



Úna Bhán

Tourism Co-Operative Society

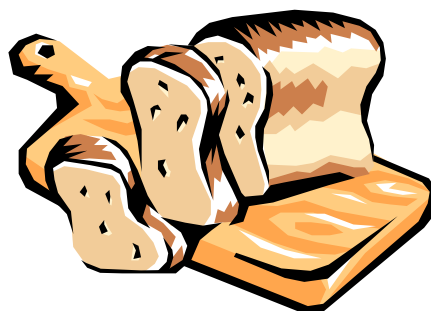
Newsletter

Úna Bhán Tourism Co-operative Society Ltd, Grounds of King House, Main Street, Boyle, Co Roscommon
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BOYLE FARMERS MARKET INTRODUCE THE COUNTRY GIRLS SPECIALITIES!



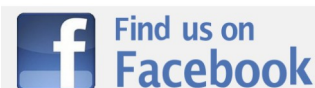
Doris and Silke, long standing stallholders of the Boyle Farmers Market have gone into partnership together selling **Wheat & Gluten Free Breads**, they also offer freshly baked Cakes, Homemade Preserves, Pickles and lots more.

Please call in and find your favourites.

The award winning Boyle Origin Farmers Market is also pleased to announce the arrival of new stallholder, Gerard, from www.thebreadisland.ie who has a delicious variety of Sour Dough Breads, Rosemary & Olive Oil, Honey & Potato, Cinnamon & Raisin and tasty fresh Morning Rolls to name a few.

Boyle Farmers Market takes place every Saturday in the grounds of King House, offering a wide range of fresh local produce, much of it organic, plus hand crafted gifts, locally sourced organic meat, and fresh fish available each week, alongside a variety of cheeses, local fruit and vegetables, home baked breads and cakes hand made preserves.

Please come along and bag yourself a bargain and avail of the tasty samples that are on many of the stalls. More information is available from the organisers, Úna Bhán Tourism, on 071 9663 033, or log on to www.unabhan.net



BOYLE & DISTRICT ANGLING CLUB

The club will hold the Donnellan Cup open fishing competition on Oakport Lake from 10am to 4pm on Sunday 26th of Feb.

The club will hold an open competition fishing for the Boyle and District Angling Club Perpetual Shield on Lough Skeen from 10am to 4pm on Sunday 12th of Feb.

An open competition fishing for the Paddy Sharkey Memorial Perpetual Lough Gara Cup will take place on 4th March. Please contact Jane for more Details : 0868301261

All anglers welcome.



Úna Bhán is a Community Services Programme funded by Pobal



ATHLETICS EVENT FOR BOYLE

North Roscommon Athletic Club are the hosts for the Woodie's DIY AAI Intermediate and Master Cross Country and Juvenile 'B' Championships and Inter County Relays on Sun 5th Feb in Lough Key Forest Park, Boyle.

This will be the second time to host the event in 3 seasons with the 2010 event being a great success. 1500 plus athletes are expected to compete on the day accompanied by their families, coaches, supporters and officials from Athletics Ireland.

This will be a great opportunity to show off what the area offers and what great hosts Boyle people are and hopefully we will entice many to visit us again during the year. Anyone interested in helping to prepare/set-up for the event or stewarding on the 4th or 5th February, we'd be glad to hear from you.

Contact Tom Guckian on 086 2363073

DATES FOR YOUR DIARIES

Confirmation will take place in St Joseph's Church, Boyle on Sun 22nd April at 12 noon. First Holy Communion will take place on Sat 19th May at 12 noon in St Joseph's Church, Boyle.

Silke O'Connor who attends the Boyle Farmers Market, can make personalised hand make candles for both of these events, call into the weekly Farmers Market to discuss your ideas with her on Saturdays from 10am to 2pm, in the grounds of King House, Boyle.

OUT WITH JUNK IN WITH THE GREENS !

Do you feel you have overindulged during the festive season? Get back on track and boost your immune system with warming soups and stews full of broccoli, cabbage, kale, leeks as well as sweet potatoes, carrots, garlic and ginger. These foods are full of antioxidants and have an immune-stimulating effect on the gut. Broccoli and kale also contain lutein which helps protect eyes. Throw in some beans and lentils for protein, and blend soups for easier digestion. Beans and lentils of all types provide pre-biotic fibre, which encourages the intestine to produce pro-biotics – the 'friendly' gut flora, necessary for digestive and immune health. Beans, like oats, have also been shown to help lower cholesterol.

All the ingredients can be purchased fresh & organic from Boyle Farmers Market.

And why not kick-start the day with an energy boosting porridge, topped with frozen berries for some Vitamin C! If you don't like oats or you want to eat gluten-free, try cooked buckwheat or quinoa instead, which makes a warming and satisfying breakfast. Serve with live yoghurt, honey and sprinkle with cinnamon.

Wrap up and go out for a walk in any kind of weather. Regular exercise increases immune function, helps with weight control and releases stress.



You will simply feel great and have more energy in no time!



FETAC COURSES

Organic horticulture course, will run in conjunction with Roscommon V.E.C. A full time course under the VTOS programme for 2 years. It is FREE and open to anyone over 21 years of age who has been unemployed for 6 months or more.

The course covers organic production principles, plant identification & use, soil science, plant science and food crops. FETAC Level 5 certificate.

There is also a part-time course in organic horticulture funded by the Further Education Unit under the 'Back To Education Initiative'. The course will enable participants to learn how to grow their own vegetables & fruit. Throughout the year people will learn how to prepare the soil, sow seeds and maintain their plants. This course is open to all members of the public. It is free to all medical card holders, all social welfare recipients and all persons in receipt of a retirement pension. In addition anyone working, who has less than upper second level education, are entitled to free tuition.

The courses take place every Wed from 2-4pm or 6.30-8.30pm. Enrolment date 2nd Mar.

Participants will also have the opportunity to get awards for the following

FETAC level 3 in Horticulture

FETAC level 4 in Plant Care and Maintenance

FETAC level 4 in Organic Food

Composting and Recycling Workshops: delivered on request. Field studies for Leaving Certificate Biology students, half day workshop delivered at Cave Town Lake, near Boyle, Co. Roscommon

FETAC QUALITY ASSURANCE

Croghan Organic Gardens is pleased to announce that they have agreed their Quality Assurance Policies and Procedures with FETAC and are now registered to offer programmes leading to FETAC awards

Knockvicar Organic Garden Events Boyle

Cook & Dine Evenings takes place on the last Monday of each month, Feb – Nov, 6-10pm, cost €15

FEBRUARY

Fruitful Permaculture workshop with Wayne Frankham, learn basic Permacultural principles while designing and planting an orchard. Sun 19th Feb, 9 -5 pm cost €30

FREE EVENT

Seed Swap Sunday 26th February, from 12 to 4 pm. Bring your excess, good quality, saved or bought seeds. A sociable event for all gardeners.

INTERNATIONAL EUCHARISTIC CONGRESS

Buses from Boyle Parish will travel to the International Eucharistic Congress at the RDS, Dublin on Monday 11th June and Thursday 14th June 2012.

There is a urgency to register all interested persons as soon as possible due to increased registration costs being applied the closer we get to the start of the Congress, and limited availability of places at the Congress.

Anybody who is interested in going should contact Fr. Alan Conway at 071-9662012, or email:

communicate@esatclear.ie or Keith Suffin at 086-1758885. We urge you to contact us now. Check out www.iec2012.ie for more details.

ANNUAL FIGHT NIGHT

Boyle Boxing and Fitness Club are now recruiting fighters who would like the chance to spar in their Annual Fight Night in March 2012. Registration takes place until the end of this Month (January) Just give your name in the Club and the coaches will take it from there....Fight Night has proved to be a very successful event in Boyle...If you are interested in fighting in March you can contact one of our coaches and will have to be training by January 2012 in the Club. For more information call:

Simon : 086 404 1830

Ryan : 086 241 1375

Diarmuid : 086 168 4314

Darren : 086 881 2473

CURLEW WALKERS CLUB

The next outing of Walkers Club will take place on Sun 12th Feb. Meet on the Crescent, Boyle at 10.30 am. This will be Track / C to Sliswood & back with leader Zeta Griffin - 086 3661336 Please confirm times with leaders. Walking grade explanations. A: 6 to 8 hours duration. Very high level of fitness required B: 4 to 6 hours duration. Good level of fitness required C: 2 to 4 hours duration. Moderate level of fitness



BOYLE TENNIS CLUB

Coaching will recommence for six weeks from Monday 6th February. The cost for this course is €30 which includes membership for the year to March 1st 2013. Under 9 years 4pm until 5pm, 9 years and over 5pm until 6pm. This course is with a professional coach, Tennis Ireland approved. Any enquiries please contact Noreen on 071 966 2996.



Pop in and see our Range of Fishing Tackle in Una Bhán Craft Shop, call in anytime and ask for Roy, ilots of Special Offers including new fly stocks, rods & reels.

BINGO in BOYLE

Tuesday night is bingo night in St Josephs Hall, Boyle, the €1,000 jackpot is still up for grabs for some lucky players, so get yourself there, eyes down at 8.30 Sharp.

Mac Dermot of Moylurg

This popular book of a Connaught Family is once again back in stock at the Una Bhan Craft. Shop in the grounds of King House, Boyle. Opening hours are from 9am until 5pm Mon to Fri and 9am until 4pm Sat

Boyle Charity Duathlon

Takes place on Sun 6th May in Lough Key Forest Park, Boyle. Anyone interested in helping to prepare/set-up for the event or stewarding on the 6th May contact David Gunning 086 8586225 or Tommy Sheridan on 086 4082786

www.runireland.com/events/boyle-charity-duathlon

Planning Your Wedding?



Need invitation cards, pop in and see the range of personalised wedding stationery that has been designed by Eva in the Una Bhan Craft Shop in the grounds of King House. Check out the different sample options for invitations, thank you cards, place names, order of service booklets, menus etc.

Each item is hand crafted here in Boyle and can be designed to link in with colour schemes or particular themes for the special day.

MORE NEWS?

Your news correspondents at Una Bhán Tourism are always on the look out for interesting items concerning Boyle and its surrounds for inclusion in the local Boyle news columns (we supply Boyle news to six local newspapers) and Una Bhán monthly newsletter. Please e-mail unabhan3@eircom.net or telephone 071 9663033.