



A Note from the National President

Dear Members,

I was delighted to see so many of you at the Winter Conference in the Sligo Park Hotel last weekend and many thanks to you all for registering on line and for bringing your membership cards with you to swipe in. Registering makes it so much easier for both the ICA and the hotels we work with to plan and cater for our events.



We were delighted to launch our new book, the ICA Book of Home and Family. Once again we were delighted with the work by the publishers Gill and Macmillan and for those of you who have seen the book already, I am sure you will agree it is as good if not better than our earlier cookbook. We have the Book of Home and Family and some Cookbooks available from both Central Office and An Grianán at a reduced price for ICA members, see overleaf.

I have done quite a lot of promotion on radio and in the press for our book and I know some of you heard me on the John Murray show with Miriam O Callaghan earlier this month. Keep an eye out for more articles and promotion for our book. We also met with Ear to the Ground with RTE.

This mailing includes a copy of the Seachtain na Gaeilge booklet for all Timire. Please ensure that this is passed on to your Guild Timire so that you can have time to plan your events for next March. As it says in our constitution, one of our main objectives is to promote the Irish language and Culture, so it would be great to see lots of Guilds taking part this year.

Continuing with my commitment to work to improve our mental health, I am delighted to see so many Guilds getting involved in the Walk In My Shoes awareness and fundraising initiative with St Patrick's University Hospital. Remember, all Guilds are encouraged to wear funky, mismatched, odd, or self decorated shoes to a Guild meeting and donate €2 to the cause. The idea behind it is that if we want to understand what a person who suffers from mental illness is going through, we have to walk in their shoes. Do keep sending in your photos of members in their funky shoes as we can upload them to our website and encourage more to do the same. I gave the opening address at the Recovery Conference in Monaghan organised by ICA and Solas. The conference was held on World Mental Health Day 10th October last and was attended by 121 delegates from around the country.

We also welcomed delegates from 20 Federations for the Pieta House suicide prevention training programme in An Grianán on 24th October and I hope you all will take home the learning to your Guilds and Federations and that we can be more aware of the mental health needs of our friends, our relatives and our neighbours.

I want to congratulate some of our members now, Dee Devereux Wexford Federation was nominated to receive the Silver Surfer Award for using ITC in her hobbies. This award was promoted by Age Action Ireland and sponsored by Google. I was delighted to join Dee at the award ceremony and congratulations to her for being nominated. Many congratulations also to Mary Fitzgerald also of Wexford Federation who won Person of the Year award sponsored by Rehab. Mary was awarded this high honour for her services to the community through her role in ICA. Make sure to inform Central Office if any of your Guild members are being nominated for awards.

I was delighted to have attended the following events this past month. I attended Thomastown Guild in Co. Kilkenny to present over 150 members with Long Service Certificates ranging from 25 years to 50 years service. I also attended in Raphoe in Donegal where a Harvest Celebration was taking place. I met with Bord Bia, the Irish Cultural Trust and also attended the ICA Pitch and Putt National Finals in Seapoint on the 28th of September. I attended Kildare Federation's 60th Anniversary Dinner in Naas on the 4th of October and it was a very enjoyable evening. On Sunday 27th October I attended Attymass in County Mayo where the Federation held a Gathering Event which saw the return of people from England and America. For photos and further details, please check out our website and Facebook page.

As usual, more training was held in Central Office and in Galway Federation including Craft Promoters Training, Recruitment Officer Training and Information Officer Training.

When I wrote my letter last month, we were just about to head off to the National Ploughing Championships. It was a tremendous success and many hundred visitors joined us in the ICA marquee and enjoyed a wide variety of activities and features. I spoke with Sean Moncrieff of Newstalk about ICA and also our new book. I want to thank and congratulate Betty Gorman and all the committee in Laois who did such an amazing job of organisation this year. I have heard from the organisers that the ploughing will be back in Laois next year.

ACWW CONFERENCE REPORT (CHENNAI, INDIA)

Our Association, the ICA, is an affiliated member of the Associated Country Women of the World (ACWW) so it was important that Ireland was represented at the 27th Triennial Conference. The theme of this the 27th Triennial Conference was; Empowering Women World Wide; Encourage, Educate and Enrich.



The Host Society DMI (an order of nuns also affiliated to ACWW) prepared a wonderful programme and all the arrangements ran very smoothly. Some of the highlights; delegates being picked up by bus each day to take us to the Conference Centre, (Chennai Trade Centre), experiencing 30c/39c of heat, the traffic at peak times, five lanes of traffic in a three lane roadway, motorbikes and scooters carrying families to school and work, cows wandering at the side of the road. Our meals were supplied at the centre, the cuisine of India was a big change for us all but so interesting served by young Seminarians, endless cups of tea (India tea no doubt!) and bottled water. What a rich and diverse culture.

During the Conference itself we had reports from 9 Area Presidents including Africa 4 centres Asia 5 centres. Canada, Caribbean Central, South America, Europe, South Pacific and USA each provided highlights of the work carried out in their respective areas. There were 6 Resolutions for discussion at length, debated and voted upon. This work was concluded with Special Area meetings and workshops which proved very successful and beneficial entertainment. We were entertained by hundreds of school children (aged 5 to 16 yrs) from various schools in Chennai, we had an India night, "An Entertain the World Evening" given by all of us delegates and of course Ireland did well! We had song and poetry as Gaeilge which was appreciated by all. The names of the new officers for 2013 to 2016:

May Kidd, World President is replaced by Ruth Shanks from Australia; Deputy President: Margaret Yetman; Secretary: Henrietta Schoeman; Treasurer: Alison Burnett who starts her second term of 3 years. European President Merja Stiltanen finishes 6 years of office and is replaced by Valerie Weston a member of the WI of Dorset, England. The two other candidates, Margaret McKay and Anne Maria Dennison split the vote almost evenly and Valerie reached 51% which gave her the post. Paddy Blake is now a member of the Projects Committee for 2013 to 2016. Of course we had tours, visited churches, mosques, temples of all shapes and sizes. We visited the basilica where St Thomas was martyred and buried in AD 72.

We met and interacted with the delegates from diverse backgrounds and cultures who had most interesting stories to share about their family's culture and countries. While we were in India we also celebrated the Birthday of Mahatma Gandhi.



On October 2nd the closing ceremony took place with various speeches procession of flags representing the ACWW, "a Song of Peace" by Sibelius was sung by all the delegates an unforgettable experience. The Association of Country Women World Wide, with 460 societies in more than seventy countries, has as its objective to raise the standard of living for rural women and children through education and self development.

As ACWW has consultative status with the UN, it can through its representatives based in New York, Geneva and Vienna lobby and negotiate on issues such as hunger, health, water for all and violence against women. Particular issues are put forward every three years to a world conference for adoption as a resolution. It must be remembered that a resolution if adopted must be acted on at all levels of the organisation including at UN level. This year at the world conference in Chennai the following resolutions were adopted:

Women and children as victims of conflict is a familiar news item for us all even European women are affected by violence and conflict. As prevention of violence is a global responsibility, ACWW has adopted that its members will urge their governments to act on the UN Security Council's resolution to end violence against women and children. Men and boys must be encouraged to be leaders against discrimination against women, as they also benefit when women and girls are free.

Another resolution adopted was on Maternal Health. Pregnancy and childbirth are among the leading cause of death and disability in developing countries, with at least 358,000 women and girls dying each year. The resolution adopted seeks to support the Millennium Development Goals 4 i.e. to reduce child mortality and 5 to improve maternal health and contribute positively to goal 6 to combat AIDS and HIV. The British Columbia Women's Institute proposed that Governments are urged to register all births within their jurisdictions and ensure that all children are recognised as children in their own right. This was adopted and will be acted upon all by members in all societies.

Female Genital Mutilation is still practiced in twenty eight countries in Africa, Somalia over 97% and in others to a lesser degree. It is an issue that affects three million girls each year. Many die from blood loss, infections and trauma and others suffer disability for their life time. Western societies have immigrant communities who continue to practice Female Genital Mutilation. ACWW calls on all people worldwide to end this practice.

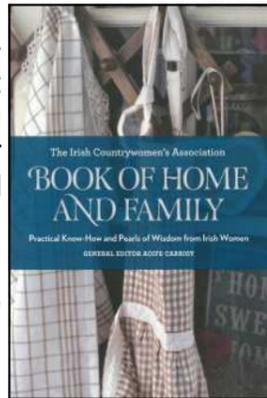
While there is no obvious quick solution to many of the issues raised in these resolutions, the voice of united women worldwide can be a force for change

Patricia Blake, Catherine Leavey, Una Flynn, Anne Maria Dennison

The Book of Home and Family

You can buy The Book of Home and Family for €18 each or three books for €50. Send in your cheque made payable to ICA to Central Office.

It costs €25.50 for one book including postage and packaging and it costs €60 for 3 books including postage and packaging. Remember to include the return address and your books will be sent out to you.



These will also be available for sale at the Knitting and Stitching Show in the RDS.

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



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. Please include your Guild and Federation Name

The ICA Craft Book

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.

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.

Chapters of the book are - Traditional Knitting and Crochet / Traditional Knitting and Crochet / Classic Embroidery and Lace / Jewellery and Children / Clothes and Fashion / Around the house / Sugar craft and cake decoration / Christmas Crafts / Card making and paper craft / Hands On Crafts.

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.

New Membership Benefits October

Billy Doyle Shoes



TOG Orthotics International

Lloyds Pharmacy

Dublin Braces

Specialist Orthodontist for Adults and Children
Creating beautiful smiles



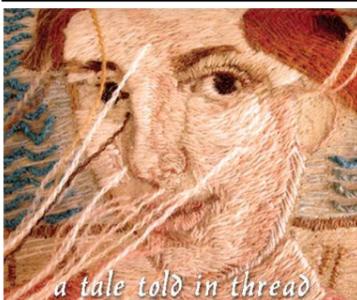
Lemongrass

Herby Valley, Carlow, Clonmel, Clonckilly



Gerry Condon

House Transformer



CUMBERLAND CLINIC



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 under Member Benefits. If you know of any businesses or organisations that might like to join the Member Benefit Programme, please contact Central Office on office@ica.ie with the details



An Grianán

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Irish Countrywomen's Association

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Join us for a Christmas Special weekend 29 Nov - 1 December

Friday: Evening meal, Christmas Market and sing-along Christmas songs & carols with a glass of mulled wine and mince pies.

Saturday: Depart after breakfast by coach to Drogheda market and Scotch Hall Shopping Centre for some Christmas shopping. Return to An Grianán for lunch followed a afternoon craft course. Choose one from the following:- Christmas Cookery, Christmas Garlands, Handmade Christmas Cards or Beauty Care (a glamour look for Christmas)

Saturday Evening - Christmas Party night with 3 course meal.

Bring along a small gift for Chris Kindle (Santa in attendance)

Sunday: Visitors depart after breakfast.

Price - €199.00 per person. No need to be a member, everyone welcome!



Monday 2nd Dec

Evening Demonstration of Floral Art

With Bloom Gold Medallist Marie Dodrill

Booking recommended

7.00 - 8.30pm

€10.00



Seachtain na Gaeilge

Seachtain na Gaeilge will be held from 1st to 17th March 2014.

In this mailing you will see a copy of the booklet encouraging all Timire to organise an event or special Guild meeting to mark this important aspect of our heritage.

SEACHTAIN NA GAEILGE 1-17 MÁRTA 2014

Choose from one of the following:

- 1 Christmas Cookery
- 2 Creative Christmas Gifts
- 3 Christmas Table Decorations - Make your own logs, wreaths & garlands
- 4 Your Special Time



Price: €68.00 per person. Includes course, morning tea/coffee & scone on arrival, 3 course set menu lunch and high tea at 5pm.

Visitors depart after high tea at 6pm.

Places are limited so booking is essential - Please call An Grianán on 041 982 2119 or email admin@an-grianan.ie

National Treasurer Mary Harrahill

Membership Fees

Membership fees are quite slow coming in to Central Office and many Federations have less members paid up this year than they had at this time last year. This is a concern. Once again I would ask all Guild Treasurers to collect any outstanding fees and send them to their Federation Treasurer as soon as possible while Federation Treasurers should forward money to Central Office without delay.



An Grianán

An Grianán sales are behind target for the year. While a lot of work has been done to reduce and manage our costs, our income is down, this is due to less people coming to An Grianán in 2013. At the end of quarter three, we have a deficit of almost €50k for the year. Unless more people attend the college in the final quarter of the year, we will end up with a far greater deficit. There are some dates available in November, while December is particularly under-booked. I would encourage you to attend a course, a special celebration or Christmas party during these two months.

Mary Harrahill

National Secretary Kathleen Gorman

I am writing this letter on behalf of our National Secretary Kathleen Gorman. Kathleen has had a fall while she was on holiday in Portugal. As I write this she is still in hospital there and we wish her a very speedy recovery.

Thank you all for your attendance at the Winter Conference in Sligo. Thanks also for remembering to bring your membership cards and for swiping in and pre-registering on line. We have completed the first wave of training for this year. There is information officer and recruitment officer training taking place in Cork later in November. If you feel that your Federation requires more training, please ensure you contact Central Office and we can discuss your needs and requirements. I appeal to all Guild Treasurers who complete the annual report form to try and include as many contact details as possible. The ICA is working towards having an email address for every member as well as every Guild.



Finally, the ICA Book of Crafts is now open for entries and we appeal to all those crafty members to see if you have work that you would like to include in the book. You will need to send in the piece of craft and we will send it back as soon as the publishers have seen it.

Liz