



ICA NEWS

MARCH 2014

HICKEYS MAKE AND MODEL COMPETITION 2014

The Hickeys Make and Model competition this year is to create a Fascinator and Handbag to match your outfit for the Annual Garden Party at An Grianán.

Each Federation winner will be invited to the Garden Party in An Grianán on July 18th 2014 and will model their Fascinator and Handbag during the Garden Party.

Receipt of purchase from Hickey's Fabrics must be shown at the Federation competition and the winner's details to be forwarded to Central Office before May 30th 2014.

Central Office Craft Days €10 per class

Packs may cost extra. Please check website and Facebook for further details.

14th April	Candle Decorating
12th May	Crochet for Beginners
23rd June	Embroidered Cards

Please call Joanne in Central Office if you would like to book a place on 01-6680002

AGM 2014



The AGM this year will be held on Saturday 24th May in the Mullingar Park Hotel

Accommodation

B&B - €60.00 pps
Single Room - €75.00

Lunch Arrangements

Carvery lunch will be served in the Terrace Restaurant

Main Course & Tea/Coffee
€15.50 pp

Main Course, Dessert & Tea/Coffee
€22.50 pp

You can register for the AGM online through www.ica.ie



Live at An Grianán Jimmy Buckley

Wednesday 11th June 2014

Tickets:	€25.00	Steak Dinner:	€30.00
B&B:	€45.00	All In Deal:	€90.00

All bookings through An Grianán
041 982 2119 admin@an-grianan.ie



WHAT HAVE OUR MEMBERS BEEN UP TO?

SPRING CONFERENCE 2014

We were delighted to welcome over 100 delegates to the Spring Conference on Saturday 1st March. The conference took place in the Hughes Hall of the Hort college and we enjoyed 2 presentations by Liz Wall National President and Mary Harrahill the National Treasurer. Liz gave an update as to the Diamond Building Project currently underway in An Grianán where 9 single rooms are being converted into 5 twin en-suite bedrooms. The theme of the meeting was Assistive Technology and in the morning session delegates enjoyed a presentation by Dr Craddock the Chief Officer of the Centre for Excellence in Universal Design at the National Disability Authority who gave details of the "Research on the provision of Assistive Technology in Ireland".

In the afternoon the speaker was Juliann Bergin of Enable Ireland who gave a more practical presentation on some of the assistive technology available in Ireland and members were particularly interested in the Dragon writing programme which typed spoken words. We look forward to seeing more delegates at the AGM in the Mullingar Park Hotel on Saturday 24th May.



CRAFT DAYS AT CENTRAL OFFICE

Central Office Craft Days have been a huge success so far. We have been delighted with the uptake of people coming along to these days.

In January we held a Tea Bag Folding Class taught by Marie Hoare and February's class of Decorated books was taught by Marie Crean.

We have more classes lined up such as Beaded Jewellery on the 24th March, Decorated Candles on the 14th of April, Crochet for Beginners on the 12th of May and Embroidered Cards on the 23rd of June. If you would like to book onto one of these classes at a cost of €10 (packs have an additional cost), please call Joanne in Central Office on 01-6680002.



LAOIS FEDERATION

The Federation Table Quiz was held in Spink Guild on 26th February. It was a very bad night but they were delighted that so many Guild members came out to take part.

There were 13 tables unlucky for some but not for the winners. The winners of the Federation cup was Spink Guild once again, but it was a close one as they won it in a sudden death play off.



MEATH FEDERATION

Meath Federation Table Quiz which took place on 21st February 2014.



FRIENDS OF AN GRIANÁN WEEKEND

Friends of An Grianán had their weekend in February. The courses held were Fascinators, Digital Photography, Tai Chi, Boxes, Painting on Silk and Gingham Embroidery, everyone enjoyed the courses and gave the teachers great praise.



KILDARE TOWN GUILD

As part of their participation in the "Gathering" celebrations, Kildare Town ICA Guild held a party in St. Conleths Day Care Centre - the venue for their monthly meetings - on December 5th 2013. They invited past members to join the present members. There was a great turnout and everyone enjoyed the food, music, singing, the many anecdotes and remembrances of times past. The highlight of the night was that one of our founder members, Rose Donoghue, attended. Sadly since then, on the 24th February 2014, Rose passed away. R.I.P. Our sincerest condolences are extended to her son, family and many friends.

Reading Recommendations

Philomena

Martin Sixsmith

Mrs Sinclair's Suitcase

Louise Walters

Road Ends

Mary Lawson

Americanah

Chimamanda Ngozi Adichie

The Book Thief

Markus Zusak

LETTER FROM OUR NATIONAL PRESIDENT

Dear Members,

Many thanks to all of you who attended the Regional Conference held on 1st March in An Grianán. We are celebrating the 60 years anniversary of the tenure of An Grianán throughout 2014 and the Regional Conference was one of the first events held for our diamond anniversary. During the day we had a look at some of the important historical moments in our history and we had a look at the diamond building work that has started in An Grianán. We then enjoyed presentations from Dr Craddock of the National Disability Authority and Juliann Bergin of Enable Ireland discussing the research and practical elements of Assistive Technology. For those of us who stayed the night we enjoyed a great ceili as the Set Dancers were also in An Grianán that weekend.



I am pleased to inform you that work has begun on renovating one of the corridors of single bedrooms in An Grianán turning 9 single bedrooms into 5 twin bedrooms with en-suite bathrooms. Fire doors have also been installed in the corridors and fitted wardrobes have been added to most of the bedrooms. As I mentioned at the Spring Conference we would like to encourage as many Federations as possible to convert a bedroom at An Grianán at the cost of €6,000 per room. We are converting the single rooms into twin rooms with an en-suite bathroom and we are encouraging all Federations to begin fundraising among their Guilds to contribute towards the renovation of single rooms. 4 Federations have already pledged financial support and we look forward to more following suit.

Together with this mailing you will find a copy of the accounts for Central Office and An Grianán, the voting cards for the AGM and the Standing Orders for the AGM. The AGM will take place on Saturday 24th May 2014 in the Mullingar Park Hotel (see accommodation information on the front page and please remember to register your attendance by clicking on the "Register Here" on the ICA website www.ica.ie).

I was delighted to launch the "Craft Days in Central Office" programme in January. These craft classes are available to all Craft Promoters first and then to ordinary members after. They are taught by skilled crafts teachers who give a sample demonstration and class to show what the class is like in An Grianán. The classes have been very successful and to date we have held one in Tea Bag Folding, and another in Silk Flower covered books. The next three classes are Beaded Jewellery, candle making and crochet for beginners.

Continuing the profile theme in the newsletter, overleaf you will find a profile interview with Ann Flanagan well known to most of you as the Manager of An Grianán. As we are celebrating the 60th anniversary of our tenure of An Grianán we thought it would be a nice idea to bring some of the human stories of lives that are lived under the wonderful roof of the jewel in our crown.

I hope you enjoy reading it.





Irish Countrywomen's Association
Bantracht na Tuaithe

March 18th 2014

Diamond Restoration Project 2014

Dear Members,

I am writing to give you an update on the Diamond Restoration Project 2014 in An Grianán and to encourage Guilds and Federations to get involved. I believe that the last time the ICA asked Guilds and Federations to be part of a building project was in the 1970s and as we are celebrating the 60th Anniversary of our tenure of An Grianán the time has come to invite you to get involved again.

Those of you who have visited An Grianán this month will have noticed that the restoration project has begun and that 4 twin bedrooms and 1 single bedroom have been fully upgraded and restored and all have en-suite bathrooms. En-suite accommodation is the norm in all hotels in Ireland so following our plan to market An Grianán to outside organisations and holiday makers it is imperative that we have high quality accommodation on offer. I am sure you will all agree that en-suite accommodation is the way to go. All the corridors have been equipped with fireproof doors, fire hinges and a new sprinkler system fully compliant with all fire and safety regulations. I am very pleased with the work which has been done to a very high standard and I am sure you will be impressed when you view the photos of the new upgraded bedrooms on www.ica.ie and at the AGM 2014 in the Mullingar Park Hotel.

I now appeal to all Guilds and Federations to get behind the project and to begin fundraising efforts in your counties to restore and upgrade a bedroom in An Grianán as part of the building project. It costs €6,000 to upgrade one bedroom and I would like each Federation to try to raise funds from their Guilds to restore a bedroom. For example, in a Federation with 20 Guilds we would encourage each Guild to raise about €300 euro. I realise that some of your Federations have less than 20 Guilds and in that case I invite you to give me a call so that we can discuss some creative options for you.

So far we have received confirmation of involvement from 4 Federations and we are delighted that the ball has started rolling. Please give this appeal some discussion at your next Guild meeting and I would be delighted to join you at any fundraising events should you choose to invite me.

Kind regards

Liz Wall

National President – Irish Countrywomen's Association



An Grianán



041-9822119
admin@an-grianan.ie
www.an-grianan.ie



Short Break Specials 22nd - 25th April 2014



Courses include
Card Making, Mixed Lace, Basic Dress
Making and Pause & Relax

Everyone welcome, book your place today on
041 982 2119 or email admin@an-grianan.ie



Families Together 15th - 17th April

Arrival: Tea Time

Tuesday
Departure: Thursday 4pm.

Tuesday:
Craft Workshop & Movie

Wednesday:
Craft Workshop, Cookery or Beauty
Care for all ages

Thursday:
Mixed Cards, Beaded Jewellery or
Simple Gardening & Vegetable Grow-
ing

Price:
€199.00 per person
€99.00 per child (under 16)
3 for the price of 2
youngest goes free!

One Day – Wednesday 2nd April 2014

- Facebook for Business
- Personal Safety & First Aid –
Simple steps to keep you safe in your
home and while out & about

Price: €55.00 per person
(includes tea/coffee & scone on
arrival, 3 course lunch & tuition)



ANN FLANAGAN, MANAGER OF AN GRIANÁN

Ann Flanagan is very well known to all of us who travel to An Grianán as the Manager of Adult Education College so I thought it would be interesting for you to learn a little about what it is like to manage An Grianán and to meet and greet so many ICA members over the years.



2014 is an important year for An Grianán as we celebrate the 60th anniversary of the ICA's tenure of the college and Ann says that it is a wonderful achievement for the ICA to have had their own college for the last 60 years and that she is very proud to be part of the team. She has seen 10 National Presidents come into office and she has found it a great pleasure to have worked with every one of them.

Ann began working in 1982 when James Creed was the director and the new extension to the dining room and the new classrooms and the 27 single rooms had just been built. Her first role was working in the An Grianán dining room as a waitress and what she remembers best about her first week was that all the other staff and the guests were so friendly. When I asked Ann about the Diamond Building Work currently being undertaken to upgrade some of the bedrooms to en-suites, Ann described the project as a "dream come true" as she has always wanted en-suite rooms for residents and one day she hopes that all the bedrooms in the college have an en-suites.

I asked Ann what changes she had witnessed over the years and she mentioned that in 1986 she watched the Kellogg Wing being built with 12 new bedrooms, the Demonstration

Kitchen and the new classrooms. Executives from the Kellogg Foundation came from America to see the extension which they had funded. She remembers great excitement as the bus pulled up and all these important executives got out to visit the college. Ann remembers the visits of Mary Robinson and Mary McAleese with great affection and the college was full of with ICA members to meet them. In fact, meeting the Presidents is sited as one of the highlights of Ann's 32 years in An Grianán. She told me that she has met many very wonderful ladies over the years and how nice it is to see familiar faces returning to visit the jewel in our crown.

Ann is married to Tony and they have two grown up children. Her daughter Lorna is living in Cork and her son Alan lives nearby in Drogheda. To relax Ann loves to walk and get away from everything and to clear the mind. With the lovely beaches around An Grianán she has some great places to choose from!

ANOTHER ICA BOOK TO HIT THE SHELVES

We are delighted we have another book in the works. Below are the ten working chapter titles. Please have a think about each of the headings, and please send us as much material as you can. Be sure to include your contact details (daytime/mobile phone numbers and emails are best) as well as your full name and Guild details. If you know where the recipe or the quote came from, please include those details, but if you're not sure, we can look into that for you. We would love to see submissions before the end of March.

Please send material by email to admin@ica.ie or by post to 58 Merrion Road, Dublin 4. Thanks in advance for your help and input, and here's to another ICA book flying off the shelves for Christmas 2014!

- Busy days – words to rally, to motivate, to reassure, to help keep perspective, plus reflections on the satisfaction of a job well done, on accomplishments rewarded (**eg: energy-giving treats and bakes, quick treats, simple recipes**)
- Quiet days - words of reflection, of inspiration, on mindfulness, of comfort for the lonely, of appreciation for calmer times, on inner strength, on making space for yourself (**eg: meditative baking & bread-making**)
- Difficult days - reflections on loss, grief, strife, anxiety, worries, on being a friend, the value of friends, on community (**eg: comfort cakes, traditional recipes, gift friendly biscuits to cheer someone up etc**)
- Precious days - reflections on celebration, on being in the moment, on marking birthdays, anniversaries, on making memories, on making the ordinary extraordinary (**eg: birthday, wedding, anniversary & christening cakes**)
- Sunny days - reflections on fun times with family and friends, or long meditative walks, on climbing mountains, on time alone or time shared (**eg: summery, picnic-friendly cakes and treats to be washed down with a flask of tea**)
- Rainy days – reflections on making the most of what you have, thrifty pleasures, resourcefulness, on curling up with a good book or long chats over a pot of tea or lighting the fire and settling in for the day.
- Simpler days - reflections on how we used to live, on times gone by, on a connection with the land (**eg: old-school teatime treats, soda bread sandwich fillers such as chutneys for cheese, recipes for cold cuts**)
- Easter break - prayers or thoughts on themes of resurrection, of loss and hope, death and rebirth, the hope of springtime, family get-togethers (**eg: Easter cake, hot cross buns, springtime**)
- Christmas holidays - prayers or thoughts on themes of pagan feasts and religious celebrations, on birth and Christening, seeking shelter and homecomings, family reunions and extended family get-togethers (**eg: Think of the 12 days of Christmas, so recipes for Christmas parties, Christmas eve, St Stephen's Day, Nollaig na mBan etc**)
- Saint's Days & other feasts - and related words, recipes or household/agricultural/community/family traditions (St. Brigid's Day, St John's Day, St Valentine's Day, All Saints Day/Halloween etc) (**eg: any particular recipes which were traditionally enjoyed at a certain time of year, or featuring seasonal ingredients**)

ICA MEMBER BENEFITS MARCH



Vroom-Town is a wonderful place where all types of trucks, with all types of personalities live, work, play and have exciting adventures. Target market is children aged 3-7 or 8 years (depending on the child). It is very unique in that there are no other series of books about trucks with actual characters in them! The books are brim full of loveable characters and some 'baddies'. The books are also available 'as Gaeilge', which adds to the uniqueness of Vroom-Town. They are also intrinsically linked with an interactive website, www.Vroom-Town.ie - where children can play exciting games, solve wonderful puzzles and generally have great fun. The website is also available 'as Gaeilge'. Vroom-Town is delighted to offer special discounts on all books and products on our website and is also happy to offer the discounts on all phone orders too (Tel: 087 91 86 805). To avail of the special discounts, simply go to the ICA member benefits page on the ICA webpage at www.ica.ie and click on the link marked **VROOM TOWN ICA WEBPAGE** and enter the code 1910 at checkout.



Crafty Angels is Ireland's finest on-line and bricks and mortar craft supplies store. Our discount scheme of 12.5% is exclusive to the ICA members, to avail of this discount when shopping online at www.craftyangels.ie all members must include their ICA membership number in the comment box and use the discount code ICA2014. Postage costs are €3.00 for all orders under €50 and FREE for orders €50 and above. To ICA members shopping instore at our shop in Newbridge, Co Kildare, ICA membership cards must be shown to receive the 12.5% discount. Discounts are not applied to "sale" products along with a small selection of products that are discount restricted by the manufacturers.



Soundstore has stores in Limerick, Waterford, Tralee and Cork and specialises in everything electrical. 15% Discount on Photo Centre Processing Products and 10% Discount on all Accessories (Accessories; Flash Drives, Hard Drives, Ink etc) 5% Discount on all Major Products (Major Products; Kitchen Appliances/ Laptops/TV's etc)
To Claim Discount
 Present your valid ICA Membership Card at point of sale in any Soundstore Branch
 Note; Oliver Plunkett St Branch does not stock Domestic Appliances (Closed Sunday)
Exclusions
 Excludes Apple and Excludes Sale Stock
 Discounts apply to displayed instore price



Sofa So Good are a family run business based in Navan County Meath. We make sofas to your unique requirements. We also offer a are upholstery service. Sofa So Good would be delighted to offer an exclusive 10% discount to all ICA members. Delivery nationwide. Contact Michael or Conor on 046-9023930 or 086-8114086



Individual members admission to Steam museum and Walled Garden in Straffan, Co. Kildare is 20% reduction in entrance fee to €6.00 per member. Family Ticket admission to Steam museum and Walled Garden 20% reduction in entrance fee to €18.00 per family. Groups – Incorporating a similar discount, dependent upon total numbers, and refreshment options required. All subject to normal terms and conditions shown on web site <http://www.steam-museum.com/>. Reductions do not apply to other offers. Tearoom is only open on Sundays, unless by prior arrangement, for groups.
 Tel:00353 (0)1 627 3155 - answer phone / season office
 Email - info@steam-museum.ie / Web: www.steam-museum.ie / Fax - 01-6273477

NATIONAL TREASURER, MARY HARRAHILL

In this mailing you have received a copy of the Annual Accounts for 2013.



Any questions on these accounts must be submitted to Central Office before Friday 9th May 2014 and these questions will be answered at the AGM on Saturday 24th May 2014.

Please be reminded that the new ICA year starts after our AGM and membership fee is due to be paid at your Guild AGM.

Mary Harrahill

The National Inaugural Remembrance Service for Farming and Agriculture Accidents will be held on the 29-June in Abbeyleix, Co Laois at 2pm.

This will be the first time that such an event will be held for the farming community to remember those killed in farming and agriculture accidents. It will be an Ecumenical service in the Holy Rosary Catholic Church. There will be tea & refreshments afterwards in the Manor Hotel with a number of keynote speakers. We will also be remembering those who have survived serious accidents at the service and to create more awareness of farm safety especially as the national schools get their summer holidays.



**Irish
Countrywomen's
Association**

**58 Merrion Road
Ballsbridge
Dublin 4**

**01-6680002
office@ica.ie
www.ica.ie**

NATIONAL SECRETARY, KATHLEEN GORMAN

Unfortunately I am still unwell, and would like to take this opportunity to thank all of you who have sent cards and get well wishes. I hope to be well enough to join you all in the Mullingar Park Hotel for the AGM on Saturday 24th May.



All motions were included in the February 2014 mailing and must be discussed in your Guilds. Please ensure that your Guild discusses all the motions and decides on how the voting delegate should vote before the AGM. Attached to this mailing you will find the voting cards and standing orders for the AGM 2014. Voting delegates should bring the Agenda, Voting card and relevant literature. All voting delegates should use special reserved seating, if requested, so that votes may be checked and counted.

Delegates should attend both the morning and afternoon sessions of the meeting. Voting delegates should be given full authority of their Guild to vote on behalf of the Guild and to use discretion in any Urgency Resolutions or other voting issues arise. All delegate's expenses must be agreed with her Guild before travelling to the AGM. Please ensure that after signing in that all voting delegates collect their "traffic lights" voting cards in order to vote on motions.

If you have any questions please contact Central Office on 01 6680002.

COMPETITION WEEKEND AT AN GRIANÁN

Friday 11th April to Sunday 13th April 2014

Timetable

Friday 5.30pm Tea
Friday 8.00pm Entertainment in the Bar – 'Bingo with a twist'
Saturday 10.00am Kellogg Hall – Creative Writing Competition
Theme - "Meanwhile 'down on the farm'"

Come and listen to the Short Listed entries

Saturday 1.00pm Lunch
Saturday 3.00pm Kellogg Hall – National Table Quiz Final
Saturday 6.30pm Dinner
Saturday 8.00pm Kellogg Hall

Presentation of Prizes and Certificates and then Dance the Night Away

Sunday 10.00am Kellogg Hall
Baumann Shield for Music Competition
Sunday 11.15am Kellogg Hall
Eleanora Gibbon Shield for Music Competition

Results of both Competitions and Presentation of Prizes & Certificates

Sunday 1.00pm Lunch
Sunday 2.00pm Patsy Lawlor Cup for Set Dancing – Full Set
Patsy Lawlor Shield for Set Dancing – Half Set

Results of both Competitions and Presentation of Prizes & Certificates

Accommodation and Meal Price List

Friday Tea and Bed/Breakfast	€63
Saturday Light Lunch	€15
Saturday Dinner	€20
Saturday B/B	€45
Sunday Full Lunch	€22
Full Weekend – Friday Tea to Sunday Lunch	€165

Also available in the Dining Room on Sunday

Soup/Roll - €4.50; Main Course Only - €13; Dessert - €4.50; Tea/Coffee - €2

Please note that as this weekend is a very busy weekend in An Grianan, Accommodation and Meals **must be booked in advance**. Please contact Anna at Central Office for bookings on 01-6680002 or on accounts@ica.ie.

RECIPE OF THE MONTH

**Lickeen Colcannon Recipe
Claire Ann McDonnell, Wicklow**

This recipe came together quite by accident. I had ingredients left over and this creation came about.

It's very popular and very tasty and always goes well with a main course.

Ingredients

1lb green cabbage boiled for 10 minutes
1½lbs potatoes, boiled and mashed.
Generous knob of butter,
salt and pepper to season.
1 onion chopped
Cheddar cheese – grated.

Method

Mix all the vegetables together in the potato saucepan, add butter and seasoning.

Turn into six ramekin dishes (ovenproof). Lightly score the top of the mixture to enable potato to crispen and sprinkle your grated cheese over them. Cook for 20 minutes until it is golden.

Serve immediately with either (a) a light crunchy salad or (b) with two half slices of crispy streaky rashers.