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Development
Association CLG**

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EDITORS LETTER

'More News.....24 years on



'More News', the local community magazine produced by the ORANMORE Community Development Association CLG (OCDA) is being re-launched with a new layout and 3,000 free copies being distributed amongst the local community. 'More News' was first launched in October, 1995 by the Oranmore Community Development Association under its then Chairman Ray O'Donoghue who has remained

as Editor and proofreader for all 223 issues to date. Initial production took place in a small office over head Keane's Bar with a small team of young dedicated enthusiasts which included Michael Mulqueen as Managing Editor, Síle O'Donoghue as production manager, Paul Byrnes as Sports Editor, Leah Donoghue in Finance, Sheila Byrnes was the Advertising Manager, Marion Heery as distribution manager, Mary Conroy was chief news reporter, Linda Macken in accounts and with contributions from Colm Clancy, Gráinne Úí Ceallacháin, Elizabeth Byrnes, Henry Walshe and many more down through the years. Production usually took place on a Thursday night into the late hours (often after 4.00am), the finished copy was delivered to the printers Clódóirí Lurgan in Indreabháin early on Friday morning and the printed copies collected and delivered to the shops on Friday evening with copies also being sold before and after all masses. Interestingly, four members of the original team went on to pursue careers in the print and media industry.

Over the years, the production moved to the fulltime staff in the OCDA office with the responsibility falling to Rose Flanagan and Anne Finn.

It is now felt time for a new approach and a new look magazine. An initial draft will be an election special and 3,000 free copies will be distributed on May 17th. It provides a great opportunity for local businesses to support their community magazine while also promoting their own business to the readers of 'More News.'

As we near an election, we would like to thank all the politicians who contributed to 'More News' down through the years and also supported the work of the Oranmore Community Development Association. The importance of having a locally based representative at the decision making table, whether at local council or national level, has been proven many times. We take this opportunity to wish our local representative and long serving OCDA Board member and colleague, **Liam Carroll** success in the forthcoming local election.

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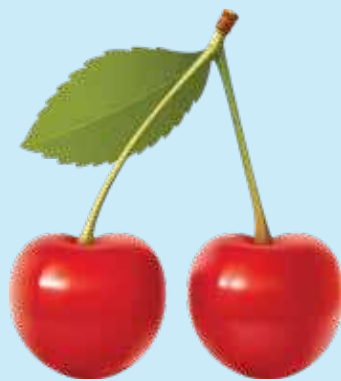
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The 'Cuckoo' Tree



Note: for some of the following article I am grateful to Publishers, The Collins Press, and to, Niall MacCoitir, author of '*Irish Trees, Myths, Legends & Folklore*' for much of the folkloric information in this article and for permission to use some of the stories and legends included in this most beautiful and informative book.

The blossoms of the Cherry Trees may be largely gone now, nevertheless I still decided to devote this month's article to the Cherry, and, in particular, the *Prunus avium* or Wild Cherry – sometimes also called the Gean Tree.



Cherries for eating and drinking and making furniture.....

Prunus avium is a deciduous tree growing to 15–32 m (49–105 ft) tall, with a trunk up to 1.5 m (4.9 ft) in diameter. The bark is smooth purplish-brown becoming thick dark blackish-brown and fissured on old trees. In autumn, the leaves turn orange, pink or red before falling. The flowers are produced in early spring at the same time as the new leaves.

Wild Cherry grows rapidly and produces a strong durable wood with a colour like mahogany and, while there is not much evidence of its being used in ancient Ireland, Cherry timber has been used in more recent times in fine furniture making. It is also used for veneers and sweet-smoking cherry pipes (though how much use there would be now, in Ireland, for the latter I don't know!!!!).

On the other hand, Cherry fruits were harvested as food in Ireland since ancient times and cherry stones have been found in at least one Bronze Age site – a crannog in County Offaly.

The 'Cherry Ripe' of the old London street chant refers to varieties of the tree grown in Kent where farmers grazed their sheep beneath the cherry trees.

The fruit of the Cherry is, of course, still eaten and used in cake making. It is also used in syrups and cough mixtures and liqueurs are distilled from fermented cherry pulp.

The 'cuckoo' tree.....

The association of the Cherry tree with the cuckoo seems to be known mainly in England. An old English proverb relates that the cuckoo does not sing until it has eaten his fill of cherries three times, and, in Yorkshire children used to sing a rhyme 'cuckoo cherry tree, come down and tell me how many years I have to live' after which each child would then shake the Cherry tree and the number of cherries which fell would indicate the number of years each child had to live!!! There were variants of this in other parts of England also.

Cherry gum for the complexion.....

The Cherry tree is regarded as a symbol of youth, beauty and love, and, with its sweet tasting fruit and lovely blossom it is not too difficult to see why. However, did you know that the gum from the Cherry Tree bark is also believed to be beneficial for the complexion?!! I'm not sure if I would like to rub cherry gum all over my face, but, in fact, people apply all sorts of things to their faces and skin in an effort to improve them so Cherry Gum might be worth a try if you are looking for a new cosmetic!!!

The Wild Gean.....

We are very accustomed to the beautiful profusion of pink flowers produced in April/May each year by the cultivated Cherry Blossom Trees, indeed, there is hardly a garden or park that doesn't have at least one Cherry Blossom amongst its plants. However, while these trees are purely ornamental, there are, as you know, also varieties of Cherry which produce edible fruit and these are – like all cultivated fruit bearing tree species – crossed and selected to create better fruiting varieties.

But where do they all ultimately derive from?? Well, many come from the Wild Cherry or Gean, and this is still used as a root stock on which various varieties are cultivated.

The Wild Cherry was usually found in woodlands – especially Beech Woods where its delicate white blossoms stood out like snowflakes in Spring – the flowers appearing before the leaves.

I'm not sure where, in Ireland, you can see a truly Wild Cherry but I know there are some –possibly planted there– in Coole Park, near Gort.



'The Cherry Tree Carol'

This traditional English ballad sheds further light on the association of the tree with the cuckoo. In it Mary and Joseph are walking through a cherry orchard. Mary is pregnant and she asks Joseph to pick a cherry for her. Joseph – clearly feeling that he was cuckolded - replies 'Let him pluck thee a cherry that brought thee with child'. Hearing this, the infant Jesus speaks from his mother's womb commanding the tallest tree to bow down to Mary so that she can pluck its fruit. When he sees this, Joseph repents of his harsh words. This is, of

course, only a ballad but the clear implication from it and the other myths is that the cherry, like the cuckoo, is a symbol of love outside wedlock and explains why, in north England, at least, cherry blossom is regarded as an unlucky decoration at a wedding!!!

'Climate change and climate action continues apace and there is much ground for hope amid the increasingly obvious situation that the world will not succeed in avoiding a 1.5degree (if not larger) increase in global temperature rise despite all the measures being taken (I hope I'm wrong but that seems to be the growing consensus.

However, into this situation comes hope.....I recently watched one of the top TED talks on You Tube entitled 'Rewilding: How Wolves radically Change Rivers' by George Monbiot, an Investigative Journalist, it was fascinating and very authentic. It led me to a website www.naturalclimatesolutions to which a huge number of genuine wildlife and nature conservations have lent their names.

The proven theory is that if nature and various species of wildlife – including predatory species, like wolves - are allowed return to places from which they are currently absent amazing transformations can take place – for instance, if you listen to the talk you will see what the re-introduction of wolves into Yellowstone National Park has achieved it is well worth going to You Tube and listening to the talk, it's one of the top ten TED talks.'



NUI Galway
OÉ Gaillimh

Uwaga Polacy mieszkający w Oranmore.

NUI Galway prowadzi ważne badania dotyczące zdrowia Polaków powyżej 18 roku życia mieszkających w Irlandii. Poszukujemy osób chętnych do wzięcia udziału w anonimowym badaniu trwającym około 45 minut, w ankiecie nie ma osobistych pytań. Pytania są w języku angielskim z dostępnym polskim tłumaczeniem. Dla każdego kto weźmie udział w badaniu przygotowaliśmy voucher do Dunne's Stores o wartości 10 euro. Kontakt: Dan Kelleher, PhD researcher, 085 2574629

NUI Galway is carrying out an important research study on the health of Polish people aged 18 years and over living in Ireland! This is a great opportunity to have your say on what aspects of health are important to you! We are looking for people to participate in the study. The survey takes 45 minutes, there are no personal questions and all responses will be fully anonymised. The questions are in English with some Polish translation available.

Everyone who participates in the short survey gets a €10 voucher for Dunne's Stores!"



MUSIC SESSION FOR JUNIORS

The **Oranmore Community Development Association** in co-operation with the **Oranmore Branch of Comhaltas Ceoltóirí Éireann** are running weekly music sessions for Primary schoolchildren, in the Pre-Fab beside the Gaelscoil in Oranmore, from 6.00pm to 7.15pm on Monday evenings. This is an opportunity for children from the four Primary schools in the parish to come together for a weekly music session where they can play and practice their music with other musicians of similar age, swap tunes, learn new tunes and make new friends in the music world. All instruments are catered for, and while it is mainly traditional music, it is not exclusively so. There is adult supervision and assistance from adult musicians, and there is no charge. For any further information:

Please call **087 2798122**.



Local Girl

“Local girl, are you?” Elderly gent, a farmer he tells me, great hat. One of those peaky plaid numbers you find in the tourist shops: Authentically worn.

I rest my hand on the cold balustrade of the little bridge overlooking the castle, a yet unblemished view. Noughties: Year Five. Finger half-glove, free to scout the surface. Metal, I had expected stone.

“Yes, Galway, but the city” I reply, as he shuffles up next to me to take in the view.

There’s a swan trapped below, some sort of mesh. A few locals scale over from the pier, throwing ropes and instruction to help release the bird to freedom.

“What brings you out here then?” His tone is soft, un-intrusive. “I’m viewing a space in the village, for a coffee shop”

A laugh breaks up from his belly and breaks to a cough, hearty but un-mocking, at least not intentionally so.

I had stepped out for air and taken a walk past The Brewery and The Thatch and up to the bridge. To mull it over. A small, very small delicatessen had been abandoned the previous day. It sat on a quaint main street of a postcard village, quiet, but with a bustle in the wind; on the cusp of a decade of rapid industrial and social growth, not yet anticipated, by me anyway.

“Act fast and its yours!!” jostled the agent grabbing my arms in encouragement. “It won’t hit the paper ‘til Thursday. That’s a nice head-start for ye. Ye were smart to ring in, so ye were. How well ye knew to ring in. Well isn’t that a sign if there ever was one?”

My Mother and I had left our name with every estate agent in Galway city and county, months previous. Empty retail in sparse supply with our pet Tiger still rampant on its aging legs, gathering its last few cubs before slumber.

The swan makes a bold attempt to break free of her shackles, a dud attempt, but with blatant passion.

“Hold her! Hold her, Peter! One wallop of that wing will break your arm” a lady shouts, wading deep.

“That’s only a story. She’s not as strong as she looks”, he laughs back in her defence.

The swan settles, accepting her new friends as they present themselves and not the wolves she feared.

My new friend removes his peaky plaid and scratches his balding head, still chuckling.

“Coffee, is it? That’s the next things so, is it?” I smile, amused at his suggestion that I might know what’s to come. “Well” he continues “You’ll need to sell more than that out here, love.”

I smile back. Does he mean my immortal soul or a few scones, I wonder?

We watch the swan flap free of her rescuers and glide down the Corrib, free as a bird, a community effort. Yes, scones, he meant. Not a bad suggestion to be fair.

“Well...Best of luck” my friend donates, parting off down the Coast Road.

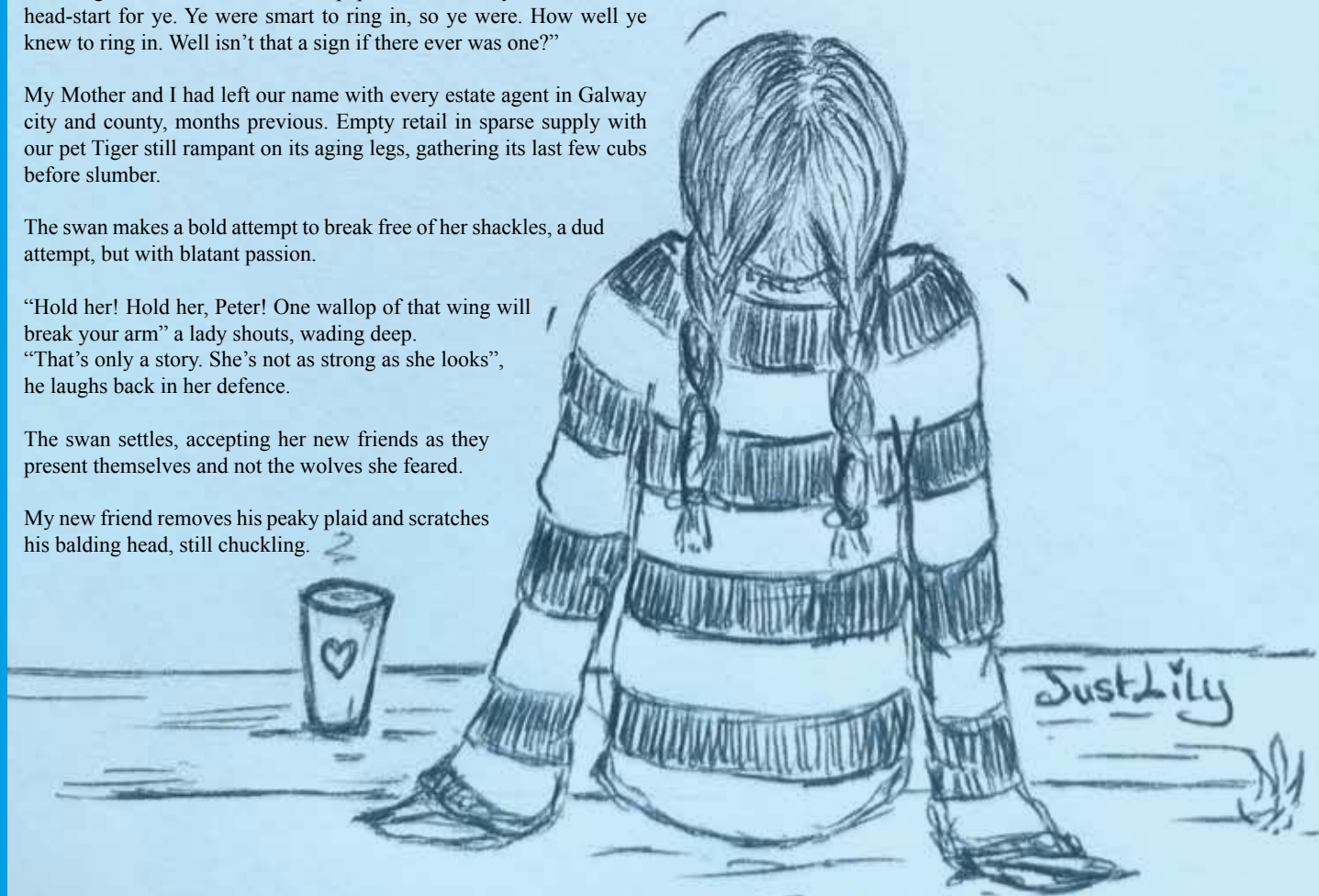
I set back toward the village, this place has a lot to teach, I think, as I approach the door... Push or Pull?

Always a conundrum... Ah! Both! How gracefully accommodating.

“Okay, sign us up” I say to the two still within, discussing terms and figures.

“Haha, right oh, I’ll fly” laughs the agent, dismissing my comment jovially. Dismissed again. The bank, the shop fitters and now the agent. The downside of youth. Anyway, there’s perks to being twenty-one. Boundless energy. Fearless drive. These things can expire.

“Get back to me anyway, before Thursday!” he adds, with urgency. Master of his trade.



Colouring Competition



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Age:

Contact No.

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Hay Fever

Hayfever, also known as "seasonal allergic rhinitis" is an allergic reaction to pollen which causes inflammation and irritation to the lining of the eyes, nose and throat.

Hayfever results when eyes or airways are exposed to an allergy-causing substance (allergen). The membranes release large amounts of chemicals which cause swelling and inflammation in the area and an increased production of mucus. Pollen from trees and grass is a common allergen carried by the wind and easily breathed into the nose. As plants flower at different times a pollen allergy often occurs at a specific time of the year.

Allergy Seasons:

Grass pollen: May – August

Tree pollen: February – June (depending on whether the allergy is to early or late flowering trees)

Nettle / weed pollen: August – September

Allergy to grass pollen is the most common cause of hayfever, however if there is also an allergy to a tree pollen then the hayfever season is very prolonged. The incidence of hayfever can vary widely depending on the plants present in a particular geographical location. Symptoms disappear when the offending plant is not producing spores or pollen, usually during the colder months of the year. Hayfever-like symptoms will vary from person to person and often first appear in childhood and adolescence. Studies have shown the hayfever severely affects quality of life. It disturbs sleep, impairs daytime concentration and work performance and is a significant cause of absenteeism from school and work. Common hayfever symptoms include:

- A runny, sometimes streaming nose
- A strong sensation of tickling in the nose, throat, ears and roof of the mouth
- Frequent sneezing
- Blocked nostrils, on one or both sides
- "nasal" voice
- Inability to taste or smell food
- Reddened, puffy, watering, itchy eyes.
- Irritating cough
- Discomfort from swallowing large amounts of mucus may lead to nausea at times.

In addition, people with hayfever may find it difficult to concentrate and may become listless and irritable. Hayfever can cause asthma symptoms such as wheeze or breathlessness to worsen especially if the person is

particularly sensitive and is exposed to high levels of allergen. Some people have asthma only during the hayfever season.

Treatment options:

Hayfever symptoms tend to be less severe if you can reduce your exposure to pollen. The amount of pollen in the air tends to be highest on warm dry and breezy mornings and lowest on rainy, cool days. The pollen count is often given with weather forecasts. The following may help when the pollen count is high.

- Stay indoors as much as possible and keep windows and doors shut.
- Avoid freshly cut grass, large grassy places and camping.
- Shower and wash your hair after being outdoors, especially after going to the countryside.
- Wear wrap-around sunglasses when you are out.
- Keep car windows closed, and consider buying a pollen filter for the air vents in your car.
- Face masks can be used to reduce exposure to allergens, particularly when outdoors.
- Monitor pollen forecasts daily and stay indoors wherever possible when the count is high
- Avoid line-drying clothes and bedding when pollen counts are high.

Over the counter treatment options:

- Antihistamines are used first line to help control the symptoms of hayfever. There are many types available e.g. nasal sprays, tablets, eye drops or syrups. Ask your pharmacist for a suitable product.
- Corticosteroid nasal sprays are a treatment option for hayfever especially if your main symptom is a blocked, rather than a runny nose.
- Eye drops may help to relieve red and irritated eyes. If you wear contact lenses ask your pharmacist to recommend suitable products.
- To help with irritating nasal symptoms, it may help to rinse your nose with salt water. Use a nasal saline spray from your pharmacy.
- Applying an ointment around the edge of each nostril or using a gel nasal spray can act as a barrier to trap pollens.





Ask your doctor or pharmacist to recommend a suitable anti-histamine or nasal spray. Nasal sprays that contain decongestants may be useful but should not be used regularly. These can have a rebound effect that makes the blocked nose worse. For severe symptoms your pharmacist can recommend eye drops.

If your symptoms are not controlled with regular use of over the counter antihistamines, eye drops and a corticosteroid nasal spray or if you suffer from asthma during the hayfever season, consult your doctor. There are a number of stronger preparations available on prescription only.

Diet hints:

A clinical study has found that eating a Mediterranean diet helps to reduce the symptoms of hayfever in adults and children. This type of diet is high in fresh fruits and vegetables.

If you feel that a certain type of food leads to a worsening of symptoms it is best to avoid that food. Some people report an increase in mucus production after eating dairy foods, e.g. milk, cheese cream etc. dairy foods are high in calcium, an important mineral for strong teeth and

bones. If it does become necessary to eliminate milk and other dairy products from your diet, ensure you substitute with other calcium containing foods, or take a calcium supplement.

Fluids are needed to prevent dehydration. Try to drink 8 glasses of water each day.

Vitamins, minerals and supplements:

Vitamins and minerals may only be of assistance if dietary intake is insufficient. There is evidence that antioxidant levels are low in people with allergies, particularly those with asthma.

Vitamin c with bioflavonoid and vitamin e are antioxidants that are available as nutritional supplements.

Zinc and magnesium help support the immune system and may help to alleviate symptoms

Garlic and horseradish are herbs with a long history of traditional use in the management of hayfever.

Acupuncture and homeopathy have also proved to be of great benefit to many hayfever sufferers. As with all treatments it's important to start treatment early in the season before symptoms progress.

Greg Cleary is Pharmacist Owner at the Oranmore Pharmacy.

For further details on this topic or any other health queries you may have, please feel free to call in and speak to Greg and the team or call us on 091 790688.


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**Young
Passionate
Progressive**

Hello, my name is Albert Dolan, aged 20 years, currently studying accountancy at NUI Galway and living in Monivea.

As a young person in the community I can see that rural isolation for the elderly is a huge issue, equally young people are feeling societal pressures greater now than ever before.

My sole objective over this campaign is to listen to all the concerns of people and bring a fresh passion and energy to representing and impacting the wider community.

Albert Dolan



VOTE No.1

Albert
Dolan

Local Election Candidate | Athenry - Oranmore



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Local Election Candidate Josette Farrell

I am running as an Independent candidate in the upcoming local elections, which is taking place on May 24th. With your help, I want to represent the Athenry/Oranmore area.

Josette is an energetic and passionate community facilitator based in Claregalway and surrounding areas for the past 30 years.

The founder of the community online newsletter Claregalway.info and more recently an enterprise initiative called the Hub where Josette says there should be one in every village/town in Ireland. The Hub is a concept that supports the community. It provides a friendly space for activities such as classes, talks etc. as well as services to include photocopying, printing and laminating. The Hub is a place where you can get information and support on things to do in the area. It is a place where you can meet up with people and make new friends through interaction with others in activities.

Josette is known as JDI which means Just Do It! So please keep her in mind when you are voting on May 24th. She will not let you down!





Fionn Kiely

A new voice in local politics

Local Election Candidate for the
Gort-Kinvara Municipal District



With the recent boundary changes and the formation of a new Municipal District, Gort-Kinvara, I believe it's hugely important to have a local voice representing the area.

This new District covers Maree, Renville, Oranhill, Beachpark and Beachgrove within the Oranmore/Maree area.

As a native of Clarinbridge, I would be honoured with the opportunity to be this new local voice to best represent our area.

My strong belief is in the importance of community and of public service for others.

My priorities include:

Supporting the communities we live in

Keeping young people in the area

A safe environment and improving local transport

Access to a clean environment

I feel passionate about these issues. And a lot more.

If you trusted me with your support I would be honoured with the chance to represent you, and to be a new voice for a new generation of politics.

CUDDY

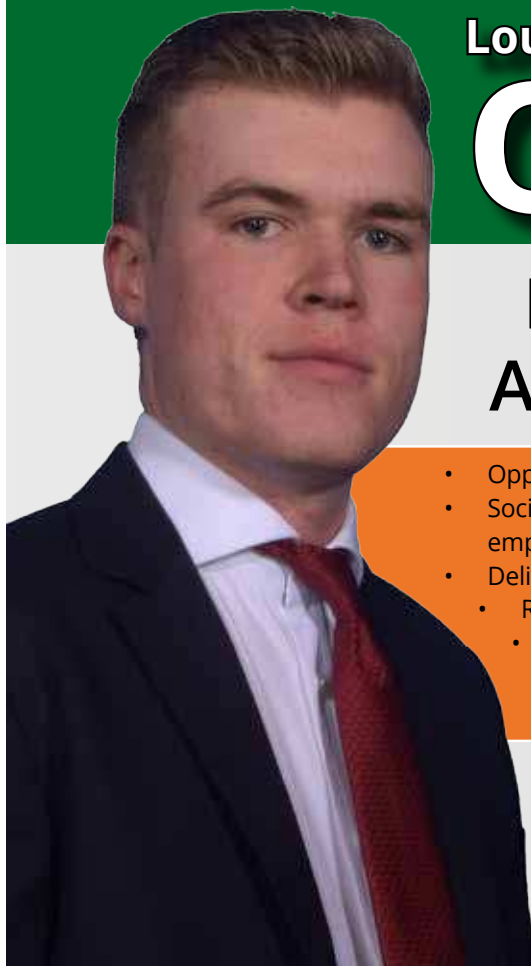
Jim Cllr.

VOTE 1

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Councillor***

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Louis

O'HARA



Fighting for You in Oranmore Ag Troid ar do Shon in Órán Mór

- Opposition to centralisation and privatisation of local services.
- Social Clauses in Galway County Council public procurement contracts to ensure employment of local people.
- Delivery of public and affordable housing for families and individuals.
- Reduction in rates for small local businesses & incentives for start-ups.
- Increased funding for the Athenry/Oranmore area - currently only receives 9% of budget despite being one of the most populous parts of the county.
- Fair treatment of people in mortgage arrears.



087 447 4954



louisloh864@gmail.com



Louis O'Hara - Sinn Féin

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VOTE No.1

This is a local
election about
local issues

Vote 1

Cllr Martina Kinane
to resolve
issues



Cllr. Martina
Kinane

Peace Commissioner

Local Election Candidate Gort/Kinvara Electoral Area

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Shelly Herterich Quinn
Local Election Candidate
Athenry - Oranmore



Originally one of the Herterich's from Galway City, I married Brian Quinn, and we have been living and raising our family of three in Athenry for the past 15 years. We are both grounded and very active in the community. Before taking time off work to raise the kids, I worked in Galway for over 20 years and, most recently, the Galway Hospice for almost 10 years.

When the kids were a good age I started volunteering in the community. I am lucky that my family background is steeped in customer service and hospitality. This has given me a broad range of experience in working with people from all walks of life and I have a particular interest in tourism. I am passionate about Community Development and Youth Empowerment, and I am in year 3 of a BA in Business, Community & Rural Development. I am a member of the very active Fianna Fáil Cumann, Baile Atha an Rí and I decided to run for local election when I experienced difficulties accessing sufficient funding and resources to support the refurbishment of the local playground.

I will be a full time councillor if elected. I will work diligently with the County Council officials, and other councillors, in the spirit of cooperation, to bring services to our area. I will strive to access appropriate funding to address the issues that will make our area the best place to live, work, play in and visit. Most importantly, I will be a voice for 'Community Development in a Developing Community'.

In the course of my community work I have coordinated several public meetings and I work closely with Anne Rabbitte TD and Councillor Martina Kinane. Over the past few years I have been fortunate to become a Youth Worker and Scout Leader with 19th Galway Athenry and a Director, Vice Chair & PRO of Athenry Community Council.

I am also an active member of several committees: Secretary and Organiser 'Incredible Edible' 2016 - a Small Towns, Big Ideas project for Galway 2020; Bia Lover Festival - Bake A Book organiser, Social Media Prime and Dog Show organiser for Athenry Agricultural Show, Director with the Athenry & Districts Community Employment Company, Scoil Chroí Naofa Parents Council member, PRO of Athenry Pedal Parade, Chairperson of the National Enterprising Town Award Steering Committee, Chairperson of Athenry Community Playground Group and Chairperson of 'Re-imagine Athenry' Development Study 2018/2019 Committee.

I am also your Fianna Fáil local area representative and I really want to hear from residents and community groups so that WE can work TOGETHER for the betterment of our entire area. I want your Number 1 vote in the local elections and, most importantly, I want to encourage us all to vote. Please do contact me for more information.

Contact information: Phone: 0872871355 eMail: info@shellyherterichquinn.ie fb: @shellyforelection twitter: @shellyhetch
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Oranmore Library

Heritage
Lectures

read
learn
discover

reading circles

The morning group will meet on Wednesday May 29th at 11.30am and are reading "All the Light we cannot see" by Anthont Doerr.

The evening group will meet on Thursday May 30th at 6.30pm and are reading "Valley of the Squinting Windows" by Brinsley MacNamara.

Internet
access

Parenting
and Child
Development
collection

Story time
every Friday
at 12pm.

opening hours

Monday	Closed
Tuesday	11-1 & 2-5
Wednesday	11-1 & 2-8
Thursday	11-1 & 2-8
Friday	11-1 & 2-5
Saturday	11-1 & 2-5

Membership free!

Please bring back your Library books on time.

Adults and senior citizens must show photo ID and proof of their address when joining for the first time.



Main Street, Oranmore, Co. Galway

Phone: 091 792117 Email: Oranmore@galwaylibrary.ie



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Mass Times in Oranmore

Monday	8.30am
Tuesday	8.30am
Wednesday	6.30pm
Thursday	8.30am
Friday	8.30am
Saturday	6pm (vigil)
Sunday	10am; 12noon

Parish Office Opening Hours

Monday: 9.30am to 1pm
Tuesday, Wednesday, Friday: 9am to 1pm
Thursday: 3pm to 7pm.
Phone: 091 388994

Email: oranmoreparish@gmail.com (Secretary)
oranmorepp@gmail.com (Parish Priest)

Visit: Pop in during office hours

Find Oranmore Parish on Facebook



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Why Support Liam in Oranmore?

ACTIONS SPEAK LOUDER THAN WORDS

All Politics is Local

★ Liam is the only locally based Oranmore Candidate seeking election for the Athenry Oranmore Municipal District on 24th May. He lives in Frenchfort, Oranmore.

Recreational Facilities

★ Liam is passionate about Oranmore and it's people. He has a proven track record of working for the community in Oranmore. He has played a leading role in the development of recreational facilities such as The Astro Turf Pitch, Astro Cages, Grass Playing Pitches and Children's Playground.

Education

★ Liam believes that only the best facilities are good enough for our young people and has campaigned strongly in the past for the construction of a new school building for Gaelscoil de hÍde together with modern extensions to Scoil Mhuire and Scoil Iósaif Naofa in Oranmore.

Infrastructure – Roads and Rail

★ Liam has a strong track record as a leader, decision maker and achiever. His decisiveness and leadership in campaigning incessantly for a Railway Station in Oranmore culminated in the official opening of a new station in July 2013. As a Councillor (2009-2014) he was successful in achieving investment of €500,000 for roads and pedestrian improvements at Beal an Bradán Bridge and on the road from Kelly's Cross to the Lower Rinville Park Car Park.

Alleviation of Flooding

★ In November 2009 the townlands of Frenchfort and Derrydonnell, Oranmore were severely impacted by serious flooding. Liam worked ceaselessly on behalf of beleaguered home owners and achieved a successful outcome to their problems in protracted negotiations with Galway County Council Engineering staff, local landowners and the OPW.



At official opening of Oranmore Rail Station. Leo Varadkar, Liam Carroll and Minister Sean Kyne



Hosting a lunch for our visitors to Oranmore from Chernobyl with Gerardine Costello and Kathy Eastwood

PLEASE Vote 1 LIAM CARROLL / Le do thoil Vótáil uimh 1 LIAM CARROLL



FINE GAEL

LIAM CARROLL



Climate Changes

- ★ Liam is conscious of worldwide climate changes where we will experience extreme variations of heat and cold. In December 2010 when we had extreme conditions of -17°C he was on call all over the Christmas period and ensured that water tanks were installed in a number of estates in **Oranmore** providing clean water for residents. He also worked with the farming community to provide water for the animals.

Priorities If Elected

- ★ Liam will work to ensure that the roads allocation for the Athenry Oranmore Municipal District is increased from 9% to at least 20%.
- ★ He will prioritise the construction of a new primary Health Care Centre in Oranmore at the identified site located between Lidl Supermarket and the Old Limerick Road.
- ★ Liam will work with Minister Sean Kyne TD and Hildegard Naughton TD to ensure that the Renville Sports Project Committee access their required share of the €100M Large Scale Infrastructure Fund (LSSIF) to progress the development of their Centre of Sports Excellence.
- ★ He will also campaign for Sports capital Grant Funding for Maree Oranmore Fc's new facility.

- ★ Liam will be a strong advocate for **Oranmore** to secure Rural Regeneration Development Funding for **Oranmore**. To date not one cent of the €8.3M approved for County Galway has been allocated to **Oranmore**.
- ★ He will work for additional car parking spaces at Oranmore Rail Station together with a vast improvement in the frequency of services.
- ★ Liam will campaign to ensure that the **Oranmore** Civil Defence Unit remains intact in spite of a recommendation in "The Towards 2030" document to downgrade service nationwide. The Civil Defence organisation provides vital services to communities all over Ireland.



Attending the Galway Chamber of Commerce President's Dinner with Sabina Higgins, President Michael D. Higgins and Jim Fennell - past President Galway Chamber of Commerce

Please Remember

That your number 1 Vote for **Liam** on 24th May is a number 1 Vote for **Oranmore**. Every vote counts and Liam is now calling on each of the 2,900 voters in **Oranmore** to come out in strength on 24th May and elect one of their own to represent them for the next 5 years. His running mates are David Collins and Helen Jennings.

A vote for Liam Carroll is a Vote for Oranmore

CELEBRATING TEN YEARS IN BUSINESS



YVONNE SWEENEY
AUCTIONEERS & VALUERS

Yvonne Sweeney Auctioneers is celebrating ten successful years in business this year. Yvonne established her auctioneering company in 2009, initially taking an office in the Oranmore Shopping

Centre and later moving to her current location at 7 Castle Road in Oranmore Village, where she now employs two full time auctioneers, Sandra Keaveney and Eiginta Backyte.

Prior to qualifying as an auctioneer, Yvonne graduated with a Bachelor of Education degree and a diploma in Human Resource Management. In 2004 she diversified from her teaching career in taking up a role as sales co-ordinator, working for a number of property developers in Oranmore. 'It was then I developed an interest in property sales and successfully graduated as an auctioneer in 2006. My past work experiences and background in sales made the transition into property sales and lettings relatively seamless'. Yvonne believes that her integrity, good interpersonal and negotiation skills along with her integral knowledge of the local area are testament to her success in the industry. 'I remain as passionate about what I do today as I did when I first started in the business...'

'From the moment I decided to sell my house through Yvonne Sweeney Auctioneers I felt I made the right choice. I was very happy with the outcome and the sale price achieved by Yvonne with her extremely professional team behind her. I felt at all times informed of upcoming viewings and offers and was treated with the upmost courtesy and professionalism. I was extremely lucky to purchase a house which Yvonne was selling and she was a fantastic coordinator between all parties involved from engineers, solicitors and buyers and vendors. I would recommend Yvonne and her team to any future client whether it's buying or selling – or in my case – both. An amazing job superbly executed.' (Astrid Comerford, March 2019)

'Yvonne and her team provided a top class service, they were transparent in their dealings, confident in their approach and the result for me was an efficient sale of my property at a great price, thank you ladies.' (John Galvin, Jan. 2019)

Sandra Keaveney

Since having graduated in 2009 from Limerick Institute of Technology with an Honours Degree in Real Estate, Sandra Keaveney has gained an impressive sales background having worked with auctioneers in both Limerick and Wicklow. Sandra has been working with Yvonne Sweeney Auctioneers since 2014 and from her sales experience knows the importance of an honest and professional approach in dealing with clients.

'Working in a customer focused role, excellent communication skills and customer care are hugely important' advises Sandra and she prides herself at delivering an honest, personal and professional approach to her work and clients, as is reflected in the views of her clients below:

"It was pleasure to deal with Sandra, very good contact and all the questions answered, would recommend to everyone." Sylwia

Duniec, March 2019.

"Sandra was available and helpful throughout the whole process".

Sean Conroy, March 2019.

In addition to Sandra's expertise in property sales, she also has a strong knowledge of Landlord and Tenant legislation, Rent Reviews, Rent Pressure Zones and is constantly keeping up to date with any changes in the sector.

Eiginta Backyte

Originally from Lithuania, Eiginta has been living and working in Ireland for almost 20 years. She holds a Masters in Economics and has years of sales and customer service experience and has managed several businesses, including a few of her own. Her passion for the property industry started in 2012, when she joined Yvonne's Sweeney Auctioneers on a part time basis. After relocating to Dublin a few years later, she continued to pursue her career with DNG and REA companies, in an administrative role and as a property auction co-ordinator.

While in Dublin, she completed IPAV Real Estate studies and became an award winning student. She has recently moved back to the West of Ireland and was delighted to re-join the team. 'I go the extra mile for my clients and do my absolute best to help people in what is often a very stressful and emotional process in their lives... selling or buying their homes. I am a people person and I love selling: the combination of both helps me to achieve excellent results.'

"They went above and beyond for us, so helpful and so professional and offered a fantastic service. Eiginta was a pleasure to deal with, can't recommend them enough." Paula Farrelly, April 2019.

'My experience with Yvonne Sweeney Auctioneers as a purchaser was excellent. Eiginta was always available to show us a house, responded quickly and responsibly in critical parts of the process. I enjoyed doing business with these auctioneers. Once again, thank you for making this – otherwise absolutely terrible and stressful process – much easier'. (Vladimir Arsic, March 2019)

Yvonne Sweeney Auctioneers specialises in residential sales and lettings in Oranmore and the surrounding areas. Being a local agency means we have unrivalled local knowledge and expertise, an in depth understanding of market trends and of our customers needs. We treat each property as unique and strive to achieve exceptional results for our clients.

We are a fully licenced agency and are governed by the property services regulatory authority.

Whether you are in the market to sell or buy we are happy to help and can be contacted at (091) 795698;

email info@ysauctioneers.ie; Web: www.ysauctioneers.ie



YVONNE SWEENEY

AUCTIONEERS & VALUERS



**Yvonne Sweeney
Auctioneers & Valuers Ltd.**

7 Castle Road, Oranmore,
Co. Galway
(091) 795698

PSRA No. 003590

Lisheeneenaun West,
Kinvara, Co. Galway.
H91 T2T6.



Five bedroom,
architecturally designed,
detached house with
garage.
Floor area 230 sq m.
Energy rating C2.

Price Guide:
€449,000

Bushfield, Loughrea,
Co. Galway.
H62 R802



Four bedroom, detached
family home with
separate, double garage.
Floor area: 229.65 sq m.
Energy rating: C1.

Price guide:
€349,000.

87 Costa na Mara,
Oranmore,
Co. Galway.



Four bedroom,
semi-detached residence
situated in the village of
Oranmore.
Floor area: 107.33 sq m.
Energy rating: C2.

Price Guide:
€325,000

Killeely More,
Kilcolgan, Co Galway.
H91 N72D



Detached four bedroom
family home with separate
garage.
Floor area: 205.79 sq m.
Energy rating: C1.

Price Guide:
€420,000

119 Clochog,
Oranmore,
Co. Galway.
H91 X8H1



Three bedroom,
semi-detached house
Floor area: 105 sq m.
Energy Rating: C2

Price Guide:
€300,000

15 Clochog,
Oranmore,
Co. Galway.
H91 P2P0



Three bedroom,
semi-detached home with
sun room
Stira access to converted
attic
Floor area: 118.31 sq m.
Energy Rating: C1

Price Guide: €315,000

34 Riverdale,
Oranmore,
Co. Galway.
H91 XE97



Centrally located,
two bedroom, pent house
apartment with lift access.
Floor area: 72.2 sq m
Energy Rating: D1

Price Guide:
€190,000

Caherweelder,
Kilcolgan,
Co. Galway.
H91 D9P6



Four bedroom, detached
family home, on half an
acre, situated close to
Kilcolgan Village
Floor area: 192.85 sq m.
Energy Rating: C1

Price Guide:
€365,000

Further details from Yvonne Sweeney Auctioneers (091) 795698
info@ysauctioneers.ie; www.ysauctioneers.ie
Licence Number: 003590.

INDEPENDENT

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Open letter to the People of Oranmore and Maree

A Chairde Uile,

Next Friday May 24th the European Parliament elections will take place in Ireland. I write to you as your local Independent candidate contesting these elections for the constituency in which we reside – the Midlands North West. This is a huge constituency spanning thirteen counties from the West to East Coast, including all of Connacht, Donegal, Cavan, Monaghan, Longford, Westmeath, Louth, Meath & Kildare. I am acutely aware that as I traverse the country, I will only meet a fraction of the 1.5 million people who live in our constituency, in the course of the campaign. I'm aware too that I'm unlikely to meet many of you in person so I hope you understand. Here I am sharing why I have decided to run for politics at European level and why I'm asking for your support.

Three years ago I stepped out of politics. Deep down I knew I wasn't ready to leave and that I had more to do. But it was the right decision at the time. It was time to leave the bubble of Leinster House and see life again with fresh eyes. I returned to living full-time in Maree, went back working in teacher education, currently as an acting Principal and even took up golf!

In the course of that time people frequently asked me would I run again. I generally replied 'well if I do, I don't know it', which was the truth. My political career was cut short from the day my former party, Fine Gael, refused me (and six others) a free vote on a conscience issue in 2013 and expelled me as a result. By the general election of 2016 Fine Gael had amassed a small fortune from the state coffers for each of us (c. €700k in total), in my own case about €70K, and they used that as a war chest to ensure that none of us won a Dáil seat. On reflection now I realise that I was pushed, that I was never ready to go. I have more to give and more that I want to achieve for our country. Last Autumn I was approached by a number of people if I would consider running as an Independent in the European elections. I thanked them for asking and put it out of my mind. By the end of February they asked me if I would re-consider and I promised them I'd give it consideration over the following month which is what I did. After a lot of talk, conducting a private poll and much soul searching I finally said yes.

I have background. As a former member of the European Affairs Oireachtas committee I know the role Europe plays in our daily lives. More than three-quarters of the legislation enacted in Leinster House is initiated in Europe. This knowledge and experience has given me an appetite for what is at stake and what I need to fight for. Of the three EU constituencies in Ireland, we are the least well off. We now have the evidence to back this up. The EU has downgraded our status from a 'developed' region to a 'region in transition', because our GDP per person is lower than the other regions. Take Galway city out of our region and we are largely a rural constituency and make no mistake about it, rural Ireland is in decline. There are few jobs or opportunities there and now farming is in crisis too and Brexit looming. As I see it we have the talent and resources but we do not have the investment or innovation. Why? Because our Government holds onto the funds centrally and has largely become a Dublin-centred government. We are not a priority. Our proposed Technological University (the amalgam of GMIT, Sligo and Letterkenny ITs) will be six years behind the other regions. Talking recently with the NWRA I learned that we are the only country in the OECD to not have a regional development policy. This is a failure of our government. There is no plan for our regions - why are we surprised we are not progressing! If elected I

will initiate a regional development plan, in collaboration, and fight for investment and innovation so that we can have a future for our region and futures for our young people and families. I will work with the CEOs of our Councils as a collective to promote models such as 'smart villages' and towns and put pressure on government to leverage financing from the European Investment Bank, among others, for the development of our region.

My other priorities include:

Green healthy futures for our families – incentives to help us make choices that are conscious of climate change in our daily lives eg. 'No' to plastic; more cycleways and walkways; renewable energy promotion and paid access to the Grid for the electricity we produce through solar and wind energy.

Access to education and wellbeing programmes and partnerships that will address the growing issue of anxiety and mental health in our children and young people.

Achieve an increased budget for a reformed Common Agriculture Policy (CAP) so that there is a floor below which farmers' incomes do not fall and where productive farmers who farm environmentally are rewarded. More emphasis on eco schemes. These monies to be achieved by diverting funds away from the European Defence fund (ie, European army) which is estimated to cost Ireland in the region of €3.5 billion per annum.

Access to competitive bonded European-wide insurance for cars and business so that we can safely avail of cheaper rates as a result of our membership of the EU.

A Public Banking Model, along the lines of the Sparkassen model in Germany, whereby our citizens can access homeloans and business loans at cheaper rates (c. 2-3% less than here).

Protect our unique cultural heritage, manage immigration fairly and guard our neutrality.

Unlike other candidates I do not see this as a game or a celebrity role. In the interest of the environment and cost I'm conducting a 'No plastic poster' campaign.

There is a lot of work to be done and I am up for the challenge. If elected, I will put a network of supports in place to serve you. An MEP is a very important role given the decisions that are made in Europe that affect our daily lives.

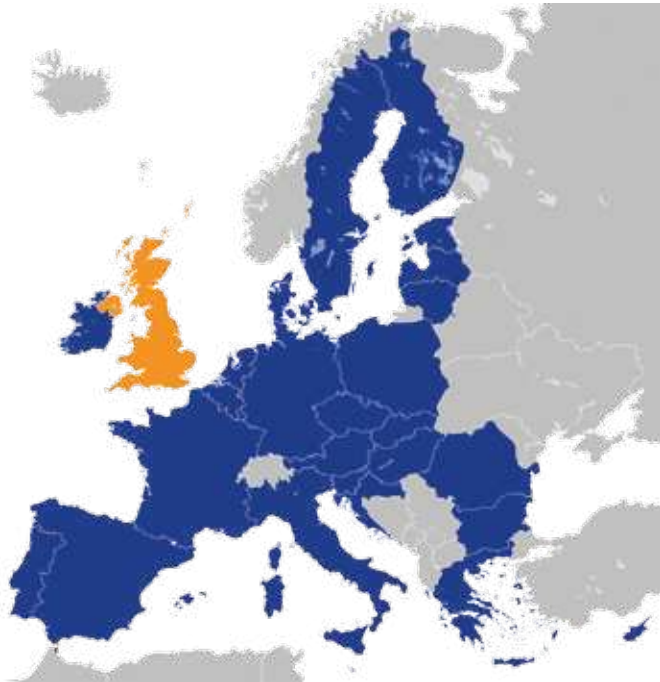
If you feel I'm the right person for this job I would be humbled if you would support me and give me your No.1 vote on May 24th **or your next highest preference. Grateful too if you would reach out to your many connections across the region.**

Every good wish,
Fidelma

Follow me on [FB at fidelma4Europe](#)
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Your New Voice for a Changing Europe

Brexit Time Extension presents Unique Opportunity for a Deal: Healy Eames



According to MEP Independent candidate for the Midlands North West, Dr. Fidelma Healy Eames, the new Irish MEPs that will be elected on May 24th will have a unique opportunity to bridge a Brexit deal.

‘The time extension presents us with a unique opportunity to find a Brexit deal that will be acceptable to all sides. As things stand no one is telling Ireland’s story in the UK. Sinn Fein have an abstentionist policy, the DUP are in a world of their own and the Irish Government is overly-focused on Brussels. We need to build good relations with our nearest neighbour. Six out of every ten of the bullocks exported by Irish farmers go to the UK. We need to be reaching out to Britain to include them in the triad of negotiations. This is a real opportunity for Irish MEPs to make a difference.

As your new MEP, I will use the opportunity of the Brexit extension to establish and build good relations with UK MEPs to find solutions that both the British and Irish governments can accept in order to bridge a deal that can be agreed at EU level.

I am a trained facilitator and have the skills and temperament to lead this process. A Brexit deal is essential to safeguarding trade for our farmers, fisheries

and all export-reliant businesses while at the same time forging strong bonds between both countries and maximizing areas which hold opportunity for Ireland.

Theresa May is on record as having said she hopes that Ireland and the UK will continue to work well together after Brexit and build an even closer relationship. But timing is critical and the extension gives us that. We need to build that relationship now to ensure we get a deal in the first place.

The EU are also on record as having said they will only support an agreement that Ireland is happy with. This is our starting point and the foundation on which we need to build. We need to build on the advantage that all the stakeholders involved in the decision making are rooting for Ireland. We have to stop talking about what can’t be done and start focusing on what we can do.

Those who say it’s impossible to find common ground, have admitted they cannot do it and therefore need to step aside and let those lead who have the ability to reach out to others.

The question is often asked, what can an Independent do? We all know that so many elected representatives are gagged because they have to get agreement from their party before they can do or say anything or try any new initiative. I know this as a former Fine Gael Senator.

I believe in being solution-focused. If elected on May 24th I will lead on this bridge-building process. Most great achievements have been achieved when one person steps forward and finds a new way to do things, others then follow and want to be involved.

Things are going to change in the EU because of the UK withdrawal. We need to have a strong voice in what that change will look like. Any group that cannot manage and implement change is doomed to failure. Ireland must not be one of them.

The Irish people have an opportunity to get the ball rolling on this front on May 24th.

Taste of Oranmore & Clarinbridge Confirms 2019 Programme



OCDA (Oranmore Community Development Association) is delighted to report that, based on the terrific response from both those attending & those hosting the Taste of Oranmore & Clarinbridge programme 2018 we are currently organizing an even more exciting programme for this year!

The Taste of Oranmore & Clarinbridge is an OCDA-co-ordinated group of restaurateurs, vintners & hoteliers in Oranmore & Clarinbridge that have come together with a common aim of promoting our villages strong & vibrant culinary & hospitality strengths, and to gain recognition for Oranmore & Clarinbridge as a significant gastro-destination for both locals & tourists.

We are working closely with colleagues in the European Region of Gastronomy (ERG) to grow 'Taste of Oranmore & Clarinbridge' as a brand both locally and further afield with the likes of Failte Ireland & Tourism Ireland to grow the hospitality sector within the villages.

The second season of events will span September & October and will include five 'fine dining events' based around 'Chef's Signature Menus' from Armorica, Oranmore; Paddy Burkes, Clarinbridge; Basilico Restaurant, Oranmore; Galway Bay Golf Resort, Oranmore and AJLA Restaurant, Clarinbridge, a new addition to the 2019 line-up. These highly recommended evenings enable our restaurant chefs to show off their culinary skills & combine locally sourced produce to deliver a dining experience that will be hard to forget. Likewise three 'Fun' events & workshops will be included in the programme: a Baking Masterclass at Brazco Coffee Academy, a Whisky Tasting & Trad' Evening at Keane's Bar, Oranmore and 'Party Night' at Porterhouse Oranmore.

Our 2019 Programme will also introduce two Premier Events that will be announced closer to our launch event in early Summer – More about these to follow but suffice to say these should certainly get the buzz going and wet your appetite!

Paul Tucker

OCDA Co-ordinator for Taste of Oranmore & Clarinbridge



Sinead Lydon,
Brazco Coffee
Academy



Nicolas Denis,
Armorica



Aidan Murphy,
Galway Hooker
Brewery



Valerie Woodlock,
Basilico
Restaurant



Marian Spelman

*Local Election
Candidate*

Marian Spelman was born and bred in Galway. She was originally from Oranmore and at 6yrs, her family moved to Killeeneen in Clarinbridge. She went to Killeeneen National School and from there to Schoil Mhuire Mhor in Athenry.

After school, Marian went to work as a care assistant in the Brothers Of Charity, Clarinbridge where her love of the job lead her to take up the profession of Nursing and she went to work in Louth for 10 years where she trained as a Registered Nurse in Intellectual Disabilities.

Marian spent 2 years off work with a shattered disc through her job, but it led her to try many different types of work. After returning to work, She decided to go to College to do a Degree in Politics, Sociology and English, where she even took a semester abroad in Holland, which thoroughly broadened her mind.

After her Degree, Marian went on to do a H-dip in Applied Communications which followed with a Masters in journalism.

While Marian was studying, She never forgot her nursing and worked full time as a relief nurse in Dublin at the weekends and on holiday time. After College, Marian went to work in the Brothers Of Charity in Clare as she had also got a job doing a late night show on Clare FM. She also produced, edited and directed a series of Documentaries for Clare FM for which she has won awards, and was nominated for a PPI award in 2002.

Marian is involved in the INMO union where she is the National Secretary for the RNID section and Marian is also the President of the Trades Council in Galway.

Marian now runs a Day Service for people with intellectual disabilities with the Brothers Of Charity in Clarinbridge and is involved in Advocacy and empowerment for the people she supports.

VOTE
1

CONTACT MARIAN

LABOUR

Issued by The Labour Party, Head Office, 11 Hume Street, Dublin 2 D02 T889 www.labour.ie P. 01 6784700. Printed by Gida Design + Print, Cork.

Gaelscoil de hÍde

Rang a 4 Cormac

Timpeall an Domhain
Le Elisha Nic an Rí

Bhí mé i gcomórtas an deireadh seachtaine seo caite. Timpeall an Domhain an t-ainm a bhí ar an gcomórtas. Don chomórtas bhí ar gach grúpa tír a roghnú. Roghnaigh mo ghrúpa an Phólainn. Bhí ort bia, dráma, cluiche agus postaerí a dhéanamh faoin bPolainn. Don bhia roghnaigh muid cácaí práta tradisiúnta ón bPolainn; bhí siad go hálainn! Don chluiche roghnaigh muid bierki. Cluiche é a chaitheann tú cipíní ar an talamh agus caithfidh tú ceann a phiocaidh suas gan aon cheann eile a bhogadh. Don drama, rinne muid é faoi bean darbh ainm Irena Sendler. Shábháil sí 2500 páiste ón uileloscadh. Bhí an comórtas ar siúl i mbrú i mBaile Átha Cliath. Sna sean-laethanta, bheadh an brú mar teach le haghaidh páistí suaite agus corradh. An chéad lá rinne muid na comórtaisí ar fad. An dara lá d'imir muid cluichí agus bhí na buaiteóirí fógraithe. Tar éis an obair chrua ar fad, bhuaigh muid! Táimid ar bís agus an-bhródúil.

Sábháilteacht ar Líne.

Is rud iontach é an Idirlíon ach tá sé in ann bheith dainséarach do pháistí. Caithfidh tú bheith cúramach nuair áta ar líne. Tá cúpla molladh againn cén chaoi le bheith sábháilte ar an Idirlíne

Ná chuir suas do sheoladh ar an idirlíon mar is féidir le daoine dul go dtí do theach agus do rudaí a ghoid

Ná bí ag caint le stráinséirí ar an idirlíon mar tá daoine in ann a bheith gránna.

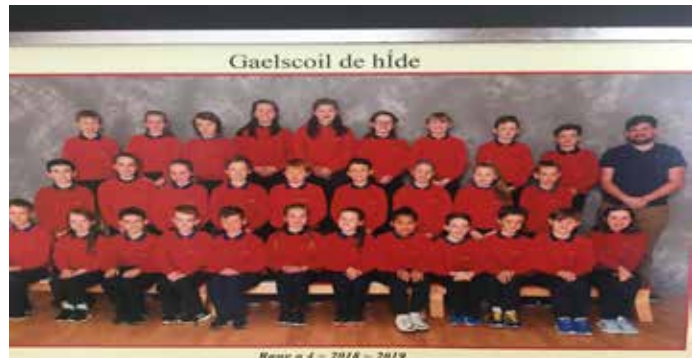
Bí curmach céard a dheireann tú ar an idirlíne mar beidh sé ansin go deo.

Ná téigh ar aipeanna atá le haghaidh daoine níos sine.

Ná bí gránna ar an idirlíon.

Tá súil again go mbeidh tú níos sábháilte ar an Idirlíon.

Scríofa ag Barry, Mark, Caoimhe agus Róisín.



HELEN NA TRAÍ

An Feabhra seo caite rinne ár rang dráma faoi Helen na Traí, seo scéal an dráma. Bhí rí darbh ainm Menelaus agus banphrionsa darbh ainm Helen i Sparta. Lá amháin tháinig Páras (prionsa ó Traí) go Sparta chun Helen agus Menelaus a fheiceáil. Nuair a tháinig sé thar farraige chnag sé ar an doras. D'fhreagair Helen é agus thit siad i ngrá láithreach. Bhí cóisir acu an oíche sin, thit siad a codladh luath ach ní raibh Páras nó Helen in ann codladh. Bhí Menelaus ina codladh go sámh. Chuaigh Páras síos go dtí an cistin agus chonaic sé Helen. Chuir Páras ceist ar Helen an raibh sí ag iarraidh dul ar ais go Traí leis. Dúirt Helen go raibh. Tar éis a chuir Helen a rudaí le chéile. Chuaigh siad ar bhád go Traí. Nuair a dhúisigh Menelaus bhí Helen imithe. Bhí sé an-fheargach. Fuair sé Achilles agus Odysseus chun an t-arm a fháil le chéile. Tháinig siad sna báid chun Traí a ionsaí agus chun Helen a fháil ar ais. Bhí Sparta ag trial briseadh isteach i Traí le haghaidh 10 mbliana. Bhí siad tuirseach ag briseadh isteach an t-am an-fhada sin. Tháinig Odysseus suas le an-phlean. Bhí siad chun capaill mór amhaid a thógáil agus b'fhéidir go gceapfadh muintir Traí gur bhrontanas a bhí ann agus go dtabharfadh siad isteach sa chathair é. Sin mar a tharla. I lár na hoíche tháinig saighdúirí amach as an gcapall agus bhí an cath le Sparta. D'obraigh an plean. Sin an chaoi a bhuaigh Sparta!



ÓRAÍDÍ

Sa rang faoi láthair tá muid ag deannamh oráidí os comhair an ranga. Seo píosa beag de roinnt de na horaídí a scríobh muid.

MARCAÍOCHT

Dia dhaoibh Sophia is ainm dom. Beidh mé ag caint faoi marcaíocht ar chapall. Tá mise ag marcaíocht ar feadh cúig bliana anois. Ceapann go leor daoine go bhfuil marcaíocht dainséarach. Tá sé, ach, má dhéanann tú an rud a deireann an múinteoir marcach leat beidh tú ceart go leor. Nuair a bhíonn tú ag fáil do chapall réidh, cuireann tú pardóg¹ diallait² ar dhroim an chapall. Ansin cuireann tú do scrian³ ar cheann do chapall. Nuair áta tú réidh leis sin beidh tú réidh le dul ag marcaíocht.

1.pardóg; pad 2.diallait;saddle 3.scrian;bridle

RUGBAÍ

Christian is ainm dom. Thosaigh mé ag imirt rugbaí nuair a raibh mé sé bliana daois. Is é rugby an sport is fearr liom mar tá sé an fhisiciúil. Thosaigh an cluiche rugbaí i 1845 i Sasana. Tá go leor comórtaisí i rugbaí. Tá Pro 14, Super Rugby, Rialacha Iodálacha, Corn an Domhain agus an Champions Cup. Is é Connor Murray an imreoir is fearr liom. Bliain ó shin buaigh ÉIRE an Grand Slam agus corn an Sé Náisiúin. Chun an Grand Slam a fháil, caithfidh tú gach cluiche a bhua-chaint.

GLEACAÍOCHT

Dia dhaoibh a cairde is mise Irene. Inniu tá mé chun lebhairt faoi ghleacaíocht. Thosaigh mé ag gleacaíocht nuair a bhí mé deich mbliana daois. Roimhe sin bhí mé ag múineadh gleacaíocht dom féin. D'fhéach mé ar Youtube agus bhí mé ag féachaint ar Simone Biles. Is í an duine is fearr ag gleacaíocht ar domhain. Bhí mé ag-iarradh a bheith mar Simone Biles nuair a chonaic mé í agus anois tá mé beagnach ansin. Na rudaí atá mé in ann a dhéanamh ná... aer-rothlú tosaigh, 'front walkover', 'front handspring', 'front limber', 'back limber', 'back walkover', 'roundoff', 'splits', 'seasamh lámh', 'seasamh lámh ag siúl', 'droichead', 'bridge kickover', 'roth cairte', 'roth cairte le lámh amháin' agus 'walking bridge'. Tá mé an-sásta go bhfuil mé in ann iad seo ar fad a dhéanamh. Tá go leor rudaí eile nach bhfuil mé in ann a dhéanamh fós ach beidh.

RIALLACHA GLEACAÍOCHT

Má tá an múinteoir gleacaíochta ag múineadh smeach duit ná déan é sa bhaile muna bhfuil tú in ann é a dhéanamh i gceart. D'fhéadfá tú féin a ghortú.

Le haghaidh gach smeach caithfidh tú do lámha a chuir in aice le do chluasa nuair atá tú ag déanamh an smeach.

Caithfidh tú síneadh ar dtús roimh a dhéanann tú aon ghleacaíocht.

Má deireann tú nach bhfuil tú in ann rud éigin a dhéanamh gan iarracht a dhéanamh bíonn piónós de fiche pushup le déanamh agat.

An Timpeallacht

Lá le haghaidh an Domhan

Caithfidh muid níos mó glanadh suas a dheanamh. Tá ainmhithe ag fáil bháis gach uile lá mar is maith linn plaisteach. Tá an Domhan níos measa dá bharr. Tá bruascur i ngach áit. Ach tá muid in ann rud éigin a dhéanamh.

LÁ LE HAGHAIDH AN DOMHAN.

Ola Pailme

Úsáideann daoine go leor ola pailme gach lá ach faigheann 25 orangutan bás gach uile lá mar tá orangutan ina gcónaí i gcrainn pailme. Thainig cailíní as rang a cúig isteach ag caint faoi ola pailme agus ceapaim go gcabhróidh siad leis na Orangutan bochta. Tá go leor ola pailme i Nutella chomh maith le shampoo, peanut butter agus sea-cláid. Tá Iceland ag déanamh iarracht mór chun fáil réidh le ola pailme. Tá fógraíocht agus póstaier suas sna siopaí faoi na orangutan. Tá tú in an seaclaid spread a dheanamh sa bhaile tú féin agus tá tú in an é a fháil sa siopa freisin.

Greta Thunberg

Tá Greta ag troid faoi athrú aeráide. Tá Greta ag iarradh stop a chuir leis an athrú aeráide agus tá plean mhaith aici. Cúpla mí ó shin stop Greta ag úsáid plaisteach aonúsáide. Scríobh sí ar an idirlíon ag caint faoi beeswax wraps in áit cling film agus tin foil. Tá tú in ann beeswax wraps a cheannacht ar www.irishtwinssoapCompany.ie. Cosnaíonn siad €15

Plaisteach agus Athchúrsáil

Tá muid ag anáilú plaisteach mar tá muid ag dóigh plaisteach.

Stop go leor díoluine ag usáid plaisteach aonúsáide chun cabhrú leis an timpeallacht.

Caithear go leor plaisteach isteach sa bhfarraige. Tá muid ag itheadh plaisteach nuair a itheann muid iasc. Fiú nuair a dhéanann tú scagú ar d'uisce bíonn tú ag ól roinnt plaisteach de bharr an méid plaisteach atá dá chaitheamh san uisce.

Caithfidh muid ár bhfarraigí a chosaint.

NÍL AGAINN ACH FARRAIGE AMHÁIN
NÍL AGAINN ACH DOMHAN AMHÁIN

Damhsa Gaelach

Tá damhsa gaelach cáiliúil ar fud an domhain. Tá cailíní agus buachaillí, fir agus mná ag damhsa ar feadh na mblianta anuas. Tá muid chun labhairt faoi na leibhéal difrúil. Tá muid chun tosnú le 'Bun'.

Deánann tú ceithre damhsa agus príomh comórtas. Is ea é an príomh comórtas nuair a dhéanann tú dhá dhamhsa chun fáil ar an seastáin. Má fhaigheann tú ar an seastáin i 'mBun' téann tú ar aghaidh go dtí an chéad leibhéal eile. Is iad na leibhéal eile ná Tús, Meán agus Ard. Caitheann tú bróga troma ach fós caitheann tú bróga éadroma. Bíonn trí chomórtas i rith na bliana. Is Comórtas Chonnachta an chéad chomórtas sa bhliain. Má dheánann tú go maith sa chomórtas sin téann tú ar aghaidh go dtí an comórtas uile Éirinn agus má dheánann tú an-mhaith sa chomórtas sin tá tú in ann dul go dtí an comórtas domhanda. Nuair atá tú i Meán agus Ard chaithfaidh tá gúna agus folt bréige a chaitheamh. Tá na gúnaí an-daor agus tá an folt bréige an-tochasach. Is rud iontach í damhsa Gaelach agus mholadh muid do gach duine é a



Peil na mBan

Tá sport an-tábhachtach do chailíní óga. Tá muid ag caint faoi Pheil na mBan. Thosaigh an LGFA sa bhliain 1974.

Is daoine cáiliúil í Cora Staunton a bhí ag imirt le contae Maigh Eo. Bhuaigh sí ceathair bhonn Uile Éirinn agus haon gradaim Réalta deag. Tá sí an-chumasach agus tá muid ag dréim chun a bheith cosúil léi.

Is imreoir fuinniúil í Briege Corkery. Ba í an captaen ar fhoireann Chorcaigh i 2104. nIs imreoir iontach í. Tá sí an-tapa. Bhuaigh sí ocht mbonn uile Éirinn i naoi mbliana!

Tá sé tábhachtach bia sláintiúil a ithe nuair a imríonn tú sport. Seo pleain bia a chur muid le chéile do lá.

Bricfeasta: Leite agus dhá úbh

Lón: Ceapaire le leitís agus sicín

Sneic: Torthaí agus íogart

Dinneár: Stéig, prátaí agus Brocaillí

Caithfidh tú a bheith tapa chun peil a imirt do Ghaillimh. Caithfidh tú bia sláintiúil a ithe gach lá agus go leor próitéin a ithe freisin.

Ba cheart do gach cailín óg peil a imirt mar tá sé an-mhaith duit agus tá go leor spraoi ann.

Scríofa ag Laoise agus Kate

Scoil Mhuire



First and Second Classes presented a wonderful Easter themed Assembly on April 12th.



Pupils from Junior Infants to Sixth Class delighted their parents recently when they showcased their dancing skills acquired over the past year from their teachers Christina and Chrissie.



A Student Enrichment Workshop took place for 6th class girls on 1st May and was hosted by Evan Costigan of SES Ltd. The workshop provided the girls with useful tips and skills to assist them with their transition to secondary school and how to be more effective in their study techniques so that they can reach their full potential. A special thank you to our amazing Parents Association for organising this workshop



Scoil Mhuire students are working up a sweat during a series of Zumba classes under the guidance of dance teacher Leighton Morrison



Run by Oranmore Arts Festival, Flotsam brings together schools, community groups and scientists to raise awareness of the problem of plastic pollution, and through this, to encourage the community to get involved in finding a solution.

Scoil IOsaif Naofa

by Betty Greene

STEVE THE SEAGULL REPORTING ON THE PROBLEM WITH PLASTICS IN OUR OCEANS.

Recently the boys from 5th class in Scoil Íosaif Naofa took part in a design and build workshop in conjunction with Toodlelou creativity lab. The boys came up with a design for the Flotsom project which was centred around the theme of the problems with plastic pollution in our oceans. Eleanor, Marcus and Ms Lillis



The boys settled on the design of a seagull standing on a mound of plastic. The plastic used in the project was collected from a number of beach cleans and represented the rubbish that is found lying on our beautiful shores.



The boys are familiar with this theme, as last year they worked on other projects that highlighted the problems with plastics in our oceans including 'The Mermaid' which is on display in Tesco's in Oranmore.

"We started by getting a flat base to represent the ocean. We then worked on getting a fishing net to look like a rock for Steve the Seagull to stand on. Next we painted the base in ocean colours using acrylic paints which are permanent and are very hard to wash off your clothes so beware!! Using rubbish that was found on a beach clean, we carefully attached it securely with the help of the guys that were running the workshop using cable ties.

Everyone wrote on pieces of plastic that we would use as feathers. Finally, we constructed Steve himself using sheep wire for the body, a sea buoy for the head, goggles for the eyes, a plastic bottle for the beak, sticks for the legs and covered him in the feathers. Once Steve was finished, we connected him to the rock which we stuck on to our base. Our sculpture was finally complete. We placed him proudly next to our lighthouse at the front of the school.

Another related project highlighting awareness of our oceans included a project on one of our most famous landmarks, 'Fastnet Lighthouse'. See picture above. We really enjoy creating these wonderful projects.

Written by: Osahon ,Conor , Eoin and Stephen, (Mr. Fitzgerald's 5th class,) Scoil Íosaif Naofa, Oranmore.

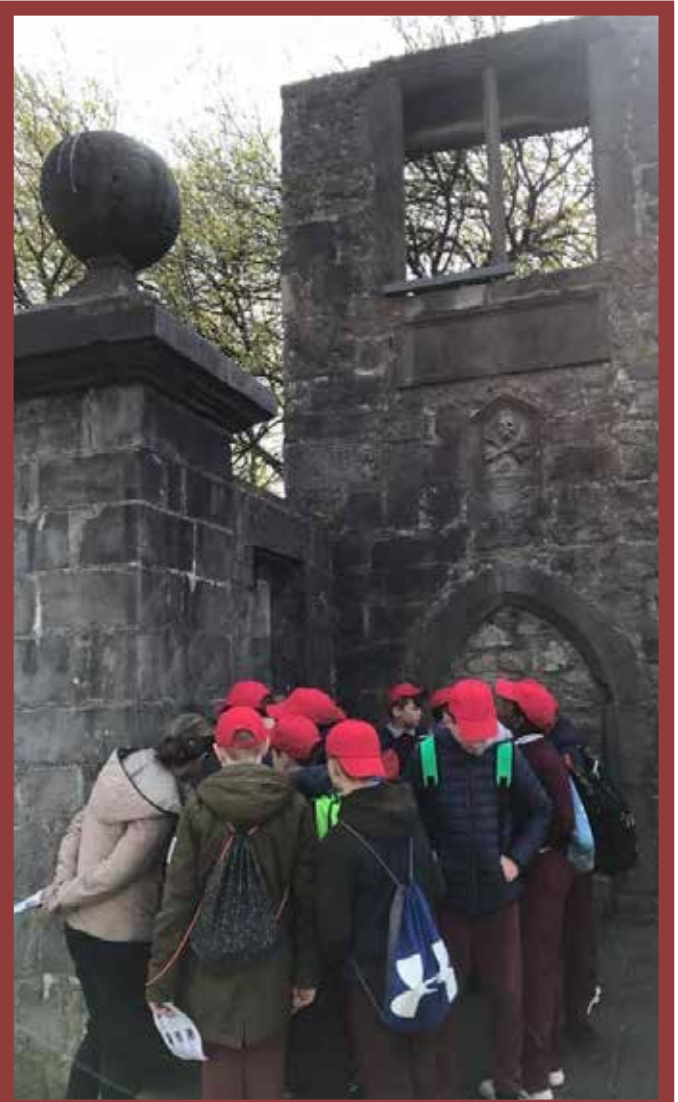


Scoil IOsaif Naofa

Confirmation 2019



4th class on a local history trip, this trip also incorporated a trip to Milano to learn how pizza is made.



Senior Camogie

by Robert Monaghan

Oranmore/Maree senior camogie team remain unbeaten in this year's league following a 10 point victory over St. Thomas's in Castledaly on Easter Monday. The winners led by 1-5 to 0-5 after 24 minutes, then Niamh Hanniffy struck 2 goals in 2 minutes with St. Thomas's Sarah Healy pointing a free to leave the half time score Oranmore/Maree 3-5, St. Thomas's 0-6.

St. Thomas's raised two white flags early in the second half with Eimear O'Donovan replying with a point for Oranmore/Maree. In the 27th minute the brilliant Ailish O'Reilly scored her second goal for Oranmore/Maree, Lauren O'Dea and Sarah Healy exchanged points to leave the final score Oranmore/Maree 4-9, St. Thomas's 0-11.

This victory was a superb team effort by the Oranmore/Maree girls and a repeat should see them overcome the challenge of Craughwell in their 1st championship game fixed for May 5th.

Oranmore / Maree Camogie

By Catherine Speirs & Robert Monaghan

U6 and U7

We have had great numbers at our U6 Nursery and U7 Academy training sessions. The girls have been learning the foundations of camogie. New players and volunteers are welcome. Training continues at 6pm on Monday's in the new Maree pitch.

U14

Well done to our U14 panel who won their shield semi final on Sunday the 14th April. The girls defeated Kilimor 0-06 to 0-01. The match was played in Kilimor in very wet and windy conditions. The girls now face Shamrocks in the Shield Final on Sunday 28th April. Throw-in at 4:45pm in Gort. Best of luck girls.

U15

Well done to Sarah Duffy, Sarah Blake and Cecelia Furey who represented our club on the two Galway teams involved in the development trip to Kiltormer on the 19th April.

U16

Our U16 panel were unfortunate to loose their first match of the championship vs Na Brideoga on a scoreline of 2-10 to 0-5. The girls play Turloughmore in their next match. We wish them the best of luck in their upcoming games.

Donal Greene Easter Camp

We had 31 girls take part in the Donal Greene Easter camp this year which ran from the 15th to 19th April in Maree. As part of the new 'one club' the three codes in the club came together to make an enjoyable week for the girls and boys. Thank you to all our volunteers who helped out and to Niamh Hanniffy who was a guest on the final day.

Cake Sale

On Sunday the 14th April we held a joint cake sale for the camogie club and Cadan Geraghty. Thank you to all who baked cakes, provided spot prizes and supported us.



Maree U-16 Boys retain All-Ireland title

Maree Basketball Club's U-16 Boys retained their All-Ireland Club Championship (AICC) Division A title last month at the national finals in Gormanstown.

They finished second in Pool A after opening wins over Belfast Star (59-36) and Fr Mathew's from Cork (44-37), before going down 58-37 to Liffey Celtics in their final group game on Saturday.

That set up a semi-final on Sunday against Pool 2 winners, TK Bobcats, which they won 52-46 to set up a rematch with Liffey Celtics, after they defeated Blue Demons of Cork in the other semi-final.

Maree gained revenge for their pool defeat with a dominant display to run out 45-34 winners and retain the title under coach, Richard Burke; and manager, Imelda Holland.

Meanwhile, the club saw three of its four teams win the Connacht Community Games finals last month to advance to the national finals in Limerick last this month.

The U-11 Mixed team were 24-6 winners over Carrick-on-Shannon from Leitrim; the U-13 Girls were 40-11 winners over Termonbarry of Roscommon; and the U-13 Boys were 24-5 winners over Castlerea of Roscommon.

There was heartbreak for the U-16 girls, who were three points up against Ballinamore with seven seconds remaining in their final, only for the Leitrim side to hit a late 3-pointer to send the game to overtime, where they ran out 39-37 winners.

At senior level, the club's senior women completed another clean sweep when taking all three end-of-season Women's Division 1 individual awards.

Joe Shields was named as Coach of the Year; Claire Rockall was named as Senior Player of the Year; and Dayna Finn completed the hat-trick for the club when she was named as Young Player of the Year.

It was the side's second clean sweep of the season, as after the last edition of More News hit the shelves, Maree made it 24 wins from 24 when winning the Division 1 League Cup final, defeating Ulster University Elks 73-65 in Dublin.

That meant the side won the Division 1 League, Division 1 Cup, Women's Trophy, Division 1 Cup, and Southern Conference Shield titles.

That achievement saw the club claim four All Star awards for the season. Both Claire and Dayna were named on the Division 1 Team 1 All-Star Five; while Fiona Scally and Catherine Connaire were named on the Team 2 All Star 5.

The club won six All Star awards in total, as Sean Sellers of the Men's Superleague was named on the Superleague Team 1 All Star Five; while Niels Bunschoten was named on the Team 2 All Star 5.

On the international scene, Hazel Finn has been named on the final Irish squad for the U-16 FIBA European Championships, which take place in Bulgaria in August.





Naomh Mhuire Your Local Ladies Gaelic Football Club

By Damien Stewart and Pat Fitzmaurice

Team Management for the upcoming 2019 season:

U6	Claire Burke, Shane Murphy, Rachel Wyer, Kara Short
U7	Sean Glynn, Shane Garvey, Shane Colleran, Brian Geraghty
U8	Gordan Crowley, Sean Greally, Frank Mannion, Ronan Molloy, Pat Kelly
U10	Pat Lambe
U12	Shane Colleran, Jacinta Divilly, Alex Canavan, Trisha Harlowe, Tony Jordan
U14	Donal Quinn, Damien Stewart, Martin Crowe
U16	Dannie Kelly
Minors	Danny Kelly, Declan Farrell
Juniors	Dannie Kelly, Declan Farrell

**Get Active – Make Friends – Learn a New Sport
Just come along and give Ladies Gaelic a go!**

Naomh Mhuire Academy

Naomh Mhuire Academy Girls have returned to training in the past few weeks.

Girls Under 8 (born 2011 and 2012) train on Friday's 5pm to 6pm at Oranmore Community centre Pitch.

Girls Under 6 (born 2013 and 2014) train on Friday's 5pm to 6pm at Oranmore community centre pitch.

Contact Gordon on 087 8332088 for more information.

Naomh Mhuire Under 12

Our Under 12 teams have started their new 2019 season with indoor fitness and fun training. New players welcome to come along.

Naomh Mhuire Under 14

On Saturday 4th May both Naomh Mhuire Under 14 teams play in the County Galway Feile na Ngael competition where they will travel to Annaghdown and Knockdoemore, Claregalway. Normally the winner of this competition would represent Galway in the national Feile but this year Galway is a host county and all Galway clubs are in the various groups of the Feile competition which will take place in the last weekend of June.

The girls are waiting to see which visiting teams we will be hosting and this is creating a great buzz at training. New players welcome to come along.

Naomh Mhuire U16's, Minor and Juniors

On Monday 6th May Galway Minor ladies take on Roscommon in the Connaught Minor final at St Croans, Ballintubber, Co Roscommon. Naomh Mhuire sends its best wishes to Laura Ahearne and Niamh McPeake who represent our club on the Galway team.

Naomh Mhuire Juniors play St Michael's in their next Championship game at 2pm on Saturday 11th May.

Galway County Trials

Congratulations and best wishes to our girls involved in the Galway county team trials.

Best Wishes

On Sunday 5th May Galway Senior ladies take on Cork in the National League Division 1 final at 4pm in Parnell Park. Naomh Mhuire sends its best wishes to Timmy Rabbitte the Manager, his management team and all the girls on the panel. It's great to have Galway ladies back in a national final.

Naomh Mhuire Gaelic 4 Mothers and Others

Gaelic 4 Mothers and Others is now up and running for 2019 with training sessions every Monday in the Ball Wall Oranmore at 8pm. Events will be organised during the season. Please contact Sandra O'Connor 087 0615500 for more details.

New members welcome.

What do I need to bring? – Water, Runners or Football boots!



Naomh Mhuire had two U14 teams playing in the County Feile Peil na nOg in Claregalway and Annaghdown on Saturday 4th May. Naomh Mhuire played the host clubs along with Corofin, Salthill / Knocknacarra, Barna and St Gabriels. While the Naomh Mhuire girls did not make the playoffs they got great exposure to the format that feile will be played in later this year in June.

The girls played well and represented Naomh Mhuire very well.



Maree Oranmore FC

‘More News



Maree Oranmore FC proudly sponsored by the Galway Clinic are looking forward to the end of the Club's 14th season in existence. There was a massive turnout for the St Columba's Credit Union Invitational Tournament Finals Celebration Day, We have winners of the Last man Standing Competition, a few cup finals to look forward to, an end of Season Draw and all will draw to a close with a Social Night out. Chairman Dave Watterson would like to extend a massive Thank You to all the Coaches, Players and Parents for their continued support throughout the year and we will look forward to an AGM and preparation for 2019/20.



Members Development Draw

Winner of the Members Development Draw for April was Barry McDermott winning €200. Second prize of €100 went to Mike Shivan and third prize for €50 went to Siobhan Carroll. The Draw is held monthly for members contributing €20 per month by standing order, raising funds for an all-weather, full size 4G astro pitch in Maree to support the future training needs of the clubs players young and old. To join, call Fergus on 087 2457626

St Columba's Credit Union Invitational Tournament

The Celebration Day of the club organized Invitational Tournament took place at the end of April. A whopping 1200 medals were distributed to clubs at u7 to u10 age groups. Boys and Girls from 11 clubs participated and several thousand people attended Oranmore for the event, BBQ and Treats! Special credit to Tournament Director Sean Horsman assisted by Club Treasurer Niall McBride who pulled it all together over the winter and spring culminating in Sundays Finale. Special thanks to our guests who distributed medals namely Tom Trill (Chairman Galway and District League), Tom Broderick (St Columbas Credit Union), Hildegard Naughton TD, Cllr Martina Kinnane, Club adult players Dara Murphy and Mike Lafferty, Don O Riordan, Galway Womens FC reps Philip Trill and Abby Coughlin and Donal Higgins .

To all our club volunteers and Oranmore Civil Defence who made it all happen. Thank you. Great to see such voluntary help and also to help local charity Cadan's Little Battle.





Last Man Standing

After 10 rounds we finally have winners of the €1000 in our club Last Man Standing Competition, Congratulations to Daniel Kelly and Stephen Long have decided to share the Jackpot. Special thanks to Trojan club worker Brian Geraghty assisted by the excellent Tony Jordan for all their hard work.

End of season Prize Draw

In association with The Porterhouse, Maree Oranmore FC are running an end of season draw in aid of our future 4G pitch Development. Fantastic Prizes are on offer, the Grand prize is a Two Thousand Euro travel voucher for that dream holiday you have always wanted. Second and third prizes of weekend breaks away in Ireland. Tickets are €10 each and a book of 5 tickets has been distributed to every family in the Club. The Draw will be held on May 4th.

Club Representative Players

Well done to our u12 player Danielle Grealish who was part of the Leagues u12 side who won their Regional Final over the weekend and will play In National Finals at end of June.

Connacht Shield Final

Best of luck to the U18 Youth team as they take on Castlerea Celtic at Sligo IT grounds in the Connacht Shield Final, this team has previously won the U12 Connacht Cup!