



# Munterconnaught Our Community Newsletter

[ourMCnews@gmail.com](mailto:ourMCnews@gmail.com)

086-0828040

**18<sup>th</sup> July 2022**

*Collated and published by Noeleen Skelly*

## **OUR COMMUNITY NEWSLETTER**

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

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

**PAPER** – collect it in the shop.

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

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

## **CELEBRATIONS**

Congratulations to **LAURA KEOGAN** (Beherna) who did a solo cycle from Cavan to Cork in 4 days travelling a total of 380km. She decided to take on the challenge and raised €1,200 for Virginia Cancer Care.

Best Wishes to **JAKE VERSCHOYLE** (Eighter), who is part of the U20 Irish Basketball team playing in the European championship in Georgia at the moment.

## **RECENT DEATHS**

**Niall Eugene McMahon:** Our heartfelt condolences to Roisin and Charles McMahon, on the loss of their little son Niall, who was born an angel.

**Paddy Dowd,** Lackenclare, BJD. Our condolences to Paddy's sister Nancy Gilsenan, Coronagh.

**Margaret Fitzgerald (nee Brady, Ryefield).** Our sincere sympathy to Patrick Brady, Joan Hetherton and Angela Healy on the sudden unexpected death of their sister.

## **HERITAGE - CROSSROADS**

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

Check out Tithe applotment books – which may help you fill some blanks:

<https://cavantownlands.com/tithe-applotment-books-of-1832/>

**To Volunteer and help maintain the crossroads, contact Noel McEnroe 087-2785903 or Pauline Hankin 086-3396394.**

\*\*\*\*\*

**The Crossroads Committee are disappointed with the reaction from the community to their plea for more active volunteers to help out with the upkeep of the Crossroads.**

**It would be helpful if some more people would come forward.**

\*\*\*\*\*

## UKRAINE

**Ukrainian people in Oldcastle.** At the moment Ukrainian people are living in Oldcastle in the Céili House and in The Fincourt. Some are very well educated and talented, and are looking for work. Others would be happy to get some occasional work, just to help with the boredom they are experiencing.

To see how you might help them, or how they might help you, find them on Facebook - “Ukrainian Community in Oldcastle”.



**Ukrainian Community in Oldcastle**

@UkrainianCommunityinOldcastle · Community Service

Many are very skilled - one of the ladies, Tania, is a wonderful artist. See some of her paintings on her fb page <https://www.facebook.com/kalakaart.ukr>

### LOCAL NOTICES & THINGS TO DO

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

**Hairdressing Salon** in Munterconnaught. (Advert on page 3. Contact Marina on 049 85 48964.

**REGINA’S GARDEN PARTY:** Sun 31<sup>st</sup> July, 4-6pm. Full details on fb “Regina’s Garden Party’s Event”. Rain, hail or shine, my annual garden party is going ahead after 2 missed years, **Free event**. **Bring and Swap** (seeds / trees / shrubs / flowers / vegetables from your garden – and if you don’t have green fingers, bring buns / cakes to have with a cuppa on the day). This year I’m doing a **fundraiser** for Virginia Cancer Fund who provide support for the local families during their cancer journey. Further info will follow and a representative will be available on the day with collection buckets 4pm to 6pm. [A82 N2X3](#)



**VIRGINIA SHOW:** 79th Virginia Show will take place on Wed 24th Aug.

Loads to see and do .. loads of people to meet. Animals (big and small) loads of exhibitions, competitions, cooking demonstrations, music in the Gig Rig, Bio-diversity Hall, Dog show. For info: 049-8547197. 086-0758364. Email: [virginiashowoffice@gmail.com](mailto:virginiashowoffice@gmail.com).

See **Online Competition Entries** on <https://www.virginiashow.com/>

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

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

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

**BOAT TOURS ON LOUGH RAMOR.** See page 5 for details.

**Last chance to win tickets for the Galway V Kerry All-Ireland**

Draw tonight in Ramor Inn at 9.30. (Details on top of page 9)

Tickets available in shop before 8pm tonight or from any committee member.

## FOR KIDS

**Superkids will reopen on Thursday 25<sup>th</sup> August 2022.**

**Spraoi** is a new Irish class for children from 2nd - 6th class. starting in September in Ryefield. We aim to promote the use of the Irish language outside of the school setting by providing an After-School Club through the medium of the Irish language. Children will learn Irish in a fun way through games, drama, cookery and a strong emphasis on technology e.g. Movie making, Stop Motion, Green Screen etc. *Eolais/For further info* contact Ann 086 6018559 [annkinsella17@gmail.com](mailto:annkinsella17@gmail.com)

**GAA Cul Camps** We had a great week in the GAA club grounds. Almost 100 children attended. Thanks to all who supported, by attending, but a special thanks to all the coaches, without whom this event could not have happened. The children received GAA jersey zip top and bag, which they will wear & use for the coming year with pride

**CONATY'S POINT:** IWS Swimming lessons will commence this Mon July 25th for 2 weeks. All places are now filled and registration is closed. The Eircode for the camp site is A82 P3O9. Further information will be added to the Conaty's Point WhatsApp group or you can contact Marguerite on 087 9801351 or Sharon on 087 2374283

**PLEASE BE CAREFUL IN AND AROUND WATER.** Everybody expects to come home, but unfortunately NOT everybody does. Make sure you and yours come home safely.

**LOUGHCREW ESTATE, FAIRY FESTIVAL.** 23-24<sup>th</sup> July. 12 Noon – 6pm. €12 per child. €9 per adult. €40 (2+2). <https://loughcrew.com/> [Info@loughcrew.com](mailto:Info@loughcrew.com) A82 X4Y1

**REEK SUNDAY** July 31st at Croagh Patrick. Confessions @ 7:30am - 2:00pm. Hourly Mass 8am-2pm

**FAMILY FUN DAY:** On Friday 12th August there is a **free family fun day** in the show grounds in Virginia, from 10am-2pm. This is run by Tusla, and as well as a fund day for children, has loads of info which may interest some parents.

**KNOCKTEMPLE NS SCHOOL NEWS** 049-8547081 [www.knocktemplens.ie](http://www.knocktemplens.ie)

Email addresses: [office@knocktemplens.ie](mailto:office@knocktemplens.ie) & [principal@knocktemplens.ie](mailto:principal@knocktemplens.ie)

- **ONGOING**, please use the above emails for the school.
- School reopens for all pupils on Tuesday 30th August.



*"Let us be your housekeeper..."*

**Kell's Cleaning Services**

SPECIALISING IN  
HOUSEKEEPING, WINDOW  
CLEANING, OFFICE  
CLEANING & END OF  
TENANCY DEEP CLEANING.

**Contact: 087 4564311**

*Find us on Facebook*

# ST. BARTHOLOMEW'S REFURBISHMENT PROJECT UPDATE



The refurbishment work on the church was completed recently. All parishioners can now enjoy the benefits of the work completed and are welcome to do so for family and community ceremonies and celebrations.

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

As a community we have a shared responsibility to maintain our church for the benefit of all parishioners, when it is needed. To-date €34,285 has been contributed by the community towards the costs involved and we always welcome new contributions. If you have contributed, thanks very much for your kind contribution, it is greatly appreciated. Acknowledgement of contributions will issue later. If you have not yet contributed and would like to do so, your contribution would be very much appreciated. You can donate in any of the following ways.

## Payment Options

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

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

## Lough Ramor – Guided Boat Tours

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

### Boat Trips Schedule - Days & Times:

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

 Saturdays: x 2 trips: 10am and 12noon

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

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

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

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



**FORGE FRAMING, LURGANBOY. (RICHARD GALLAGHER)**  
**087 7122 258. [Forgeframing@gmail.com](mailto:Forgeframing@gmail.com)**

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

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

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



## A SONG – KNOCKTEMPLE (Thanks to Declan Cooney).

[This song was composed in the 1880s or 1890s by a Father O'Donoghue, Knocktemple, when he was leaving his native home to minister as a priest in Maitland, Australia. In 1938, the song was included in material collected by pupils of Headfort N.S., Virginia, for the Schools' Folklore Collection. The pupil who collected the song was Agatha Lawrence . Agatha lived at Fort Frederic, Virginia; her teacher in Headfort N.S. was Miss Jenny Browne. – D. C.]

### KNOCKTEMPLE



Knocktemple, I am now going to leave you,  
With the stone church and schools on the hill,  
With Hetherton's heights just above you,  
Looking down on Lough Ramor sleep still.

How oft in the soft summer evening  
Did I roam where the wild flowers bloom,  
By the lakes and the glens of my childhood,  
When the grass was all covered with dew.



At the céilidhe when day's work was over  
There was Kitty and Bridie and May  
And Michael and Séamus and others,  
We all danced till the breaking of day.

We sang the bold songs of old Erin,  
Of her daughters so pure and so fair,  
Of her sons full of value and earning  
And the learning that ever shone there.

The song was composed either by Fr. Joseph O'Donoghue (ordained 1885) or by his brother Fr. Francis O'Donoghue (ordained 1895), both of whom went to Australia. The other O'Donoghue priests went to Britain or the United States. I'll make some inquiries and see if the family know who might have composed it.



## Hairdressing Salon

Ladies & Gents Hair Salon now open  
in Munterconnaught.  
Tues, Wed & alternate Sat,  
Cut / Blow dry / Colour / Styling  
Contact Marina on 049 85 48964

## JOBS SECTION

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

**Ramor Community Employment – Ballyjamesduff:** CE scheme positions available for Grounds persons & Caretaker. Work 19.5 hours per week or week on/off. Applicants must be currently unemployed, over 21 and in receipt of Social Welfare payment for at least 52 weeks. Contact Rosie on 049-8545603 for information or e mail CV to [ramource1@gmail.com](mailto:ramource1@gmail.com)

## COURSES

### The MindFlow Project August 2022

We are delighted to announce the return of The MindFlow Project this August in collaboration with the fantastic **Dan Glynn Coaching**.

This 2 day workshop offers a wonderful insight into your own Mental Health, while supporting you to navigate through the world in a positive and purposeful way.

**Meath**  
Wellness Hub

### The Mind Flow Project

Free Online 2 Day Mental Health and Wellness Workshop run in collaboration with Meath Wellness Hub & Dan Glynn Coaching

**Modules Include:**

- An Introduction to Mental Health
- Building Resilience
- Becoming Self-Aware and Learning Self Compassion
- Living with Passion, Purpose and Ease
- Looking at Health beyond the Physical
- Moving Beyond Fear
- High Performance Habits

DATE: 3RD & 4TH AUGUST 2022  
TIME: 11AM-1PM

REGISTER FOR YOUR FREE PLACE BY CONTACTING US AT  
[WELLNESSHUB@MEATHPARTNERSHIP.IE](mailto:WELLNESSHUB@MEATHPARTNERSHIP.IE)

Rialtas na hÉireann  
Government of Ireland

LCDC  
Ciste na gCuntas díomhaoin  
the dormant accounts fund

An Roinn Forbartha Tuaithe agus Pobail  
Department of Rural and Community Development

meath partnership

### POWER – Providing Opportunities for Women in Employment and Reskilling

Phone 086-140 8229. [info@networkpersonnel.ie](mailto:info@networkpersonnel.ie) fb:

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

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



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

**6th June:** JP €5,300. Nos: 01, 02, 11, 32: No Winner. QP: Breege Hetheron, Carrick; Donna Monaghan, Oldcastle; Catherine McGuinness Cahill, Island; Niall O Donohoe, Island.

**13th June:** JP €5,400. Nos: 17, 18, 25 & 27. No Winner. QP: James Tuite; Lorcan Fox, Oldcastle; Mags Matthews, Dunancory; Brendan O’Shea, Knocktemple.

**20th June:** JP €5,500 Nos: 02, 20, 23, 27. No Winner. QP: Dermot Yore Lurganboy; Ann Deegan Virginia Road Stn; Declan Cooney Rahardrum, Virginia; Darragh Carroll Knocktemple.

**27th June:** JP €5,600. Nos: 16, 19, 29, 31. No Winner. QP: Phil Smith Castlerahan; Paula Clarke; Dara Caffrey, Virginia; Stephen & Ruth Farrelly Beherna.

**4th July:** JP €5,700. Nos: 03, 11, 21, 31. No Winner. QP: John Yore Carnaross; Frankie Finnegan Oldcastle; Brian Morrissey Ryefield; Brian Cullen Island.

**11th July:** JP € €5,800. Nos 02, 20, 22, 28. No Winner. QP: Patricia & Ollie Stanley Rahard; Mairead O’Meara Ballydurrow; Niall O’Donohue Island; Brendan O’Reilly, Island.

**18th July:** JP €5,900. Nos: 03, 06, 12, 29. No Winner. QP: Darragh McCabe C/o James Lynch; Lorcan Fox Oldcastle; Mary Yore, Mountview, Kingscourt; Micheal Brady Virginia.

**Next Jackpot-Monday, 25<sup>th</sup> July 2022 €6,000**

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

**CLUB MEMBERSHIP GAA 2022 - REGISTRATION IS NOW OPEN**

The link to the online club registration for membership and yearly lotto renewals is:

<http://www.foireann.ie> If you have any difficulties do not hesitate to contact:

Club treasurer, Paraic 086 2538915. Club Secretary, David 087 9517657 or

Underage Secretary, Joanne 087 7831286

**FIXTURES:** Games have recommenced in all grades and it’s a busy time. Please keep any eye on the Club’s social media pages for up to date fixtures.

**M’CONNAUGHT / MOUNTNUGENT (LADIES FOOTBALL):** Girls born 2010–2012 are eligible and must be registered on-line via Foireann. Contact Colleen on 087 239 2860 for further details.

**WELL DONE TO OUR U15 BLACKWATER GAELS** team & management on reaching the Div.2 League Cup final . Unfortunately Shercock were the stronger side in the day. Best of luck in the championship.

**CHAMPIONSHIP:** Just a reminder Club Championship games will be staring soon across all grades. Please keep an eye on club social media pages for up to date fixtures.

**WELL DONE TO OUR MEN’S SENIOR TEAM** who have reached the Semi Final of the league and will be playing Drumalee. We have no date yet for the game but keep an eye on the club social media pages for fixture updates on all club games.

**The family of 14-year-old Newry schoolboy Daniel Greer are appealing to people across the island of Ireland to help **save his life by signing up as bone marrow donors** because a transplant is now his only chance to beat leukaemia. Please sign up to check if you are his**

**match:** In Northern Ireland: <https://www.dkms.org.uk/register-now>

In the Republic of Ireland: <https://www.giveblood.ie/bone-marrow/>

Worldwide: <https://wmda.info/donor/become-a-donor/>



## Galway V Kerry All-Ireland Ticket Draw

It's that time of year again with the usual demand for All-Ireland tickets expected. As usual we are holding our annual draw for 2 all Ireland tickets and o/n accommodation in Dublin.

Tickets are €5 each or 3 for €10 and can be purchased from any committee member.

**Draw will take place this TONIGHT** Thursday 21st July in Ramor Inn at 9:30pm  
Please return all sold tickets to any committee member/ coaches or to local shop before 8pm tonight, Thursday. Thank you

## GOLF CLASSIC 2022

Munterconnaught GFC and Virginia Golf Club held our first Golf Classic over June Bank Holiday weekend which was a fantastic success. We would like to acknowledge our fantastic array of sponsors who have kindly donated to the cause. A special word of thanks to our main sponsor Darragh Carroll of M3 plumbing for their generosity, a full list of sponsors can be seen on our social media pages.



## INTERESTING & LOCAL FACEBOOK AND WHATSAPP GROUPS

### OUR COMMUNITY WHATTSAPP GROUPS.

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

### INTERESTING FACEBOOK PAGES

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

### INTERESTING WEBSITES

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

### OTHER LOCAL PHONE NUMBERS.

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

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

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

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

**Turn2Me:** Free and safe online space to post and share your thoughts, feelings, what you are dealing with, or trying to understand. It is a place where you can **Speak to other teenagers** around the country who are going through the same stuff. It is moderated by a team member of **Turn2Me** to keep everyone safe. It is open from 2pm-8pm, 7 days a week. All you have to do is go to [Turn2Me.ie](https://www.turn2me.ie), register, and give yourself a user name. *See the poster at the end of the 'digital' newsletter.*

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

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

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

## **AGE ACTION'S CARE AND REPAIR.**

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

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

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

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

If you are a professional working with older people who would benefit from this service, you can download a referral form from [WWW.ageaction.ie](http://WWW.ageaction.ie).

Any queries: phone 0818 911 109 email: [careandrepair@ageaction.ie](mailto:careandrepair@ageaction.ie)

## 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



Located at the Old Forge Restaurant.

046 924 5799

**Open Mon-Sat 10am - 6pm & Sun 11am - 5pm.**

Sheridan's Cheesemongers Shop, Cafe & Saturday market is located at the old Forge restaurant. We are continuing to develop our café with lots of new offerings to enjoy in this beautiful space or to take home. We have wonderful coffee, lots of sweet treats and delicious delights, all prepared fresh in our own kitchen.

We are open Monday to Saturday 10am to 6pm and Sundays 11am to 5pm.

Thank you to all our local customers who continue to support us as we develop this unique and exciting location.



**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 A82V0P1



**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)

**Ryefield Stores 049-8547206**

**Mon-Sat 9am-9pm. Sun 9am-8pm.**

All your daily needs

Newspaper, Beer Garden, 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**

Music on Easter Sunday night by Davey



www.envirostar.ie

**Empty Septic Tanks**

Paraic Hetheron

086-2538915

**Ramor Landscaping**

**Book your grass-cutting for 2022**



**Hedge cutting**

**Winter clean-ups**

**New Hedges planted.**

**Phone David Skelly**

**087-2427399**

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



**NOEL LYNCH**  
**DRAUGHTING SERVICES**

Architectural & Structural Steel Detailing.

Precast & In-Situ Concrete Detailing.

Architectural Plans for Extensions, Renovations and New Builds. Planning Applications.

Commercial & Agri Developments.

3D Rendered Images.

086 4198484 / [www.nldetailing.com](http://www.nldetailing.com)

**Holiday Home available to Rent**

**May-July**



**N/W coast of Donegal**



- Two bedroom bungalow newly renovated
- Sleeps 6 people – 2 double beds and a bunk bed
- Situated in Meenlaragh in N/W Donegal Coast
- Beautiful panoramic views of the sea, islands, beach and mountains
- 2 mins walk to Pub, bar food and takeaway
- 1 Km from Magheroarty beach and pier
- 1 km from Teach Coll restaurant

Contact Michelle [shellecon@yahoo.ie](mailto:shellecon@yahoo.ie) /

086 8742409

Information relating to  
some of the items  
in the community newsletter  
are attached to this digital version.

Children can attend the programme even if their mother does not, but children respond best when mothers participate.



**Interagency Partners of TLC KIDZ:**

- Barnardos
- TUSLA Prevention, Partnership & Family Support (PPFS)
- Children & Young People's Services Committees (CYPSC)
- Specialist Domestic Violence Services
- Specialist Sexual Violence Services
- Gardai
- Youth Work Organisations
- Family & Community Support Services

**Referral Criteria:**

- Open to children between the ages of 5-17 (in appropriate age groups) depending on availability
- For children & young people residing within counties Cavan and Monaghan
- Separation has occurred and the perpetrator no longer resides at the family home

If you would like to make a referral or if you would like to attend this group, please contact the TLC KIDZ Coordinator in your area.

**Eimear Kilpatrick**  
**TLC KIDZ Coordinator**  
**Cavan/Monaghan**  
 Telephone: 086 060 0616  
 Email: eimear.kilpatrick@barnardos.ie

**TLC KIDZ PROJECT**

**Offers support for Children and their Mothers who have experienced Domestic Violence and Abuse**



The TLC KIDZ Project is a community coordinated response for children and mothers in recovery from domestic violence and abuse. The Project seeks to create a common vision and shared responsibility among services in supporting the recovery of children.

At the core of the TLC KIDZ Project is the TLC KIDZ Programme. This is a 12 week group work programme for children and their mothers who have experienced domestic abuse.

The children's group and mother's group run concurrently on the same week and cater for children aged between 5-17 years old.



**TLC KIDZ Programme incorporates:**

**Children's groups** help children begin the healing process by:

- Allowing children to share their experiences with other children
- Exploring ways of expressing their feelings safely
- Helping children understand that the 'fighting and hurting' within their family was not their fault
- Looking at coping strategies for the future

**Mother's groups** support women to better understand how to help their children recover by:

- Helping mothers to understand their children's experience of violence within their family
- Giving mothers an opportunity to meet other women who have had similar experiences and share their feelings
- Exploring the impact their experiences may have had on their children
- Finding ways to heal from the past and look to the future thereby strengthening the bond between mother and child

**Weekly themes/concepts**

- **Breaking the silence** that 'hurting' happens in families
- Understanding our many **feelings**
- **Children's experiences** of the 'hurting' that happened
- **Anger** is important - understanding and expressing it
- **Staying safe** - my personal safety plan
- "Its not our fault" - understanding **responsibility**
- **Problem solving** - solve problems in positive ways
- Dealing with **family changes**
- The best ME I can be - **Self esteem**



## Empower KIDZ: What children want professionals to know

Dear Professional,

I have lived with domestic violence and abuse, and I have been affected by what has happened. So please don't ignore me and please...

1. **Do** Introduce yourself and explain your job and role in words I will understand.
2. **Do** speak in a *soft tone*. **NO RAISED VOICES.**
3. **Do** ask how I feel and always consider my feelings. I need you tuned into my needs.
4. **Do** UNDERSTAND THAT WHAT IS HAPPENING IS **SCARY**. I NEED YOU TO REALISE THE AMOUNT OF HURT IT CAUSES.
5. **Do** TALK ABOUT **FIGHTING** AND **HURTING**. BUT TAKE TIME TO GET TO KNOW ME, THEN I WILL BE ABLE TO TELL YOU WHAT HAS BEEN HAPPENING.
6. **DON'T** ask too many questions. Make questions simple and clear.
7. **DON'T** RUSH ME TO SPEAK OR PUT ME UNDER **PRESSURE**.
8. **Do** allow me to ask questions and really **LISTEN**. Just because I am a child should not mean my opinion doesn't matter.
9. **Do** things to help me feel **Calm** and provide reassurance. I need you to help me feel like I'm not alone.
10. **Do** KEEP ME **SAFE**. I HAVE NO CONTROL OVER WHAT HAPPENS IN MY FAMILY. THINK ABOUT THE IMPACT ON ME.

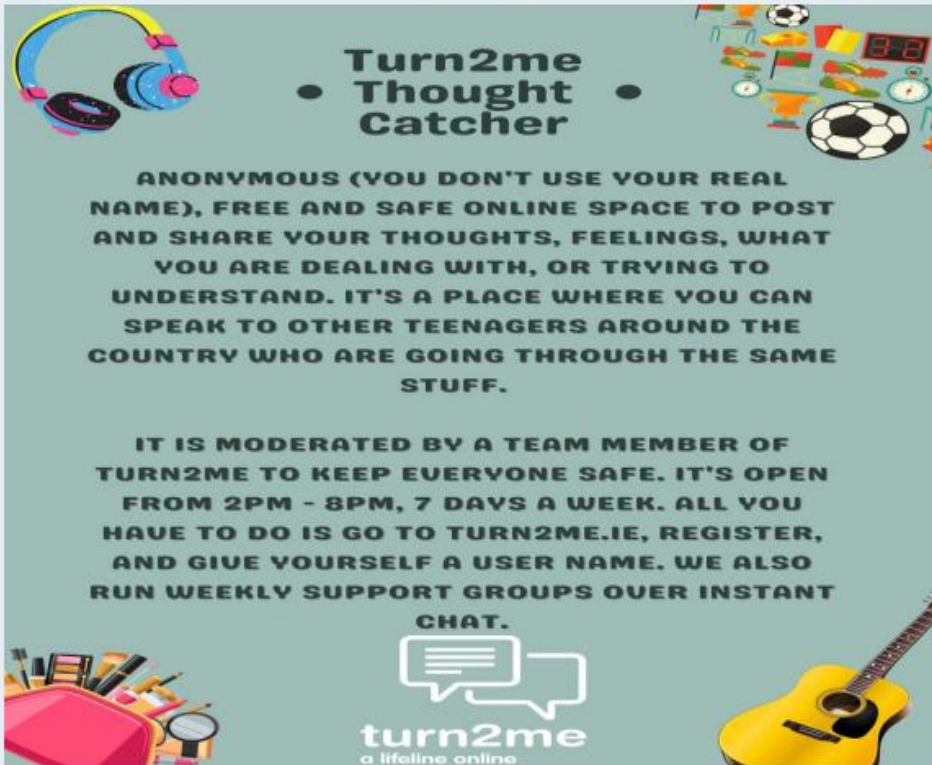
**TUSLA** An Organisation with a Local Area in English Language Child and Family Agency | By the children of Cavan & Monaghan who participated in the Empower Kidz initiative | **Barnardos** National Child Protection Helpline

Eimear Kilpatrick has been undertaking a participation project called Empower Kidz. Barnardos Cavan/ Monaghan was awarded TUSLA funding to undertake this initiative at a regional level. The feedback and words of the children who participated has been used to create the poster attached, some of the children also helped guide the creative process and what the final output would look like.

What the children in the region have to say is extremely powerful and important so please do share widely so that their voice is given the necessary platform and influence it deserves.

Well done to all involved

# Turn2Me



**Turn2me**  
• **Thought** •  
**Catcher**

**ANONYMOUS (YOU DON'T USE YOUR REAL NAME), FREE AND SAFE ONLINE SPACE TO POST AND SHARE YOUR THOUGHTS, FEELINGS, WHAT YOU ARE DEALING WITH, OR TRYING TO UNDERSTAND. IT'S A PLACE WHERE YOU CAN SPEAK TO OTHER TEENAGERS AROUND THE COUNTRY WHO ARE GOING THROUGH THE SAME STUFF.**

**IT IS MODERATED BY A TEAM MEMBER OF TURN2ME TO KEEP EVERYONE SAFE. IT'S OPEN FROM 2PM - 8PM, 7 DAYS A WEEK. ALL YOU HAVE TO DO IS GO TO TURN2ME.IE, REGISTER, AND GIVE YOURSELF A USER NAME. WE ALSO RUN WEEKLY SUPPORT GROUPS OVER INSTANT CHAT.**

**turn2me**  
a lifeline online

Turn2Me offers an online Thought Catcher, which is a mood/emotional diary. You can post thoughts on how you're feeling publicly or privately and track your own mental health journey. It's a good way to narrow down what might trigger feelings of anxiety. If you choose to post your thoughts publicly, other age appropriate users can respond to it with supportive messages or tips on how to tackle the issues you're facing.

[Turn2Me.ie](http://Turn2Me.ie) is a safe, moderated online platform which runs 365 days a year.

## Innovation Recovery Courses



**innovation recovery**  
education for mental wellbeing

Free E-learning  
Mental Health  
and Wellbeing  
Courses

To get started, register today at:

[mymentalhealthrecovery.com](http://mymentalhealthrecovery.com)

NI (028) 7161 1237 / ROI (048) 7161 123  
VRC.Admin@westerntrust.hscni.net

interreg  
HSC HE



**LOUGHCREW ESTATE**  
**FAIRY FESTIVAL**  
23 JULY - 24 JULY

**A DAY FULL OF FAIRY WONDER !**  
**12 - 6pm**

Performers, Workshops, Fairy Garden,  
Real Life Unicorn, Enchanted Fairy Walks,  
Story Telling, Circus Performers,  
Classical Recital and Live Music

**TICKETS**  
€40 family (2+2)  
€9.00 Child  
€12.00 Adult

info@loughcrew.com - 0498541356 - Loughcrew Gardens Oldcastle Co. Meath ABZ X411



# 79th Virginia Agricultural Show

Wednesday 24th August 2022

**Virginia Show Society confirm that the Virginia Show is set to return with a bang, taking place for the 79th time this August. This is the first time running the show since August 2019 as it, like many other shows, were cancelled due to the Covid-19 pandemic. This years show promises to be Irelands leading one day lifestyle and agricultural showcase.**

By then school holidays are nearly over and as outing and events are pencilled into the diaries, it can only mean one thing, the annual trip to Virginia Show, the last hurrah before the children go back to school. A day where people catch up with old friends and new, enjoy an ice cream and a leisurely chat, and are entertained by all that Virginia Show has to offer. It is on the go since 1942, now in its 79th Show, Virginia will be alive with all the sights and sounds associated with early autumn.

Virginia Show is a day out for everyone, the serious business of over 470 classes gets underway alongside food markets, children's amusements, trade stands, demonstrations and the hustle and bustle of a great day out. In an Ireland of increased awareness of food traceability, Virginia Show allows you to meet the people who set the high standards of the Irish dairy, beef, and sheep industries.

## CORE FARMING SHOWCASES

### €10,000 BAILEYS COW COMPETITION IS BACK AT THE SHOW

**Diageo Ireland and its cream supplier Glanbia Ireland are inviting Holstein Friesian breeders across the island to prepare for the return of the Diageo Baileys Champion Dairy Cow at this year's Virginia Show on 24th August. Minister of State at the Department of Agriculture, Food and the Marine, Martin Heydon, officially launched the long-standing competition at Diageo Baileys Global Supply site in North-West of Dublin.**

Entrants will be competing for a share of a €10,000 prize pot. The top place of Overall Champion attracts a €2,500 prize; followed by €1,000 and €500 for Reserve Champion and Honourable Mention respectively. Other awards will be presented on the day across several categories including Junior Cows in their second lactation. The Best Junior Cow category has prizes worth €750 in total. The popular Best-Heifer-in-Milk category carries a fund of €1,700 with 1st place worth €500.

Now recognised as a measure that helps breed a more profitable dairy cow and lower GHG emissions the award for Best Economic Breeding Index recognises efficiency and sustainability. An award for Best Protein emphasises the most profitable factors for both breeding dairy herd replacements and milk production.

Robert Murphy, Head of Baileys Global Operations said, "The Diageo Baileys Cow underpins the quality of the raw ingredient in the world's top selling liqueur brand, Baileys which is sold in 160 countries. Our supply chain partnership with Glanbia goes back to the 1970's and the Diageo Baileys Champion Dairy Cow has been a great success in highlighting the superior genetics that goes into the national dairy herd. This is just one of our collaborations with Glanbia Ireland to support farming now and for future generations. That is why, earlier this year, we joined forces to launch Ireland's first Sustainable Farming Academy which will support farmer suppliers on their sustainability journey and encourage improvements that lead to environmental gains."

Aoife Murphy, Director Ingredients at Glanbia Ireland said, "We look forward to welcoming previous and new entrants to County Cavan on 24th August. The event is the centrepiece of the Virginia Show. Both the competition and the show have been much missed by the local community."

Follow the conversation on Twitter @ [BaileysCow](#) #DiageoBaileysCow. Find us on Facebook at Baileys-Champion-Dairy-

Cow

### **Annual highlights in the cattle**

- Glanbia Virginia, as well as being associated with the Diageo Baileys Cow, are sponsoring the €700 Friesian In-calf-Heifer. Other highlights include
- The Lakeland Dairies Champion of the Show,
- The A.W. Ennis Interbreed Champion of the Show,
- The Lisgrey House Restaurant Commercial Champion, and
- both the North Eastern Simmental and Charolais Clubs will hold their Junior Championship Finals at Virginia as well as the North Eastern Limousine Club Calf Final.
- Following on from last years success, is the Univet Ireland Ltd and Virginia Show Commercial Heifer Championship for all non pedigree baby beef heifers with no permanent teeth on Show Day open to continental and non continental animals.

### **The 31st Liffey Meats €2,000 Champion Beef Bullock**

The drawing power of Virginia Show as the number one venue for the exhibitors of top quality commercial cattle is once again borne out by the large number entering the Liffey Meats €2,000 Champion Beef Bullock Competition each year. Entries are confined to Beef Bulls, any age. This year celebrates 30 years of sponsorship by our own Liffey Meats and their contribution gives an added boost to their local show. It provides an incentive for farmers to produce quality beef cattle necessary for the lucrative European Market where Liffey Meats exports to in order to get a higher price for the quality beef produced in this area.

### **Carnaross Mart €5,000 Champion Male/Female weanling Champions of the Show**

Another competitive display of high quality animals is the competition to find the champion non-pedigree male and female weanling of the show. Sponsored by Gunne Carnaross Mart, who sales attract high quality stock from all over Ireland. These classes are open to calves born in 2022, Maximum weight male is 430 kgs and female calf is 380 kgs.

### **Clerkins Virginia Veterinary Practice Charolais classes**

The Charolais cattle ring showcases all that is good about cattle which are praised for contributing to dairy herds across Ireland as well as a successful beef breed and Clerkins Virginia Veterinary Practice are ensuring this is recognised by sponsoring a prize fund towards the open Charolais classes. Also up for grabs is the Francie Brady Memorial Perpetual Cup and rosette presented to the champion.

### **North Eastern Charolais Club Championships**

The North Eastern Charolais Club are holding the North Eastern Charolais Club Junior Championships at Virginia show this year. There are five classes with €200 worth of prize money in each class. Exhibitors are limited to counties Cavan, Monaghan, Meath, Westmeath, Longford, Louth, and Dublin.

### **North Eastern Club Simmental Championship**

For Simmental cattle breeders there is plenty on offer with the highlight being the finals of the North East Simmental Junior Championship. The wealth of top stock the length and breadth of the NE area of the country are attracted to our east Cavan town for the Final. They will compete for the John Morton Memorial Cup.

Commercial champion of the Show is sponsored by Lisgrey House and will receive the Jack Love Cup while the A W Ennis Interbreed Champion will also be selected.

### **Novice and Young Stockperson**

The young stockperson finals in beef, sheep and dairy are always very popular events at Virginia Show. Open to young people between the ages of 12 and 16 years, they are judged on their ability to prepare the animal for judging and general knowledge of the breed of the animal itself. They are also examined on the animals' nutritional requirements whilst being prepared, ability to handle and present the animal in the show ring and knowledge of the animal. Virginia has also a unique Novice Competition and entrants can be any age, so long as they have not shown before.

### **Horses & Ponies**

Among the classes are Brood Mare, light and coloured horses, ridden hunter and cob, heavy horses, as well as classes for palomino horses and ponies, Welsh and Connemara as well as the miniature horses

and donkeys. There are cups and trophies for many classes with a new perpetual cup in memory of Terence Dunne, former Steward of the Horse section.

Virginia Show plays host this year to qualifiers in

- The Traditional Irish sport Foal All Ireland Championship
- The Irish Draught Filly Foal Championship
- The Connemara Three Year Old All Ireland Championship
- The All Ireland Donkey Mare and Foal Championship.

### **Cattle**

There are dairy and beef classes for all cattle. These include Holstein Friesians, Crossbred, Commercial, continental, Shorthorns, Herefords, Pedigree Angus, Charolais, Limousin, Simmentals and Belgian Blues classes.

### **Other Classes**

There will be strong competition for Sheep, including the Paddy Keoghan Perpetual Memorial Cup for Pedigrees and the Hugh Faulkner Cup for crossbreds as well as classes for Suffolks, Texels, Charalois, and Vendeen. There are also classes for Goats, Poultry, Farm & Garden Produce, Oats Barley, Turf, Hay, Grazing, and Maize with the Quality Onion All Ireland Championship also being hosted by Virginia Show.

### **Water and Biodiversity for a Viable Future**

The Water Quality and Biodiversity Hall makes its first appearance at Virginia Agricultural Show 2022. This year The Show Society introduces **The Water Quality and Biodiversity Hall** an information centre on water quality and biodiversity for all land managers, farmers, gardeners, homeowners and food producers.

With the imminent €1.5 billion Agri-Environment Climate Measure (AECM) to be a lifeline in the incomes of many farms and consumers increasingly aware of the environmental footprint of their food, farmers, gardeners, and food producers must now step up in their role as custodians of the land.

The Water Quality and Biodiversity Hall will introduce critical information to help address the current situation with biodiversity and water quality in your area, the positive role farming and food production can have in this area as well as identifying practical measures which can be used to improve this in our home, gardens and farms.

A series of stands, information boards and short presentations will inform farmers, householders, gardeners and the general public on opportunities to support essential ecosystems in a meaningful way. Learn a little about water quality in your area, identify the rivers in the Lough Ramor catchment and study the biology that inhabits these rivers. The Water Quality and Biodiversity Hall located in the main building at Virginia Show Centre is sure to educate, stimulate and bring to life the endangered natural world and how sustainable management of our land has an important role to play in securing a viable future for all.

## **LIFESTYLE SHOWCASES**

### **Fleetwood All-Ireland Final Art Competition**

The awards at the prestigious art final sponsored by Fleetwood Paints Ltd, our local paint manufacturer are hugely sought after, Fleetwood Paints Ltd have kindly sponsored this highly talented event for the last six years, and sponsored the equine section previously for many years before that.

This amateur arts competition depicts an agricultural or rural scene fitting for our fantastic surroundings today at the 79th Virginia Show. Exhibitors, qualifying from agricultural shows around Ireland, truly represent all four corners of the island of Ireland from Armagh to Wexford and from Galway to Dublin. Virginia Show itself depicts a vibrant rural community developing to the show grounds we see today.

### **Celebrating ICA**

McEvoy's Supervalu are once again sponsoring the ICA Guild Skills of the Year, focused on the theme "Coping with COVID" with guilds from Monaghan, Cavan and Meath, competing for the McEvoy Crystal Bowl, and prizemoney of €500.

### **Fashion Show**

The fashion show is always a huge crowd puller and this year promises not to disappoint, with clothing attire for young and old, models will be parade down the catwalk in style so make sure to get in early and get a seat.

### **Cookery Demonstration with Chef Adrian**

Irish celebrity chef and author from Bawnboy, Cavan, owner and Head Chef of Wildflower Restaurant in London, Chef Adrian will demonstrate his fine culinary skills at this years cookery demonstration at the Show. He is known for his work online with various foodie websites and on the National television and divides his time now between London and Dublin.

### **Riverfront Bar & Restaurant “Trio of summer Desserts” Competition**

The Riverfront Bar & Restaurant “Trio of Summer Desserts” Competition has qualifiers from around the region and boasts a prize fund of €400.

There are also classes for gluten free bread, cup-cakes and biscuits. This year the bread and cakes exhibitors will compete once again for the Una McEnroe Perpetual Cup, kindly donated by Una, who has been a loyal exhibitor down through years.

### **Sheep Shearing & Racing**

Shearing is necessary for the health and happiness of your sheep, and even though it's a dirty, sweaty, tiring job, it is also extremely rewarding. It's important to know what you're doing. This year, visitors to Virginia Show will get to see just how it's done at a special sheep shearing demonstration by All-Ireland Sheep Shearing Champion Oliver Daly.

And if that doesn't float your boat then you will surely be entertained by the sheep racing that will make its debut at this years show, watch this space...

### **Gig Rig**

A staple at Virginia Show, gather round for the music and dance where you will be entertained by a host of musicians. As well as this, artisan food markets and trade stands allow you to interact, ask questions, and discuss what you need with those involved in all sorts of production.

### **Dog Section**

The highly entertaining Dog Agility Show will take place in the arena. Following from this, the ever popular Dog show has grown from strength to strength and this year more space is being created for these highly sought after red rosettes.

- The Gain Dog Food All Ireland Championship.
- The All-Ireland Gun Dog Championship.
- The All Ireland Native Breed Dog Champions.

### **Birds of Prey exhibition as well as a full poultry section of classes for all including the following qualifiers:**

- All Ireland Soft Feather: Heavy Breeding Pair Chicken Championship.
- All Ireland True and Rare Bantam Breeding Pair Chicken Championship.

### **Children's Classes**

This section takes up more and more space every year and committee members spend a lot of their time creating more room for the high standard of entries in this section. A new feature this year in the poetry section is Haiku, a Japanese style of poetry. The children will also have the opportunity to showcase their art and craft skills and not forgetting all the animal handlers out there who get the opportunity to showcase their skills in the young stock-person competition

### **Sponsors**

Credit must be given to all the sponsors of this annual event, small and large, our 200 strong committee are forever grateful to our sponsors and appeal to all show visitors to shop local and keep money in our local economy and in turn, supporting local jobs and help the environment.

### **Show admission**

This year patrons have the opportunity to pre purchase their show admission ticket online via the show website, [www.virginiashow.com](http://www.virginiashow.com), using this facility early birds can avail of a €5 discount per ticket.

In total, almost 500 classes showcasing what's great about agricultural and lifestyle will greet you when you visit Virginia on Wednesday 24th August - not forgetting over 200 trade stands to meet all tastes.

More detail can be found on our Facebook page and website.

Owen Brodie, President.

Yvonne Kilkenny, Press Officer, 087 6187704.