



## A Note from the National President

Dear Members,



Welcome Back to ICA! I hope you have all enjoyed the summer holidays and had a chance to get out in the sunshine. It seems like a long time since I have been in contact as the last mailing was prior to the AGM. It was a very successful AGM and asking members to register prior to attending worked very well as we were able to give the hotel an idea of numbers for catering and it was also good for ourselves from an organisational aspect. I also wanted to say thank you to all of you who joined us at the AGM. Since I last wrote to you we enjoyed the June contest weekend in An Grianán and we met some great singing and dancing groups as well as some excellent amateur dramatic groups. The Gempack Baking competition was held that weekend too and produced some excellent results. Congratulations to all the teams and individuals who participated in all the contests from the weekend. The list of winners can be seen on the website.

The Annual Garden party on 19th July was a huge success with all the accommodation in An Grianán booked out for weeks in advance. The weather was very kind to us and an Grianán enjoyed great attendance on the day. One new feature at the Garden Party this year was the "Bring a Bag – Buy a Bag". This proved very popular with members with all funds raised going to An Grianán.

As I continue my mission to highlight mental health throughout my presidency, in early July I met with Minister Kathleen Lynch to discuss the impact of rural isolation on mental health. She spoke about her plan to ensure that all organisations and charities working in the area of mental health be brought together in local areas to ensure that helpful information on the services available to people be accessible and easy to access. I also met with Joan Freeman, the Chief Executive of Pieta House and we will be supporting the work they do. Still on the theme of Rural Ireland I gave a lecture at the 5th Percy French Festival which took place in Castlecoote House in mid July. I spoke about the history of the ICA as well as the recent survey that was conducted through all Guilds regarding your rural and urban communities. I was delighted to see so many members of Roscommon Federation in attendance. Finally, still addressing the issues of mental health in Rural Ireland I attended the meeting of the Agricultural Sector Group within See Change which is the Government umbrella body for mental health and the first administrative meeting was held in Portlaoise in July. I was joined by representatives from the Irish Farmers Association, the Irish Creameries Milk Supply organisation and the Irish Cattle and Sheep Farmers Association.

For every Tuesday throughout the month of June we ran a training session in Central Office in conjunction with the Craft Council of Ireland for craft teachers to Train the Trainer. This course was attended by ICA and non ICA members alike and was deemed very successful providing teachers with Fetac level 5 qualifications and giving great networking possibilities to all course participants. I attended the Craft Day in both Monaghan and Longford Federation during the summer and was very impressed with the high level of skill on show at both of these events. I saw some great new ideas on how to use old skills to produce new work and found it very inspirational. I had a very enjoyable time at the 40th Anniversary Celebration in Ballyconnell Guild Carlow Federation and was delighted to present certificates in the Horse and Hound in Ballinaboola to all the members of Wexford Federation who received accreditation after the Computer Course and I look forward to receiving lots of emails from all the newly trained ICA members in Wexford.

Agricultural shows are big business during summer in Ireland and I was delighted to have attended the Tinahely show in my own county, the Tullow show in Carlow as well as the Dublin Horse Show. As we look forward to the Autumn series, I draw your attention to some of the exciting events and features in the upcoming ICA calendar of events. Please see attached the full list of competitions for 2013 – 2014 including the National Pitch and Putt competition taking place on Saturday 28th September in An Grianán. I am very pleased with the reader offer we have with Gill and Macmillan which works quite like a book club. Have a look inside this mailing for more information. The Take Pride competitions will start when you go back to your Guild meetings in September. There are 2 competitions and the first is an individual competition for the most exotic Bread and Butter pudding recipe and the second is a Federation Competition, The Take Pride Picnic. Have a look at the competition information overleaf and start planning your entries for these exciting competitions and we will look forward to seeing the Federation winners at the Take Pride weekend in An Grianán on Saturday 9th November.

We also have a very exciting competition with the National Concert Hall for 3 concerts over the weekend of 28th and 29th September. We have two pairs of tickets to give away for each concert and all you have to do is send in your name, Guild, Federation and email address to be in with a chance of winning tickets to A Celebration of Swing – with the James Langton Big Band Orchestra on Saturday 28th September at 8pm as well as Sinatra- The Voice of the Century at 8pm on Sunday 29th September and finally for In the Mood – Greatest hits of Glen Miller on Sunday 29th September at 3.15. Send in your name and email address for a chance to win. I also wanted to draw your attention to the Silver Surfer Awards. This is an initiative by Age Action is to capture the technological prowess of older people and celebrating it. As part of Positive Ageing Week the Silver Surfer Award ceremony will take place on 2nd October. So have a look overleaf and start thinking about who you would like to nominate and it would be great to have a winning entry from ICA. A one day Information Officer and Recruitment Officer Training course is up-coming in September and there are 2 dates to choose from. Information Officers can either avail of the training on Tuesday 3rd September from 11am till 3.30 in Central Office or you can choose Saturday 14th September from 11.00 – 3.30. Recruitment Officers can choose to attend on either Wednesday 4th September or Saturday 14th September from 11.00 – 3.30. If you are an information officer or a recruitment officer and you would like to avail of this one day training course, inform your Federation President.

As you now know I am a fan of surveys, so I would like to draw your attention to the survey in this mailing which is about YOU the Member. We would like to find out more about who you are, what your interests are and how we can make your ICA experience the best it can be. I would be very grateful if you could copy this survey in your Guild and send back your responses. Finally we are looking forward to the Ploughing Championships taking place in Laois Federation at the end of September where I look forward to seeing many of you, and shortly after that we expect the arrival of the ICA Book of Home and Family.

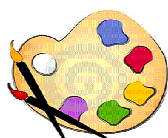
## Competitions 2013 - 2014

### **National Contest Final 2014**

Date: 11th to 13th April 2014

Location: An Grianán

At this final we will hold the competitions for the Patsy Lawlor Cup and Shield for Dancing, the Eleanora Gibbon Shield for Music the Baumann Shield for Music and the National Table Quiz Final.



### **Creative Writing Competition:**

Title: "Meanwhile, Down on the Farm" (maximum 1,000 words).

Entry Fee: €5.00 - Please make cheques payable to ICA Contests

Closing Date: 14th February 2014



### **Inter Federation Cup for Crafts:**

Craft: "Cushion Cover"

Any Medium with No SIZE RESTRICTION

Entry Fee: €5.00 – Please make cheques payable to ICA Contests

Closing Date: 14th February 2014

Please send entry marked "Cushion Cover" to ICA Central Office, 58 Merrion Road, Ballsbridge, Dublin 4.

No details of entrant on Cushion Cover

### **Inter Federation Cup for Art - Photography:**

Title: "The Town I Love So Well"

Two categories:

Black and White and Colour

Photographs entered must have been taken by the entrant.

Please send entry marked "Photography" to ICA Central Office, 58 Merrion Road, Ballsbridge, Dublin 4.

Entry Fee: €5.00 – Please make cheques payable to ICA contests

Closing Date: 17th January 2014



### **Baumann Cup for Art:**

Art: Painting – "Happiness Is"

Unmounted (Oils) with no Size Restriction

Entries must not be mounted or framed.

Please send entry marked "Baumann Art" to ICA Central Office, 58 Merrion Road, Ballsbridge, Dublin 4. Please include Stamped Self Addressed envelope for return. No details of entrant on painting.

Entry Fee: €5.00 - Please make cheques payable to ICA Contests

Closing Date: 14th February 2014

### **Baumann Shield for Music:**

Theme: Two Songs from the movies (any movies of your choice)

Group of 4 - 10 singers (need not all be from same Guild)

Accompanist need not be an ICA member but all singers must be paid up members.

Total in Group incl conductor/accompanist no more than 11 people.

No backing tracks allowed and Costumes will not gain marks.

Please send entry marked "Baumann Music" to ICA Central Office, 58 Merrion Road, Ballsbridge, Dublin 4. No entry fee.

Closing date for details of Federation Winners by 10<sup>th</sup> March 2014.

National Final will take place on Sunday the 13<sup>th</sup> of April 2014

### **Eleanora Gibbon Shield for Music:**

Theme: "Songs from your school days" As Gaeilge (in Irish)

Group of 4 – 10 singers (need not all be from the same Guild)

Accompanist need not be an ICA member but all singers must be paid up members.

Total in Group incl conductor/accompanist no more than 11 people.

No backing tracks allowed and Costumes will not gain marks.

Please send entry marked "Eleanora Gibbon Music" to Central Office, 58 Merrion Road, Ballsbridge, Dublin 4. No entry fee

Closing date for details of Federation Winners by 10<sup>th</sup> March 2014.

National Final will take place on Sunday the 13<sup>th</sup> of April 2014

### **Patsy Lawlor Cup for Set Dancing - Full Set**

Teams will be required to dance two figures of their chosen set.

Marching on and off floor not permitted.

Dancing shoes (jig, hornpipe, batter) not permitted.

Uniforms will not gain extra marks.

Teams need not all be from the same Guild.

No Entry Fee.

Bring your own music on CD or Tape and Player for the Final.

Please send details marked "Patsy Lawlor Cup – Full Set" of Federation Winners with names of sets being danced to ICA Central Office, 58 Merrion Road, Ballsbridge, Dublin 4.

Closing date for details of Federation Winners by 10<sup>th</sup> March 2014.

National Final will take place on Sunday the 13<sup>th</sup> of April 2014

### **Patsy Lawlor Shield for Set Dancing - Half Set:**

Teams will be required to dance two figures of their chosen set.

Marching on and off floor not permitted.

Dancing shoes (jig, hornpipe, batter) not permitted.

Uniforms will not gain extra marks.

Teams need not all be from the same Guild.

Bring your own music on CD or Tape and Player for the National Final.

Please send details marked "Patsy Lawlor Shield – Half Set" of Federation Winners with names of sets being danced to ICA Central Office, 58 Merrion Road, Ballsbridge, Dublin 4. No Entry Fee.

Closing date for details of Federation Winners by 10<sup>th</sup> March 2014.

National Final will take place on Sunday the 13<sup>th</sup> of April 2014

### **National Table Quiz Final:**

Names of Federation Teams to be submitted to Central Office by 10th March 2014.

Table of three participants

Entry fee €30 euro per table at Federation round

Out of the entry fees for the table quiz we are asking Federations to pay for dinner B&B for their winning team to attend the National Final at An Grianán on Saturday 12th April 2014.

Total cost €240 Euro

There will be ten rounds with 10 questions in each round at the national final. One question in each round will be about ICA. One of the rounds will be a picture round.

National Final will take place on Saturday the 12th of April 2014



### **ICA Trophy for Reporting:**

A newspaper article with the heading "ICA Women are doing it for themselves".

The report should be approx 500 words.

Closing Date: 25th March 2014

Entry Fee: €5.00 - Please make cheques payable to ICA Contests

### **PITCH AND PUTT 2013**

The National Pitch and Putt Competition will take place on Sat 28th September 2013 in Seapoint Pitch and Putt Club with a Four ball Shot Gun start at 10.30 am. Teams should arrive for 10.00 am to give everyone time to get to their allocated tee box. The competition is open to teams of 4. The fee for a team of 4 is €90 which includes lunch for 4 at An Grianán. Please complete the form which is available online and send your entry and fee to ICA Central Office, 58 Merrion Road, Ballsbridge Dublin 4. All entries must include participants' names and please make all cheques payable to "ICA Contest Committee". The closing date for entries is Friday 13th September 2013.

### **MURIEL GAHAN ROSEBOWL**

Item: Necklace

Medium: Macramé

Entry Fee: €5.00 – Please make cheques payable to ICA Contests

Closing Date: 25th March 2014

**Please include your name, address, telephone numbers, email, Guild and Federation on a separate sheet of paper and submit with your entry. Stamped Self Addressed envelope for return.**

**All crafts, photos and writings to be sent with an stamped addressed envelope to ensure return of your items.**

**All Prizes will be presented at the National AGM in May 2014**

**Full Details of all Competitions available from Federation Contests Secretary or on [www.ica.ie](http://www.ica.ie)**

## The Book of Home and Family

We are delighted to inform you that The ICA Book of Home and Family will be published on the 18th of October and will be available in all good Bookshops shortly afterwards.





## New Membership Benefits August



We are delighted to welcome 10 new organisations to the ICA Member Benefit Programme. All the details of the discounts available and the person to contact can be found on the ICA Website [www.ica.ie](http://www.ica.ie) under Member Benefits. If you know of any businesses or organisations that might like to join the Member Benefit Programme, please contact Central Office with the details

### ICA Winter Conference

Sligo Park Hotel  
19th October 2013  
10.30 am

### Hickeys Make and Model Results



The Hickey's Make and Model competition for the best Fascinator and Handbag was held during the Fashion Show at the Annual Garden Part in An Grianán. First prize was awarded to Josephine Kenny of Leitrim Federation, second prize was awarded to Kay Kearney of Cork Federation and third prize was awarded to Breda McDonald of Kilkenny Federation. The prizes were presented by Ian Donnelly of Hickey's Fabrics and all prize winners received a piece of Colm De Ris pottery

### Mental Health Reform

This autumn, The Mental Health Reform is asking you to help them protect the mental health budget. Mental Health Reform is a national coalition of organisations working to promote improved mental health services.

Their Do What Works petition ([www.mentalhealthreform.ie/petition2013](http://www.mentalhealthreform.ie/petition2013)) is calling on the Government to Do What Works for mental health by investing in community mental health services and other measures to support mental health. Please sign the petition and help keep mental health on the agenda ahead of Budget Day on 15th Oct. If you would like to order petition sheets to collect signatures in your local ICA guild, you can download them from the above petition link or order them from Lara Kelly in Mental Health Reform on (01) 6121422 or by email to [lkelly@mentalhealthreform.ie](mailto:lkelly@mentalhealthreform.ie).



#### Food Arrangements

Tea/Coffee & Scones €3.00  
Lunch with Tea/Coffee €13.00 pp  
(2 choices of lunch will be available)

#### Overnight Accommodation

Twin Room B&B €94.00  
Single Room B&B €79.00

Book Accommodation directly with the Hotel on 071-9190400

Register your attendance  
[icawinterconference.eventbrite.ie](http://icawinterconference.eventbrite.ie)

#### Member Survey Getting to Know ICA Members

You will see attached to this mailing a survey which I am hoping you will photocopy and give to each member of your Guild. This is to find out more about you, the member on a personal level. We are hoping that every woman in the Guild will complete this survey and send back to Central Office by the end of October. If you have any questions please call me in the Office on 01-6680002

## WIN! WIN! WIN!

Take a trip down Memory Lane and be in with a chance to enjoy free tickets to a choice of three great concerts in the National Concert Hall



**Sinatra**  
Sunday 29th Sept (8pm)

**A Celebration of Swing**  
Saturday 28th Sept (8pm)

**Glenn Miller - Greatest Hits**  
Sunday 29th Sept (3:15pm)

To be in with a chance of winning two pairs of tickets for the concert, send your name, phone number and e-mail address to the ICA Central Office or e-mail [admin@ica.ie](mailto:admin@ica.ie)  
Please include your Guild and Federation Name

### Caring for Rural Communities Conference

Kathleen Lynch Minister of State, Department of Health and Department of Justice, Equality & Defence with responsibility for Disability, Older People, Equality & Mental Health will be speaking at a one day conference in Horse and Jockey Tipperary on Saturday 12th October.

This conference which is free of charge is entitled "Caring for Rural Communities in Time of Change, a Church of Ireland response".

For more information about the conference and to book your place, please contact Ian Poulton at [ianpoulton@gmail.com](mailto:ianpoulton@gmail.com) or at The Rectory, Portlaoise Road, Mountrath, Co. Laois, not later than Saturday 5th October, if you hope to attend.

Phone: 057 873 2146  
Mobile: 087 240 5753

### Gill & MacMillan Special Offer

Gill & Macmillan are delighted to offer ICA members a 30% discount off the RRP of our books on [www.gillmacmillanbooks.ie](http://www.gillmacmillanbooks.ie).

Our books cover a wide range of Irish interest subjects including, cookery, biography, history, children's and much more. Use the code ICA30 when paying. (Offer does not apply to education titles). This offer is available until 31st December 2013



Calor Gas is delighted to continue its partnership with the Irish Countrywomen's Association with a great offer for your home heating. If you were thinking about switching to gas, now is the time! Calor is offering a special bonus to ICA members who switch before 30th November. Not only will you get **6 months FREE gas** and **interest free options**, as an ICA member, you'll also get a **€250 bonus** on your account! For more information, call today on 1850 812 450 and make sure to mention that you are an ICA member.







# An Grianán

041 9822119 / admin@an-grianan.ie



## Irish Countrywomen's Association

58 Merrion Road  
Ballsbridge  
Dublin 4

Phone: 01-6680002  
E-mail: office@ica.ie  
Web: www.ica.ie

Monday 23rd-Friday 27th Sept 2013  
€330.00 member / €360.00 non-member  
Includes tuition, accommodation & meals  
Non-resident Mon-Thur €135

- "Under the Covers" book Club with Anne Carleton
- Your Special Time - Look Good, Feel Good
- Arts & Tarts - Mon pm Floral Art Demo. Tues Card Making, Wed Cookery Demo and Thurs Art Workshop
- Felting
- Surfing the Net - includes Buying/Selling on line, SKYPE, Social Media & free downloads
- Calligraphy



We have organised a new Ribbon Embroidery course with Elna Andrews for the following week:



Monday 7th - Friday 11th Oct 2013

We are now taking bookings, so book your place today & avoid disappointment.

Tel: 041 9822119 or admin@an-grianan.ie

## Monday 23rd September & Monday 2nd December

Evening Demonstration of Floral Art

With Bloom Gold Medalist Marie Dodrill  
Prior booking recommended

7.00-8.30pm  
€10.00



CELEBRATING OLDER PEOPLE & TECHNOLOGY

The Silver Surfer Awards celebrate older people who have embraced technology and those who support them.

Nominations open until Sunday, 15th September 2013

**Nominate someone today!**

Winners will be announced during Positive Ageing Week on Wednesday 2nd October at Google Headquarters in Dublin.

### 3 easy ways to nominate:

1. Fill in a nomination form at [www.ageaction.ie/silversurfer](http://www.ageaction.ie/silversurfer)
2. Email us at [silversurfer@ageaction.ie](mailto:silversurfer@ageaction.ie)
3. Call Anne-Marie on 01 475 6989

## "TAKE PRIDE"

Irish Pride Bakeries are delighted to have partnered with the ICA and invite you to participate in two "Take Pride" competitions using Irish Pride products.



- The most unusual and exotic Bread and Butter Pudding Recipe using any Irish Pride product. This is an individual competition. Please send in your entry to Central Office, 58 Merrion Road, Ballsbridge Dublin 4, before October 31st 2013. There is no entry fee.
- The Take Pride Picnic: This competition will be based on the 6 categories of bread on the Irish Pride website namely: **White Breads / Wholemeal Breads / Seeded and Grain breads / Traditional Breads / Buns and Rolls / Speciality Breads.**

Please see the Irish Pride Website [www.irishpride.ie](http://www.irishpride.ie) for the list of products in each category or call Central Office on 01-6680002 for the list. Contestants will need to produce a picnic using products from 4 of the 6 categories above, Three products must be savoury and one product must be a dessert. Details of the Federation winner to be in Central Office before 25th October 2013.

"Take Pride" weekend will be held on Saturday 10th November in An Grianán when the finals of both competitions will be held. All shortlisted Bread and Butter recipe contestants and Take Pride Picnic Federation winners will be invited to compete during the "Take Pride Weekend". Please contact Central Office for more information about the "Take Pride" Competitions. All information is on the website.

## National Treasurer Mary

## National Secretary Kathleen Gorman

Dear Members,



I hope you all enjoyed the lovely fine summer and are ready to get back into the new ICA year full of energy.

Can I remind all Guild Treasurers, to ensure that any outstanding membership fees are collected and sent to their Federation Treasurers as soon as possible.

Federation Treasurers should forward all fees to Central Office without delay.

I wish you every success in the coming year.

*Mary Howhill*

Welcome Back! I hope you had a chance to enjoy the good weather this summer and are looking forward to getting back to your ICA activities. We look forward to welcoming lots of new members and hopefully some new Guilds this season.



The Annual Garden Party was held during the heat wave in July and I am sure that all of you who were there will agree that it was a wonderful day. The photos from the day can be viewed on the website [www.ica.ie](http://www.ica.ie). Irish Pride sponsored the Garden Party and we all took home a lovely goodie bag from the day. The next major recruitment drive for us is the International Ploughing Competition taking place in my home county of Laois and I look forward to many members visiting the stand over the three days. As usual there is a great line up of events and features in the ICA marquee so come along and meet our National President too.

I appeal to all Guilds to return their annual report form as soon as possible as this will ensure that the correct people receive the right information at all times. Please remember to mark if someone is a New Member and also to give as many contact details as possible for all members, most importantly their email address. Our aim is to have an email address for one member in every Guild. If a member has transferred to your Guild from another Guild we would be grateful if you could also mark this on the annual report form. The Information Officer training will take place in Central Office on Tuesday 3rd OR Saturday 14th September. Information Officers can choose to attend on either date. Recruitment / Liaison Officer training will take place in Central Office on either Wednesday 4th OR Saturday 14th September and again officers can choose to attend on either date. Training begins at 11.00 and will finish at 3.30. A light lunch will be served. Please make sure you contact Central Office to book your place.