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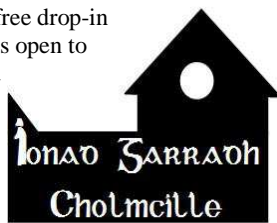
Cumann Cairdeas getting ready for Bealtaine Arts month!

The Cumann Cairdeas Friendship Group had a busy and creative month and plans are now being hatched for the group's local contribution to the annual national Bealtaine Festival of Arts in older age. The group held a fun and tasty coffee morning and raised over €125 in aid of Cancer Services as part of Daffodil Day. They also hosted a visit from the Marie Keating Foundation information bus. The guest speaker that day focused on health, cancers and the over 50s and there was a great turnout. The Marie Keating speaker also met with a group of over 12 local men and discussed men's cancer issues and left information packs in Siopa Pobail and the YARD. Just last week the group welcomed Ger Roche, a Cork singer and musician who lives locally. Ger led off a round of songs and reminiscence that ran well over time and succeeded in getting (nearly) everyone to sing a verse for two of their favourite tune from childhood. The group agreed to get Ger back very soon for some more. Rosemary Grain will be coming to the 30th April meeting to outline plans for an exciting intergenerational project using memory boxes and involving Cumann Cairdeas and PCC students throughout the month of May. See the list on the left for dates and events, and we now have a Cumann Cairdeas notice board in Siopa Pobail too. We are always welcoming new visitors so grab a friend and get along to our next session. Bí Linn!

Fáilte Roimh Achan nDuine

Thursday lunch-time 'Open Door' at Garradh Cholmcille

There is a weekly free drop-in lunch service that is open to anyone who would like a bit of company and a chat on a Thursday. We are open every Thursday from 12.30 till 2pm. There is always a cup of tea and bread, soup and a few biscuits as well. Drop-in for a warm cuppa and a warmer welcome! The centre is just next to the fire station on Station Road. The Drop-In lunch service is specially aimed at people who might be living alone and who might enjoy a bit of a social chat and company in pleasant and welcoming surroundings.



Lunch group members also take part in other local groups. Why not head out the station road and look in and say hello. Your name is in the pot! We have newspapers, a laptop with an internet connection for public use as well as some of the best conversation to be heard anywhere! Hope to see you there very soon!



Singing circle at the YARD on Tuesday 9th April

Growing a sustainable local economy (English version of p.1 lead)

As we continue to experience the fullest effects of the policy of austerity families are struggling with maintaining the simplest day to day things like 3 meals, paying the rent or mortgage and for some, keeping some sort of car on the road! People are treading water at best and many of us are drowning in debt, bills and rising costs. This is NOT the Ireland we probably expected to experience in the first 20 years of this new century. This is NOT the Ireland that many of the founders of state dreamed about and died for just over 100 years ago. We are again exporting our richest and most valuable resource - our young people! There's not a great deal a small community group can do about these national issues, but we at Pobail le Chéile really believe we CAN make small steps toward helping our community help itself. We see our job as bringing people together to combat poverty and social exclusion and to build our own supportive solidarity. That's why we have developed a vibrant and necessary community shop, that's why we are running self-help projects like Cumann Cairdeas and the Open Door group. That is why we think that learning gardening skills and healthy cooking and eating tips can help families cope better. that is why we are promoting a range of approaches to build a viable and sustainable local economy. We are planning to expand the LETS (Local Economy Trading System) non-cash exchange system, we are keen to debate ways to make this community more secure and more robust and we believe that the local social economy holds the key to any local progress. If you would like get involved in this debate, contact Pobail le Chéile on 0749180111. The May/June issue will focus on sustainable local economic strategies.

Beginner runners wanted!

Can you walk for 30minutes? Would you like a new challenge in a fun and social environment? Come join us on our Couch to 5k programme which will take you in 9 weeks from a walker to a 5k runner! In this specially designed programme we will meet 3 times a week for 30 minutes. The sessions will alternate between walking and jogging and before you know it you will be 5k ready! An introductory session will be held at Falcarragh Industrial Estate on Thurs 18th April at 7pm. If you can't make that there will be another one on Sunday 21st April at 7pm. Cost is €3 per session. All you need is a pair of runners, some determination and a sense of humour! Check us out on Facebook 'Couch to 5k' for more information or call Kathleen on 0864040035.



Advertisement

Car Boot Sale

Indoor/Outdoor @ the YARD
Sat. 27th April 1pm-4pm

Tables €5 (spaces limited) Ring 0852259889

Páistí Le Chéile Parent & Toddler Group meets every Thursday at 10am at Ionad Garradh CholmCille (Beside Fire Station) Fun & friendship. €2 per child. Trips & special events too.



Fógraí an Phobail

Cumann Cairdeas

Is grúpa gníomhach aosaigh i gCloich Cheann Fhaola iad seo a thagann le chéile gach Márt ó 11r.n. go 1.00i.n. – YARD, An Fál Carrach. We meet every Tuesday at 11am in the café area of the YARD centre.

Tuesday 16th April
Healthy cooking and eating - a practical session with community health chef Carol at the YARD. 11am

Tuesday 23rd April
Sewing skills with Kathy
Tuesday 30th April
Rosemary will be presenting of Bealtaine Arts plan
Tuesday 7th May
Memory Box Project - Day1
Fáilte Roimh Achan nDuine

Kundalini Meditation (Dance Meditation)
Alternating with Humming Bee with Josephine
Sundays 6-7pm@ YARD
Starting 7th April



Bring something to lie on and loose fitting comfortable clothes.
Ring 07491 80111 to book a place

Cuireadh / Invite

Togra SAMKURA The SAMKURA Project

Seó Grúpa thar ceann ealaíontóirí ó Chló Ceardlann na gCnoc

Ins

An Gailearaí, Ionad na hAislainne, Gaoth Dobhair

Group Show on behalf of artists from Cló Ceardlann na gCnoc

At

An Gailearaí, Aislann Centre, Gaoth Dobhair

Seoladh Poiblí Dé Céadaoin 17 Aibreán ag an 6.00i.n. – 8.00i.n.

Mairfidh an taispeántas go dtí 21-06-13. Tá an ócáid seo saor in aisce agus oscailte don phobal

Public Launch on Wednesday 17th April at 6.00pm – 8.00pm

Exhibition continues until 21-06-13. This event is free and open to the public



GLÓR

Don Phobal

Muachtlitrí O Pobail Le Chéile, CDP, Cloich Cheannfhaola

Singing Lessons!

€3

Come along and learn some new songs! We will be practising breathing techniques, group singing and different singing styles. There will also be song writing workshops!

Every Thursday @ Yard

These classes will be open to all young people. Cost is €3 per person per class.

Under 12s 5 - 6pm

Ring 0860841433 to book

Pobail Le Chéile interested in exploring social economy for local growth

Ag fás geilleagar inbhuanaithe áitiúil



Agus muid go fóill ag fulaingt toradh an pholasaí déine tá teaghlaigh ag streachailt ó thaobh gnóthaí an lae a dhéanamh macasamhail 3 béilí, ag íoc an chiosa nó an morgáiste agus i gcásanna eile, ag coinneáil gluaisteán de chineál inteacht ar an bhealach!

Is ar éigean go bhfuil daoine ag coinneáil a gcloigne os cionn an uisce agus tá cuid mhór againn ag báigheadh i bhfiacha, billí agus costais ag arús. Ní hí seo an Éire a bhí muid ag súil leis sna chéad 20 bliain den chéid úr seo is dóiche. Ní hí seo an Éire a shamhlaigh mórán de

Young People Working Together In Cross Border Partnership

Coisir Costa Christ Ri

April 20th, Christ Ri Youth Club, Magheraorty 3ish to 10ish

BEYOND BORDERS
Bringing Communities Together
Promoting Community Leadership
Challenging Sectarianism
Tackling Prejudice
Building Sustainable Partnerships

FREE ADMISSION Non Alcohol Event

Karaoke
Inflatables
Mural Launch
Cross Border Football 3 - 5
Music By
Eve Murtagh,
Solution,
Apollo 6,
Jamaican Vampires,
Skyrise,
The Murray Twins,
DJ Shane Ferry

www.facebook.com/beyond.borders.58

FIND US ON

bhunaitheoirí an stáit agus a bhásaigh dí thar 100 bliain ó shin. Tá muid ag ea-spórtáil arís ar n-acmhainn is saibhre agus is luachmháire – ar ndaoine óga! Níl mórán go dtig le grúpa beag pobail a dhéanamh fá na saincheisteanna náisiúnta seo ach creideann muidinne ag Pobail le Chéile i ndáiríre GO DTIG linn céimeanna beaga a ghlacadh le cuidiú lenár bpobal cuidiú leo féin. Sé an obair s'againn ná daoine a thabhairt le chéile chun dul i ngleic le bochtaineacht agus eisiámh sóisialta chun ár dlúthpháirtíocht tacaíochta féin a eagrú. Sin é an fáth go bhfuil siopa pobail briomhar agus riachtanach forbartha againn, sin é an fáth go bhfuil muid i mbun tiionscail féincheabhrach cosúil le Cumann Cairdeas agus an grúpa Doras Foscailte. Sin é an fáth go síleann muid go gcuideoidh foghlaim scileanna garantóireachta, cócaireacht sláintiúil agus leideanna ithe le teaghlaigh an ceann is fearr a fháil ar dheacht. Sin é an fáth go bhfuil muid ag cur chun cinn réimse bealtai chun geilleagar áitiúil inmharthana agus inbhuanaithe a thógáil. Tá muid ag pleanáil an córas malairte neamhairgid a leathnú (Córas Trádála don Gheilleagar Áitiúil). Tá muid ag iarraidh bealtai a phlé leis an phobal seo a dhéanamh níos sábháilte agus níos láidre agus creideann muid go bhfuil an gheilleagar sóisialta áitiúil mar réiteach ar dhul chun cinn áitiúil ar bith. Más mian leat a bheith páirteach sa díospóireacht seo, téigh i dteagmháil le Pobail le Chéile ar 074 9180111. Beidh an chéad eagrán eile (Bealtaine/Meitheamh) ag díriú ar straitéisí inbhuanaithe.

Óige Le Chéile After-schools project plans to return to YARD in May

Pobail Le Chéile have secured some funding support from DLDC to enable them to start up the extremely popular after-schools project for 7-12 year olds. Last year the project involved 15 local families and provided homework and learning support from a qualified teacher and creative activities that saw the group making a short film and an animation and a Halloween drama! This year we hope to run a short programme in May and June and then more in September and will be calling a parents information meeting as soon as we get the grant details. Ring Paul on 0749180111 for details about parents event.



Love Books?

Want to make new friends and share your passion for reading? Then why not join the new Pobail Le Chéile bookclub. Books will be chosen from a list of books held by Donegal County Library for loan to book clubs. Come to the YARD on Tuesday 30th April at 2pm to collect the first book up for discussion. The Library are providing copies of Jennifer Johnston's 'Two Moons' as the first title. Eolas: 07491 80111



Big Band Night for Donegal Mental Health Associations

Tickets are on sale from Siopa Pobail in Falcarragh for a very special fundraiser night at the Silver Tassie, Letterkenny on Sunday 5th May. The proceeds will go to mental health work across the county and a portion will also be shared with 'Rebuild for Bosnia' charity. The event promises to be a really special one with the 17 piece band belting out classic. The Bleu Note Big Band is one of the North West's biggest live acts, comprising of some of the region's finest musicians. The band play an exciting blend of big band classics and contemporary arrangements from the world of Latin, swing and jazz. Tickets €20 each at Siopa Pobail, Falcarragh Main Street.



Glór don Phobal is produced by Pobail Le Chéile, CDP. We are funded through the Local & Community Development Programme by the Dept. of Environment, Community & Local Government through Udarás na Gaeltachta and through support and donations from the public



My Favourite Things *Linda Dale*

Q. How did you end up living in the wilds of Donegal?

A. I moved here 3 and a half years ago from Newcastle-upon-Tyne with my husband because his parents live here and I felt the time was right.

Q. What's your favourite way to relax?

A. I do card-making and craftwork.

Q. If you were stranded on a desert island, what three things would you take with you?

A. Hairdryer and sockets and lots and lots of hair products!!

Q. What was the first present you remember Santa bringing?

A. Doll and pram.

Q. Favourite three celebrity dinner guests (living or dead)?

A. Hugh Jackman for eye candy! Nelson Mandela and Ant and Dec for entertainment value!

Q. Where is your favourite place to shop?

A. I spend most of my time in charity shops but of course Siopa Pobail is my favourite!

Q. What is your secret pleasure!!!?

A. Chocolate!

Linda is a volunteer with Pobail Le Chéile and recently started work with us under the TÚS programme. She will be working on Pobail le Chéile projects and will still do a shift or two in the Siopa.



Know Your Rights - Know Your Rights - Medical Card changes for over 70s

There are some changes to the eligibility rules for Medical Cards for persons aged 70 years or older which are effective from 5 April 2013 and are detailed below:

• If gross income does not exceed €600.00 a week for a single person or €1,200.00 a week for a couple, then you are entitled to a **Medical Card**.

• If gross income is over €600.00 but under €700.00 a week for a single person or over €1,200.00 but under €1,400.00 a week for a couple, you are entitled to the **GP Visit card**.

If your income is in excess of these limits, or you have high medical expenses, you will be assessed under the general Medical Card Scheme, where all circumstances will be considered in order to determine if you have entitlement to a Medical Card or GP Visit Card. Copies of the amended Application Forms will be available from HSE Local Health Offices or at www.medicalcard.ie.

The HSE are also removing Home Improvement Loan payments and excluding the first €50 per week from Travel-to-Work expenses from the standard medical card means test assessment from April 2013.

A person who does not have an entitlement to a Medical Card/GP Visit Card is entitled to avail of the Drugs Payment Scheme (DPS). Furthermore, persons with certain illnesses may qualify for medicines, and medical and surgical appliances directly related to the treatment of their illness, free of charge, through the Long Term Illness (LTI) Scheme.

You can get more information at the Local Social Protection office in Dunfanaghy or call into Pobail Le Chéile at the YARD on Wednesdays and access the welfare right support service (free of charge)



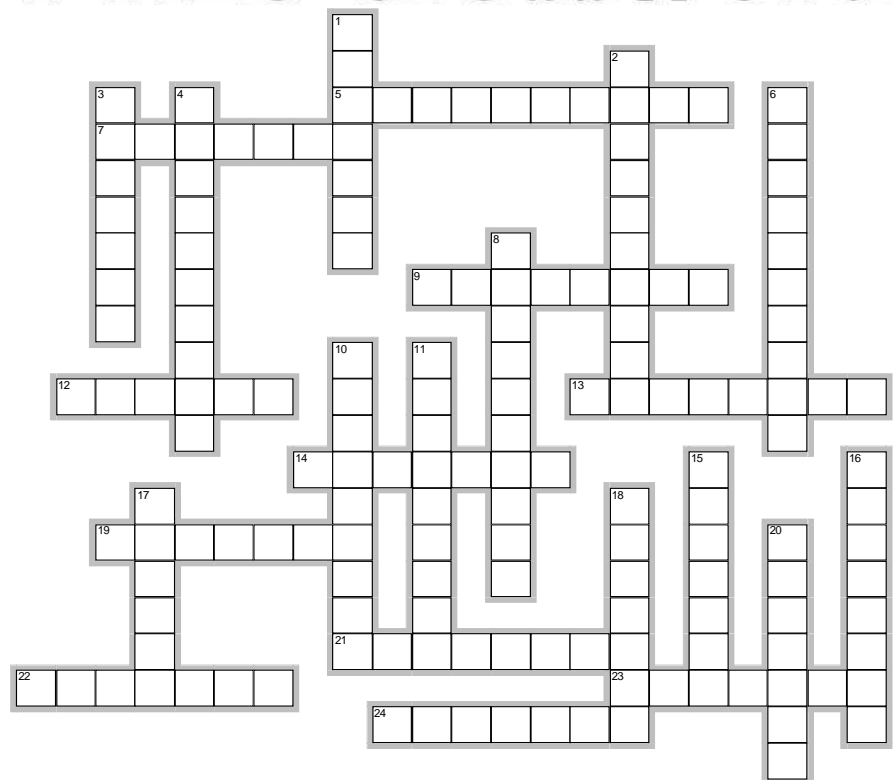
Trasna

5. Fabric cover, under the plates? (10)
7. Stretchable... for knickers or band? (7)
9. Sandwich - locally speaking (8)
12. Meal between breakfast and lunch (6)
13. Soft drink with water, juice and sugar. (8)
14. Rio de - Brazilian city (7)
19. Simple stuffed pasta, often square. (7)
21. Small horse from Scottish isle? (8)
22. Italian for little breads - hot, flat sandwich (7)
23. Its capital is Vienna? (7)
24. Knife, fork and spoon? (7)

Síos

1. The cooking room! (7)
2. South Eastern African state (10)
3. Something sweet at meal's end (7)
4. French espresso and hot milk coffee drink (10)
6. English town with famous sheriff. (10)
8. Largest town in the Donegal Gaeltacht? (10)
10. Gaeltacht food for angels or devils, let them eat... (4,5)
11. Right now! Quick. (9)
15. Easily understood, seen or discovered. (7)
16. Gaeltacht menu? (8)
17. Where the flowers grow? (6)
18. A vacation (7)
20. A dispute, row or argument. (7)

Prize Crossword No. 102



Ainm:..... Baile Guthán

Winner of last month's prize was ... Martha Baskin, Cill Ulta
Last month's prize - a €25 One 4ALL shopping voucher.

This month's prize for the correct entry drawn is a €20 voucher for Tom's Coffee Shop, Falcarragh. Draw will be made from all correct entries, winner will be notified by phone or post. Closing date for next competition - Friday **10th May 2013**

For fresh Coffee, Delicious Sandwiches & Hand Crafted Desserts

TOM'S COFFEE SHOP
 "Caifé Thomáis"

Tel: 0872794642

find us on facebook. MAIN ST, FALCARRAGH

The Beaut Camp Begins!

After our successful taster evening before Easter the YARD has organised a 4 week Beaut Camp for girls. The camp will be for over 14s and will run from 7.15pm- 8.30pm for four Fridays (12th, 19th & 26th April and 3rd May). Beaut camp will teach you everything you ever wanted to know about beauty, health and make-up tips.



An bhfuil céisteanna ar bith agat fa domh de smideadh, cúram cnis nó sláinte? An cailín tú atá 14 bliain d'aois nó níos sine?? Tá an cúrsa seo fóirsteanach. With make-up and make-overs this class is sure to be great fun. Learn the secrets of the professionals and the money saving tricks. Find out how to make your own safe, herbal treatments and how to make real positive changes in how you look and feel. For the first session on Friday 12th April girls are asked to bring in some of their own make-up and skincare products. If you or someone you know would be interested in this course get in touch with us in Pobail le Chéile on 0749180111.

Solution - Band Update

Solution were formed in 2010 with the current line-up of Cillian, Ultan, Kai and Daniel. Gigs include Star factor, Letterkenny, PCC's Got talent and most recently we were the Regional winners of the IYMA's. The Irish Youth Music Awards covers over 30 counties who compete head to head in Liberty Hall, Dublin on the 27th of April. Winners get to record an album with the rest of the Regional Heat participants, and a review in Hot Press magazine. Currently, the band and a select few of their friends are busy promoting, recording, staging photo shoots, fundraising etc, with their most recent gig helping to fund the EP which will include the winning song **Say This For Sure**, and Best Song winner -Joel Harkin's track **Siobhan in New York**. Solution's most recent fundraising event was the gig in the Yard, on 5th April, they were supported by fellow competitors from the regional heat, Sabotage and Niall Buckley, who dazzled the crowd that night. Proceeds from the evening go towards the aforementioned EP production.



Lets Talk About Sex Week 22-28th April

The YARD will be taking part in several actions relating to the Donegal Youth Service Let's talk About Sex Week. One event is open to anyone over 16 who would like to attend a workshop in Letterkenny at the Regional Cultural Centre focussing on Sexual health and Young People. The session is aimed at people (Over 16+) who work with young people in any capacity. The workshop will be facilitated by Lorraine O'Connell, Sexual Health Education Coordinator, who works as a trainer/facilitator with AIDS West. Lorraine has considerable experience working with young people. The YARD has a car going, so if you are interested text/call 0860841433 ASAP to book a place. The event runs between 10-4pm, 26 April at RCC, Letterkenny.

Seachtain Pléifimid an Gnéas

Tá Tionscadal Óige an YARD ag tacú le agus ag glacadh páirt sa tríú 'Seachtain Pléifimid an Gnéas' bliantúil de chuid Seirbhís Óige Dhún na nGall chun comhrá sláintiúil agus tacúil le daoine óga fá ghnéas, sláinte ghnéis agus caidrimh a chur chun cinn.

Ba mhaith linn daoine fásta a spreagadh le bheith páirteach, go háirithe tuismitheoirí, baill teaghlach, múinteoirí, oibríthe leis an óige agus iad siúd uilig a bhíonn tionchar lárnach acu i saol daoine óga. Is mian linn a chinntiú go bhfuil tacaíocht ag daoine óga ó thaobh duine éigin chun labhairt le agus ciall a bhaint as na teachtaireachtaí measctha a fhaigheann siad agus go mbeadh a fhios acu cá háit le dul chun teacht ar eolas fíorasach, sothuigthe. Mar chuid den tseachtain tá an tSeirbhís Óige ag eagrú imeachtaí ar nós 'Gortaíonn Grá' Sláinte Gnéis Ullmhaigh an Traenálaí, tá muid ag tacú le clubanna óige chun seisiúin feasachta sláinte gnéis a réachtáil le pacáistí eolais, tá muid ag cur an seachtain chun cinn trí scoltacha le seisiúin atá pleanáilte go speisialta don ócáid. Tá imeachtaí á phleanáil ag ár gcomhpháirtithe an FSS agus Ionad na mBan Leitir Ceanainn agus ba mhaith linn oiread grúpaí agus is féidir a bheith páirteach. Bíonn an tseachtain gníomhaíochta agus oideachais ar siúl idir 22 agus 28 Aibreán, 2013.

Lets Talk About Sex

An invitation to participate in "Lets Talk About Sex Week" 22-28 April 2013

A campaign to promote healthy and supportive conversations between parents, family members, teachers, youth workers with young people about sex, sexual health and sexuality. www.facebook.com/etstalkaboutsexdonegal

Are you interested in improving your gardening skills?

Are you interested in improving your gardening skills? Then we have the very course for you. Pobail le Chéile is hosting a six month long course in gardening skills at the community garden at the YARD centre, Ballyconnell, Falcarragh. The course is based at the garden space to the rear of the community centre with 10+ sessions between now and late September. Gardening takes place every week - each Tuesday from 10am - with a special guest every 2-3 weeks covering a special theme. The coming dates are Tuesday 16th April - Seeds and Soups! with the guest chef looking a healthy cooking with practical demonstrations as well as some hands on gardening, planting and germinating seeds, planning and preparing your growing year. On 29th there is a further session on composting and recycling. Ring Paul on 0749180111 or call/text 0860841433 to book a place.



"Connexions" Grúpa cairdeas úr do dhaoine faoi mhíchumas

Chas roinnt daoine áitiúla leis an chumann charthanacht an Fhionúireacht Cedar chun grúpa cairdeas de dhaoine fásta le míchumas a bhunadh ar mhaith leo buaileadh le chéile go rialta le haghaidh cupán tae agus comhrá, turais chuig an phictiúrlann, club DVD, siúlóidí nó cibé mas mian leat! Buailfidh an grúpa le chéile i Siopa Caife Tom ar an 22ú lá do Aibreán. Chun tuilleadh eolas cuir scairt nó téacs chuig Paul ag Pobail le Chéile (086 0841433) nó David (086 2201345)

Falcarragh Connexions Friendship Group Cedar

A better future for people with disabilities

OY!... Out in the YARD!

'Out in the Yard ('OY!') is a volunteer-led social Drop-in Group for Lesbian, Gay, Bisexual and Transgender young people & friends. This is a place to meet new people, get support and information, and share experiences in a safe and supportive environment. Based in the Yard, Falcarragh, the group is open to anyone aged 15-23 and meets on 1st & 3rd Saturday of the month, 3-5pm. If you or someone you know would be interested in attending the LGBT youth drop-in service then Contact: lgbt@falcarragh.com Or call or text us on our confidential line 0862743414

