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FÓGRAI 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. Seo leanas an clár do mhí Márta 2016:

15th March: Dee from Shabby Chic Decoupage Course –FULLY BOOKED

22nd March– Taxi-bus to Eileen Webber's house in Gweedore for a coffee morning. Bus will be leaving the YARD at 11am.

29th March– Easter Break. No Cumann Cairdeas this morning. Group resumes on 5th April.

Coming Soon....Bernie from ART FARM will be back in April with a new 6 week art course, starting 26th April. This course is supported by the Donegal ETB.

Chair

Aerobics with a qualified fitness instructor at the YARD every Tuesday from 10am-10.45am. Louise will start back on 12th January. €3 per person.



Fáilte Roimh achan nduine.

Siopa Pobail– Irish Cancer Society Coffee Morning on Friday 8th April from 11am. Fáilte Roimh Achan nduine. Thank you for all your donations. We are unable to accept bulky items such as beds. These items can be recycled at Dungloe Recycling Centre. 074 9522689. Disposal of bulky items will be charged per item (cost will depend on size) €10 small items of furniture and €20 large items of furniture such as sofas, carpets etc. Opening hours: Monday Closed. Tuesday & Wednesday 10.30am-2pm. Thursday 10.30am-7pm. Friday 8.30am-5pm. Saturday 8.30am-2 pm.

Cruinniú Poiblí

AGM- Pobail le Chéile AGM is on Wednesday 6th April at Ionad Garradh Cholmcille at 6pm. Fáilte roimh achan nduine. Everyone welcome.

GRÚPA TUISMITHÉOIR AGUS TACHRÁN

Lenar comóradh 11 bliain a cheiliúradh bhí cuairteoir ó Tiny Tunes ag an grúpa tachtán ar Déardaoin 18ú lá de Feabhra. Buaileann an grúpa le chéile achan Déardaoin ag Ionad Garradh Cholm Cille on 10am go dtí an 12meán lae. €2 do gach tachtán agus €3 do achan teaghlach. Fáilte roimh daoine úra i gconaí. Tiny Tunes will visit the group on Thursday 24th March. The group will then take a one week break for Easter and resume on 7th April with Art Zone. The Group meets every Thursday at Garradh Cholm Cille Centre from 10am-12 noon. €2 per child and €3 per family. New members always welcome!



Gaisce-Duais an Uachtarán

Gaisce-Duais an Uachtaránseo, clár forbairt pearsanta a spreagann thú le do phaisean a aimsiú, a bheith gníomhach agus dífríocht a dhéanamh in do phobail. Nuair a ghlacann tú páirt in Gaisce, beith tú ag glacadh corraitheach pearsanta, fisiceach agus dúshláin pobal chomh maith le forbairt scileanna agus cairdeas úr. Tá lúchair ar Pobal le Chéile a bheith mar chomhlacht feidhmiúchain don clár Gaisce. Traenáil ball den fhoireann Rosemary Grain le bheith mar Ceannaire Duais an Uachtarán i mBaile Átha Cliath. Má tá tú idir 15-25 bliain d'aois agus má tá suim agat páirt a ghlacadh i Gaisce le Pobal le Chéile, le do thoil faigh i dteangmháil linn, má tá tú ina duine óg nár chríochnaigh an leibhéal cré-umha ar scoil agus a ba mhaith leo an dara seans le é a chríochniú, thig leat scairt a chuir orainn ag 074 9180111 Pobail le Chéile is delighted to be an operating body of the Gaisce programme. Awards are presented to young people who complete a personal goal with the support of a President's Award Leader (PAL) in four challenge areas: Community Involvement, Personal Skills, Physical Recreation and an Adventure Journey. Research has proven that participants felt more positive about themselves and generated greater levels of self-esteem at the end of the programme. The first participant on the Gaisce programme with Pobail le Chéile is Eleanore Lainchbury. Each week Eleanore's Gaisce Journey Facebook page gives updates on her progress. Eleanore has chosen to do a cooking/baking challenge once a week as part of her Personal Skills training for her Gaisce Bronze Level Award. You can also find all Eleanore's recipes on her blog called Gaisce Journeys. Below is the first recipe she made for this challenge. A quick Tomato Soup from the cookery book 'A Boy called Jack.' by Jack Monroe. Jack is an anti-poverty campaigner and all her recipes are budget-friendly and well worth trying.



Óige le Chéile After-schools project for 8-12 year olds

The After-schools project will be running back on 5th April and will be run on Tuesdays and Thursdays 3-5pm. Only €1 per child and this includes fresh fruit and juice. The project provides participants with help with homework and then offers a range of creative choices like board games, dance, arts and crafts and drama workshops. The project will run into the month of June and will then return in late September. Places are limited so please ring to book. There will be a parent/guardian registration session on both 5th and 7th April. Part-Funded by the SICAP programmes. To Book call Pobail le Chéile 074 9180111.



Malala film showing at the YARD on 5th April

Following the success of the film showing of 'Suffragette' there will be a chance to see the inspiring documentary 'He named me Malala' After the Taliban tried to kill her for speaking out on behalf of girls' education, Pakistani teenager Malala Yousafzai emerged as a leading advocate for children's rights and the youngest-ever Nobel Peace Prize Laureate.



Screening at the YARD at 7.30pm on Tuesday 5th April.

Hot & healthy Soup recipe!

A Quick **Tomato Soup** recipe to make on a cold day!
Ingredients: 1 onion, 1 large carrot, 1 potato, 1 vegetable stock cube dissolved in 400ml boiling water, 1 x 400g tin of chopped tomatoes and finally 2 teaspoons of dried basil or a handful of fresh basil. **Method:** Peel & Slice the onion, wash & chop the carrot and potato into small pieces. Put all the veg in a saucepan & pour in the stock, the tomatoes & the basil and bring to the boil. Reduce the heat to a simmer and leave for approx. 20 mins until the veg is tender. Blend in a food processor until smooth and serve hot!



GLÓR DON PHOBAL

Nuachtlitr Ó Pobail le Chéile, CDP, Cloich Cheannfhaola Earrach 2016 Saor in Aisce Vol. 15 Issue 1

Valuable Social Inclusion work of Pobail le Chéile recognized through new funding

Maoiniú fógartha do PLC!

Do na stiúrthóirí agus foireann Pobail Le Chéile, ba mhaith liom fáilte mhór a chuir roimh fhógra an Aire maoinithe don CPT don bhliain seo chugainn. Is vóta muiníne é ag An Roinn agus Údarás na Gaeltachta i bpobal Cloich Cheann Fhaola agus in obair chrua na cuideachta forbartha phobail, a achuid ball foirne agus os cionn 60 oibríthe deonacha áitiúla.

Seachadann Pobal Le Chéile cláir do leanaí óga agus do theaghlaigh, tionscadal ógra, cumann cairdeas grúpaí daoine níos sine, siopa pobail, ranganna oíche agus cúrsaí, gairdín pobail, líonra sláinte pobail agus go leor cláir eile. Chomh maith le seo aithníonn an Clár SICAP agus Oifig an Cuimsiú Soisialta leis an Bord Sláinte (HSE) an obair agus d'aontaigh siad cupla tionsamh a achmhainn sna 12 mí atá amach romhainn.

Ba mhaith linn buíochas a ghabháil leis an obair chrua na ndaoine áitiúla a scríobh le Comhairleoirí agus Teachtaí Dála agus eagraíochtaí iarraidh ar an tacaíocht leanúnach airgeadais don tionscadal. Táimid faoi chomaoin díot as do thacaíocht. Mar a fheiceann sna leathanaigh den nuachtlitr seo atá a soláthar againn agus a phleanáil babhta nua de ranganna, cúrsaí, imeachtaí teaghlaigh agus pobail agus táimid ag trúth le leathnú ár gcuid oibre sna míonna amach romhainn. Cuimhnigh táimid i gconaí oscailte do smaointe do ranganna nó tionscadail eile. Buail isteach le leat moltaí.

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 to register to be covered by parkrun insurance... If you would like to register/print barcodes after the event you can call into the Yard and print them for free. Just let us know on the day or call into the YARD during the week.



YARD Youth Centre

The YARD is a dedicated Youth Project & café space managed by Pobail le Chéile CDP. The centre provides a lunch-time drop-in with free tea & coffee, pool table, table tennis. We are open to all PCC students every school day. We also provide a Friday night drop-in & a number of after-school activities like drama, skills workshops like film & photography etc... We also can organise other events & activities - You just have to ask! Txt/call 0860841433 us (0749180112), Facebook or Call in.

Talamh Teanga Irish Language and culture project at the YARD

Brian Lacey, historian

and author will open the project with a special presentation on the 'Language of our Landscape' and a graphic artist will work with the group to produce a 'map of the imagination' giving all the histories and myths that will then be presented to the town. The project will be delivered through the YARD Youth Project in conjunction with PCC students.

If you are interested in joining the project team - you don't have to be a PCC student! ring or text Paul on 0860841433 with your name and details. We plan to run the project from now until the end of June 2016 and is open to everyone - no matter how much or how little Irish you have. Fáilte roimh achan nduine!

Lá Mór Glantacháin

Beidh Lá Mór Glantacháin na mBealtaí i gceantar Chloich Cheann Fhaolaidh ar an Satharn an 19ú Márta ar 1.00i.n. Fáilte mhór roimh an phobal uilig bheith páirteach linn. Bíodh miotógaí agus casóg/veist sofhichte ort. Málaí ag na pointí seo leanas: Corradh Smóláin, An Phanc i nGort a' Chóirce, Teach Ruairí, Corradh Mhéidgí, An bialann ar An Ardaí Bheag, Scoil Chnoc na Naomh, Doire Chonaire, Scoil Naomh Dubhthach, Machaire Rabhartaigh. Más mian leat do chuid málaí fhéin a úsáid agus píosa glantacháin a dhéanamh ar lá inteacht roimh an Lá Glantacháin bheadh sin ina chuidiú mhór fosta. Ar an Lá Glantacháin, fág málaí líonta ag na pointí thuas nó ar na príomhbhealtaí agus cuir scairt ar Cordelia; 087-6111524 nó Mary; 086-8460764 le tógáil na málaí a shocrú. A eagrú ag an grúpa comhshaoil MEAS Iarthuaisceart (www.meas-it.com) in éineacht le Glantachán Náisiúnta Earraigh.

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

My Favourite Things... **Katie Russell**

Q: What is your earliest memory?
A: I can barely remember what I did yesterday let alone what I did years ago!

Q: What is your greatest fear?
A: Spiders, cant bring myself to look at the legs.

Q: When did you last cry?
A: Yesterday, with laughter.

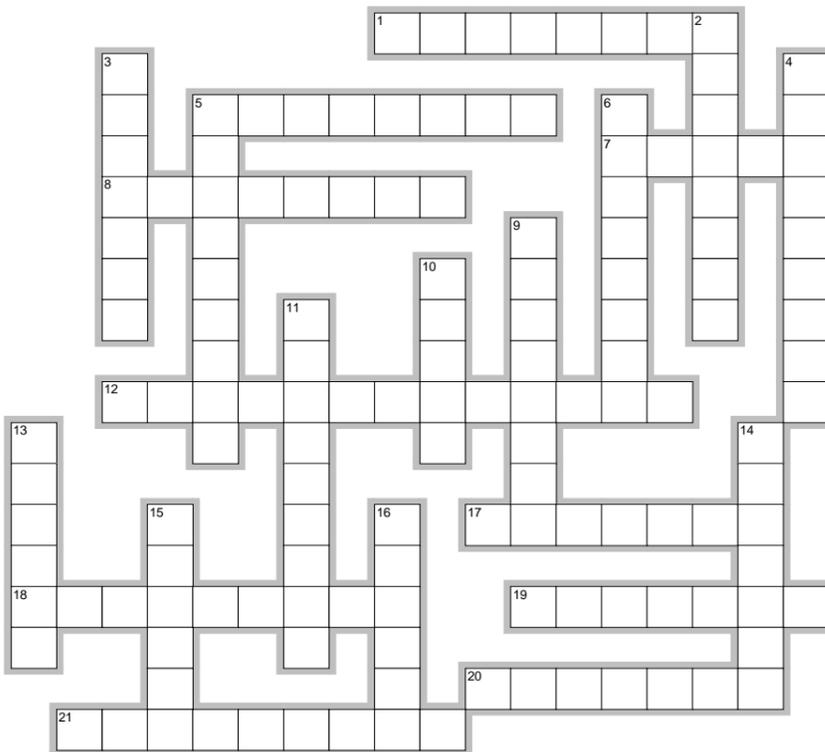
Q: What is your motto?
A: Que Sera Sera.

Q: Who would you go to first for advice?
A: My mum, she knows everything, just don't don't tell her I said that though.



Katie works at Pobail le Chéile, based in the YARD under the TÚS programme managed by Údaras na Gaeltachta (along with two other TÚS Scheme trainees) She carries out reception, office and administrative duties and also helps with design and desktop publishing projects. She has just started working on the design and content of a new Community Health and Wellbeing magazine. Katie lives near Shroughan and has a daughter of four.

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 **22/04/2016**

The prize this month is a gift voucher to the value €20 for a Falcarragh shop.
 Solution to Crossword No. 117 (Prize is a vouchers for €20 for local shops, Falcarragh).
Trasna: 2. UISCE BEATHA 4. EIRCOM 6. CONFERRING 9. PHEASANT 15. PORRIDGE 17. DISTANT 18. ARDAN
 21. FUINNEAMH. 22. GRAPEFRUIT 23. CALENDAR 24. SOLDIER 25. CORIANDER
Síos: 1. NORMANDY 3. SCADAN 5. CHILE 7. CONDIMENT 8. SQUIRREL 10. HOLIDAYS 11. SCULPTURE
 12. JUPITER 13. BRIAN 14. CEARC 16. DICTIONARY 19. UNIVERSE 20. MIRACLE

Manus McClafferty, an appreciation

Manus began volunteering with Pobail Le Chéile in 2004 when he became the very first guest speaker at Cumann Cairdeas. The subject of the talk was his remarkable achievement of communicating via ham radio with a Soviet cosmonaut trapped aboard the Mir Space Station. Manus Showed his film 'Mir Friends' and it wasn't long before Manus had made lots of friends in this new weekly friendship group. He rarely missed a Tuesday morning and along with Rosemary he would make everyone feel welcome. He particularly enjoyed the day trips. When Pobail Le Chéile was based in Gortahork, Manus took on the role of helping out in our wee bookshop. By the time Siopa Pobail opened in August 2009, Manus was also a dedicated committee member on the Board of Management. There is no doubt that Manus really enjoyed his shifts at Siopa Pobail. He loved talking to customers and meeting new people. Manus impressed everyone with his enthusiasm and commitment. We will all miss his friendly face and his sense of humour. Whenever a new person came to Cumann Cairdeas, Manus would always tell them his Mir-Friends story. Sometimes he ended the conversation with this joke. A reported asked Manus how Sergi would feel when he arrived home after being in space for so long and Manus replied: "He'll be over the moon!" It was always told with a wee smile. Pobail Le Chéile staff, volunteers and committee will always remember this very special volunteer who made such a huge contribution to his community.



Donegal Intercultural Platform

Do you need help speaking English?

We are organising Free Classes for small groups near you. Call or text 0860841433 or email donegalip@gmail.com

Trained tutors ready to help you practice and improve. Contact the 'Platform' today.

working towards Interculturalism, Equality and Human Rights

- Trasna
1. A swollen vein condition (8)
 5. Smallest bird in Ireland, Locally speaking, (8)
 7. The Hunter constellation (5)
 8. One who likes red sky, sheepish! (8)
 12. At Right Angles (13)
 17. Virtual PC work area with program icons like table top? (7)
 18. An American tropical sea, near Jamaica (9)
 19. The Scottish Play! (7)
 20. Large vein in neck (7)
 21. Mouse's favorite gym equipment! (9)

- Síos
2. One who works with engines! (8)
 3. A the wailing Irish witch (7)
 4. A famous 'NEW YORK' cocktail and Island! (9)
 5. The famous Egyptian Queen (9)
 6. Greek baked aubergine dish (8)
 9. Form of vocal communication (7)
 10. Daniel Day Irish Actor (5)
 11. German 18th Century composer (9)
 13. Wet weather in the Gaeltacht! (6)
 14. The largest planet 800 time bigger than Earth. (7)
 15. The local townland of the Fort, near the 'River Inn' site?(6)
 16. The top Donegal male singer! (6)

Glór na hÓige the Youth Columnn

Tá scéim óige An Yard, atá a reachtáil ag Scéim Cumann Forbartha Pobail Le Chéile, ag lainséil scéim úr Cultúr agus Teanga Gaeilge d'arbh ainm 'Talamh Teanga' in éineacht le grúpa scolairí ón 4ú bliain ó Pobalscoil Chloich Cheannfhaola. Ceiliúroidh na scéim seo ár stair agus béaloideas uaibhreach fríd logainmeacha agus scealtaí. Tá an scéim dóchasach go gcaibhríodh sé le scolairí an sult atá acu sa teanga Gaeilge a fhorbairt agus í a thabhairt ón seomra ranga go dtí páirceanna, bealaigh agus trána Chloich Cheannfhaola. Fosclóidh Brian Lacey, staraí agus údar, an scéim seo le bronnadh spéisialta ar 'teanga ár radharc tíre' agus oibríodh ealaíontóir grafach leis an grúpa le 'léarscáil samhlaíochta' a chuir ar fáil ag tabhairt an stair agus miotas uilig a bheas ansin bronnta ar an bhaile. Ma tá suim agat páirt a ghlacadh in foireann an scéim-ní gá duit a bheith mar scolaire in PCC! Cuir scairt nó teacs ag Paul ar 086 0841433 le do ainm agus eolas.



Staying Power Project completed successfully at PCC

The staff and volunteers at the YARD Youth Project were really proud to participate in the Staying Power Project that targeted the issue of early school leaving and was delivered in conjunction with Pobalscoil Cloughaneely. A team of 7 students from 3rd Year - Rang Aoibheann, not only helped design the project, and then deliver it over the months of October to December, but they also then presented the project outcomes to their fellow students. The school was represented by Principal Maeva Sweeney, and Sarah Ball from the JCSP Library and Noreen Friel, year head. The students really enjoyed the opportunity to visit local businesses and learn about the world of work first hand. So well done to all the 3rd year students and we look forward to running a similar project with the new intake of 3rd years in the coming autumn.



Volunteers needed – free training provided
 For more information contact Paul and Conor on 0860841433 / 0749180111 or find the YARD Youth Project on Facebook. N.B. We are looking for YARD Team members a male and a female to sit on the YARD team committee and help plan and organise events, trips and activities... speak to one of the Youth Leaders and get your name down.

YARD Youth Expedition to Muckish!
 The YARD Youth Project is The YARD Project is inviting all over affiliated to YouthWork 12s to come on a day long guided walk Ireland and to the Donegal to the mines on Muckish, followed by a Youth Service and all its staff, volunteers and leaders are Garda vetted, with an outdoors feel! Only €5 per trained and child protection head. Permission slip needed - collect certified. these from YARD. Trip on 21st March

Buail Isteach sa YARD
 Ar siúl don Óige, 13+ gach Dé hAoine ón 6in go 9 in., idirlíon , tae agus caife, leadóg boird, peil, ranganna drámaíochta, cluichí agus obair ealaíne. Cead isteach €1. YARD drop-in back on 15th January 2016



Funding announced for PLC!

The directors and staff of Pobail le Chéile, CDP would like to warmly welcome the Minister's announcement of funding for PLC for the coming year. It is a vote of confidence by An Roinn and Údarás na Gaeltachta in the Cloughaneely community and in the hard work of the Community Development Company, its staff and over 60 local volunteers. Pobail le Chéile delivers programmes for young children and families, a Youth Project, Cumann Cairdeas older people's group, a community shop, evening classes and courses, a community garden a community health network and many other programmes. The SICAP programme and the Social Inclusion office of the HSE have also recognised the valuable work of PLC and have agreed to resource a number of initiatives in the coming 12 months supporting the unemployed, young people, people with disabilities and people living on low income. The Company wants to thank the hard work of local people who wrote to Councillors, TDs and funders calling for the continued support for the project. We are indebted to you for your support. This investment in Pobail le Chéile's work programmes means that the company will be able to extend its work and also bring more family support and education initiatives into the wider Cloughaneely area.

From page 1.



Mental Health Association history book of work in Cloughaneely

This bi-lingual book explores the ground-breaking work undertaken by the Cloughaneely Association and how they worked to assist Mental health professionals smooth the path from a residential hospital to care provided in the community. Copies of the book are available from Centra & Siopa Pobail in Falcarragh and Centra in Dunfanaghy and the Family Resource Centre, Dunfanaghy. The next meeting of the Mental Health Association takes place in the lounge of the Shamrock Bar, Wednesday 10th February at 7pm. The group are very keen to hear from new people with ideas for activities and suggestions of how to build on our experience. Everyone is most welcome. Meeting times are published locally, next meeting 12th April, 3pm Shamrock Lodge.



Rith na Páirce, An Falcarragh

Leanann Rith na Páirce, An Falcarragh ar aghaidh achan maidin Dé Sathairn ag a 9:30r.n. Seo caitheamh aimsire siúl/rith saor in aisce do achan nduine - óg agus aosta. Cás ag páirc CLG. Buíochas mór do na oibrí deonach agus lucht urraithe uilig. Tabharann Rith na Páirce, Éire comhairle go gcaithfidh achan nduine atá ag glacadh páirt san imeacht a bheith cláraithe le bheith clúdaithe ag arachás Rith na Páirce má ba mhaith leat clarú/priontáil barrachód roimh/i ndiaidh an imeacht, thig leat theacht isteach go dtí an YARD ó 8:45r.n. Tabhair le fios dúinn ar an lá ná tar isteach go dtí an YARD fríd an tseachtain.



OY!!!... Out in the YARD!

'Out in the Yard ('OY!') is a volunteer-led social Drop-in Group for Lesbian, Gay, Bisexual & 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. We are planning new meeting events and activity nights so get in touch for details. If you or someone you know would be interested in attending the LGBTQ youth drop-in service then Contact us at : lgbtfalcarragh@gmail.com Or call or text us on our confidential line 0862743414

