

FÓGRAI an phobail

Turas go dtí 'Doagh Famine Village'

Tá Pobail Le Chéile ag eagrú turas go dtí 'Doagh Famine Village' ar an Máirt 28ú Meitheamh. Beidh an bus ag fágáil an YARD ag 9r.n. €25 an duine. Clúdaíonn seo tuille isteach, tae/bonnúg nuair a shroicheann tú an ait, béile dhá chúrsa in Ostan Baile Lífín agus an bus. Le áit a chur in áirithe cuir scairt ar 0749180111.



Trip to Doagh Famine Village on Tuesday 28th June

Bus leaves the YARD at 9am. In the afternoon there will be a two-course meal in the Balliffin Hotel. €25 pp, this includes bus, tea/scones on arrival, guided tour and 2 course meal. The Famine Village tells the story of a community living on the edge and surviving the famine of the 1840s to the present time. Learn how these people adapted and survived in their environment. All welcome. To book call: 074 9180111.

Cumann Cairdeas will take their summer break from weekly meetings but trips will continue throughout June, July and August.

'PARKRUN' Dé Sathairn 11/06/2016. 9.30 i.n. Páirc N. Fionán. Bricfeasta urraithe ag Eurospar Mhic Laifeartaigh. Fáilte roimh shíntiúis an lá sin. Parkrun Fundraiser on 11.06.16 at 9.30am. Breakfasts sponsored that morning by McClafferty's Eurospar. Donations welcomed by participants.

LÁ TEAGHLAIGH AG AN YARD

Lá Teaghlaigh saor in aisce ag an Yard Dé Sathairn an 25ú Meitheamh ón 2-4i.n. Líne maith siamsaíocht don teaghlach uilig. Beidh seó draíochta, péinteáil aghaidheanna, ceol, damhsa agus sólaistí ar fáil. Beidh aoieanna speisialta Mickey agus Minnie Mouse í lathair! Beidh raifil ann agus rachaidh na fáiltais uilig chuig 'Parkrun'. Tá an imeacht Lá Teaghlaigh páirtmhaoinithe ag Foras Pobal na hEireann. FREE Family Fun Day at the YARD on Saturday 25th June from 2-4pm. Great line-up of entertainment for the whole family. There will be a magic show and facepainting with Jessica Harkin, music from Blackbird & Crow. Performances on the stage include dancers from the Forristal School of Dance and performance art with Nora



Kavanagh's Group. Sarah Boyce's Girls' Dance Group will also be performing. Lots of delicious refreshments. Special guest appearances from Mickey and Minnie Mouse! There will be a raffle and all proceeds will be going to Parkrun. This family day event is part-funded by the Community Foundation of Ireland.

GRÚPA TUISMITHOIR AGUS TACHRÁN

Feirm Peata an Earragáil

Buíochas mór do na tuismitheoirí agus páistí uilig a thainig go dtí an feirm peata. Buíochas do Rosemary Grain ar shon na imeachtaí a eagrú agus do Eleanore Lainsbury a thug tacaíocht dí. Tá an grúpa ag glacadh saoire bliantiúil an tSamhraidh anois agus beidh siad ar ais i mí Mean Fomhair. Tá súil againn go mbeidh samhradh ar dóigh agaibh uilig.

Special thanks an see you all soon... Thanks to all the parents and children for coming along on the trip to the Errigal Pet farm. The Parent and Toddler Group would like to thank Rosemary Grain and Eleanore Lainsbury for their supportive roles with the group. Thanks to all the following for their activities/educational talks which added so much to the Parent and Toddler Group: Danielle Roelfsen, Parentstop, Liz Weir, Tiny Tunes, Boogie Bugs, Art Zone, Realtaí Dance, and Louise Friel. The group will take their annual summer break now and return in September. We hope you all have a great summer.



Jigsaw Donegal - Supporting Young People cope with life!

Jigsaw is a free and confidential support service for young people aged between 15-25 in Donegal. Jigsaw supports young people to deal with the demands of their everyday lives. Jigsaw is about listening to and supporting young people; about building on young people's strengths; about valuing and respecting young people; and about changing how Donegal thinks about young people's mental health.

Our Drop In Hours in Letterkenny, Pearse Road Are: Mon: 2pm - 3pm Tues: 2pm - 3pm Wed: 2pm - 3pm Thurs: 3pm - 5pm You can call us on 074 9726920 www.jigsaw.ie/donegal



SPANISH CLASSES

Available for Individuals or groups in Gortahork, Falcarragh, Dunfanaghy and/or Gaoth Dobhair. Beginners to advanced level students, conversation... whatever there is an interest in. Contact Maria: (Native Speaker) 0879709960 or email mariegasol@hotmail.com

An Panc Patisserie, Market Square, Gortahork

Creative home baking using fresh & local ingredients. Cafe has reopened for the Summer but outside catering available all year round. Beetroot & Blackcurrant Cake; Moroccan Orange Cake; Normandy Pear & Almond Flan, Lemon Polenta & Blueberry Cake (Gluten Free) and many more. All the cakes serve 6-8 people. Go on, treat yourselves! Call Helen 087 398 9812

GLÓR DON PHOBAL

Nuachtlitir Ó Pobail le Chéile, CDP, Cloich Cheannfhaola Iár an tsamhraidh Saor in Aisce Vol. 15 / 3

Men's Health Week 13-19 June: Information packs in Siopa Pobail

Ait do na fir fosta!

Tá an tríú seachtain de Mhí na Meitheamh aitheanta mar seachtain sláintiúil na bhfear, ón 13ú go dtí an 19ú den mhí. Beidh Pobail le Chéile ag déanamh ceiliríú ar an tseachtain le bunú Shed na bhFear a sheoladh san Fhál Carrach. Beidh sé ag tosacht san fhómhar ag tabhairt áit foghlama agus scíth do na fir ó 18 bliana go 80 +.

Beidh taispeántas speisialta i Siopa Pobail ag cuir oiliúint do na fir ar fail i mí Mheán Fómhair. Beidh 7 cheist a chuir faoi Sláinte na bhFear agus ba mhaith linn tosú ceangail leis an tionscadal 'Nascadh leis na bhFear Óg' tionscnamh atá ar siúl i rith Mí Iúil agus Mí Lúnasa. Beidh pacáistí sláinte do fir ar fail sa tsiopa do dhaoine le tabhairt na bhaile agus do mhná le tabhairt do na fir tábhachtacha ina saol - mac agus deartháir, uncail agus athair. Beidh muid ag baint úsáid as seirbhísí an parkrun san Fhál Charraigh leis an seachtain seo a fhógairt agus le aird na fir a tharraingt ar na cúrsaí sláinte speisialta a mbeidh muid ag díriú air.

Mar a fheiceann tú san eagrán seo den Ghlór, tá muid ag fógrú an ócáid 'POP-UP Health Café i nDún Fionnachaidh ar an Máirt 21ú Meitheamh i Halla Naofa na Tríonóide i nDún Fionnachaidh. Beidh béim faoi leith ar shláinte na bhfear ar an lá chomh maith le Siúcra san Fhola, scrúdu Brú Fola, cóireálacha teiripeacha saor in aisce agus beidh seastán agus bileoga ag cuir smaointe agus moltaí folláine ar fail. Mar sin, inis don fear i do shaol ... déan athrú dearfach don sláinte agus bí níos folláine, buail isteach i Siopa Pobail agus pioc suas pacáiste an sláinte agus tar amach go dtí an Café Sláinte ar an 21ú Meitheamh i nDún Fionnachaidh. Beidh bus ón YARD, An Fál Carrach ag 10.15 ar maidin ar an 21ú agus ag pilleadh ag 14:30.

New YARD dates and times

The YARD Youth Project has its final drop-in evening on Friday 17th June at 6pm in the YARD centre. We will be organising activity projects and trips during the summer and the Friday Night Drop-In starts back on Friday 16th September at 6pm. Watch out for notices in the parish bulletin. The YARD is open to all young people who have reached their 13th birthday & are enrolled in secondary school.



Recycled your spectacles with VisionAid at Siopa Pobail

Recycle your spectacles with VisionAid at Siopa Pobail

Vision Aid runs a nationwide spectacle collection scheme which operates to raise money for our work. Recycled spectacles are not sent overseas. Vision Aid Overseas will ensure spectacles are recycled in an environmentally-friendly way and income generated from recycling is used to support our programmes overseas. Optical practices all over Ireland can collect spectacles for Vision Aid Overseas and many community organisations help where there are no optician facilities drop yours into Siopa Pobail. Pobail le Chéile is aiding the collection of spectacles over the summer months and will be sending these for re-cycling to help VisionAid's work in Ethiopia an Kenya.



POP-Up Health Café in Dunfanaghy on 21st June

Please come along to this interesting and relaxing event on Tuesday 21st June at Holy Trinity Hall, Horn head Road, Dunfanaghy from 10.30am. There will be a free bus leaving the YARD on 21st at 10.15am sharp and returning at 2.30pm

parkrun Falcarragh

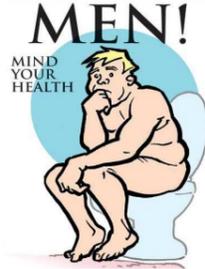
parkrun Falcarragh continues every Saturday morning at 9.30am. This is a FREE recreational walk/run for everyone young and old. Meet at the GAA pitch. Many thanks to all our volunteers and sponsors. Park Run Ireland advise all people participating in the event must register to be covered by Park Run insurance ... If you would like to register/print barcodes before/after the event you can contact the Yard or call into Siopa Pobail and print out your barcode anyway. Barcode printing in the Siopa is Free!

Siopa Pobail would love to recruit new volunteers!

We are happy to welcome new helpers at the Community Shop, especially now with the summer holidays soon to start. Some regular volunteers are taking holidays or minding children so there are opportunities for new people. You can help for an our or two most days of the week. Its can be great fun, a way to make new friends and also give something to the wider community. No experience necessary and training will be provided. Call 9180111.

Siopa Pobail raises funds that support the YARD Youth Project, the Parent & Toddler Group, Cumann Cairdeas, Afterschools, Garden Projects. Míle Buíochas!

Glór don Phobal is produced by Pobail le Chéile, CDP. We are funded by a number of public sources including Udarás na Gaeltachta, Donegal County Council and under the SICAP programme and supported by fundraising and donations from the local community



MEN'S HEALTH FACTS

44 Men live 4.4 years less than Women.

11 The last 11 years will be in poor health.

Men make up 56% of the workforce.

Yet 94% of all workforce fatalities are Men.

The top 3 reasons for reduced lifespan in Men are cardiovascular disease, suicide, and motor vehicle accidents.

Only 30% of a Man's overall health is determined by his genetics.

Having a Y chromosome is not an excuse for unhealthy lifestyle choices.

Globally, alcohol kills almost 6 times more Men than Women.



My Favourite Things... Danny Friel

Q What is your earliest childhood memory?

A: Going in the car on a day trip to the beach at about 5 years.

Q What behaviour in others rives you up the walls?

A: People picking their ears with an earbud Yuck!

Q If you did not live here in Donegal where...?

A: Liverpool (Near Anfield)!

Q What is YOUR worst habit?

A: I talk FAR to much. (this is an edited answer!)

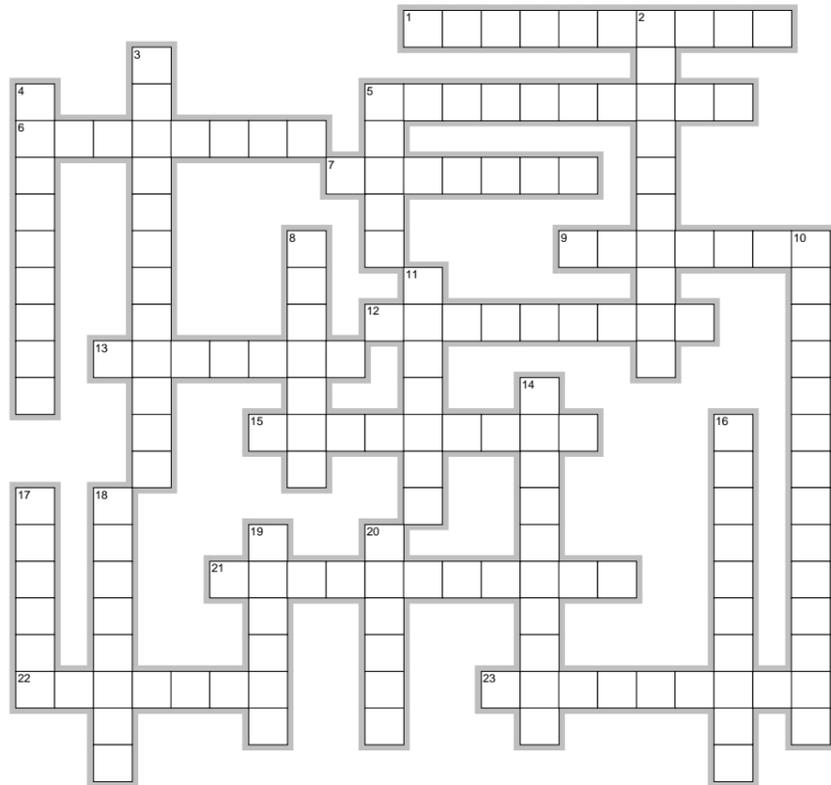
Q What is favourite film?

A: 'Over The Top' With Sly Stallone old but great..



Danny started at the YARD under the TÚS Scheme back in February of 2016 and is responsible for the general maintenance and decoration of the buildings used by Pobail le Chéile (the YARD, Siopa Pobail and Garradh Cholmcille). Danny is a devoted father of four and is married to Louise....

Prize Crossword ¹¹⁸



Draw will be made from all correct entries on closing date, winner will be notified by phone or post. Prize is non-negotiable. Closing date Friday **12/08/2016**

The prize this month is a gift voucher to the value €20 for a Falcarragh shop. Sorry but due to a design error there was no possible winner of the crossword No. 117 Therefore the €20 voucher prize will roll over to this issue. Please have all entries into the YARD or Siopa Pobail by Friday 12th August

Lead Story from Page 1.

We're Supporting the Men Too!

The third week of June is recognised as men's health week - from 13th to 19th of the month and Pobail le Chéile will be marking the week with the launch of our project to establish a Men's Shed in Falcarragh that would be ready for action in the autumn offering learning and recreational opportunities for men from 18 to 80+.

We will have a special display in Siopa Pobail offering training for men in September. asking 7 Key Questions for Men's Health and we would be starting and 'Connecting with Young Men' initiative of the summer months of July and August. We will have men's health packs in the shop for people to take away and for women to give to the important men in their lives - sons and brothers, uncles and fathers.

We will also be using the services of the Falcarragh parkrun to advertise the week and to let men know about the special health matters that we will be highlighting. As you see elsewhere in this issue of the Glór, we are promoting the POP-UP Health Café event in Dunfanaghy on Tuesday 21st June in Holy Trinity Hall in Dunfanaghy, and there will be a special emphasis on men's health on the day as well with free Blood Sugar, Blood Pressure testing, free therapeutic treatments and there will be leaflets and stalls offering health and wellbeing ideas and suggestions. So tell the men in your lives... make a positive change for better health and wellbeing, call into Siopa Pobail and pick up a health pack and come to the Health Café on 21st June in Dunfanaghy. There will be a bus from the YARD, Falcarragh at 10.15 on 21st and returning at 2.30pm.

We need volunteers for Men's Shed

If you are interested in helping get the Falcarragh Men's Shed up and running in the autumn and would like to come along on some fact-finding trips to see other men's sheds and their members just call or text Paul on 0860841433. We already have a number of men interested and we are planning several visits over the summer months to get organized.



Trasna

1. The open farm near Letterkenny (See page 3 trips!) (10)
5. Liquid produced when churning butter (10)
6. An 'interview' in the Gaeltacht! (8)
7. Large nation between France and Poland (7)
9. The highest Himalayan peak (7)
12. Tyrone's third largest town (9)
13. Hand joint bone (for fist!) (7)
15. The Eye Glasses Charity see page 1. (9)
21. Also called Ping Pong (5,6)
22. A 'cloud' about these townlands (7)
23. To count or compute numbers (9)
25. Aromatic spice, and pungent 'soapy tasting' herb (9)

Síos

2. Large, odd-toed, horned, African and dangerous mammal (10)
3. Falcarragh's big house estate and Golf Club (12)
4. Capital city of Nepal (9)
5. A trout - locally speaking (5)
8. A dictionary - locally speaking! (7)
10. Falcarragh townland and old cemetery (14)
11. Sandra a top Hollywood Movie actress! (7)
14. England's second city (10)
16. Antipodean nation mainly of two large islands (3,7)
17. Authority - Locally speaking (..... Na Gaeltachta!) (7)
18. Irish bagpipes (8)
19. To grip or to manage. A doorknob! (6)
20. Lead writing implement (6)

Glór na hÓige - the Youth Column

YARD Young Women's Group... speaking up for themselves

Back in February the Yard began a four-week discussion and social group for young women aged 13 - 17. Our aim was to create a fun and creative environment where they could discuss what it is like to be a young woman in Ireland today. Through various exercises, open discussions and debates, that accumulated into an art piece that represented everything that they had learnt. Due to its fantastic results and positive feedback the group kept running right up until the end of the first week of June. Below is a brief description of what the Group achieved in its first number of weeks.



Week 1

We explored what it means to be a young woman, the limitations that still exist in our society and what we could do as individuals and a group to generate change. Firstly we drew a woman and then drew ourselves. In the second we wrote positive and negative words they had heard to describe women. We then watched two short films that expressed positive views on young women. Afterwards everyone had the opportunity to express their opinions on what they thought they had learned.

Week 2

In the second week we spoke about International Women's Day, why and how it began, what its relevance today is and what activity they would like to participate in on this day. We then explored and discussed what feminism, as an ideology and as a movement, meant for each of us.

Week 3

In the third week we explored how to understand ourselves emotionally, our strengths and potential. We began with an exercise which asked a series of questions about how comfortable you are in specific situations, for example, saying no, talking about politics, playing sports, expressing yourself and how you are feeling, discussing feminism, college / career goals and so on. We then stood alone, in one of three places on the floor, representing very comfortable, mildly comfortable and not comfortable. After each question each person discussed their choice with the group. In the second exercise we had an open discussion on what makes you as an individual, what makes a perfect woman, the idea that choice equals freedom and that empowerment, independence and success comes from understanding your own strengths and weakness and to be aware of the limitations that you will face in society to overcome them by becoming confident and safe.

Trips and Outings with the YARD

Over the summer months the Yard Youth Project and its 'junior' under 12s group Óige le Chéile will be planning tips and outings. Venues might include Gartan Outdoor centre, and a trip to Lurgybrack. If you are interested just text/call 0860841433 and we will give you an update or check us on Facebook

Lurgybrack Farm

Lurgybrack Open Farm is a special place where all the children and groups can spend the day together seeing the animals and having fun. The centuries old farm building is home to a range of friendly farm animals that children can come face to face with. There is ample space to play safely, wander by the riverside, walk or just sit back and unwind with a tasty snack from our tea room or have your own family picnic.

Week 4

In our final week the group brainstormed and designed a visual representation art piece of everything they had discussed and learnt. With the help of local artist, Sean Fitzgerald, they painted an outline of a person, bordered by a Celtic design and wrote the words that impacted them the most.

Result

By the end of the four weeks the group had become more interested in these ideas, many that had never been explained nor explored before. With each week there was more enthusiasm for questions and debates. Members became more confident in their ability to get their opinions heard and became more patient in hearing others opinions. The large-scale artwork is on show in the Hall Mór in the YARD.

CDP round-up - what we do

Are you who the Men's Shed is waiting for?

An bhfuil suim agat bheith pairteach i Shed na bhFear san Fhál Carrach? Ar mhaith leat cuidiú le tús a chur leis? Cur téacs nó glaoch ar 0860841433 agus fag d'ainm agus uimhir. Táimid ag lorg roinnt fir chun cuidiú leis an tionscadal a fhail réidh don obair san Fhómhar. Are you interested in getting involved in Falcarragh Men's Shed? Would you like to help get it going? Then text or call 0860841433 and give your name and number. We are looking for some men to help get the project ready for action in the Autumn.



Falcarragh First Responders Launched!

Now that Falcarragh is celebrating its new emergency response service here's what the group says about themselves from Facebook...

"We are a group of volunteers who have come together to form a Cardiac First Responder group in the Falcarragh area. We will be making ourselves available to be called upon

by the National Ambulance Service in the event of a person suffering a cardiac arrest in our local community. Our aim is to provide lifesaving skills until advance life support arrives to the patient.

We are actively looking for members of the public who wants to volunteer to respond to medical emergencies in the surrounding areas of Falcarragh.

We will be holding meetings for people interested in the group or even just looking for more information in the coming weeks so keep an eye on our Facebook page for more information

Thanks a lot! Well done everyone involved, you can be sure of the support of all at Pobail le Chéile in the coming weeks and months.

Photo: Courtesy of **Falcarragh First Responders**



Successful fundraiser day for Glenea U14 Girls football team

The Players and their parents and supporters had a great day on Friday 3rd June when they raised over €700 to the Girls Glenea U14 team. Siopa Pobail hosted a really tasty coffee morning, the girls raffled a super hamper and Sally at the Corner Bar and Siopa Pobail itself all weighed in to support the team. We hear that Eddie at Centra have now offered to sponsor the team bibs as well. Maith Slbh Achan nDuine!



DERRYVEAGH COMMUNITY HEALTH FORUM



Holy Trinity Hall, Horn Head Road, Dunfanaghy
Speakers... Lunch... Therapies... Stalls...

A fun and informative half-day of talks, therapies and tastings!

Come along to our Health & Wellbeing information event from 10.30 am. There will be free 'taster' therapy sessions including Head Massage, Reflexology and Food Tolerance Testing as well as healthy food and lots of information about developing your healthy lifestyle & sense of wellbeing.

Organised by the Derryveagh Community Health Forum, Tel: 074 91 36548 or Paul on 086 0841433