

KINVARA SUSTAINABLE LIVING

We are offering a 4 week fruit course in Kinvara and or Gort, depending on numbers. Now is the time to start growing fruit. If you plan now, you can save a fortune by sourcing bare root plants over winter instead of buying expensive potted plants in spring or summer. With correct siting and soil preparation you could have fresh homegrown fruit for years and years. This course will cover planning and siting your fruit plants, soil preparation, sourcing, planting, growing on, pruning, harvesting, storing and some recipes. We will cover tree fruit (apples, plums, pears), bush fruit (currants, gooseberries, raspberries), rhubarb and strawberries. Kinvara Thursdays, 7pm to 9pm, Johnston's Hall, starting November 12th Gort Tuesdays, 7:30pm to 9:30pm, Family Resource Centre Gort, starting November 3rd 40 euros for the 4 nights, including notes, tea/coffee, and home baking. Email us or phone Lynn on 091 638099 if you're interested.

TRADITIONAL BOATS OF IRELAND

Kinvara has been in the news recently with the formation of the Gregory Maritime Trust. The Trust was formed to preserve the original 32 paintings of traditional boats created for the book of the same name 'History of Irish Boats, along with the construction skills and folklore for our maritime heritage. The Trust is in keeping with Lady Augusta Gregory's love for Irish lore and literature. It is hoped that the collection will be exhibited throughout Ireland and abroad. Prints of the boats can be seen in Murphystore on the Quay.

TAI CHI CLASSES

Some of you may have heard of tai chi or even seen groups of people practice it in a park or on the beach. Mind you, in Ireland it is more of an indoor activity as you can never rely on the weather! So what exactly is it? Tai chi is an ancient Chinese form of exercise where we learn to let go of any tension, gently move our whole body as one unit and at the same time release stress by focussing the mind. Anybody can do Tai chi at any age! In China you can see people practicing as young as 10 years or as old as 100. Classes are held regularly in Johnston's Hostel, Kinvara on Mondays 11am and Wednesdays 7:30pm. (Beate McMullan Tai chi Teacher + Homeopath)

RESHEL SYNERGY WORK AS A SPIRITUAL SERVICE

The Reshel is a branch of esoteric western knowledge. There is a spiritual talk on "Light-Work Groups" with Jackie Queally, who set up these specialist groups in Ennis and the Midlands. Jackie teaches you how to participate in an active meditation practice that is akin to an advanced form of prayer using the silence at its foundation, and one in which you temporarily connect with and become a co-creator with the divine. There is a workshop to follow on the Saturday and Sunday including a powerpoint display of some of the fascinating applications the work on sacred sites and the planet. (The geometric patterns revealed express the divine light codes, at the core of this vast meta-science). In these times of immense change the spiritual realms are always evolving one step ahead, and some souls are being called to serve in this way in order to ground the highest light programmes for the good of all. If enough people come forward a regular light group may set up in Kinvara from this weekend. Talk 8pm Friday 20th November Johnston's Hall, Kinvara - 8 euros Workshop 21st - 22nd November Saturday 10am-5pm Sunday 10am-4pm 130 euros. Saturday only attendance is possible. Call Jackie Queally on 085 8338726

KINVARA NEWSLETTER

November 09

OFFICIAL OPENING OF THE CHILDREN'S CENTRE

The Official opening of the Children's Centre will take place on Sunday 8th November. The new building will be blessed by Fr. Larkin and the Opening performed at 2pm. Afterwards there will be a fun family day in the Community Centre. There will be Bouncy Castles, Music, Face Painting and Fun and guided tours of the Children's Centre throughout the afternoon. The event will run from 2pm to 5pm and is free to all. It is a celebration of the great achievement of this Community and everyone is welcome to come along and enjoy.

KINVARA CHRISTMAS CRAFT AND FOOD MARKET

Kinvara Farmers' Market is holding their annual Christmas Food and Craft Market on Saturday 5th/Sunday 6th December from 11to 6.00 p.m. each day in Kinvara Community Centre. There will be up to 40 stalls selling a huge variety of seasonal produce and gifts with live music and fun stuff for young and old. This is a great opportunity to get unique hand-made Christmas gifts and buy/order your Christmas food and drink early, such as your Christmas turkey or goose, seafood, shellfish, cheese, deli products, vegetables, plus cakes, puddings and preserves etc. Crafts as usual are many and varied such as pottery, books, jewellery, stained glass, flower arrangements, paintings, textiles and much more. If you get too exhausted shopping take a break in the Christmas Café, which will be serving soup, light lunches, teas/coffees and other yummy refreshments. An annual event not to be missed.

COMMUNITY FORUM

The Community Forum is a facility for all Community groups throughout County Galway. It is sponsored by Galway County Council and meets every second month in different towns throughout the County. This month it is meeting in Kinvara on Tuesday 10th November at 8pm in the Community Centre. There will be two talks given on the night. The first by Eimear Dolan of the Enterprise and Community section of Galway Co. Co. on the recent works carried out by this Dept. and the second will be on the topic of Licensing of Farmers' Markets and Community Gardens. This is an opportunity for anyone who is interested to come along. All members of any Community group are welcome.

KINVARA AND DISTRICT CREDIT UNION

On Friday, 6th November, 3 presentations, sponsored by the Credit Union will take place in the CU office at 8 p.m. The CU Trophies for the most successful boy and girl in the Community Games 2009 will be made, followed by the presentation of the 2009 Toddie Byrne Scholarship to a student who commenced their third level studies in 2009. On Tuesday, 1st December the AGM will be held in the Kinvara Community Centre. The AGM is the ultimate governing body of the CU and all members should attend. Accounts and reports from the directors and various committees will be presented and new directors, one supervisor and a new auditor will be elected. All members should receive notification of the AGM, notice can be got from the office 2 weeks prior to the event. Members are invited to nominate new directors, and/or volunteer to serve on one of the committees

The next newsletter is out in January please email items for inclusion to kinvaranews@gmail.com or drop in to 3 Convent Rd.

KINVARA UNITED FOOTBALL CLUB

Kinvara United FC is currently looking for new players in all age groups but particularly in U8's, U9's, U10's, U11's & U12's. The Soccer Club makes extensive use of the new all-weather pitch at St. Joseph's N.S., and this new facility is a wonderful asset to the community. The club would like to thank all sellers & contributors to the recent fundraising event "Night at the Dogs". Among the spot prize winners were Philip O'Dea, David Huban and Jenny O'Dea. Top prize was won by Alfie Collins from Limerick.

Any questions about soccer in Kinvara can be directed to Ger Ryan on 637000.

KINVARA FARMERS' MARKET

The Farmers' Market will be closed until early April 2010 - it will be sadly missed not only for the produce it provided but for the music and the social occasion it became. The Farmers' Market Cttee. wish to thank all its customers for their support and look forward to seeing them next year. See you at the market!

COMING SOON: NEW PHOTO ARCHIVE OF KINVARA 1956

Robert Cresswell, the anthropologist (now retired, residing in Paris) lived and studied in Kinvara in the mid-1950s. He stayed with Nonie and John Connolly (Dunguaire) and in Cloonnasee, and befriended some families while here. His major work, 'A Rural Community In Ireland', was published (in French) in 1969. Robert Cresswell came to my attention when working on Anne Korff's book 'Kinvara A Seaport Town on Galway Bay' (Tír Eolas) published in 1997. I discovered that he took many photos in Kinvara and have been in contact with him over the years in this regard. He has now agreed to donate his archive to Ireland, and the (good-quality) scanned images (copies) of the negatives will be available in 2010 to the community. I have seen them: wonderful images, many of them, and a fine glimpse of life in Kinvara in the 1950s.

Caoilte Breatnach

KINVARA'S TWINNING

Kinvara's Twinning Committee held their first meeting on 27th October in relation to the proposed return visit to Local Mendon, Brittany in May 2010. The visit will be around the weekend of 14th May 2010 - to coincide with their local Music Festival - and will probably be approx 4-5 days duration. If you would like to be among those visiting from Kinvara please contact Kathleen Kenny as soon as possible as it will be necessary to make travel arrangements within the next few weeks. Activities and fund-raisers for the Twinning visit are planned for the coming months - anyone who'd like to help organise is welcome to get in touch. The next meeting will be held at the Community Centre on Tuesday 17th November at 8.30pm. Meanwhile call or text Kathleen on 087 2100583 to be included.

AGM OF KINVARA CHILDREN'S CENTRE

The first AGM of the Children's Centre will be held on Wednesday, 11th November at 8.30 pm in the Community Centre. The Board of Management is made up of 10 members of whom 2 are delegated Directors of the Community Council. The remaining 8 members will be elected by the parents of children presently attending any part of the Children's Centre. Also eligible to vote are parents of children who have attended either the Playschool or the After school services over the past two years. Nominations will be accepted on the night. All the above are encouraged to attend.

CAFÉBEO - THE BURREN'S NEW AND FIRST CONSERVATION CAFÉ!

Cafébeo on the main street of Kinvara has just been revamped and reopened its doors. As part of the Burrenbeo Trust, Cafébeo is a conservation cafe, meaning it is 100% non-profit. It is a cosy cafe that allows the customers to not only get information and read materials on the Burren but also get premium coffee that is 100% organic and Fairtrade, as well as some of the best home baked products in the Burren region. Plus the feel good factor of giving money towards a charity. The Trust is charity working towards the future sustainable management of the Burren by providing information, carrying out heritage education in primary schools, supporting research amongst other things. It is the only landscape charity in Ireland. The Trust relies on its members and their support to carry out the work. By opening this new and funky cafe, the Trust has created a substantial outlet for its members to engage in Burren activities in a relaxing atmosphere. Members and non-members can come to the cafe and support the work of the Trust by eating and drinking there or using the wifi. The cafe also acts as a gallery space to promote the work of Burren artists and photographers. The Trust is now able to give Burren talks above the cafe, so if you have a tour /groups of tourists and wish to have a presentation on the Burren contact Brigid Barry on trust@burrenbeo.com or 087 9689486. The area can hold up to 30 people. For members of the Trust, there is a 10% discount on food and drink, another great incentive to become a member!!! You can join in the cafe (and get a free coffee) or send in a membership form and support the Trust.. Cafébeo is open Wednesday to Saturdays 10.30-16.30 in the winter.

PLEASE SEND US YOUR RECIPES!

A Cook Book is being planned in support of the proposed Coastal Walkway from the village of Kinvara to Dunguaire. Send the name of the dish and what category it fits in with - e.g. soups; starters; main course; pudding; cakes; biscuits etc. Your chosen recipe must be something from the past - 'handed down' and a favourite of yours. Be prepared to make your dish and bring it along to be 'sampled' (in Kinvara in the next few weeks - we'll let you know soon) and to bring with it a full list of ingredients, cooking method and baking instructions. An experienced cook/baker will test the recipe, following your instructions, before it can be selected for the book. Please don't send a recipe which is included in any other publication. We hope the book that will prove to be entertaining as well as a useful and reliable source of varied, favourite recipes from the diverse community now sharing life in Kinvara.

If you have a recipe you'd like included – please get in touch:

kinvararecipes@rocketmail.com or text 0872100583

KILCOLGAN....

Kilcolgan Educate Together N.S. are holding a pub quiz in O'Donoghues in Kilcolgan on Thursday, November 12th in aid of the school. Tables of 4 are E40 or E10 per person. Lots of spot prizes! They are also holding their second annual Christmas Fair in the school on 29th November from 11 to 5 p.m. There will be lots of home cooking, artists, jewellery, bbq and lots for children. Admission Free. Contact Maeve at 087 1206524 for information.

COMMUNITY COUNCIL MINUTES

The Community Co.Co. meeting with local councillors covered the ongoing subjects of sewage treatment in Kinvara and Traffic Management and other matters. Minutes will be on line (Kinvara online) after approval at the next Co.Co. meeting on 19th November, 8.30pm.