



ICA News

Irish Countrywomen's Association ~ Bantracht na Tuaithe Sept/Oct 2019

Dear Fellow Members,

I hope you all had a lovely summer break, to spend time with your Family and Friends. I had a very welcome few weeks from my ICA duties, and I am now refreshed and ready for the work ahead.



Since our last Newsletter,

Mr Niall Keane has been appointed Interim Chief Executive and to date great progress has been made.

May I extend Congratulations and thanks to Niamh our Manger in An Grianán and her team for a wonderful Garden Party in June.

My Congratulations also to the winners in the Aldi –ICA National Ploughing Brown Bread competition and wish them best of luck in the Final at the Ploughing Championship in Carlow in September.

I urge all members to visit our marquee where Carlow Federation has a great Programme planned.

I extend my congratulations to all ICA members who entered and won prizes at the Agricultural Shows around the country. A special congratulations to Olive Parke Donegal federation who is All Ireland Winner in the competition sponsored by Magee.

So as we head into Autumn I will continue forward.

Yours in Friendship and Fellowship

Josephine Helly
National President

Central Office Report

Hello to all in ICA. My name is Niall Keane and I began working with ICA on 20th June as Interim Chief Executive. My role is primarily to manage the day to day running of the organisation, implement the Strategic Plan and develop good governance processes and administrative systems within ICA to comply with the Charities Governance Code.

A little bit of background about me. I was Chief Executive of DeafHear (now Chime) for almost 30 years and led its development into a national service organisation with a network of resource centres and staff. I am a founder member and former Director of Age Action Ireland and the Not for Profit Business Association among others and am Company Secretary to Disability Federation Ireland. I am a passionate believer in the power of voluntary organisations to transform the lives of the people they engage with, whether as members or as beneficiaries.



Since joining ICA, I have been getting deeper understanding of the amazing breadth of work and activity undertaken by the very active members of this iconic organisation, both at local and national levels. ICA truly does lie at the heart of the community.

As a registered charity, at national level ICA is subject to the Charities Act and is regulated by the Charities Regulator. This requires ICA to comply with extensive charity laws and particularly to adhere to the Charities Governance Code which was written to facilitate better administration, management and governance for charities. It is hoped that by showing that this organisation complies with the code, it will give confidence to ICA members and the general public that we have effective governance systems in place.

One of the actions ICA is taking to achieve this is by setting up a Governance Review Committee which will review all aspects of governance, including review of the ICA constitution to bring it into compliance with new legislation. This work will take a number of months to complete and a lengthy period to implement. Rebecca Ryan – a familiar face to all in ICA – is back in Central Office two days a week to assist in this work.

I look forward to the undoubted challenges that lie ahead and look forward to meeting ICA members and learning of their expectations in the months ahead.

Niall Keane
Interim Chief Executive

PRO Report

For the past months of May, June and July there has been very positive coverage of our ICA.

Starting with the Interview by Mairead Lavery for the "Country Living" in the Farmer's Journal, while this interview gave us a Personal insight into National President Josephine, it also outlined the ambitious plans, and vision as we move forward in the years ahead.

Ireland AM visited An Grianán to see first-hand what a typical day would be at our great college.

Again an interview with the National President and their presenter having a chat with participants who were attending that week. Brianna also tried her hand in the Cookery Class and Flower arranging class.

Cross border Trip. We in conjunction with Tourism Northern Ireland had a cross border trip for two busloads of ICA members.

With visits to Hillsborough Castle, Armagh Cider Company and historic places of interest with further plans that we through An Grianán will get cross border visitors to visit and stay over in An Grianán.

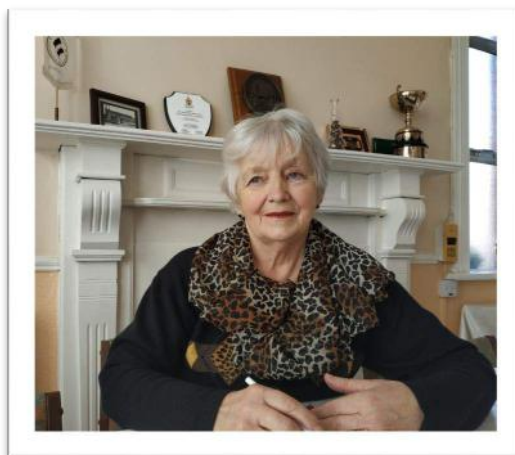
On Sunday 7th July at the invitation of Wexford Federation to Bree, our National President attended a very special ceremony at the graveside of our First National President Anita Lett. Federation President Mary Darcy read the citation in the presence of the gathering, including Anita Lett's granddaughter Anita; after the laying of the wreath by our National President we were treated to a wonderful picnic in the nearby outstanding, and very well cared for garden in Bree Village.

Pre Budget Submission

ICA was invited to make a Pre-Budget Submission at Dublin Castle on Friday 5th July. Our main focus was on Family Carers. We call on the Minister to remove the "Means Test" for Carers Allowance.

We worked with the following groups to make a bigger impact on our request to the Minister; Family Carers, Age Action, Active Retired, the National Women's Council.

Our National President met with Minister Regina Doherty and Finnian Mc Grath. We also made a verbal submission on that day. So we await the outcome of the Budget in October.



Our socks appeal!!!!

WOW we have now reached 4,900 pairs of socks for the socks appeal. We have now closed this appeal as we have surpassed our target fivefold. Our thanks to everyone who made our appeal such a success, but more important the Fr Peter McVerry Trust, and the Bro. Kevin Project are now able to provide a "Warmth for Winter" to families in need.

Reminder to Federations!

For a visit by our National President to your Federation, Please submit your invitation to be included in the Presidents Diary 2019/2020

Carmel Dawson
National PRO Irish CountryWomen's Association

Presentation of awards at handcraft



Launch of Table & Chairs presented by Wicklow Federation



Public Consultation on a review of measures relating to the control of dogs in Ireland

From: [Department of Rural and Community Development](#)

Open for submissions from: 1 July 2019, 11:30

Closed on: 6 September 2019, 17:30

The Department of Rural and Community Development has policy and legislative responsibility for the area of Dog Control in Ireland. Certain aspects of this legislation have been in place for a significant number of years and views have been put forward that changes are required. The Department is now reviewing this area to ensure improvements are made where appropriate and to ensure an appropriate approach is in place for the effective control of dogs in Ireland. This approach may or may not be breed specific.

Given the different views that are being put forward, and the fact that the Statutory Instrument (S.I. No. 442/1998) which lists extra measures for specific breeds has been in place since 1998, it is appropriate to review this area to ensure that an approach is in place that places priority on the protection and safety of the public

To ensure that this decision is taken in an open and inclusive manner, Minister Canney has decided to complete a public consultation process, which will commence on 1 July 2019 and close on 6 September 2019.

How to make a submission

The consultation document poses a series of 10 questions and Minister Canney is inviting interested parties to make written submissions or comments on these questions, preferably by email, by 5.30pm on Friday 6 September 2019 to: email: dogsconsultation@drcd.gov.ie

GREEN RIBBON CAMPAIGN End Mental Health Stigma—May 2019

One of the most important ways in which we can reduce the stigma associated with Mental Health is to change how we talk about mental health conditions. Stigma is a significant problem for people who experience mental health conditions and has been identified as one of the most difficult aspects of living with a mental health condition for both the person and their families. For many people stigma is a barrier to recovery.



Muckross Guild ICA Craft Group Members + Kerry Federation Officer- Support the Green Ribbon Campaign In May 2019

L-R: Áine Ní Shuilleabhain (Timire), Caroline O'Donoghue(Craft Officer), Maureen Brosnan(Secretary), Sheila O'Donoghue(Vice President), Eileen Murphy, Tess O'Shea(Treasurer), Mary Scanlon(Kerry Federation Officer)

An Grianán Garden Party

2019



An Grianán Garden Party

2019



Carole Doherty , Guild Secretary of Coole/Summerhill Guild and Geraldine Mc Nally Meath Federation President, outside of Leinster House attending the Protest March organized by The Beef Plan Movement, highlighting the needs of Rural Ireland and calling on the Government to reject the Mercosur Deal .

Sent by Geraldine Mc Nally Meath Federation President



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Ms. Margaret Ryan
 ICA Delgany Guild
office@ica.ie

10th July 2019

Dear Margaret and friends of the ICA Delgany Guild

Receipt Letter for cheque received.

We received your Cheque donation of €500.00 and thank you for your kindness in supporting us in our work here at Tiglin.

Please thank everyone concerned who made this possible and send them our heartfelt thanks.

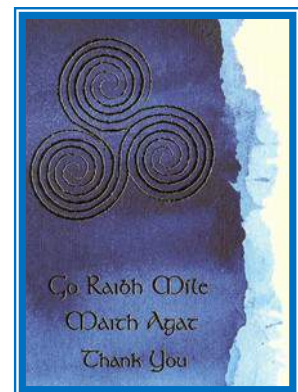
Our work here is so important to people's lives and whole families can be transformed as a result. On behalf of the Staff, the Board of Directors and, most significantly, the students we would like to take this opportunity to thank you very much for your thoughtfulness and generosity.

Yours sincerely

Phil Thompson
 CEO
 Tiglin Challenge

*Many thanks to the Federations
 who have generously contributed to
 the purchase of a new defibrillator
 for An Grianán*

Helen Rutter, National Treasurer



**Aldi Brown Bread Judging National
 Ploughing Championships**

17th, 18th & 19th September

Stand Nr: **BLOCK 2, Row 28 Stand 641**



A public programme of events in association with the exhibition
Kitchen Power: Women's experiences of rural electrification

TALK AND TOUR
Kitchen Power: Beyond the Cabinet Door
2-4pm, Sunday, August 25th 2019
Adults and children aged 14+
Join Dr Sorcha O'Brien and curator Noel Campbell to hear about the research, the people interviewed, the objects on display and how it all came together to form the fascinating exhibition Kitchen Power.
Booking required

TALK
History of the ICA
3-4pm, Saturday, September 28th 2019
Adults and children aged 14+
Join Kay Devine to hear about the history of the Irish Countrywomen's Association; their role in advocating access to electricity and safe water across Ireland; and how they continue to promote and inspire today.
Booking required

WORKSHOP
Crafty Apron
10am-4pm, Tues-Wed, October 8th-9th 2019
Adults
A two-day workshop to design, sew and embellish your own personalised apron. Bring materials or objects of your own, including buttons, beads or fabric swatches, to incorporate and personalise further. Beginners and experienced sewers welcome.
Paid workshop. Booking required

TALK AND FILM SCREENING
The Promise of Barty O'Brien
3-4pm, Saturday, October 19th 2019
Adults and children aged 14+
Join Sunniva O'Flynn from the Irish Film Institute for an introduction and screening of The Promise of Barty O'Brien - a curious mix of melodrama, propaganda and promotion!
Booking required

TALK
Shedding Light on the ESB Archives
3-4pm, Saturday, November 9th 2019
Adults and children aged 14+
The history of the ESB is entwined with our national narrative. Its foundation in 1927 was based on a vision to continuously improve the lives of Irish people. Exploring content from the ESB Archives, this talk will demonstrate the evidential and inspirational value of preserving and making accessible the story of the electrification of Ireland.
Booking required

WORKSHOP
Harness the Power
12noon, 2pm and 3pm, December 7th 2019
Families
Learn about the science behind electrically generated motion and use a DC motor to build your very own robotic aid to help with the housework in this fun, hands-on, workshop with Make Create Innovate.
Booking required



cumhacht na cistine

Eispéiris na mban i leictriú na tuaithe

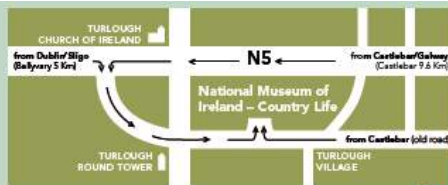
kitchen power

Women's experiences of rural electrification



Booking information

All events are free unless specified. Please contact the Bookings Office on (094) 90 31751 or email educationtph@museum.ie. For email bookings, please include your name and contact telephone number.



Ard-Mhúsaem na hÉireann
- Saol na Tuaithe
Páirc Thurlaigh, Caisleán an Bharrailigh
Co. Mhaigh Eo, F23 HY31

National Museum of Ireland
- Country Life
Turlough Park, Castlebar
Co. Mayo, F23 HY31

Tel: 094 9031755, E: tpark@museum.ie
www.museum.ie



museum
National Museum of Ireland
Ard-Mhúsaem na hÉireann

Saol na Tuaithe
Country Life

Saorhead isteach
Admission free



<https://www.museum.ie/Country-Life/Events-Projects/Kitchen-Power-public-programme>

Front row (l. to r.): Marie Regan (Belfast), Eileen Gaffney (Louisburgh), and Breda O' Malley (Westport).

Second row (l. to r.): —?—, —?—, Maureen Byrne (Westport), Maura Beirne (Louisburgh).

Third Row (l. to r.): Brid Love (Louisburgh), —?—, —?—.

Fourth Row (l. to r.): Celine McDonnell (Louisburgh) and Annie Bea Casey (Louisburgh). The other ladies on the staircase



Dorothy Drage: was the brain behind Pennies for Friendship. If every member contributed one small coin in addition to their membership fees, ACWW would have a sure and comfortable foundation. Pennies for Friendship is still the lifeblood of ACWW, and enables us to produce awareness raising materials on the policy of ACWW, work with the UN, and advocate for the issues facing Rural Women worldwide.

Sent by Helen Rutter National Treasurer



Photographed at ~~a~~ ^{the} recent weekend course at An Grianan (Adult Education College, Co. Louth) were ~~some of the~~ ^{SOME OF THE} ladies from Louisburgh, Co. Mayo and 'Clonard Mothers Together' group



Carlow Federation

The Carlow ICA AGM and Spring Federation Meeting was held in Ballyconnell and attended by over 60 members from all over county Carlow, i.e. Askea, Ballon, Ballyloughin, Garryhill, Leighlinbridge, Myshall, Rathanna, and Tinryland.

President Annette Reddy, Leighlinbridge; Vice President Catherine Osborne Rathanna; Secretary Mary Abbey Ballyloughin; Treasurer Mary Nolan Garryhill, PRO Mairéad Phelan Ballyconnell.

Competition winners also received their certificates.

After the business of the meeting was completed, there was great fun in judging the Easter Hat competition, with 22 entries and Judge, Artist Jacinta Crowley Long.



Sent by Mairéad Phelan Carlow Federation PRO

Winners for year

L-R Catherine Osborne, Sharleen Warren, Crea Nolan, Helena McAteer receive certificate from Federation President Annette Reddy

Winners of Easter Hat Competition

L-R winner Annette Reddy, 2nd Lily Mulhall, 3rd Catherine Osborne



Ballyconnell ICA,

L-R Back Row, Mairéad Phelan, Margaret Dowling, Vera Canavan, Mary Carroll, Ann Edwards, Mary Kenny, Brigid Murphy, Patti Hickey, Calre of Toole, Annamae Byrne, Sophie Kelly, Mary Timmins, Anne Whelan, Sinéad Cahill,

L-R-Front Carlow Federation President Annette Reddy, Ballyconnell President Bernie Morrow, South East Regional President Margot Hennessy.



Clare Federation

Co Clare Federation AGM was held on Monday 29th April 2019 in the Auburn Lodge in Ennis at 8.00p.m. The invited guests were the National President Josephine Helly and National Treasurer Helen Rutter. At the AGM the occasion of four ICA Guilds in the county celebration a big birthday was marked. A certificate was presented to Tradaree Guild 70 years, Ballynacally Guild 60 years, Broadford Guild 50 years and Clooney /Quin Guild 40 years. A big cake was made by two committee members Aloma McKay and Kay Garrihy from Ennistymon Guild which everyone enjoyed with a cup of tea. Joan Dunne gave an account of Tradaree Guild which was set up on the 6th May 1949 and meetings were held on the 4th Thursday monthly. Members have been involved in the parish and many Federation competitions. Mary Hester gave an account of Ballynacally Guild which was set up in November 1958 at a time when electricity had first come to the area, there was no television and the radio was run on a wet and dry battery. Founding members attended An Grianán which was the highlight of the year. Members have been involved in compiling a parish history, running cake sales and taking part in competitions. Mary Casey gave an account of Broadford Guild which was formed in September 1969 and there were 30 members at the first meeting. Pat Hall had moved into the parish from Wicklow, having been involved in the ICA there. She got in contact with the local ladies and the Guild have been involved in cookery demonstrations, arts and crafts, gardening and have gone on many tours within Ireland and abroad. Teresa O'Sullivan gave an account of Clooney/Quin Guild which was formed in 1979. This Guild has the honour of having 3 Presidents serving on the County Clare Federation Committee. Members have been involved in many competitions throughout the years and their most recent success was in Wicklow Federation Drama Festival where they won the prize for the best sketch/short play in January. Each speaker spoke of the powerful friendship and support the ICA has brought to their Guilds through the years. A presentation was made to Madame President on her visit to Clare Federation.

Tributes were extended to the outgoing committee members and they were presented with flowers. The new committee members are Nora Shanahan Treasurer and Joan Dunne Vice President. Positions to be filled are Teachta, International officer and Recruitment/Facebook officers.

Bingo Fundraiser in aid of the Clare branch of the Samaritans run by Clare Federation ICA on 26th June.

Clare ICA Federation had a Bingo fundraiser for the Clare Branch of the Samaritans in Newmarket on Fergus Community Hall on Wednesday 26th June. Samaritans is a unique charity dedicated to reducing feelings of isolation and disconnection that can end in suicide. The Clare branch in Ennis/Clare of the Samaritans are open to the public 24/7 - 365 days a year for people who may be going through a crisis or need emotional support in their lives. This service is available due to the generosity of the people of Clare with donations and the dedication of the Volunteers who work there. The Clare branch of the Samaritans can be contacted at "Sunville House" on the Kilrush Road in Ennis on FREEPHONE 116123 or text 087 2609090 or email - jo@samaritans.ie All are welcome to Bingo and your support is greatly appreciated.



Federation meeting on 29th April, 2019, which did not attach to the previous email. The ladies in the photo are (left to right)

Mary Hester Ballynacally Guild, Marian Woods Tradaree Guild, Teresa O'Sullivan Clooney/Quin Guild and Mary Casey, Broadford Guild.

Pitch and Putt evening on July 8th.

Marian Wood our Sports and Leisure officer has organised an evening of Pitch and Putt on July 8th.

Clare Federation meeting

On the 10th June Clare Federation held their meeting in the Auburn Lodge. There were two competitions held on the night. Aldi "Brown Bread" competition was won by Eileen McNamara from Bridgetown Guild. The "Decorated Glass Bottle" was won by Eileen McNamara Bridgetown Guild, 2nd place went to Breda O'Donnell Scariff Guild and 3rd place went to Monica Doyle from Sixmilebridge Guild.

Tradaree Guild

The Guest speaker at the meeting of Tradaree Guild was a physiotherapist who did very good exercises with the members and a printout of suitable exercises was also given out. All members took part in the competition on the night for a bunch of spring flowers. The Guild wishes to extend best wishes to local GP Dr. Colm Hackett on his retirement.

Sixmilebridge Notes

Sixmilebridge Guild enjoyed a wonderful evening on Wednesday 5th May with some very special visitors as they welcomed back some of the original members of the ICA as honorary members of the Guild. Mary Meehan and Bridie Quinn received certificates from the Clare Federation President Mary O'Halloran who also named the two other honorary members Joan Spaight and Norah Sheehan who were unable to attend. The evening finished with cake and a fun table quiz.

Scariff Guild

On Saturday 15th June Scariff Guild members enjoyed a meal out in Mountshannon at Season's Restaurant to celebrate Florence's retirement as postmistress and to wish Evelyn's well as she is leaving the area. It was a great social afternoon.

Corofin Guild

Corofin Guild held their AGM where CDA Aloma McKay was in attendance. Geraldine Corbett was elected new Guild President Stella Flanagan was elected PRO while Secretary Roisin Neylon and Treasurer Brigid McGuane remain unchanged. Tributes were paid to outgoing President Nora Fitzgerald. Breda O'Donnell from Scariff Guild was the guest on the night, and she demonstrated wood decoupage. The May meeting was very enjoyable with world travelling guest Mary Sweeney taking those present on a slide tour of the most thrilling walks she has been on, from climbing the Andes of Peru to reach Machu Picchu to the Great Wall of China, trekking through Austria in the snow to treading the boardwalks in Yellow Stone Park. Mary finished up her talk by reminding everyone that Ireland has the most amazing scenery in the world. Once again, this year the Guild had a very successful Myths and Legends Tour as part of the May Bank Holiday Festival of Finn. The tour is growing every year and has become a staple of the Festival of Finn.

Broadford Guild Notes

On the 2nd April Broadford Guild held their AGM with guests Jackie and Siobhan Slattery attending. Sympathy was extended to families of deceased members who will be remembered in the mass to mark the 50th celebration of the Guild which will be held in September. The competition on the night for the nicest spring picture and the winners were Eithne O'Callaghan, Mary Casey and Helen Moloney. Thanks to the hostesses for the April meeting, Noreen, Mary and Kitty. Guest speaker at the May meeting was Ray from Bud Garden Centre Bunratty who gave a very informative talk on Bonsai and Japanese plants as well as the usual spring/summer plants. The competition at the May meeting was for a garden ornament less than 12" and winners were Aine Lenihan, Mary Casey and Eileen Clancy. Thanks to the hostesses at May meeting, Anna and Mary. The competition at the June meeting will be a 10-line poem commentating 50th anniversary in ICA

Ennistymon Guild

On the 17th April Ennistymon Guild held their AGM. There was a change of officers in all 3 positions at the top table. The results off the election are President Kay Garrihy, Secretary Aloma McKay and Treasurer Josephine Blackwell. Tributes were extended to the outgoing officers for their work throughout the year. At the May meeting there will be a discussion on the annual night out and a list of speakers and demonstrators will be prepared for the coming year.

Sent by Mary Moloney Clare Federation PRO

Laois Federation

On the 21st May Dunamaise Guild had their meeting in Spink. The guest speaker was Carmel Dawson a past National President and chair of the Procedures Committee and currently the National PRO. She spoke about 3 things ICA in the past, ICA in the current situation and what she hopes for ICA in the future - it was an extremely interesting address and many questions were asked and answered. Spink President Margaret McEvoy welcomed the ladies from the other Guilds. The Convenor was Anna May Brennan who at the end of the meeting made a presentation to Carmel Dawson. Helen G one of our own also gave a short talk on her business and how it has developed = they are going to launch a new product at Buds and Blossoms on the 9th June.



Helen G ICA member talking to the Meeting about her company and how it developed over the years

Judy Parks who is a member of The Canadian Women's Institute Nova Scotia Canada and of the ACWW who finds email friends in Canada for ICA Women in Ireland with the Laois Federation President Anne Payne who had the pleasure of catching up with Judy on a very inclement day in Dublin in May .



Laois Federation was delighted to see that the piece of Mountmellick work done by Lucy Conroy of Castletown Guild for the Centenary and that was presented to the County Council was on display in the entrance foyer of the County Council Building in Portlaoise. We were delighted that Councillor Catherine Fitzgerald was able to join us as Catherine was Cathaoirleach when the presentation was made originally We had members from Castletown Guild and Portlaoise Guild present. Those who were able to attend were Josie, Catherina and Lucy Conroy Guild President from Castletown Guild, Federation President Anne, Councillor Catherine Fitzgerald, Stella Harding President Portlaoise, Guild and Vice President Betty Gorman, Caroline Shiel Portlaoise Guild and Councillor James Kelly Independent Councillor Portlaoise .



Margaret McEvoy
President of Spink,
Carmel Dawson,
and AnnaMay
Brennan

At The Laois Federation AGM hosted by Abbeyleix Guild in the Golf Club we presented our cheque for the Charity of the year - This year it was for the Simon Community and we presented Cormac Lally and Michael Martin from The Simon Community with a cheque for €1,420. We hope that there will be facilities for the homeless in Portlaoise. Left to right Cormac Lally accepting the cheque from the Federation President , Noreen Byrne the Federation Treasurer , Betty Gorman Vice President and Michael Martin from the Simon Community.



Sent by Anne Payne Laois Federation President

Some members of Portlaoise Guild so far Anne Payne, Kristina Riauke and Marion Lawless are supporting The Innocent Big Knit this year which means we are knitting little hats that we will send to The Big Knit 2019, Innocent Drinks, in Dublin These little hats will be put on the tops of Innocent smoothies bottles in stores and when bought by the public will raise 30c for Age Action - it really is a great way to use up your left over wools and they are so quick to make. We hope that more Guild members will join in. Details can be found on the web site The Big Knit and plenty of patterns too - so get knitting. Right are the first lot that are ready to go.



Councillor Catherine Fitzgerald presenting a minutes book from the 1st Portlaoise Guild to Portlaoise Guild members Anne Payne Federation President and Stella Harding President of The current ICA Guild. Councillor Catherine's mother Mary Daly was a founding member of the 1st Portlaoise Guild



Some of the flower arrangements made at Spink ICA meeting on Thur 2nd May under the guidance of Imelda of Floral Visions, Mountrath.



Planting the Rose ceremony - Rev Canon Peter Tarleton St Peters Church of Ireland, Father Tom O'Connor St Peter and Paul's in Portlaoise Federation President and Guild member Anne Payne, Martin Hartford Security, Richard Conroy Sue Ryder Manager and Stella Harding Guild President - Stella was also the Founding President in 2009



Portlaoise Guild celebrated the 10th Anniversary of our Guild with a blessing given by Rev. Canon Peter Tarleton St Peter's Church of Ireland and with Father Tom O'Connor from St Peter and Paul's Church in Portlaoise. We presented a Rose bush and a Rosemary Bush to Sue Ryder where we meet .and a small plaque with the details. The Rosemary is the symbol of Sue Ryder Foundation. After the ceremony was over we invited the clerics and Richard the manager for a cuppa inside and from there to our Guild meeting.

Sent by Anne Payne Laois Federation President

Limerick Federation

The Limerick Federation took part in the 50 Plus Expo in the South Court Hotel on Tues 7th and Wed. 8th May. This event was co-ordinated by Arts and Crafts Officer Mary Moloney. The stand was a hive of activity over the two days with many visitors stopping to chat, admire the crafts on display and marvel at the crafty demonstrators' talents. We had lots of enquiries about membership so this shows the value of keeping our profile high and part taking in any such events we can.

Photos show members of various Limerick Guilds with President Annette Long, Secretary Anne Rowlands, Treasurer Anne Gabbett, Arts and Crafts Officer Mary Moloney and Contest Secretary Carol O'Keeffe.

Sent by Maura Walsh Limerick Federation PRO



Oola Guild receiving First Prize in the Craft Board Competition at the Federation AGM from President Annette Long and Arts and Crafts Officer



Kildimo Guild receiving Second Prize



Ballingarry Guild receiving Third Prize.

QUICK QUIZ 1 (answers on page 27)

- | | |
|--|--|
| 1. What is the fastest land animal? | 3. What is the fastest bird? |
| A- Wolf | A- Eagle |
| B- Tiger | B- Stork |
| C- Cheetah | C- Hawk |
| D- Giraffe | D- Peregrine Falcon |
| 2. Which of these is the fastest fish? | 4. Which of these is the shortest measurement of length? |
| A- Flying Fish | A- Inch |
| B- Shark | B- Centimetre |
| C- Sailfish | C- Metre |
| D- Tuna | D- Gramm |

Roscommon Federation

Roscommon Federation members were delighted to be invited to have a stand at this year's Roscommon Lamb Festival event. This was a great opportunity to showcase our great organisation over the 3 days of the festival. The stand was "manned" each day from 10 to 5, which was quite a challenge. We had live daily demos of boxty-making, as well as millinery, upholstery, crochet, knitting and fine needlecraft. Visitors were invited to try their hand at these crafts and the children were encouraged to have a go at knitting and brought home their own set of needles to practise. We were delighted to welcome past members to our stand including former Federation Presidents Bridie Mee and Phyllis Mulry.

Our AGM was well attended and following the meeting we had a Dutch Auction -another version of Bring and Buy - where items were auctioned off, with some banter and fun, by Eileen; a novel way of raising much needed funds. National President Josephine's sock appeal was very well supported .

Members from the beautiful north of the county welcomed members from the south of the county for a get together on Monday 10th June. We enjoyed a Shannon cruise on the boat "Moon River" with refreshments, music and song and later 40 members enjoyed dinner in 'Tara Marina' restaurant in Knockvicar. The venture was a huge success and next time the ladies from the north will travel south to visit some of its many places of interest.



Cruising on
Moon River



Millinery by Annette at the lamb Festival



Both making
with Marie
and Bridie
at the lamb
festival



Fine needlecraft by Carol at the
lamb Fest



Past members
visiting our stand
at the lamb
festival....Margaret
Haughey, Former
Federation
presidents Bridie
Mee and Phyllis
Mulry

Sent by Kitty Harrington Roscommon Federation President

Longford Town ICA Guild Win at Bloom

Fork to Fork

We're back from Bloom with a Feather in our caps. Our "Fork to Fork" Postcard Garden won a Distinction and Best in the Show of the Postcard Gardens in Bloom 2019.

To say we were delighted is an understatement. We were ecstatic and we hope the message portrayed through our "Fork to Fork" garden will have been heard loud and clear throughout the country. Our message is to "grow your own", collect rainwater, do your own composting and reuse the compost and rainwater to continue growing your own every year. It is healthier and cheaper, and it reduces our carbon footprint.



We spent five wonderful days at Bloom with our garden chatting to all who swung by us to admire the garden and congratulate us on winning our category. We thank every ICA member countrywide who called to see us at Bloom and we even got lots of enquiries about joining ICA.

President of the Guild Ursula Burke recounts how the idea to enter a Postcard Garden first manifested itself back in September of 2018. Members were very excited to run with the theme "Fork to Fork" as it is currently so topical and members are very focussed on Global Goals and related issues. The forward thinking and hard working ladies of the town ICA Guild have been busy planning and preparing since our Entry was accepted in March 2019. There are many ideas, many possible projects and a diverse range of opinion on what the best plan of action for creating change within ICA and within our communities. However we proposed Fork to Fork, Ursula continues, as it was a very achievable project and very doable for everyone in our communities.

Our garden showed how we can turn the tide on unsustainable consumption using the earth around us to feed ourselves. The exhibition of a food cycle showing the variety of produce one can harvest from seed to table to compost. The satisfaction of self sustainability enormously helps overall health. Through our bird table birds are encouraged to visit our garden which deals with slugs and snails in a natural way. We also encourage bees (especially the Irish native honey bee) and butterflies. This helps with cross pollination. All nature is respected.

We re-use containers as much as possible. Gathering rainwater in our water butt which we had decorated with crocheted raindrops. Our many craft items added colour and fun to our display all hand made by our crafty members. We crocheted a cover in the ICA colours for the handle of our garden fork and many remarked that it would be a good idea to lessen the blisters sustained from using the regular handle. Worth a try.

By growing our own food we reduce our carbon footprint. Our food should be grown not flown. We constructed a compost container using a wooden pallet and chicken wire. Compost acts as a natural fertiliser and is an ideal and excellent way of disposing of waste such as peels of veg etc. All the gardeners in our Guild grew a large variety of vegetables and herbs from seed and they were really blooming for the show. Every member of the Guild contributed towards the project which made the winning all the more sweeter.

This fits in with the ethos of I.C.A. as we encourage personal development through a variety of projects such as gardening, crafts, arts and cookery. We extend a warm welcome to everyone and we always have time for a cup of tea and a chat.

The Guild wish to thank the following Sponsors and Suppliers for their help towards achieving our Goal. Longford Garden Centre, Richmount Cordial, Carrickfern Pure Irish Honey, Hope Community Church, Farrell & Coy, Behinn Burke, Martina Blaney, Longford Womens Link and Janesbees.ie together with all our members.

Sent by May Campbell Regional President

ICA Guilds Nationwide

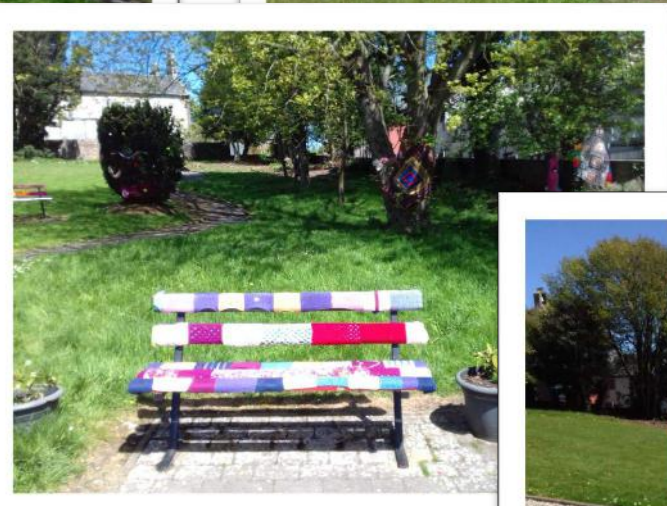
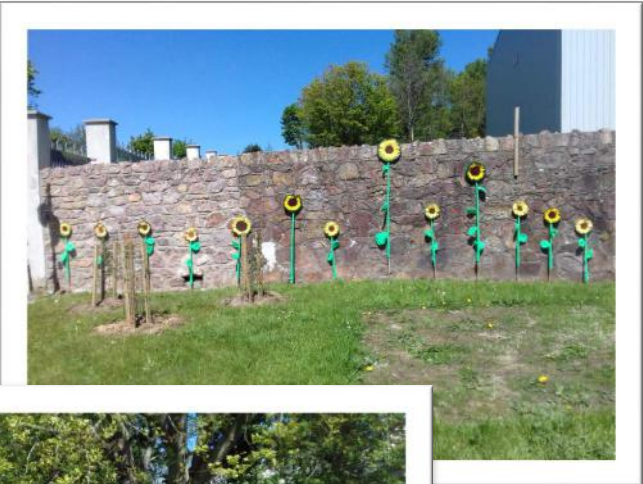


Awards day in Kilkenny city, which was attended by the National President.

Sent by Ann Kelly Kilkenny Federation President.

Pictures of Castlebridge guilds beautiful yarn bombing on display in their village

Sent by Breda Banville Wexford Federation PRO





Greetings from Mainistir na Féile ICA

Sent by Anne Maria Dennison former National President



At the May meeting of Tramore Guild, Heather Phelan, President was delighted, on behalf of the Guild, to present Harvey Kinsella, from the South East Simon Community, with a cheque that will help to support the local vulnerable and homeless. Keep up the excellent work!

Sent by Heather Phelan Tramore Guild President



ICA members from around the country who took part in the Go for Life games in DCU on June 8th 2019

Sent by Mary MacNamara Kildare Federation Treasurer



Clonea Rathgormack Guild had a very enjoyable outing to Rathwood, Tullow, Co Carlow. We also visited The Chocolate Garden of Ireland which is located beside the Rathwood Centre. On our way home we stopped off for some shopping in Kilkenny City and had a lovely meal in the Club House Hotel.

An enjoyable day was had by all.

*Sent by Marie Cullinan
Secretary Clonea Rathgormack Guild,
Waterford Federation*



Shoebox competition winners and Bennekerry ICA who hosted the Summer Federation meeting

Sent by Mairéad Phelan PRO Carlow

Ardmore/Grange Guild held a “Bring and Buy Sale” at the end of February, and the proceeds of €500 were presented to Margaret Coffey of the Deise Day Care Centre in Dungarvan, Co Waterford. The photograph of the presentation, left to right included Elsie Hickey (Secretary), President Breda Murray, Margaret Coffey of the Deise Day Care Centre, and our Treasurer, Olive Troy. The photograph of the large group of Ardmore/Grange Guild Members was taken at our AGM on 9th April, 2019. We presented the cheque to Margaret Coffey on that evening.

I would like to take this opportunity to say that the Ardmore/Grange Guild appreciates very much the National President, Josephine Helly, and will support her in whatever decisions she makes in the future. Personally, I have received wonderful support from the Guild Members since I joined in 2008, and I admire very much the achievements of ICA in the past. I hope the organisation will continue to carry out its excellent work.

Sent by Jean McCarthy Promotions Officer Ardmore/Grange Guild, Waterford Federation



QUICK QUIZ 2 (answers on page 27)

- | | |
|---|---|
| 1. Which of these is the shortest time span?
A- A dozen years
B- Century
C- Decade
D- Millennium | 3. What is the shortest sentence in the English language?
A- I am.
B- Go!
C- A.
D- None of these |
| 2. Which of these things most likely takes up the least time?
A- Reading a novel with at least 300 pages
B- Taking a shower
C- Driving from Los Angeles to New York
D- Watching a movie | 4. Which of these words best completes this sentence grammatically: He _____ dodged the speeding car.
A- neither of these
B- fastly
C- quickly
D- either of these |



Castlepollard I.C.A Guild. Westmeath won the best window competition for their display in the window of the Hotel Castlepollard at the St Patricks weekend festival in the town. The theme was recycling and we displayed all types of items you can recycle not just paper.

Sent by Rosaleen Madden Castlepollard Guild president, Westmeath Federation



Josephine Helly National President with Anita McNamara, Anita Lett's granddaughter.



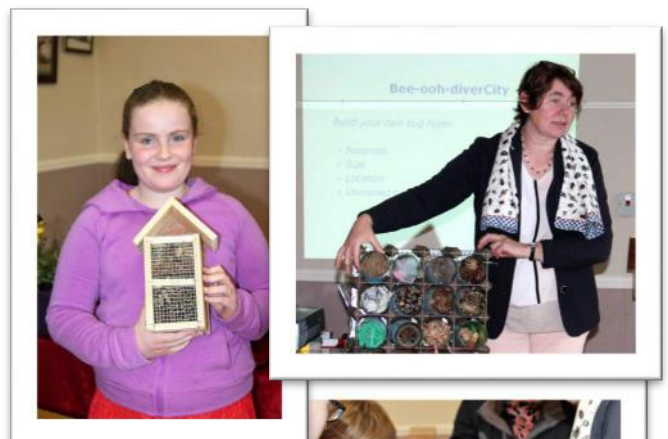
National ICA President visits burial place of founder Anita Lett. Members of Wexford ICA Federation visit Clonmore Churchyard where the founder of ICA, Anita Lett is buried and on Sunday, 7th last, members were joined by National President Josephine Helly, National PRO, Carmel Dawson, Regional President, Margot Hennessy and Anita Lett's granddaughter, Anita McNamara and her husband Dominic. Federation President, Mary D'Arcy, gave a brief account of Anita's life story, Josephine spoke about the importance of ICA today and how Anita saw the need for such an organisation back in 1910 also. She placed flowers on her grave and all present sang the ICA Anthem 'My Land' A granite seat was unveiled in Remembrance of Anita and the Federation Committee thank Clonmore Churchyard committee for permission to place the seat in the churchyard. All present then adjourned to Bree ICA Garden for the annual picnic but firstly another granite seat was unveiled. The garden is a joy to behold and well worth a visit and huge thanks to Bree ICA who maintain the area and ensure it looks its best 365 days of the year.

Sent by Breda Banville Wexford Federation PRO



Derrinturn Guild, Carbury, Co. Kildare recently celebrated their 60th Anniversary. The Guild was founded on the 2nd of April 1959. To mark this historic event, the Minute Books of the past sixty years are being researched as a social history project. The project is a work in progress and will be published before the end of 2019.

Sent by Sylvia Lynam Derrinturn Guild Secretary / Press Officer Co. Kildare



To mark Wild Child Day during National Heritage Week, Horace Plunkett ICA Guild hosted a Talk on Pollinators and a practical demonstration on building a Bug Hotel



Sent by Lillie Byrne Meath Federation PRO

Garristown ICA Fundraising for Daffodil Day

A busy morning of baking and tea making for members of the Garristown Guild was had on Sunday 24th March! Garristown ICA hosted a fundraising event for the Irish Cancer Society's annual Daffodil Day with a coffee morning, cake sale and raffle. The fundraiser was a roaring success and Garristown Guild raised €1,350.50 for the Irish Cancer Society. The Irish Cancer Society aims to improve the lives of those affected by cancer. They do this by providing up to date information and a range of services and by influencing change and raising awareness of cancer issues. For more information please visit www.cancer.ie



Supporting Young People's Mental Health

Garristown ICA hosted a workshop on Monday 8th April 2019 on Supporting Young People's Mental Health provided by Jigsaw, the national centre for Youth Mental Health. The one hour workshop was made available to parents and guardians in Garristown and surrounding areas. The workshop was interactive and thought provoking, giving participants an understanding of the key issues impacting on the mental health and wellbeing of young people. Most importantly, the workshop imparted useful tips on how to recognise if a young person is struggling with their mental health, the value of listening as a way of support, and ways to promote mental health for young people. Garristown ICA is proud to have partnered with Jigsaw and support their philosophy of early intervention and supporting a young person from a place of vulnerability to a place of resilience. More information on the services that Jigsaw provide are available at www.jigsaw.ie.



Sent by Helen Chan Garristown Guild Press Officer

	6		8		5			4
8		9	4	3				5
				9		8	7	
	4	8			9	2		
	3			4				1
		1	7			4	6	
	7	2		5				
	8			1	6	7		9
9			2		8			4

<http://1sudoku.com>

n° 110973 - Level Easy

		6	8			5			3	4
					3				8	
2				1			4	6		
5			6	2	3					
		9	2						8	6
						9	7	2		3
			7	4		3				8
	8					9				
9	4				6			7	2	

<http://1sudoku.com>

n° 122850 - Level Easy



Photo of Ballyporeen/Clogheen ICA members who represented INDIA at the South Tipperary International Women's Dinner in Clonmel.

Sent by Mary O'Gorman Ballyporeen Guild Hon. Secretary



Members of Nenagh Guild enjoying the North Tipperary Federation Irish Night at the Band Hall Thurles.

Sent by Alice Varley Nenagh Guild Secretary



Just Color



Bernie Lynch, Angela O'Sullivan, Ann Geaney enjoying a walk through the Hobbit garden



Model Rose Lomasney



Catherine Wilkes President CarraigabhFear ICA Guild at the Hobbit garden in Bandon .Co.Cork



Founder Guild member Frances Harte with Guild treasurer Rose Lomasney

Carraig na bhFear ICA Guild recently celebrated their 70th Anniversary with a beautiful meal at the Vienna Woods Hotel, Glanmire, Co. Cork on 25th of January 2019.

Cobh Animation Ladies and Gentlemen in their unique costumes, embracing the ICA colours of Green and Blue on their hats, welcomed everyone with a *Meet and Greet*.

Catherine Wilkes, our President, welcomed Eleanor Calnan, Cork Federation President, along with Ena Howell, South West Regional President and, over one hundred members from the local Guilds together with friends joined in the celebration. Josephine Helly, ICA National President sent her apologies.

Eleanor Calnan presented Catherine, with a Certificate to mark the anniversary of the Guild. Presentations were also made to our Guild President Catherine, Secretary Bernie, Treasurer Rose, PRO Mary and members of our sub-committee. Gifts were given to our founder members Nora and Frances Harte.

Tributes were paid to our deceased members including the late Ina Sheehan and Kathleen McAuliffe, RIP, both of whom passed away last year.

Ours Arts promoter Joan and Crafts promoter Patsy provided a colourful display of the work done by all our Guild members.

Mass was celebrated by Fr. Moloney in the hotel prior to the meal and this was followed by music and dancing which went on into the late hours.



L-R: Bernie Lynch, Catherine

Sent by Rose Lomasney Carraig Na bhFear Guild, Cork Federation

Ashford ICA May Guild Meeting

Sent by Brigid Cahill Ashford Guild President Wicklow Federation



Geraldine McNally Meath Federation President was the winner of the Novelty Apron Competition at the Federation meeting.

Sent by Lillie Byrne Meath Federation PRO



Carmel Garrett, Galway Federation President was joined by Knocknacarra and Galway ICA friends to celebrate a significant birthday recently.

Sent by Lillie Byrne Meath Federation PRO



Few pictures of the Newbridge Guild participating in the yarn bombing .

Sent by Pat O`Toole Newbridge Guild Treasurer



QUICK QUIZ 1
C, C, D, B

QUICK QUIZ 2
C, B, B, C

Afternoon tea party for ARC house Cork and Bantry

*Sent by Noreen O'Connell
Drimoleague Guild Contests Secretary*



Ballinscarthy Guild with Cobh Animateuon team in Drimoleague.



Dunmanway members with Cobh Animateuon team in Drimoleague of Sunday 26th May

We hope you are enjoying the ICA newsletter.

Please let us know what you are doing in your Guild and Federation as we are delighted to see that you are so active.

Also if you have recipes with a photo, or a poem written by you, please send it to us and we will share them with the members.



ICA Central Office—office@ica.ie



Kilmeen ICA guild after the 1st setting with Cobh Animateuon team in Drimoleague on Sunday 26th May

Sent by Breda Hennessy Knocklofty Guild Contests Secretary



Knocklofty Guild celebrate 65 years of ICA membership

Knocklofty ICA celebrating 65 years at the South Tipperary Federation Night in Cashel. Seated: Anne Devitt Vice President, June O'Dwyer President South Tipp Federation, Nan Hackett, President Knocklofty ICA, Ena Howell, Regional President. Standing: Mary Phelan, Marie Tyrrell, Marguerite Guidera, Catherine Colbert, Mary O'Sullivan, Francis Cowan, Breda Hennessy.

Eileen O'Callaghan

Carraig na bhFéar ICA's 70th birthday year was packed full of activities that highlight what this guild is all about.

The birthday bash itself took place last January in Vienna Woods Hotel, with more than 100 people attending. Most were members of local guilds, who were there alongside regional president for the southwest Ena Howell and Cork Federation president Eleanor Calnan. Fr Moloney began the celebrations with Mass, after which everyone enjoyed a great meal.

The guild's strong community orientation was reflected in numerous events during the 2018-19 ICA year. In June 2018, the guild assisted with refreshments at a party in the community hall for the 40th anniversary of Canon Martin Keohane's ordination. Three months later, members provided soup, sandwiches and cakes for the United Hunt Fun Ride in aid of Carraig na bhFéar Community Council.

ICALife

And when the Community Council staged their drama, *Nobody is Listening to Me*, in February, guild member Margaret Dinan played the lead role — she later represented the guild at the Cork Federation Ideal Lady competition in Oriel House in late March.

Carraig na bhFéar ICA had new members join in February and April. They also had women from Japan and Taiwan at an earlier meeting, demonstrating examples of their cuisine. Last September, Mary Allen from Avondhu Blackwater Partnership CLG Community Connect attended the guild meeting and talked about community services for older people living in their own homes.

In October 2018, 40 years membership certificates were presented to Patsy Murphy and Noreen Manley. Long-standing member Kitty Dunlea, currently in a nursing

home, was remembered at a special Mass on October 7, and a beetle drive was held later that month.

Cork Federation secretary Nuala Stack attended the guild's November meeting and displayed an array of craft — she was happy to arrange three weeks of classes in macramé and trapunto for interested members. Ahead of finishing up for their summer break, the guild organised a Great Bake Off for Temple Street Hospital in the community centre. At the 70th AGM in May, Rose Lomasney stepped down as treasurer, with Patsy Murphy taking up the reins for 12 months. Nuala Stack again attended. She said all future new members will be presented with a pack to the value of €20, which includes details/info about ICA.

Send your news to ica@examiner.ie

President recounts her ICA journey

Catherine Wilkes wasn't a Carraig na bhFéar ICA member when she attended the guild's 60th anniversary celebrations 10 years ago. She was there with three school friends and was so impressed by the event and atmosphere that she attended the very next guild meeting.

This, she says, is really where her ICA journey started. Catherine is now Carraig na bhFéar ICA president and she recalled that first night earlier this year at the guild's 70th birthday. She also recalled for the Vienna Woods attendance some of the highlights of the past 10 years, chief among them the ICA's centenary year — 2010 — which Cork Federation celebrated by holding a garden party at Fota House and Gardens for 92 Cork guilds representing some 700 people.

"Each guild was presented with a shrub rose. We planted ours at the grotto of Our Lady in the church grounds," reminisced Catherine.

Another highlight of the past decade was the Cork Federation dinner in Silver-



Guild secretary Bernie Lynch making a presentation to president Catherine Wilkes at the anniversary party. Picture courtesy The Avondhu

springs Hotel in 2012.

"Early the following year, as our contribution to the Gathering 2013, we made calico squares to be added to a 'link of friendship' with other Cork guilds in aid of charity."

Catherine reminded ICA members of President Michael D Higgins's May 2013 visit to Carraig na bhFéar, where he unveiled a plaque at Faiche na bhFíli to honour local poets — 1,500 people attended and ICA helped with the catering.

And she also mentioned Margaret Drinan and Joan Moloney winning the drama competition at An Grianán with one-act play *Positive Dead People* in 2014 — Joan won best newcomer and Dan Twomey took the prize for best director. They later staged the play at a drama night in the community hall attended by 90 people.

Catherine concluded her talk by saying ICA is a huge part of her life now.



Members,
Thoughts

03 MAY 2018

Firstborn.

WE BROUGHT YOU HOME FROM
THE HOSPITAL,
MY YOUNG HUSBAND AND I.
SLEEPING IN YOUR WHITE CARRYCOT
WITH PINK ROSEBUDS,
HE PLACED YOU ON THE KITCHEN TABLE.
NOW WHAT DO WE DO? HE ASKED,
WELL, WHEN SHE WAKES, WE FEED HER
I SAID,
RIGHT, HE SAID, O.K., ONE STEP AT
A TIME,
WE GAZED AT YOU IN AWE,
WE HUGGED ONE ANOTHER AND
SAID "WE'RE A FAMILY,"
AND YOU SLEPT ON, OBLIVIOUS.

MARY TEEHAN

BOBBIS-IN-OSSORY GUILD.
CO LAOIS.

ARDMORE I.C.A.

I
IN the year 2011, I thought I landed
in heaven, I joined the I.C.A
in Ardmore, I never had such
fun before.

II
A group of ladies gathered together
sewing and knitting which or whether,
all joyful and happy caring and
sharing, O'Mary that's a lovely blouse
you are wearing.

III
The committee set up, the president seated
The hall it had been beautifully heated,
We sat there listening to the discussion
Some of it sounded like it was "russian"

IV
The meeting was over the time it flew,
Everyone talking all but a few,
The hostesses came with cakes galore,
I never tasted their like before.

V
Mary and Katie sat by the door,
leaving their bags down on the floor.

Engquiring about their families one
and all, or maybe a discussion about the
D'ail.

VI
The tea was all drank the cakes disappear
The meeting concluded now I fear,
we all said good night in a friendly
fashion,
Looking forward to the next meeting
with lots of passion.

VII
Come all you ladies out here I say,
you haven't lived life till you join I.C.A
there are so many hobbies that you can
do, Crochet and art to name but a few

VIII
So look up the nearest guild in the next
you won't regret it, I know I can bet,
£52 your fee for the year, money
well spent I have no fear!!

BREDA MURRAY,
Ardmore / Grange I.C.A.

An Grianán Cookery School

Come and join us in the Home of the Irish Countrywomen's Association Education Centre at An Grianán in the beautiful village of Termonfeckin, Co. Louth.

Why not start with the right foundations, improve your skills or cook like the professionals? We have courses to suit all your needs.

Evening courses, weekend and day courses. Bread and pastry, contemporary Irish cooking, fish with friends, cake decorating, gluten free cookery, modern vegan cookery, one pot wonders or preparing ahead for Christmas. You're in safe hands with Janice, our tutor, who is the award winning RAI Local Food Hero for Louth 2019, Euro toques member and Real Bread Ireland member. Contact us at: cookeryschool@an-grianan.ie Telephone: 041 982 2478, Facebook [@angrianancookeryschool](https://www.facebook.com/angrianancookeryschool) or twitter [@angrianancooker1](https://twitter.com/angrianancooker1)

One Day Courses for Non Members are €100 - Maximum 10 guests

One Day Courses for Members and their guests are €75 (25% discount) – Hands on only - Maximum 10 guests

Federation weekend Courses –€10 supplement for demo courses, €15 supplement for hands on courses (to cover ingredients and recipes)

Green reminder:

**STOP USING
WET WIPES!**



Federation Day Courses - Mixture of Demo & Hands on same charge as all An Grianán day courses €65

AGM 2019 (Reconvened)

The ICA Annual General Meeting will be reconvened in the Midlands Park Hotel Portlaoise on Saturday 23rd November 2019 (adjourned from May 2019).

IMPORTANT

Please note the pre-registration through Eventbrite is necessary.

Please register with the name of each ICA member and remember to bring your membership card to the event!

Please click on the Eventbrite logo below to ensure your quick registration at the AGM.

The registration is also available on the ICA website, in the Member`s Area.

The accommodation packages are:

- Single bedroom rate €99 including bed and breakfast
- Twin bedroom rate €119 to include bed and breakfast

Please book rooms directly with the hotel.

Midlands Park Hotel , Portlaoise **Phone: (057) 8678588**

Address: Jessop St, Portlaoise, Co. Laois, R32 KV20

Please register your attendance at the AGM in the Member`s Area of the ICA website or by clicking here:

The Eventbrite logo is displayed in white text on an orange rounded rectangular background.

Two options for lunch will also be available:

- Soup, Sandwiches, Tea or Coffee € 12.50 per person
- Hot Buffet Main course with Tea / Coffee €16.50 per person
- Dessert of the day €6.00 per person

Book your lunch on the day of the AGM at the registration desk.



Parking: Car parking in Church Street car park is available at the discount rate of €7.50 euro for the day. Remember to validate your ticket at the Hotel Reception desk to get this discounted rate.