



A Note from the National President

Dear Members,

As I am writing this letter we are all preparing for our annual visit to the National Ploughing Championships 2013. Laois Federation have been very involved in setting a fantastic programme for the 3 days and I hope to see lots of you over the course of the championships.



We were very sad to say goodbye to our CEO Mr John O Callaghan last month, whose 3 year fixed term contract came to an end on 30th August. On behalf of the Board, the NAC and all the members of the association, I would like to wish him all the very best in his future endeavours. All questions or queries that might have been directed to John in the past can now be sent to Central Office office@ica.ie or to me to liz@ica.ie

In this mailing we launch our next book. This time the ICA has teamed up with Mercier Press who will publish The ICA Craft Book. I invite you all to send in your crafts to Central Office no later than the 10th November. Read overleaf for more information.

Continuing my ongoing commitment to Mental Health the ICA has joined forces with St Patrick's Mental Health Foundation to raise money and awareness for those experiencing mental health problems. In this mailing you will see a letter inviting each Guild member to get involved in the campaign by wearing odd, funky, mismatched or self-decorated shoes to a Guild meeting in October and donate €2 to the cause. We would be delighted if as many members as possible could get behind this campaign and remember to take lots of photos of your shoes and send them into Central Office.

I attended the launch of the National Suicide Prevention Annual Report held in conjunction with the HSE and Minister Lynch's office and the link to this report can be found overleaf. On 23rd October we will be holding specialist training with Pieta House in An Grianán which will train specific people to recognise the signs of distress in their fellow members. The ICA marked World Suicide Prevention day when I attended the launch of the Pieta House "Mind Our Men" Campaign. We as women are more likely to seek help when we need it than men, so this campaign calls for women to look after the men in their lives. For more information about this campaign please check www.mindourmen.ie

Training is always high on the agenda and 22 members attended Recruitment Officer and Information Officer training in Dublin on 3rd September. Additional dates have been allocated for Information officer and Recruitment Officers training. In Dublin the training date is Tuesday 1st October, in Cork 16th November and in Galway on 7th October. Training is available for Federation Craft Promoters in Central Office on Monday 30th September. To book for any of these courses please contact Central Office on 016680002 or email admin@ica.ie.

I have attended some excellent events this month including the "Taste of the Opera" hosted by the newly formed Gorey Guild in conjunction with Wexford Creamery. I enjoyed a Gathering event in my own county called "Canada Come Home to a Wicklow Welcome" where the lives of the 6,000 tenants who emigrated from the Fitzwilliam Estate were commemorated. The event was launched by the Canadian Ambassador. I really enjoyed my visits to Monasterboice for the Federation Meeting, to An Grianán for the Americans visit and to Galway for the Mountbellew show.

Many thanks to all of you who have returned your "Getting to know you" questionnaire and please do continue to complete and return the questionnaire, if you don't have a copy of it you will find it in the Member's Area of the ICA website. If you don't have access to the Member's Area, call Central Office and you will be set up to use it.

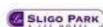
I would like to make an apology to all of you who undertook the Train the Trainer programme with the Craft Council of Ireland. In my last letter I erroneously congratulated you on attaining Fetac level 5 when in fact you all achieved Fetac level 6. Well done to all who undertook the training and my apologies again.

I remind you that you are all invited to the Winter Conference in the Sligo Park Hotel on Saturday 19th October and please register your attendance by clicking on the button on the front page of the website www.ica.ie and I also remind you to send in your Bread and Butter Pudding Recipe with Irish Pride Bakeries and to prepare your Picnic for your next Federation Meeting and we will see who goes forward to the Take Pride Weekend in An Grianán on Saturday 9th November.

The Knitting and Stitching Show will take place in the RDS from Thursday 31st October to Sunday 3rd November. Reduced price tickets for ICA members are available from Central Office for €11, normal price €16.

WINTER CONFERENCE

Sligo Park Hotel, 19th October 2013, 10.30 am



Food Arrangements

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

Overnight Accommodation

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

Book Accommodation directly with the Hotel on 071-9190400.
Register your attendance icawinterconference.eventbrite.ie

The Department of Social Protection will give a 20 minute presentation about Pensions in the afternoon session of the Winter Conference. The topics to be covered include the Changes to Pension Schemes, Pension payment methods and Questions and Answers from the floor.

MENTAL HEALTH UPDATE

Pieta House "Mind our Men" Campaign: This campaign is a rural suicide intervention initiative which aims to reduce male suicide in Ireland. This new initiative will focus specifically on rural Ireland and the ICA is working with Pieta House the IFA, The Department of Agriculture and Teagasc. Please read more about the campaign on www.mindourmen.ie

The National Office for Suicide Prevention's Annual Report for 2012 is now available for your information. The direct link to the Annual Report is www.nosp.ie/annual_report_2012

World Mental Health Day will be marked on Thursday the 10th of October 2013



WALK IN MY SHOES 2013

Dear Guild Presidents,

As part of my ongoing commitment to tackle the stigma of Mental Health we have partnered with St Patricks' Mental Health Foundation in Dublin to mark World Mental Health Day on 10th October 2013. World mental health day promotes the importance of looking after your mental health at a local level by getting involved and being proactive. In 2012 the St Patrick's Foundation launched "Walk In My Shoes" a national mental health fundraising and public awareness raising campaign. The idea is simple: to understand what someone who suffers from mental illness is going through, we need to walk in their shoes.

We are asking each Guild member to get involved in this campaign and I invite you to wear odd, funky, mismatched or self-decorated shoes at a Guild meeting in October and to donate €2 to the cause, see leaflet opposite on how to make your Guild donation. We would really like you to all take a photo of your mismatched shoes and to send it in to Central Office and they will be uploaded to the website.

Free downloadable mental health packs are available to you to promote within your communities and to arm you with all the information you need. We invite you to inform your local groups including schools and clubs and help to stamp out the stigma associated with mental health difficulties. For more information have a look on-line: www.walkinmyshoes.ie

I really hope you will all join in this fun initiative and together we in the ICA will challenge the stigma associated with mental health difficulties and provide opportunities to create mental health conversations and inform the public.
In friendship

Liz Wall - National President

WALK IN MY SHOES

HOW TO MAKE YOUR DONATION

MYCHARITY.IE
MyCharity.ie allows you to create your own online fundraising page which you can email to friends, family or post on your social media pages.
You just go to www.mycharity.ie and click on "create a fundraising page."

TEXT
Why not TEXT "Shoes" to 57802 and donate €2. See walkinmyshoes.ie for network charges and donation rate.

ONLINE
You can donate securely online by using any of these cards: Visa / Mastercard / Laser Debit
Log on to www.walkinmyshoes.ie and click 'Donate'.
Remember, you can give all year round!

BY PHONE
To make your donation over the phone, please call our donation line on 01 249 3596
You can use any of these cards: Visa / Mastercard / Laser Debit

BY POST
If you would like to post your donation to us, please send a cheque or postal order to:
St. Patrick's Hospital Foundation,
St. Patrick's University Hospital,
James's Street, Dublin 8.
All cheques or postal orders should be made payable to 'St. Patrick's Hospital Foundation'.

You can lodge your donations directly into our Bank Account, just visit any Bank of Ireland branch and lodge into the account below.

Account Address
Bank of Ireland, 2 College Green, Dublin 2

Account Name
St. Patrick's Hospital Foundation

Account Number: 26114524

Account Sort Code: 90-00-17

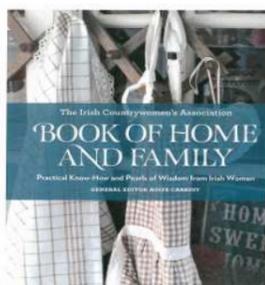
Remember to add your unique reference

www.walkinmyshoes.ie

follow us on

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.



Competitions Reminder

Please note that full details of all competitions were in last month's mailing and can also be found on the ICA Website at www.ica.ie.

All Federation Contests Secretaries also have details of these competitions.

New Membership Benefits September



We are delighted to welcome 5 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 under Member Benefits. If you know of any businesses or organisations that might like to join the Member Benefit Programme, please contact Rebecca Ryan in Central Office on rebecca@ica.ie with the details

ICA CRAFT BOOK - CALL FOR SUBMISSIONS

Dear ICA Members,

It is with great pleasure that we invite you to join us in the creation of the 'ICA Craft Book', which will be published next year. This book will contain 40 crafts designed for everyday use around the home, and the project will be a wonderful, illustrated volume of inspiring and accessible crafts, with pictures of them and instructions on how to make each craft. The content will be collected from you, the members of the ICA! The crafts listed below, under the headings you see, are those which we wish to consider for the book, and we look forward to seeing what you think will suit this book.

The plan:

We would like you to bring or send your craft and instructions on how to make it (500-1000 words) to the ICA Head Office, 58 Merrion Road, Dublin 4 no later than 10th November 2013. Mercier Press will then work hard to select the 40 crafts which will fit into this volume of the book, and you will hear back during January 2014. We will be photographing the selected crafts in the coming weeks and in the new year, so time is of the essence - please do submit items as soon as you can.

We look forward to working with you all, and hope we can put together a really fantastic book which showcases the creativity and talent of members of the ICA.

Craft List

1. Traditional Knitting and Crochet

Everyday knitting
Hairpin Crochet
Wool. Crochet*
Aran Knitting
Celtic Gifts
Irish Crochet*
Reversible Crochet

2. Classic Embroidery and Lace

Beading & Embroidery
Blackwork Embroidery*
Carrickmacross Lace*
Romanian Point Lace
Calico Embroidery
Borris Lace*
Clones lace*
Bobbin Lace*
Youghal lace*
Irish Laces*
Cross Stitch Embroidery*
Mountmellick Lace*
Chicken Scratching*
Limerick Lace* & Kinsale Lace

3. Jewellery and Children

Necklaces, etc.
Toy Craft from household items

4. Clothes and Fashion

Dressmaking
Painting on silk
Alterations
Bag making
Creative Smocking
Millinery

5. Around the House

Cushions
Patchwork
Decoupage
Fabric Boxes
Curtains
Quilting
Decoupatch
Stained Glass

6. Sugarcraft and Cake Decoration

7. Christmas Crafts

8. Card making and Paper Craft

9. Hands On Crafts

Basketry*
Willow Work
Rushwork

10. (Other Crafts we will Consider)

Drawn Thread work*
Lumra*
Ribbon Work
Felting*
Macrame
Paint and stitch
Appliqué

* DENOTES A HERITAGE CRAFT



THE KNITTING AND STITCHING SHOW 2013 - NEWS

One Day Tickets for the Knitting and Stitching show are now available to ICA Members at a discounted price of €11 (normal price €16). Please post in orders and payment to Central Office, 58 Merrion Road, Ballsbridge, Dublin 4. These tickets can be used on any day of the show. Please include contact name, number and postal address with ticket order. Cheques to be made payable to ICA Central Office.

The show takes place in the RDS Dublin from Thursday 31st October – Sunday 3rd November 2013





Irish Countrywomen's Association

58 Merrion Road
Ballsbridge
Dublin 4

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

With the weather being so bad, why not treat yourself to a few fun days away in the always warm & welcoming An Grianan. Places available on the following weeks:

Monday 7-Friday 11 October 2013

Bobbin Lace, Beaded Jewellery, Christmas Crafts or Handbags

Monday 14-Friday 18 October

Machine Crafts, Yoga, Mixed Crafts, Cookery or Oil Painting

Monday 21-Friday 25 October

Parchment Craft, Bridge, Acrylics, Soft Furnishing
All bookings on 041 9822119 or email admin@an-grianan.ie
Price €330.00 per ICA Member



Monday 2nd December

Evening Demonstration
of Floral Art

With Bloom Gold Medalist
Marie Dodrill
Prior booking recommended

7.00-8.30pm
€10.00



"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 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 9th 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 Harrahill

Membership Fees: As I mentioned in last month's mailing, membership fees are due. All Guild Treasurers are asked to ensure that fees are sent to their Federation Treasurers as soon as possible. Federation Treasurers should forward the money to Central Office without delay.



Membership Incentive Schemes: It is very important that we encourage and welcome new members to the ICA and I would ask all existing members to bring a friend. To encourage Guilds to increase their membership and to encourage the development of new Guilds the following incentive scheme will be in place again for 2013-2014. Guilds which have a net increase in paid membership this year over last year will receive 50% of the additional fees returned in An Grianán vouchers. In other words if for example paid membership for 2012/13 was 20 members and paid membership in 2013/14 is 24 members, then €100 (half of the €200 from the net additional four members) will be returned to the guild in An Grianán vouchers. Please note however that the number of members for 2013/14 that can be used in this scheme excludes first-time members who join after 30th November so if, in the aforementioned example, 2 of the 24 members were first-time members who joined say on 1st December 2013 then the net increase would be just 2 and the voucher value would be €50 (half of the €100 from the qualifying two net additional members).

In the case of new Guilds, the full membership fee of €50 should be collected from new members; however 50% of the fees received will be returned to the Guild from Central Office. First-time members who join after 1st December 2013 will pay just 50% of the membership fee.

Mary Harrahill

Christmas at An Grianan 2013

An Grianan Christmas Weekend Special
Fri 29th Nov - Sun 1st Dec 2013

Fri: Sing-along Christmas songs & carols with mulled wine, mince pies & collection of Christmas stalls

Sat: Morning coach to Drogheda Market & Scotch Hall Shopping Centre

Afternoon class in Christmas Cookery, Cards, Beauty Care or Garlands, Wreaths & Swags

Christmas Party Night - bring along a small gift for Santa to do Chris Kindle

Sun: Departure after breakfast
Mass in village at 10:30am

PRICE - 199 Euros per person

One Day Demonstrations
Tues 10th, Wed 11th & Thurs 12th December 2013

Choose from :-
Christmas Cookery
Creative Christmas Gifts
Table Decorations
Your Special Time

PRICE: 68 Euros

10:30am - 18:00pm
Tealcoffee & scone on arrival

Also 10:30 & course lunch & high tea

Christmas Party Nights
Tues 3rd, Wed 4th,
Fri 13th & Sat 14th
December 2013

Sumptuous 5 course meal
Wine Reception
Party Novelties
Spot Prizes
Live Music
Dancing 'til late

Price: 55 euros
(B&B 45 euros extra)

Tel: 041 982 2119 / Email: admin@an-grianan.ie

National Secretary Kathleen Gorman



Dear Members,

By the time you read this we will have completed our annual visit to the National Ploughing Championships which was held near Ratheniska in my home county of Laois this year. I would like to express my sincere gratitude to Betty Gorman and all the committee for the extensive preparations that went into the planning of the programme for this year. To all of you who attended the championships, I hope you enjoyed it as much as I did. Now that we have all resumed our ICA meetings I appeal to all Guild secretaries to return all completed Annual Report Forms, so as all mailings go to the designated people.

Also, please continue to seek as many e-mail addresses as possible. Those with e-mail addresses make sure you are registered with Central Office, and then you can access documents, mailings and up to date information. If you are not able to access the Member's Area, it is very simple to set you up. All you need is an email address and a password and Joanne Dunne in Central Office will be able to set you up over the phone. So call 01 6680002 and speak to Joanne to access the Member's Area. Finally, I would like to draw your attention to the new partners which have joined the Member Benefit Programme. New partners join all the time, so keep your eye on the website and make sure you use your discounts as this way we can secure more for you.