



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 OFFERS

“THE HEALTHY OPTION”

Boyle Farmers Market offers you the opportunity to buy fresh, locally grown produce, including vegetables that are in season, organic meat & poultry and fresh fish, organic free-range eggs, cheeses, to name just a few. Fruit & Vegetables are part of a balanced diet that helps us stay healthy. They contain essential vitamins, minerals & potassium, they reduce the risk of heart disease, stroke and certain cancers and are an excellent source of the dietary fibre, that helps maintain a healthy gut, thus preventing constipation and other digestive system discomforts and problems. Minimal food miles for these products mean you are reducing your carbon footprint, as well as eating healthily by choosing local food in season.

The market is held in the grounds of King House in Military Road, Boyle, every Saturday from 10am until 2pm.

* Look out for the weekly **SPECIAL OFFERS** board

* If you cannot make it into the market, a delivery Service is available - call 071 9663033 or e-mail unabhan@indigo.ie

* Special giveaways for Valentines Market on Sat 13th Feb

* Free Food Tasting

* Buskers Wanted to play on any Sat during market times

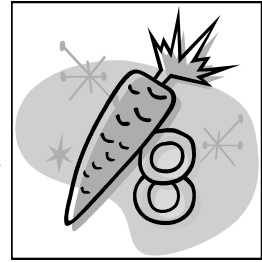
For more information visit www.unabhan.net or call 071 9663033

UNPLUGGED HAITI

There will be a great night's acoustic entertainment comprising of local musicians, in The Moving Stairs on Saturday 6th February. This is a fundraising event for the victims of the recent disaster in Haiti. The acoustic event will include a numerous amount of local talent including, Derek Caldbeck, Johnny McGlynn, Seamie Simon, Matt Burke, Paddy Fennelly and several more talented musicians, so do come along early to be sure of a seat! The event kicks off at 9pm and all money raised on the night will go to this worthy cause.

GROW IT YOURSELF

Interested in growing your own food? To find out how YOU can grow your own food, come to the inaugural GIY meeting in Cleen Community Hall (on the R 285 Ardcarne - Keadue Road) 1/2 mile after Knockvicar Bridge or 200 yards from Clancy's / Donellans pubs. Monday 15th of February at 7pm.



With some exciting guest speakers, it will be the perfect starting point for anyone interesting in growing it yourself in 2010! For more information, call Laszlo on 086 066 7962 or Email: gardenonbog@eircom.net www.giyireland.com

Music Network Funding Closing Soon

With funding from the Arts Council, the Performance and Touring Award has been developed by Music Network, the national music development organisation, to assist Irish and Ireland-based musicians in realising performance opportunities. Application deadline Mon 15th Feb. The scheme is open to musicians and ensembles of all genres that are of Irish nationality or resident in Ireland. Full application information and documentation are available here www.musicnetwork.ie/

CFI Funding

Small Grant Scheme. The Community Foundation for Ireland grant aids projects which lead to the social inclusion of people and communities who are excluded by reason of geography, race, age, disability, family circumstances, poverty, gender or race. - The Ray Murphy Fund - Funds up to €4,000 for training to build leadership within the community sector. Applications are assessed three times per year – the first round closes 26th February. For information go to www.communityfoundation.ie/grants or call 01 874 7354.

New County Childcare Website

Roscommon County Childcare Committee has a new website at www.roscommonchildcare.ie. The website includes everything you would need to know about the childcare sector in County Roscommon whether you are a childcare provider or parent. It also has a section on the new Free Preschool Year for Parents.

Boyle and District Angling Club

The Club are holding a fundraising car boot sale 11am-3pm at the clubhouse, Tawnytaskin

Schedule of Courses at Boyle 2000

Up skilling & Re-skilling at Roscommon Higher Education

Beginners Computer classes 4 Mon nights commencing Mon 8th Feb.
Back to Basics Marketing (Fetac Level 5), starts 17th Feb for 4 Wed
Train the Trainer (Level 6) commencing 24th Feb for 3 Wed
Payroll & A/c's Manual & Computerised starts Mid Feb, Level 5
Internet & E-mail classes commencing Monday 8th March,

For further detail call 071 9664510 or e-mail info@roscommonhec.com

BOYLE HISTORIC TOWN TRAIL

Una Bhan Tourism are delighted to announce that their new book 'Boyle Historic Town Trail' is on sale in their Craft Shop in the grounds of King House and other locations around Boyle. (Boyle Motor Works and McDonaghs Newsagents) The book take's you on an informative historical walk through the streets and landmarks of Boyle Town, including lovely illustrations from past and present.

The publication received grant aid from Roscommon Integrated Development Co. Ltd. under the Rural Development Programme which is financed by the Irish Government under the Rural Development Programme Ireland 2007-2013 and by the European Agricultural Fund for Rural Development: Europe investing in Rural Areas.

BOYLE RAMBLING ANGLERS

Annual Open Pike Fishing Competition (boat only) on Sun 28th Feb at Lough Key

1st Prize €600 (Heaviest Pike)

2nd Prize €300 (2nd Heaviest Pike)

3rd Prize €200 (3rd Heaviest Pike)

Entry Fee is €25

Fishing from 10am to 5pm, entries will be taken at Doon Shore from 9am.

Contact Details: Tim Glesson 086 8576020; Pat Egan 086 0286332 or John Nicholson 086 3357634. All boats must have suitable holding tanks **Please Note** Boyle Rambling operate a "Strict Catch and Release Policy" on all pike fishing

BOYLE PEOPLE OF THE YEAR AWARDS



The 17th Annual Boyle People of the Year Awards 2009 presentation ceremony will take place in the Royal Hotel on Friday 5th February. The awards are presented by Boyle Town Council to recognise individuals and groups in our area who are working on behalf of the community. Nomination Forms have been distributed to more than 70 organisations in the Boyle area.

Cancer Screening Services for Women

The National Cancer Screening Service is anxious that all women in the county are fully informed and empowered to attend for cancer screening. If your group are planning any women's events in 2010 where you feel it may be appropriate for information on BreastCheck and CervicalCheck screening services to be made available, please contact the Community Fora on 087 9954993

Boyle Care & Repair Service

Are you 60+ years of age ? Do you have any jobs that you are not able to complete yourself (jobs that will not take more than an hour will qualify). We have volunteers and handy persons to carry out this work for you. Our Volunteers are of all ages both male and female and all have been vetted by the Garda. This service is free of charge with clients paying only for materials used. So if that light bulb is flickering or your smoke alarm needs attention don't hesitate to call Care and Repair on 094 96 21644 or call into Una Bhan Tourism in the grounds of King House and they will take your details.

LOCAL NEWS

BOYLE SINGERS NIGHT

Taking place in Dodd's bar, the Crescent, on Saturday February 20th.

Starting from 10pm onwards, informal singing, English and Irish traditional included, mostly unaccompanied. It is an informal group, with no membership and no cover charge. For more details, contact Bríd Duffy on 071 9663244.

The singers' circle was recently invited to record The Arts Hour presented by Roisin Cooper, Saturdays, 5 - 6pm on Shannonside. The songs will be popping up over the run of the programme series, so listen out!

TABLE QUIZ

The Parents Association of Scoil na nAingleal Naofa NS Boyle will hold a Table Quiz with quiz master Tony Conboy Daly's Bar on Friday 12th February at 9pm by. Brush up on your knowledge of St Valentine!! All welcome!

SALSA CLASSES

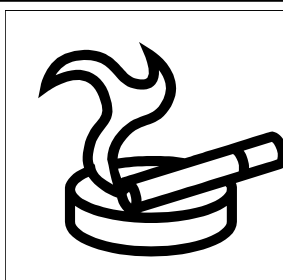
Take place in St Josephs Hall, Boyle on Monday nights at 8pm. This could be a way to make new friends, keep fit and see those pounds drop off.

Boyle Bowling Club

Boyle Short Mat Bowling Club meets every Wed from 7pm to 9pm in St. Josephs Hall, Boyle. New members are welcome and no previous experience is necessary as tuition will be given.

Guinness World Record

Congratulations to Joe Ryan for breaking the 120 hour DJ Endurance World Record. He finished at 124 hours 4 minutes and 39 seconds. His record breaking marathon took place in the Royal Hotel and all funds raised will go to the Niall Mellon Township Trust.



Want to Quit Smoking?

National No Smoking Day

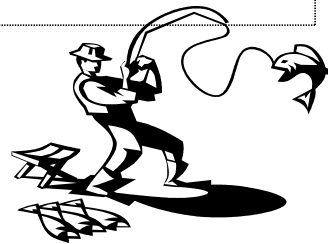
takes place on Ash Wednesday, February 17th

Did you know that when you smoke, you inhale over 4,000 chemicals, many of them toxic like rat poison or toilet cleaner. The stark fact is that smoking kills 7,000 people in Ireland every year, so if you want to increase the odds of living to a ripe old age, giving up is a good move. The National Smokers Quit-line can help get you on the way to giving up smoking: **1850 201203.**

BINGO in Boyle

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

Pop in and see our Range of Fishing Tackle in the Úna Bhán Craft Shop, call in anytime and ask for Roy, including new fly stocks, rods & reels



MORE NEWS?

Your news correspondents at Úna 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 Úna Bhán monthly newsletter. Please e-mail unabhan3@eircom.net or telephone 071 9663033.