

NUACHTLITIR CHILL CHOMÁIN

Fáilte go dtí Eagrán 6 de Nuachtlitir Chill Chomáin. Ins an eagrán seo dearcann muid ar chúrsaí fuinnimh agus ar bhagairt an théimh domhanda. Deireann saineolaithe aeráide linn go dtiocfadh ardú 3°C ar mheántheocht ar dhromchla an domhain faoin mbliain 2100 muna gcuirtear i bhfeidhm na beartais chuí chun an gáis cheaptha teasa a laghdú san atmaisféar. Ach céard is féidir liomsa a dhéanamh faoi seo a deir tú? Bhuel tá céimeanna simplí gur féidir leat a thógáil i do shaol laethúil chun difir mór a dhéanamh agus níos fearr fós do bhille fuinnimh a laghdú. Tá breis faoi seo ar leathanach 3.

Tá méadú suntasach tagtha ar an éileamh atá ar aistritheoirí Gaeilge mar gheall ar Acht na dTeangacha Oifigiúla agus stadas na Gaeilge mar theanga oifigiúil san Aontas Eorpach. Chun freastal ar an éileamh seo tá sé beartaithe cúrsaí Gaeilge a eagrú sa bhFómhar.

Welcome to the sixth edition of Nuachtlitir Chill Chomáin, the parish newsletter. In this edition we examine the issue of energy and of the threat of global warming. Climate experts inform us that average world surface temperatures will increase by 3°C by the year 2100 unless appropriate measures are taken to reduce the concentration of greenhouse gases in the atmosphere. But how can I make a difference you ask? Well, by taking a few simple steps in your daily routine you can make a huge difference and best of all reduce your energy bills. To find out how see page 4.

The demand for Irish language translators has rapidly increased as a result of the Official Languages Act and the status of Irish as an official language in the European Union. Taking this into account is hoped to organise Irish language courses in the autumn.

* Nuachtlitir Áitiúil

* A Community Newsletter

* Guth an phobail ar mhaithe leis an bpobal

* Provides a voice for the local community and an update on development issues

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Foilsithe ag Comhar Dún Chaocháin Teo (i gcomhar le fo-choiste Ghlor na nGael

**Coiste Bainistíochta an Chomharchumainn /
The Management Committee**

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Rúnaí: Seán Mac Aindriú
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Na baill eile: Micheál Ó Seighin
Micheál de Búrca
Caitlín Uí Sheighin
Micheál Ó Murchú
Séamus Ó Murchú

GUTH AN PHOBAIL – HAVE YOUR SAY

Má tá aon tuairimí agat ar ábhar an nuachtlitir seo nó moltaí le haghaidh an chéad eagrán eile ba bhreá linn cloisteáil uait.

We welcome your comments on the items covered in this newsletter and/or any ideas you may have for the next edition.

Déan teangmháil le:-

Treasa Ní Ghearraigh,
Comhar Dún Chaocháin Teo,
An tSeanscoil,
Ceathrú Thaidhg,
Béal an Átha,
Co. Mhaigh Eo

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IONAD EOLAIS / INFORMATION OFFICE

Tá oifig na heagraíochta lonnaithe sa Seanscoil i gCeathrú Thaidhg, áit a bhfuil eolas agus foirmeacha iarratais ar fáil faoi scéimeanna éagsúla mar shampla feabhsú tithíochta, bóithre portaigh, scéim feabhsúcháin áitiúil an Chomhairle Chondae, deiseanna traenála &rl. Tá seirbhísí cóipéala, laminating agus facs le fáil ann chomh maith.

The organisation's office is located in the Seanscoil, Ceathrú Thaidhg, where information and application forms are available on various schemes including home improvement grants, repair of bog roads, training opportunities etc. Photocopying, laminating and fax services are also available here.

BAILL NUA / NEW MEMBERS

Má tá spéis agat a bheith i do bhall ar an gcomharchumann agus ionchar níos mó a bheith agat ar chúrsaí forbartha na háite déan teangmháil le Treasa le haghaidh tuilleadh eolais.

If you would like to become a member of the comharchumann and have a greater input into the overall development of the area please contact Treasa for further information.

CÚRSAÍ FUINNIMH / ENERGY MATTERS

Léiríonn an thuairisc deiridh ón bPainéal Idir-Rialtais um Athrú Aeráide nach féidir ealú ó bhagairt an théimh domhanda. Muna gcuirtear i bhfeidhm beartais chun an gáis cheaptha teasa a laghdú san atmaisféar ardóidh an meánteocht ar dhromchla an domhain 3°C faoin mbliain 2100. Fiú má laghdaítear na hastuithe seo is cosúil go mbeidh níos mó teasa agus triomacha, ardú i leibhéil na mara agus níos mó tuilte. Cé go nglactar leis go bhfuil go leor dochar déanta cheana féin, déanfar i bhfad níos mó dochar muna gcuirtear céimeanna riachtanacha i bhfeidhm láithreach bonn. Agus beagnach gach tír ag cur béime ar bhorradh eacnamaíochta, ba mhinic a ndearnadh faillí ar an timpeallacht. Sí an príomhchúis atá le hardú an teochta domhanda ná astuithe dé-ocsaíd charbóin (CO₂), cuid de a thagann ón bhfuinneamh a úsáideann muid gach lá inár dtithe agus inár gcarranna. Níor éirigh le hÉire a gealltanais i dtaobh laghdú astuithe CO₂ faoi Phrótaicál Kyoto a bhaint amach go dtí seo. Tá sé de dhualgas ar an rialtas ceannródaíocht a dhéanamh ar an ábhar seo tré beartais réalaiócha a thabhairt isteach agus a chur i bhfeidhm chun an timpeallacht a shlánú. Anuas ar sin tá sé de dhualgas orainne mar shaoránaigh gearradh siar ar ár n-astuithe CO₂ agus ag oibriú le chéile is féidir linn difríocht mhór a dhéanamh. Caithfidh ár dtuilleamaí trom ar bhreoslaí iontaise ar nós gual, ola, gás agus móin a laghdú agus úsáid fuinneamh in-athnuaite ar nós gaoth, tonn, grian agus bithmhais a leathnú.

Tá sé mar aidhm ag Plean Gníomhaíochta um Éifeachtach Fuinnimh an Aontais Eorpaigh na baill stáit a ngríosú chun fuinneamh a úsáid níos éifeachtúla. Léiríonn na figiúirí go gcuireann Eorpaigh 20% den fuinneamh a úsáideann said amú (suas le leath cailte ag fágáil teilifísí, ríomhairí agus luchtairí ghutháin ar aire) agus áirítear sa phlean gníomhaíochtaí chun fearais, foirgnimh, modhanna taistil agus giniúnt fuinnimh a dhéanamh níos éifeachtúla. Tá caighdeán nua i dtaobh éifeachtacht fuinnimh molta agus leagtar béim ar an ngá atá ann an tuilleamaí atá ag an Eoraip ar bhreoslaí iontaise a laghdú.

Cén chaoi is féidir liom difear a dhéanamh?

Tré cúpla chéim simplí a thógáil ba chóir go mbeithfeá inann fuinneamh a shábháil, astuithe dé-ocsaíd charbóin a laghdú agus níos fearr fós do bhille leictreachais a laghdú. Bain triail as na moltaí seo a leanas:-

Ísligh do chóras teasa go dtí 20°C - ach an teirmeostat a laghdú faoi 1°C bainfidh sé 10% de do bhille teasa.

Úsáid dlúthlampaí fluaraiseacha (DSF) in ionad gnáthbhulgáin - ní úsáideann siad ach 20% den fuinneamh agus maireann siad suas le 15 oiread chomh fada.

Múch na soilse nuair a fhágann tú seomra.

Ceannaigh fearais leictreachais a bhfuil ráta "A" acu - tá siad níos saoire le rith agus le himeacht ama tabharfaidh siad coigiltis mhóra duit ar do bhille leictreachais.

Ná cuir an iomarca uisce sa chiteal leictreach - ná bruih ach an méid uisce atá ag teastáil.

Fan go mbeidh an miasniteoir lán sula gcuireann tú ar siúl é - úsáideann ceann atá leathlán an fuinneamh céanna agus a úsáideann ceann atá lán.

Fan go mbeidh an meaisín níochána éadaí lán sula gcuireann tú ar siúl é - má tá cnaipe speisialta ar an meaisín le haghaidh leath-ualaí bain úsáid as mar is cuí.

Plugáil amach do luchtairé ghutháin - úsáideann trealamh atá ar aire suas le 20% den fuinneamh a d'úsáidfeadh sé dá mbeadh sé ar siúl go hiomlán.

Cas de an teilifís nó an córas fuaimne nuair nach bhfuil said dá úsáid - úsáideann said fuinneamh fiú ar aire.

Ní úsáideann gnáth chithfholcadh ach 1/5 den fuinneamh a theastaíonn le haghaidh folcadh iomlán.

Bain úsáid as clog ar do théitheoir sa gcaoi is go dtéitear uisce nuair a theastaíonn sé amháin.

Coinníodh seaicéad thart ar an sorcóir an t-uisce te i bhfad níos fuide agus íocfaidh sé as féin taobh istigh de 2-3 mhí.

Ná cas air an pluid leictreach níos mó ná leathuair a chloig roimh a dtéann tú a chodladh agus cas de é roimh a dtéann tú isteach sa leaba.

Siúl nó téigh ag rothaíocht ar thurasanna giortacha.

Eolas Breise

Seo a leanas cúpla ceann de na suíomhanna

idirline a chuireann eolas agus comhairle ar fáil ar chúrsaí fuinnimh.

www.renewableenergy.ie

www.powerofone.ie

www.jrc.cec.eu.int Plean Gníomhaíochta um Éifeachtach Fuinnimh an Aontais Eorpaigh

www.esb.ie/saveenergy

www.sei.ie

www.environment.ie An Roinn Chomhshaoil, Oidhreacht agus Rialtais Áitiúil - Straitéis Náisiúnta um Athrú Aeráide 2007-2012

The recent report by the Intergovernmental Panel on Climate Change (IPCC) concludes that the threat posed to our planet by global warming is now inescapable. By 2100 average world surface temperatures will have risen by 3°C unless measures are taken to reduce the concentration of greenhouse gases in the atmosphere. Even with the reduction of these emissions the world is still likely to experience more heatwaves and droughts, a rise in sea levels and more frequent flooding. While it is acknowledged that a lot of damage has already been done, much more serious damage will be done if we don't take immediate action. In almost every country's race for economic prosperity, the environment has been largely ignored. The main cause of rising global temperature is carbon dioxide (CO₂) emissions, a proportion of which are produced from the energy we use everyday in our homes and cars. Ireland has so far failed to meet its targets in relation to reducing CO₂ emissions under the Kyoto protocol. The onus is on the government to lead by example by introducing and implementing realistic measures to safeguard the environment. In addition we as citizens must play our part in reducing our CO₂ usage and each of our individual actions can have a huge impact collectively. We must reduce our heavy reliance on fossil fuels such as coal, oil, gas and peat and expand the use of renewable energies like wind, wave, solar and biomass.

The European Union's Energy Efficiency Action Plan aims to improve energy efficiency in member states. With estimates that Europeans waste 20% of energy used (up to half of this is due to leaving televisions, computers, modems and mobile phone chargers on standby), the plan includes actions to make appliances, buildings, transport and the generation of energy more efficient. New energy-efficiency standards are proposed and the need to reduce Europe's dependence on imported fossil fuels is also stressed.

How can I make a difference?

By taking a few simple steps you should be able to conserve energy, reduce CO₂ emissions and best of all reduce your electricity bill. Consider the following:-

Turn your heating down to a comfortable 20°C – lowering your thermostat by 1°C will knock 10% off your heating bill.

Use compact fluorescent lamps (CFLs) instead of traditional bulbs – they use just 20% of the energy and last up to 15 times as long.

Switch off lights when you leave a room.

Buy 'A' rated kitchen appliances – they cost less to run and over time will give you considerable savings on your electricity bill.

Don't overfill your electric kettle – only boil as much water as you need.

Wait for the dishwasher to be full before you switch it on – a half full one uses the same energy as a full one.

A full load of washing is more energy efficient than a half load. If your washing machine has an economy or ½ load setting then use it as appropriate.

Unplug your phone charger – equipment on stand-by uses up to 20% of the energy it would use when fully on.

Switch off the tv or sound system when you are not using them – they use energy even on stand-by.

A typical shower uses only 1/5 of the energy required to produce a full bath.

Use a timer on your immersion heater to that you heat water only when you need it.

A lagging jacket on your hot water cylinder will keep water hotter for longer and pay for itself in 2-3 months.

Switch on electric blankets no more than half an hour before you go to bed and switch off just before you get into bed.

Walk or cycle instead of driving for short journeys.

Further Information

The following are just a few of the websites which offer information and advice on energy issues.

www.renewableenergy.ie Developed by the Renewable Energy Skills network, this site has information on renewable energy technologies including solar, geothermal and wood-burning stoves.

www.powerofone.ie A new website created to encourage better energy efficiency in domestic and office buildings. Check out how you can save energy by making small changes in your everyday life.

www.jrc.cec.eu.int European Union's Energy Efficiency Action Plan

www.esb.ie/saveenergy Energy efficiency advice, an interactive energy efficient house and an energy audit to help get you started.

www.sei.ie Sustainable Energy Ireland

www.environ.ie Department of Environment, Heritage and Local Government's National Climate Change Strategy 2007-2012

AN TIMPEALLACHT / THE ENVIRONMENT

Glantachán Náisiúnta Earraigh / National Spring Clean

Mar chuid de Ghlantachán Náisiúnta Earraigh, feachtas bliantúil a eagraíonn An Taisce, bailíodh bruscair ag Tráigh na Rinne Rua agus ag Tóin a' Chorráin Bhuí le cuidiú rannphairtithe na scéime shóisialta tuaithe Chill Chomáin. Chuir Comhairle Chondae Mhaigh Eo skip ar fáil don iarracht. Tá sé beartaithe tuilleadh glanadh suas a dhéanamh i rith na bliana le smacht a choinneáil ar bhruscair ghránna. Caithfear dul i ngleic le bunchúis na faidhbe áfach tré athchúrsáil agus athúsáid a ngríosú agus daoine a chur ar an eolas maidir le cúrsaí bainistiú dramhaíola. Tá tuilleadh eolais le fáil ó:-

An Taisce 01 4002219

Ríomhphoist: nsc@antaisce.org

Suíomh idirlíne: www.nationalspringclean.org

As part of National Spring Clean, an annual anti-litter initiative coordinated by An Taisce, refuse was collected along the beach at Rinn Rua and Corrán Búí by participants of the Cill Chomáin Rural Social Scheme. A skip was provided by Mayo County Council. It is proposed to carry out further clean ups during the year in an effort to get rid of unsightly rubbish. However the root cause of the problem must also be tackled such as encouraging the practices of recycling and reuse, promoting personal responsibility for litter and heightening

awareness of litter and waste issues. For further information contact:-

An Taisce 01 4002219

e-mail: nsc@antaisce.org

Website: www.nationalspringclean.org

Tuile Mhór / Severe Flooding

Tar éis scréid throm fearthainne a thit i rith na hoíche ar an 24ú Aibreán bhí tuile mhór in Abhainn Ghleann na Muaidhe an lá dár gcionn. Is í príomhchúis na faidhbe ná mullán ghláir atá bailithe i dhá cheann de na háirsí i ndroichead Ghleann na Muaidhe. Chuir coiste Comhar Dún Chaocháin Teo aighneacht faoin bhfadhb chuig Chomhairle Chondae Mhaigh Eo coicis roimhe agus chuir siadsan focal chuig Bord Iascaigh Réigiúnach an Iarthuaisceart. Tá an coiste ag iarraidh go nglanfar an glár ón abhainn láithreach bonn sa gcaoi is nach dtarlóidh a leithéid arís.

Torrential rain on the night of April 24th resulted in severe flooding of the Glenamoy river the following day. The main cause of the problem is the accumulation of silt which has partially blocked two arches of Glenamoy bridge. Mayo County Council was informed of this problem by the committee of Comhar Dún Chaocháin Teo two weeks previously and it in turn informed the North Western Regional Fisheries Board. The committee is requesting that the silt be removed from the river immediately in order to avoid a re-occurrence of a similar flood and the risk it poses in the future.



Griangraf: Abhainn Ghleann na Muaidhe ina tuile.

AG CAOMHNÚ ÁR nOIDHREACTH / PRESERVING OUR HERITAGE

Teacháin a' Watch

Tá Teacháin a' Watch suite ar cheann tíre ar an taobh thiar de Chuan Phort a' Chlóidh. Mar chéim chosanta thóg Seirbhís na nGardaí Cóta trí chinn is ceithre scór de na tithe faire seo ar feadh an chósta i 1941 chun súil a choinneáil ar na báid cogaidh i rith an Dara Cogadh Domhanda. I gCartlann Míleata, Sráid Chathail Brugha, Baile Átha Cliath tá deich leabhar tuairisce le fáil maidir le Teacháin a' Watch agus na himeachtaí a bhí ar siúl ann. Tá droch-chuma ar an bhfoirgneamh stairiúil seo faoi láthair agus tá an coiste i mbun iarrachtaí chun é a dheasú agus a chaomhnú. I gcomhar le hoifigeach oidhreachta Chomhairle Chondae Mhaigh Eo cuireadh iarratas ar airgeadú chuig an gComhairle Oidhreachta faoi scéim na bhfoirgneamh i mbaol chun na hoibreacha feabhsúcháin cuí a dhéanamh.

Teacháin a Watch is situated on a headland to the west of Port a' Chlóidh Bay. This look out post is one of eighty three built around the coast in 1941 for the Coastwatching Service to monitor warships during the Second World War. Ten logbooks in the Military Archives at Cathal Brugha Street, Dublin document activities associated with it. This historic building is presently in very poor condition and the committee is trying to have it repaired and preserved. In consultation with the heritage officer of Mayo County Council an application for funding to carry out the necessary repairs was forwarded to the Heritage Council under its buildings at risk programme.

CÚRSAÍ TEANGAN / THE IRISH LANGUAGE

Fógairt Dhuaiséanna Ghlór na nGael

Bhí neart ceiliúrtha ag ócáid fógairtha bhuaiteoirí 2006 i gcomórtas náisiúnta Ghlór na nGael i Seanscoil Shailearna, Indreabhán, Condae na Gaillimhe ar an 9ú Feabhra seo caite. Eagraítear an comórtas bliana seo mar aitheantas do ghrúpaí pobail ar fud na 32 chondae atá ag déanamh obair i dtaobh cur chun cinn na Gaeilge. Ainmníodh Paróiste an Chnoic mar bhuaiteoirí thrófaí Ghlór na nGael agus buaiteoirí náisiúnta ar fiú €40,000 an duais atá urraithe ag Foras na Gaeilge. Ba iad Dún Chaocháin agus Inis a roinn an dara háit sna duaiseanna náisiúnta ar fiú €10,000 an ceann iad. Ghnóthaigh Dún Chaocháin Duais Chúige Chonnacht chomh maith.

There was widespread celebration at the announcement of the 2006 winners in the national Glór na nGael competition which was held in Seanscoil Shailearna, Indreabhán, Galway on the 9th February last. This annual competition acknowledges the work undertaken by community groups in the 32 counties to promote the Irish language. The parish of Cnoc was the overall winner of the Glór na nGael trophy and a prize worth €40,000 which was sponsored by Foras na Gaeilge. Dún Chaocháin and Ennis shared second place, each receiving a prize worth €10,000. Dún Chaocháin was also the recipient of the overall award in Connacht.



Ag ócáid fógairtha bhuaiteoirí 2006 i gcomórtas náisiúnta Ghlór na nGael bhí ó chlé: Treasa Ní Ghearraigh (Coiste Dún Chaocháin), Lorcán Mac Gabhnan (Ceannasaí Ghlór na nGael) agus Uinsíonn Mac Graith (Coiste Dún Chaocháin).

Ionad Teanga / Irish Language Centre

Le cuidiú airgeadú €3500 ó Rannóg Cultúir agus Teanga Údarás na Gaeltachta ceannáidh ábhar liteartha, foghlama agus taighde Gaeilge don ionad teanga sa Seanscoil a bhéas mar áis do scolairí, grúpaí áitiúla foghlama agus grúpaí a thugann cuairt ar an gceantar le Gaeilge a fhoghlaim nó le taighde a dhéanamh &rl.

With the assistance of funding of €3500 received from An Rannóg Cultúir agus Teanga Údarás na Gaeltachta Irish literature, learning and research material was purchased for the language centre in the Seanscoil which will be an invaluable resource for students, local learning groups and groups who visit the area to learn Irish or carry out research.

Aistritheoirí Gaeilge / Irish Translators

Tá méadú suntasach tagtha ar an éileamh atá ar aistritheoirí Gaeilge le cáilíochtaí tríú leibhéal

mar gheall ar Acht na dTeangacha Oifigiúla agus an stad as atá faighte ag an nGaeilge mar theanga oifigiúil san Aontas Eorpach. Tá sé beartaithe cúrsaí Gaeilge a eagrú sa bhFómhar le freastal ar seo (beidh na sonraí le fáil sa chéad eagrán eile den nuachtlitr).

The demand for Irish language translators with third level qualifications has rapidly increased as a result of the Official Languages Act and the newly-acquired status of Irish as an official language in the European Union. Taking account of this is hoped to organise Irish language courses in the autumn (details will be provided in the next edition of the newsletter).

Airgead Breise do Mhná Tí / Additional Funding for Mná Tí

Tá an deontas do mhná tí a chaithfidh obair chóirithe a dhéanamh ar a gcuid tithe ardaithe ó €5000 go dtí €20,000. Bhí mí-shástacht léirithe ag mná tí faoin suim bheag airgid a bhí leagtha amach le hobair atá riachtanach i dtaobh sabháiltachta a dhéanamh ar thithe ina mbíonn scolairí na gColáiste Gaeilge Samhridh ag fanacht iontu. I go leor cásanna caithfear fuinneoga a athrú, córas aláram dóiteáin a chur isteach agus roinnt mionoibre eile a dhéanamh chun rialacha úra na Roinne Chomhshaoil, Oidhreacht agus Rialtais Áitiúil a chomhlíonadh. Tá an tAire Éamon Ó Cúiv ag glacadh leis anois go dtógfaidh sé am an obair uilig a chríochnú agus glacfar le teastas ó innealtóir le rá go bhfuil an teach sábháilte agus an córas aláram tine istigh.

The grant aid sanctioned for mná tí who must carry out improvement works on their houses has been increased from €5000 to €20,000. Mná tí had shown their disappointment at the small allocation of funding which had previously been sanctioned to undertake essential safety measures in houses which accommodate students attending the Irish Summer Colleges. In many cases windows must be altered, fire alarm systems installed and other minor works completed to comply with the new regulations of the Department of the Environment, Heritage and Local Government. Minister Éamon Ó Cúiv now accepts that it will take time to complete the improvement works and a certificate from an engineer stating that the house is safe and that a fire alarm system is in place will be accepted.

CÚRSAÍ AGUS IMEACHTAÍ / COURSES AND ACTIVITIES

Unislim

Tagann an grúpa *Unislim* le chéile sa Seanscoil chuile Mháirt óna 7.00 i.n. go 7.30 i.n. Má tá spéis agat roinnt meáchan a chailleadh bual isteach.

The Unislim group meets in the Seanscoil every Tuesday from 7.00 p.m. to 7.30 p.m. If you are interested in losing some weight why not join for encouragement and advice.

Ranganna Damhsa / Traditional Dancing Classes

Eagraítear ranganna damhsa traidisiúnta do pháistí bunscoile agus dhéagóirí sa Seanscoil chuile oíche Chéadaoine ag tosnú ag 7.00 i.n. Bual steip air!

Traditional Irish dancing classes for primary school children and teenagers are organized in the Seanscoil every Wednesday night commencing at 7.00 p.m.

Cúrsa ealaíne agus ceardaíochta / Art and Craft Course

Ag searmanás speisialta in Óstán an Broadhaven Bay ar an 25ú Eanáir bronnadh teastas FETAC ar na mná a chríochnaigh an cúrsa ealaíne agus ceardaíochta. Comhghairdeas leo uilig agus le stiúirthóir an chúrsa Máire Ní hÉalaí. Reacháiltear cúrsa ealaíne agus ceardaíochta do mhná na háite sa Seanscoil chuile oíche Luan ag tosnú ag a 7.00 i.n.

At a special ceremony in the Broadhaven Bay Hotel on 25th January last FETAC certificates were presented to the women who completed the art and crafts course. We congratulate them and the course supervisor Mary Healy on their achievement. Art and craft classes are held in the Seanscoil every Monday night, commencing at 7.00 p.m.

Cúrsa Ullmhú Bia / Food Preparation Course

Chríochnaigh an cúrsa ullmhú bia a bhí eagraithe ag MFG i gcomhar le FÁS agus Comhar Dún Chaocháin Teo ar an 21ú Márta seo caite. Bhí an cúrsa seo dírithe ar mhná tí a choinníonn scolairí le haghaidh an Choláiste Samhraidh, daoine atá ag plé le cúrsaí turasóireachta nó duine ar bith a bhfuil spéis aici/aige sa chócaireacht. Chlúdaigh an cúrsa cócaireacht phraiticiúil, planáil

biachlár, cócaireacht do ghrúpaí, roghanna sláintiúla, glaineacht, smachtú buiséid, costasú bia &rl. agus bronnfar teastas FETAC leibhéal 5 orthu siúd a n-éiríonn leo. Tá súil ag Comhar Dún Chaocháin Teo leabhrán cócaireachta a fhoilsiú a bhéas mar áis do na mná tí agus éinne eile a bhfuil spéis acu sa chócaireacht phraiticiúil.

The Food Preparation Course which was organized by MFG in association with FÁS and Comhar Dún Chaocháin Teo finished on 21st March last. The course was targeted at mná tí who provide accommodation for students attending the Coláiste Samhraidh, those involved in the tourism sector or anyone with an interest in cookery. The food preparation module covered a wide range of topics including practical cookery, menu planning, cooking for groups, food and nutrition, hygiene, budget control, food costing etc. and successful applicants will be awarded FETAC Level 5 certification. Comhar Dún Chaocháin Teo hopes to publish a cookery booklet which will be a resource to mná tí or anyone with an interest in practical cookery.



Torthaí na hOibre (Grianghraf Mairín Uí Mhurchú)

Teagascóir Gníomhaíochta Faoin Aer / Outdoor Pursuits Activity Instructor

Bhí an clár seo leagtha amach ag FÁS i gcomhpháirtíocht le hÚdarás na Gaeltachta, Fáilte Ireland, Seirbhís Oideachais Chiarraí agus Forbairt na Dromoda chun an t-éileamh le haghaidh teagascóirí agus treoraithe a líonadh. Is í aidhm an chlár traenála seo ná líon teagascóirí/treoraithe lán-oilte agus cáilithe a chur ar fáil chun an Turasóireacht Ghníomhaíoch, Oideachais faoin Aer agus Rannóg Ghníomhaíochta faoin Aer a fhorbairt. Beidh an cúrsa, a mhaireann ar feadh 50 seachtain agus a bhéas ag tosnú go luath i mí Meán Fómhair, lonnaithe in Ionad na Dromoda i gCiarraí Theas.

Éagrófar seiminéar eolais in oifig Údarás na Gaeltachta, Béal an Mhuirthead Dé Céadaoin an 2ú Bealtaine ag 8.00 i.n.

This programme was designed by FÁS in association with Údarás na Gaeltachta, Fáilte Ireland, Kerry Education Service and Forbairt na Dromoda to meet the growing demand for trained professional instructors and guides. The aim of this training programme is to develop a pool of highly skilled, experienced and qualified instructors/guides and entrepreneurs to drive the development of the Activity Tourism, Outdoor Education and Outdoor Activity Sectors. Based in the Dromid centre in south Kerry, the 50 week course will commence in early September. An information seminar will be organized in the Údarás na Gaeltachta Belmullet office on Wednesday May 2nd at 8.00 p.m.

Cúrsa Gnó / Business Course

Tá an cúrsa praiticiúil *Sort My Books*, atá eagraithe ag Údarás na Gaeltachta i gcomhar le Seirbhís Gnó *Check Mate*, dírithe ar lucht ghnó agus ceirde i gceantar Iorrais. Ar mhaith leat:-

Fáil amach cén chaoi a bhfuil do ghnó ag déanamh?

Am agus airgead a shabháil?

Tuairisc a choinneáil ar airgead nach bhfuil ag teacht isteach?

Tuiscint a bheith agat ar cén rudaí atá ag déanamh airgead duit nó a mhalairt?

Tuairisc a choinneáil ar chostaisí agus ar bhealaí gur féidir airgead a shabháil?

Do leabhra a bhainistiú go héifeachtach?

Más 'ba mhaith' do fhreagra ar aon cheann de na ceisteanna thuasluaite déan teangmháil led' thoil le hÚdarás na Gaeltachta ag 097 81418.

The practical business course Sort My Books, which is organized by Údarás na Gaeltachta in conjunction with Check Mate Business Services, is targeted at business and trade people in the Erris region. Would you like to:-

Find out how your business is really doing?

Save time and money?

Keep track of who owes you money and how you

can get it on time?

Understand which jobs are making you money and which are not?

Keep account of costs and ways of saving money?

Manage your books effectively and easily?

If the answer to any of the above questions is 'yes' please contact Údarás na Gaeltachta on 097 81418.

SCÉALTA EILE / OTHER NEWS

Ag Tógáil Teach Nua? / Planning to Build a New House?

Má tá sé ar intinn agat teach nua a thógáil is fiú duit freastal ar chruinnithe réamhphleanála a reachtáiltear in oifig Chomhairle Chondae Mhaigh Eo, Áisleann Bhéal an Mhuirthead chuile Chéadaoine idir 10.00 r.n. agus meánlae.

If you are planning to build a new house it is worth noting that pre-planning meetings are held in the office of Mayo County Council, the Civic Centre Belmullet every Wednesday between 10.00 a.m. and 12.00 noon.

Club Óige Ceathrú Thaidhg / Ceathrú Thaidhg Youth Club

Ó claraíodh Club Óige Ceathrú Thaidhg le hÓige na Gaeltachta Teo d'freastal baill an chlub ar dioscó ar an gCeathrú Rua, áit a raibh seans acu bualadh le déagóirí ó cheantracha eile Gaeltachta. Bhí deis acu páirt a ghlacadh i gcomórtas ealaine agus liteartha chomh maith. Cheadaigh Óige na Gaeltachta Teo €400 go deiridh don chlub chun ceardlanna damhsa ar an tsean nós a eagrú.

Since Club Óige Ceathrú Thaidhg registered with Óige na Gaeltachta Teo club members have attended a disco in Ceathrú Rua where they had an opportunity to meet up with teenagers from other Gaeltacht areas. Members also had an opportunity to participate in an art and literature competition. €400 was granted to the club recently by Óige na Gaeltachta Teo to organize workshops in traditional Irish dancing.

Seirbhís Eolais Cathartha / Citizens Information Service

Tá Seirbhís Eolais Cathartha Iorrais, atá lonnaithe ar an bPríomhshráid i mBéal an Mhuirthead, ag leathnú amach a seirbhís go dtí ionaid eile i

gceantar Iorrais, An tSeanscoil i gCeathrú Thaidhg agus Ionad Sláinte Ghleann na Muaidhe san áireamh (beidh dátaí agus amanna le fáil ar Nuachtlitir an Domhnaigh). Cuireann an tseirbhís seo (atá saor, cothrom agus neamhspleach) eolas agus comhairle ar fáil ar réimse ábhair mar shampla fostaíocht, tithíocht, cúrsaí dlí cánach agus sláinte, íocaíochtaí leasa shóisialaigh agus cúrsaí imirce. Is féidir le hoifigigh eolais comhairle a chur ar fáil maidir le céard iad na roghanna is fearr atá le fáil agus céard iad na rudaí atá tú i dteideal a fháil. Tá cuidiú le fáil i leith líonadh foirmeacha nó le fiosrúchán nó achainí. Coinneofar gach fiosrúchán faoi rún agus ní gá coinne a dhéanamh roimhré. Déan teagmháil le 097 81676 le haghaidh tuilleadh eolais.

The Erris Citizens Information Service, based at Main St. Belmullet, is currently extending its services to outreach centres throughout the Erris region including the Seanscoil in Ceathrú Thaidhg and Glenamoy Health Centre (dates and times will be provided in the Sunday newsletter). This free, impartial and independent service can provide you with information and advice on a range of subjects including employment, housing, legal matters, taxation, health, welfare payments and immigration issues. Trained information providers can assist you in considering the best options open to you and can help you identify what your entitlements are. Help is available in filling out a form or with an enquiry or appeal. Every enquiry is treated in the strictest confidence and you do not have to make an appointment in advance. Contact 097 81676 for further details.

Plean Forbartha Chill Chomáin / Cill Chomáin Development Plan

Tá Plean Forbartha Chill Chomáin le fáil sa Seanscoil agus i siopaí áitiúla ar chostas €5.

The Kilcommon Development Plan is available in the Seanscoil and in other local outlets at a cost of €5.

An Circus

Thug an circus cuairt ar an Seanscoil i mí Márta agus bhain a raibh i láthair, idir óg agus aosta, an-taitneamh as na himeachtaí éagsúla.

The circus visited the Seanscoil in March providing much entertainment for young and old alike.

Maidin Caife / Coffee Morning

D'eagraigh Bantracht Dún Chaocháin maidin caife sa Seanscoil ar an 23ú Márta mar chuid de *Daffodil Day*. €332 a bailíodh i dtreo na cúise fiúntach seo.

Bantracht Dún Chaocháin organised a coffee morning in support of the Irish Cancer Society's Daffodil Day in the Seanscoil on March 23rd. A total of €332 was collected for this worthy cause.

EDEN – Comórtas Fáilte Ireland

I gcomhar le coistí eile i gceantar Iorrais cuireadh iarratas chuig Fáilte Ireland faoi chomórtas EDEN (European Destinations of Excellence). Sé an duais atá le fáil ag an mbuaiteoir in Éireann ná plean fuinnimh agus bainistiú dramhaíola, plean margaíochta trí bliana agus deiseanna fógraíochta don cheantar san Eoraip.

Working in conjunction with other committees in the Erris area an application was submitted to Fáilte Ireland under the EDEN (European Destinations of Excellence) competition. The winning destination in Ireland will receive an energy and waste audit, an energy and waste management plan, a three-year marketing plan. The EU will offer the winner in each member state international promotion of the destination, distribution of audio-visual material, e-marketing opportunities and participation in an EU network.

Gradam Goldman / The Goldman Prize

Cuireadh fáilte mhór roimh Willie Corduff, duine de Chúigear Ros Dumhach, agus a bhean Mary ag Aerphort Chnoc Mhuire ar an 2ú Bealtaine tar éis dóibh filleadh ar Éireann le gradam idirnáisiúnta Goldman (arbh fhiú €92,000 é) nó Gradam Timpeallachta Nobel, mar a tugtar air chomh maith. Uaidh seo rinne said a mbealach tríd bhailte Mhaigh Eo chomh fada le Béal an Mhuirthead, áit a raibh éisteacht béil an Eagrais Cosanta Timpeallachta ar bun. Tugann an duais aitheantas don bhfeachtas atá ar bun in aghaidh pleananna Shell E & P Ireland Ltd chun scaglann gáis a thógáil ag Béal an Átha Buí agus an truailliú timpeallachta a d'fhéadfadh tarlú dá bharr. Tá Willie, mar dhuine de sheisear a ghnóthaigh an gradam Goldman i mbliana – ba ón bPeiriú, an Mhongóil, Ceanada agus An tSaimbia na buaiteoirí eile. Seo é an chéad uair a ghnóthaigh duine nó feachtas Éireannach ó cuireadh an gradam ar bun ocht mbliana déag ó shin.

Willie Corduff, a member of the Rossport Five, received a rousing reception at Ireland West Airport Knock on 2nd May when he and his wife Mary returned to Ireland with the prestigious Goldman Prize (worth €92,000), also referred to as the Nobel Prize for the Environment. They were accompanied by a calvacade through the towns of Mayo to Belmullet where they received a standing ovation at the EPA oral hearing which was underway. The prize acknowledges the campaign of opposition to Shell E & P Ireland Ltd's plan to build a gas refinery at Béal an Átha Buí and the potential environmental damage which this may cause. Willie is one of six winners of this years Goldman Prize and took his place on the international stage with recipients from Peru, Mongolia, Canada and Zambia. It is the first time an Irish person or campaign has won in the 18-year history of the prize. The award is endorsed by over 100 heads of state and eight of its previous winners have been appointed, or elected, to national office.