

Community Connect

Crossmolina
Eskeragh
Keenagh
Kilmurry

crossmolina.ie

Your local updates in the Parish of Crossmolina

Issue 11 | April 2022

> Tai Chi

Tai Chi classes will begin on 8th April 2022 from 10am – 11.30am in the Civic Centre. There will be a charge of €10 per class. A Google search of the benefits of Tai Chi shows that it helps with:

- Improved balance
- Decreased risk of high blood pressure
- Improved physical strength
- Improved hand-eye coordination
- Increased blood circulation
- Improved sleep quality
- Improved cognitive function and memory

Please remember that parking is very limited on Mullinmore Street. The town car park is a three-minute walk away.

> COVID-19 Stay Safe

COVID-19 is still with us, with cases and hospitalisations at high levels at this time. The HSE is strongly advocating that there are important things that we can all keep doing to help:

- Isolate if you are symptomatic (even if you are fully vaccinated and boosted) or if you are diagnosed with COVID-19
- Complete your primary and booster programme of vaccination
- Continue to manage risk for yourself and others who are more vulnerable.

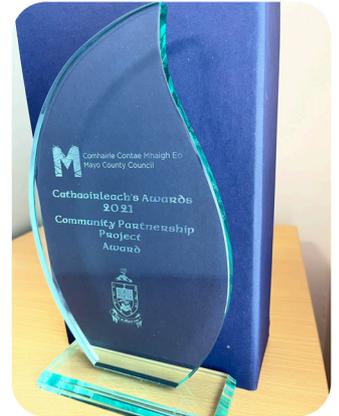
You can do this by wearing masks, physical distancing and avoiding crowds as well as maintaining basic hand and respiratory hygiene.

> Success for Crossmolina Community Council at Mayo County Councils Cathaoirleach's Award

Crossmolina Community Council CLG were proud winners at the inaugural Cathaoirleach's Awards ceremony that took place in Breaflay House, Castlebar in March. The ceremony was hosted by Cllr. Michael Smyth, Cathaoirleach of Mayo County Council.

The community council won in the Community Partnership Project Award category, with stiff competition coming from 11 other community groups from throughout the county.

It was an honour to receive a trophy along with a bursary of €500.00. A special thank you to Robert Padden, Noelle Flaherty, David Strong and Oliver Maughan for their promotional video that accompanied the application. The award recognises the strong community spirit in Crossmolina and reflects the hard work carried out by so many people here.



> St Patrick's Day Light Parade

Everyone agrees that this year's St Patrick's Day light parade was a great success. Congratulations to all of the volunteers of the Crossmolina Festival Committee. There were over 40 floats from commercial, cultural and community entrants. The excitement was palpable from the cheering crowds who lined the entire route through the town. The parade started with a flyover by Rescue 118 helicopter, and it culminated in the presentation of prizes for best float kindly sponsored by Nephin Valley Firelogs. The deserving winners were Davys Tool Hire and Ann-Marie Cawley art.



Crossmolina
Community Council CLG

How to contact us!

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✉ info@crossmolina.ie

Reg charity no. 20048471

> Know Your Acronyms!

Do you know the meaning of these acronyms? Answers overleaf at the bottom of the page.

YOLO | ASAP | FOMO | WFH





> Nephin Valley Fire logs

It's great to see another new business being established the Crossmolina area. Peter Hefferon is selling trailer loads of air-dried pine fire logs which come in two different sizes. He also sells tonne bags of kindling and net bags of timber. He delivers throughout County Mayo.

Contact Peter through his [Facebook page – Nephin Valley Firelogs](#) or call him on **086 404 9566**.

> Knitting Group

A lovely photo of our cheerful knitting and crochet group.



Mary Finley, Ann Judge, Sheila Dooner, Michelle Gallagher, Sharon Traynor, Eileen Hopkins

> Electric Bikes

Two Electric Bikes were recently purchased through funding raised by Vision 2025. They will be available for use by the local community. They are very similar to regular bicycles, but with an electric motor and a battery attached.

There are many benefits to riding an electric bike, including help with hills, inclines, and rough terrain, allowing for a smoother ride thus reducing stress on joints. An electric bike enables people to cycle who may not otherwise ride a traditional bike because of physical aches and pains.

Riding an e-bike is similar to riding a regular bike, but once you engage the motor it allows the rider to go further distances at a faster pace and to ride with greater power and precision than a regular bike.

Details of their rental will be published soon.



Community Connect is available on crossmolina.ie for all your friends & family!

Snippets

> Get To Know Us!

Siobhán Gough

Siobhán has worked full-time as the Community Council manager since 2018. Prior to taking up the post she was involved with various community work in the Crossmolina area. Siobhán has served on the Mayo County Forum, Mayo PPN and is currently on the Mayo LCDC.



Claudette McLoughlin

Claudette has worked as a part time Administrator since 2016. She is responsible for maintaining the finances of the community council and for the general administration of all aspects of the organisation. She also arranges the training and classes for the Day Centre.



> Instagram launch

We are pleased to announce that Crossmolina Community Council has launched its very own Instagram account. Information on activities, news items and photos will be posted there. It is hoped that updates, events and news will reach a wider audience.



> Gardening in April

Start growing some annual seeds in early April for planting out into the garden in late spring / early summer. Look forward to pretty marigolds, rudbeckia, cosmos and amaranthus that also can be cut and displayed in your home.

Why not grow your own herbs this year? Use large pots or window boxes to plant rosemary and oregano and place in a sunny sheltered spot. Basil must be grown indoors and is well worth the effort when it accompanies fresh tomatoes later in the season. A cooler location is required for parsley, mint and coriander.

Lots of vegetable seeds can be sown in trays in preparation for planting after the risk of frost is over. Tomato, beetroot, courgettes, French beans, leeks, Brussels sprouts, leeks, cabbage, cauliflower and many more.

> Place Names

Scullibeen / Scoilibín A little scollop or twig used for fastening thatch on roofs

Sranacally / Sraith na Caillighe Moor of the hag

Tawnagh / Tamhnach Mountain field, a green patch among heathers, grassy upland