

### **KINVARA LADIES HOCKEY CLUB**

Kinvara Ladies Hockey Club is back in action. We welcome back former members and new players who would like to take up the game. We have hockey-skills sessions on Wednesdays 8-9pm on the new all-weather pitch at St Joseph's N.S. We are also looking for U16 and U18 players who would like to join the club and play matches on Sundays. For further information contact Sharon on 087 9337828.

### **FILM CLUB**

Gort Film Club presents "Everlasting Moments" on **March 4<sup>th</sup> at 8 pm** in Gort Public Library. Language: Swedish/ Finnish - **English subtitles** Director: Jan Troell 2008. A study of early 20th-century working-class life in Malmö from a veteran of the Bergman era. It is a masterpiece with a towering central performance. Based on a true story, Sweden in the early 1900s - an era of social change and unrest, war and poverty. The Gort Film Club runs on the first Thursday of every month and is an enjoyable and relaxed evening out.

### **HOME INSULATION**

The Credit Union is helping members to avail of grants from Sustainable Energy Ireland to enable homeowners to be more energy efficient. Full details of the grants can be obtained on [www.sei.ie](http://www.sei.ie). An application must be made online. Roof and wall insulation is included and householders can be helped to obtain a Building Energy Rating (BER). Only houses built before 2006 are eligible for the grants. To help and encourage members to avail of this opportunity, Kinvara and District Credit Union is offering loans (up to a maximum of €10,000) at the very attractive rate of 6.5% (6.7% APR).

### **KINVARA TIDY TOWNS GROUP**

The Tidy Towns group are planning to continue activities and to build on them this year. They will finish painting on the Quay, the railings and bollards are still to be done. They also hope to get planting the various beds around the entrances to the town. Hopefully, those who helped weed and look after the beds over the last year or two will keep up the good work. The litter collection on alternate Saturdays from **Saturday 13<sup>th</sup> Feb.** onwards meeting at the school at 9am will continue. If you are interested in helping in any of the activities or if you have suggestions please send your mobile number to Clare on 087 2347357 and you will get a reminder of the time of any of our activities.

### **LADIES SOCCER (ADULTS ONLY)**

Ladies Soccer (Adults only) every Friday 8 to 9pm on the astro turf behind St. Joseph's National School. If you are interested in having a bit of fun come along as everyone is welcome. No previous experience of playing soccer is necessary. Further information can be got from Caitriona at 086-2340632

### **KINVARA FARMERS' MARKET**

Kinvara Farmers' Market returns to Johnston's Garden on Friday 2<sup>nd</sup> April from 10 a.m. to 2 p.m. providing all those delicious goodies we've missed and the chance to catch up with friends over a cup of coffee and enjoy the music. Welcome Back!

### **KINVARA YOUTH PROJECT**

The Kinvara Courthouse will soon be home to the Kinvara Youth Project, a youth-led voluntary group established to provide a safe alcohol-free space where young people can meet and enjoy each others company. They can hang out with their friends or participate in educational, artistic and recreational programmes. It will be open during the weekends for all young people from the Kinvara area between the ages of 15 (third years welcome) and 19 years. The Project will run on a voluntary basis, with team leaders and a pool of adult volunteers supervising each session. The initiative includes a diverse range of people, the youth, community partners and adult supporters, who care about the opinions, ideas and experience of the youth who live, work and are educated in the area. The KYP has been short listed by the Better Ireland Programme, so watch out for details on how to lend you support through your vote. There will be an Open Evening on **March 5<sup>th</sup> at 8 p.m** in the Courthouse. Everyone is welcome to come along , meet the project team and see what Kinvara's Youth Project is all about

### **FURTHER IMPROVEMENTS TO THE COMMUNITY CENTRE**

The Community Council has paid off its Credit Union loan for the work that four years ago helped, along with a grant from Galway Rural Development, to save the Community Centre from dereliction. Plans are now going ahead to complete this refurbishment and provide the town with a modern, well-appointed and attractive venue for a wide range of activities for people of all ages. The Community Council hopes to get a further grant from GRD to help finance this work. If successful, the toilet area will be gutted and new toilets constructed, including one for disabled people. These will be heated and along with the kitchen be provided with hot water. In the same area an additional meeting room/office will be provided overlooking the car park at the front of the building. The outer walls will be insulated and strengthened, a large storage area will be constructed off the main hall and a 'green' room for performers built to the side of and to the left of the stage. Disabled access will be improved through out the building including a ramp at the main entrance.

The lighting in the main hall will be improved and its ceiling lined to further insulate the building and to improve the hall's acoustics. An awning will be provided over the main entrance and there will be cosmetic changes to the front of the building so that it will blend in with the Children's Centre. All this is, of course, dependant on a successful grant application, getting the planning permission required for some of this work and a further loan from the Credit Union. If it all that goes smoothly and the funds are sufficient all this work will be done this summer when the hall is least used. **Any local builders interested in tendering for this work should get in touch with Richard Broad, 637631, [rbroad@eircom.net](mailto:rbroad@eircom.net).**

### **INSULT TO INJURY**

The County Council is now charging (through Anglia Water), local businesses, the Community and Children's centres for water and sewage. Soon this will be extended to domestic premises. Then we will all be paying bills half of which is for sewage treatment that we have been requesting for decades, was promised seven years ago and whose provision continually recedes. That's chutzpah!

## Community Council Meeting

The next Community Council meeting is on **Thursday 18th February at 8.30pm**, all welcome.

## NEW RIDING SCHOOL LESSONS

Started at the end of 2009 a new riding facility is now established close to Kinvara - about 5 miles in the direction of Ballinderreen. Horses are provided for adults and children and the courses are suitable for beginners and those who want to return to the sport they so much liked in their childhood. The classes are held every Sunday, 10 a.m. for adults, 11 a.m. for children and 11.45 for children on the lead rein. For more information please phone 087 7507614

## HORSE OWNERS COURSE

If you are thinking of buying a horse or recently became a horse owner this course is for you. Learn all the basics of horse care and management. The course is certified by the British Horse Society. The course takes place in the Slieve Aughty Riding Centre, call 087 7507614 for details.

## HERITAGE TALK

The Burrenbeo Trust heritage talk this month takes place on **Thursday February 18th at 8.30pm** at Clare Heritage Centre in Corofin Pilgrimage and Relics in 12th Century Burren with Dr Peter Harbison, author of over twenty books on various aspects of Ireland's past, one of which was Pilgrimage in Ireland. This talk is open to everyone. It is free for Burrenbeo Trust members and there is a €5 minimum donation for non-members. For more information please email [trust@burrenbeo.com](mailto:trust@burrenbeo.com) or phone 091 638096.

## YOGA AND PILATES CLASSES AT THE BURREN YOGA CENTRE

Some of you may already know that there is an internationally recognised yoga centre just outside Kinvara off the New Line or the Boston /Tubber road which has been designed and built as an ideal place to practice yoga. The centre boasts under floor heating, timber floors and ceiling to floor windows. It is a very tranquil and peaceful setting to practice yoga. Dave Brocklebank who founded the centre in 1999 teaches evening yoga classes Mondays, Tuesdays and Wednesdays at 6.30 pm and also 8.00 pm. Some are very gentle relaxing classes suitable for all age groups while some classes are very strong and dynamic and more suitable for younger people with more interest in fitness. On Thursday evenings Aileen Slein teaches 3 separate Pilates classes for toning, firming the body and also increasing flexibility. Aileen's classes are great fun and both Aileen and Dave presented a piece on the Ray Darcy show which took place on the quay earlier this year. Classes cost €11 for 90 minutes and details can be seen on the website at [www.burrenyoga.com](http://www.burrenyoga.com) or phone the centre on 091-637680 Sample 6 minute video can be seen on the website.

## KINVARA SUSTAINABLE LIVING COURSES

A variety of courses are on offer and further information can be obtained from Anna or Lynn at [kinvarasustainableliving@gmail.com](mailto:kinvarasustainableliving@gmail.com), website [www.kinvarasustainableliving.com](http://www.kinvarasustainableliving.com) or phone Lynn 091-638099.

*Growing in Polytunnels* – March 20th and 21st *Creating a Garden that Grows with your Children* – April 17th and 18<sup>th</sup>, *Learn to grow your own vegetables* - March 27th

and 28th, *Spring Chickens*- April 10th or May 29th – A 1 day beginner's course in all aspects of poultry keeping, from chickens to eggs, feeding, housing, sourcing, and some recipes. *Nature in the garden*- April 24th. Some concessions available for students/OAP/unemployed and those in receipt of social welfare

Articles for next Kinvara Newsletter contact Pam 091 637460 or email [kinvaranews@gmail.com](mailto:kinvaranews@gmail.com)

# **KINVARA NEWSLETTER**

**FEBRUARY 2010**

## BROTHERS OF CHARITY/VEC PROGRAMME IN KINVARA

The Brothers of Charity provides services for people with learning difficulties and is committed to providing such services to people in local communities where they can integrate and take part in local life. The organisation with the support of the VEC is now developing a service in Kinvara to address the needs of those from the Kinvara/Ballyvaughan area. A programme for up to 7 people with learning disabilities will commence on 23<sup>rd</sup> February, temporarily located in one of the holiday cottages near the Castle. The new programme will have modules in community integration, music, art, drama, computer skills and personal development. Other community groups are welcome to become involved and further information can be obtained from Derek Smith, Area Manager 091 631530. If you would like to volunteer some time to develop friendships with those with learning disabilities please contact Rosemary Kearns at 091 721488 or 087 9002410. The official launch and information sharing evening will be held in The Pier Head on **Monday, 22<sup>nd</sup> February at 8 p.m.** All welcome.

## KINVARA CELEBRATES MARDI GRAS

The 2010 Kinvara Mardi Gras takes place in the Community Centre on **Saturday, 13<sup>th</sup> February at 8 p.m.** sharp. Featuring 3 live bands, dancing, food, licensed bar and a fancy dress parade with prizes! Admission E10, Family Ticket E20 or Concession/Members E8. This year's party is a charity event all proceeds go to South Galway Flood Relief and the Gort Family Resource Centre. So what is Mardi Gras? It's a carnival originating in New Orleans involving parties, parades, music and general merriment. The carnival traditionally begins on January 6<sup>th</sup> and festivities climax on "Fat Tuesday" (Mardi Gras) the day before Ash Wednesday (Shrove Tuesday). Following on from last years success KAM aims to carry on that good-time carnival fun with 3 live bands (with the emphasis firmly on music you can DANCE to), finger lickin' food, a fancy dress competition (with prizes) and a fully licensed bar in an intimate table set venue - complete with dance floor. It's time to banish the winter blues for a night, kick off the wellies and put on the dancing shoes. Mardi Gras is a fun, family friendly event for everyone - so join the party! More information is available from the KAM website at <http://www.kamcollective.com> and tickets are available in advance around the town and at the door on the night.

## KINVARA CHRISTMAS SWIM

The hardy swimmers who took to the water on Christmas Day raised a total of E4,568 for Galway Hospice. In spite of the icy conditions on the day over 80 swimmers took

part and many other people came along to join in the festive fun. The organisers are very grateful to everyone who helped including the 'shovellers', the firemakers, the 'starter', the punch and hot chocolate makers, the collectors, the providers of refreshment, amplification and transport, John O Connor for making his field available, and the swimmers themselves!