilient Children Thursday 25th January 7pm

Parenting in the online world

Thursday 8th February 7pm

Parenting Tweens and Teens

Thursday 22nd February 7pm



comhairle chontae na mí
meath county council

Trim Library

Event: Turning on the Christmas lights in Munterconnaught.



















Event: Carol Service









