



**Irish Countrywomen's Association**  
*Bantracht na Tuaithe*

Dear Members,



Thank you so much to all of you who came to the ICA marquee at the Ploughing. I really enjoyed speaking to members from all over the country and I would like to thank all the members of the Carlow ICA Ploughing committee, you did a wonderful job and the programme of events offered over the three days was very varied and interesting and we were very lucky with the weather.

Congratulations to Ms Samara Ward who was the winner of the ICA and Aldi Brown Bread competition. Although not a member of ICA she was in competition with Helen Cunningham from Seven Houses Guild, who came 3<sup>rd</sup> place and Anne Downey from

Clareen Guild, who came 4<sup>th</sup>. Thank you very much to everyone who entered the competition. You will be able to buy Samara's winning loaf in Aldi stores quite soon.

Carmel Garrett Galway Federation President and I met with the NBCRI in Galway on Monday 30<sup>th</sup> September and presented a cheque for more than €39,000 euro raised by ICA members around the country.

The Gempack baking competition is always a favourite in ICA. This year the competition is to bake a Carrot and Pineapple cake with coconut. It is one of Edward Hayden's recipes and you will find it on the back page.



The Knitting and Stitching show will be taking place in the RDS from the 7<sup>th</sup> to the 10<sup>th</sup> November and tickets are available from Central Office. More information overleaf.

As **we prepare for the reconvened AGM 2019** may I remind you to register if you are attending the AGM. It is very easy to do, just go to [www.ica.ie](http://www.ica.ie) and using the EVENTBRITE button register your attendance. There are a number of documents included in this mailing. Please find enclosed:

- The final edition of the Annual Report 2018-2019
- The final editions of the draft minutes of AGM 2019
- The Agenda for the re-convened AGM 2019
- The Biographical detail for the nominees to the Procedures Committee 2019 – 2020
- Terms of Reference for the Procedures Committee
- Voting Cards

*Josephine Helly*

Josephine Helly

National President



## RECONVENED AGM 2019

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

### IMPORTANT

Please note in order to have an idea of numbers we ask that all members pre-register by clicking on the Eventbrite button on the ICA website.

Please remember to bring your ICA membership card to the AGM to register.



- For queries about accommodation please contact Joanne Carew at the Midlands Park Hotel, Portlaoise by calling (057) 8678588

Please book rooms directly with the Midland Park Hotel in Portlaoise by calling (057) 8678588

The address is Jessop Street, Portlaoise, Co. Laois R32 KV20

Two options for lunch will be available:

- Soup, sandwiches, tea or coffee €12.50 per person
- Hot buffet main course with tea or coffee €16.50 per person
- Dessert of the day €6.00 per [person].

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

Parking: Car parking in Church Street car park is available at the discount rate of €7.50 per day. Remember to validate your ticket at the hotel reception desk to avail of this discounted rate.

## KNITTING AND STITCHING SHOW 2019



The  
**Knitting  
& Stitching**  
Show  
7-10 NOVEMBER 2019  
SIMMONSCOURT, RDS  
DUBLIN



ICA are delighted to offer members discounted tickets to the Knitting and Stitching Show this year at the RDS.

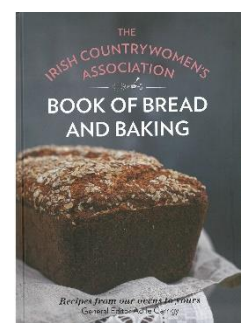
Tickets cost €11 per adult and €6 per child. They can be used on any day of the show. Please contact Anna Sinnott in Central Office on (01) 6680002 to place your order.

## THE BOOK OF BREAD AND BAKING HAS ARRIVED

The Book of Bread and Baking has arrived to the Central Office!

The price is €18 each or 3 for €50.

Please contact Anna in Central Office at 01/6680002 to place your order.



# Carrot & Pineapple Cake with Coconut

Edward Hayden

## **RECIPE: Carrot & Pineapple Cake with Coconut**

Carrot cake is one of my personal favourites. Whilst not necessarily a 'healthy option' it does contain lots of fruit and vegetables so in the grand scheme of things its considerably better than the chocolate alternative. Because of the fruit and the almonds, the cake remains very moist for a number of days.

4oz/110g sugar  
4 large eggs  
10oz/300g self-raising flour  
½ teaspoon of salt  
1 teaspoon of mixed spice  
14oz/400g grated carrot  
1 small tin of pineapple-about 4-5 rings-chopped finely  
8oz/225g sultanas  
2oz/50g desiccated coconut  
1oz/25g ground almonds  
4oz/110g melted butter



Preheat oven to 150C/300F/Gas Mark 2

Grease a large loaf tin and line with a small layer of parchment paper to make it easier to turn out the cake later on.

In a large mixing bowl whisk the eggs with the caster sugar until it reaches the ribbon stage similar to that of a whisked egg sponge.

Sift the flour together with the salt, ground almonds and mixed spice.

Fold the sifted flour mixture into the egg mixture and mix in very gently.

Add in the carrots, pineapple, coconut, sultanas and butter at this stage.

The consistency will be quite firm initially but as you mix in the fruit it will loosen up a little.

Pour into the prepared cake tin and bake for up to an hour or until a skewer inserted in the centre comes out clean.

Allow to cool in the tin.

## **Orange Icing:**

4ozs/110g butter  
8ozs/225g icing sugar  
Zest and juice of one orange

Mix all ingredients together at high speed until light and fluffy.

Spread the icing onto the top of the cake and garnish with some pieces of segmented orange.