

Dancers doing well in Kilworth

Kilworth céilí and set dancers are all doing well at the weekly class every Monday in St Martin's School Hall.

The under 18s begin at 7.30pm - €4 per child and adults from 8.30 pm to 10.30pm with a break for tea all for €6 per session. Whether you've been to the class last year or never been before, there will be a welcome for you. If you are

looking to lose a few pounds, enjoy doing some exercises, meeting some new people and learning at the same time, then Kilworth on Mondays is the place for you.

Come along for the craic to this drop-in class, there is no partner or experience required. Further inquiries to Fionan on 087-818 5111, email kilworthceiliclass@gmail.com or become a fan on Facebook.

Class of '84 reunion

The organizers of the Presentation class of '84 reunion are requesting that anybody who has requested a DVD to please collect it at Flowers by Una as soon as possible. This is important to facilitate totting up the final amount raised and the subsequent presentation of a cheque to the Marymount Hospice. The group will present this cheque on Friday, week next, February 26, at 8.30pm in the bar at Paki Fitz's, Mitchelstown. If anybody from the class would like to come along we would be delighted, see you all then.

NewsBriefs

OICHE OSCAILTE Í FITZGIBBON'S

Dé Domhnaigh 21 ú Feabhra 8.30pm. Oíche Oscailte - Buail Isteach. Bí linn, caint, cómhra agus cupán tae. Teach Pub Nuala Fitzgibbon, Mainistir Fhearmaí.

ANGLESBORO '45 DRIVE

€10 game in aid of the Haiti disaster fund has been re-scheduled for next Tuesday night, February 23 at 8.45. Tea and refreshments will be served. Your support will be greatly appreciated.

BALLINDANGAN COMMUNITY COUNCIL LOTTO

Results from February 16: Numbers drawn; 1, 10, 21, 22. No winner of the €1,200 jackpot. Next weeks jackpot €1,300. Consolation prizes: €30 Naoise Ryan, c/o Murphy's Ballindangan; €30 Ailish Leonard, Ballindangan; €20 Ciarán Murphy, Ballindangan Cross; €20 Jean Dawson, Kilnadrew, Mitchelstown.

CONNA BINGO

Results from 16/2: Game 1 €20 Nichola Butler, Rathcormac, Nora Heffernan, Fermoy, €70 Noel Roche. Game 2 €20 Patricia Walsh, Rathcormac, €50 Geraldine Twohig, Fermoy, Nora Heffernan, Fermoy. Game 3 €20 Val Power, €50 Noreen Hartigan, Conna. Game 4 €20 Sandra Whelan, Tallow, €50 Josephine Butler, Rathcormac. Game 5 €20 Peg Halley, Cappoquin, €50 Maura Lyons, Tallow. Game 6 €20 Eily Shanahan, Fermoy, €70 Nora Morrissey, Lismore. Game 7 €20 Caroline Finn, Fermoy, €70 Denise Sheehan, Tallow. Game 8 €20 James Barry, Lismore, €50 Denise O'Sullivan, Ballyhooly. Game 9 €20 Pat Scanlan, Lismore, Marian Lane, Fermoy, €50 Liz Cullinane, Breda Spillane, Pauline Fitzgerald, Siobhan Flynn. Game 10 €40 Kathleen Gowen, Fermoy, €150 Aisling Murphy, Tallow. Game 11 €20 Nora Ryan, Fermoy, €70 Hannah Hartnett, Pat Savage, Mary Landers. Quickie €40 Marian Lane, Fermoy, €20 Una O'Brien, Fermoy. The jackpot for Tuesday, February 23 will be €1,980 on 48 calls or less at 8.30pm.

Launch of text alert service for local businesses

An Garda Síochána will be launching the text alert service for local businesses on Thursday, February 25 at 2pm in The Grand Hotel, Fermoy, writes

Antonia Zane.

The service will be provided by a company based in the CIT Campus in Cork, Sport Tech. The company has already been providing the service for

Community Alert groups across the country.

The scheme, which is sponsored in its first year by local businessman Donal Ó Lochlainn, will be launched by busi-

ness leaders in Fermoy and Mitchelstown, and by Chief Superintendent Kieran McGann and Superintendent Tom Myers.

There are over 100

businesses registered for the service so far, but any other business that is interested in being included in the scheme before the launch can

contact Fermoy community Garda Andrew Geary at 025-82124 or Mitchelstown community Garda John Hennessy at 025-84833.

Fermoy pharmacy raises awareness about Coeliac disease



• At the Coeliac Awareness Day at Bermingham's Pharmacy in Fermoy. (L-r) Kathleen O'Keeffe (cosmetics), Carl Mullen (Sanofi Aventis), Jess Keane (nutritionist), Orla Kieran (Juvela), Pat Toner (Glutafin), Angela Kearney (cosmetics), Rachel Dungan (pharmacist) and Tanya Shekelton (Sanofi Aventis). (A-d)

By ANTONIA ZANE
reporter@avondhupress.ie

Unless you suffer from coeliac disease, you might not know much about it, and, sometimes, even sufferers are unaware that they have it. That's why Bermingham's Pharmacy in Fermoy organised a Coeliac Awareness Day on Tuesday last, to spread the word about this condition and to provide people affected by it with nutritional and lifestyle options.

So, what is coeliac disease? It is simply the intolerance or allergy to gluten, which is found in wheat, rye, barley and oats. People suffering from the lifelong condition need to follow a gluten free diet, which is, actually, not as hard as it may sound due to the many options available from companies who specialise in gluten-free products, but also because the mentioned grains can easily be replaced with others like quinoa, rice, lentils etc.

With a number of specialists on hand to inform interested people about everything celiac, the day was a success. Representatives from Glutafin and Juvela, two companies that produce gluten-free products, were present as well as representatives from pharmaceutical company, Sanofi Aventis, who were promoting their new probiotic drug, ErceFlora, which is meant to help with intestinal health if on an antibiotic or planning

to take trips to exotic places.

Without a doubt, a big concern for coeliacs is nutrition and how you can adapt your lifestyle to a gluten-free diet. Jess Keane, the nutritional therapist who seemed to have answers and a suggestion to all diet related questions and concerns, was absolutely inundated with interest. "As a nutritionist you so often see people with digestive problems and coeliac disease is one of the most extreme consequences. They come hand in hand. Nutritionists are obsessed with digestive

health and coeliac disease is so much about digestive health," Jess told *The Avondhu*.

Jess even came prepared with 10-minute gluten-free easy lunch ideas. "I focused on a noodle salad made from buckwheat, which is gluten-free, quinoa, a really amazing nutritious seed that cooks in 10 minutes and a very simple lentil salad."

Cooking gluten free foods is not hard according to Jess, who was also a chef for ten years. "The sticking point is when you start to do sauces or buy sauces. Breakfast is also very hard as cereals are the main part of the meal. Lunch and dinner are usually easy. That's why I wanted to put these recipes together. It's a different focus, but there is so much food out there. I was hoping today to offer a few more options," Jess, who is a nutritional therapist in Fermoy and Lismore, concluded.

Competition winner Mary is off to Kilkenny

Mary Gargan, Ballyvonear Cross, Buttevant, Co. Cork is the winner of a break for two in The Newpark Hotel, Kilkenny, following the recent competition in this newspaper. There was a huge entry and Mary was the lucky winner.

Speaking to *The Avondhu* on Wednesday morning Mary said that she was delighted with the win and confirmed that husband, Philip, would accompany her to Kilkenny for a relaxing weekend later in the year. Congrats Mary, we hope you and Philip enjoy the best of hospitality at The Newpark Hotel.

VINTAGE SHOW

at

FERMOY SUNDAY MARKET

Sunday, March 7th

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'It's all about jobs'

Paul Bradford invites you to a public meeting on job creation



At The Firgrove Hotel, Mitchelstown
Thursday, 25th February at 8.30pm

Guest speaker Simon Coveney TD

'Paul Bradford - Positive Politics'

Tel: 087-2596204 or 022-29375



Night Owls

Wise up to the benefits of evening classes at
Colaiste an Chraoibhin Fermoy

■ GOLF - BEGINNERS/IMPROVERS
6 weeks : 7pm-8.30pm : €120

■ COMPUTERS FOR ABSOLUTE BEGINNERS
8 weeks : 6.30pm-8.00pm : €150

■ COMPUTERS FOR IMPROVERS
8 weeks : 8.00pm-9.30pm : €150

■ DIGITAL PHOTOGRAPHY 8 weeks : 7pm-9.30pm : €170

Aim: to give participants an understanding of digital photography, how to use their digital cameras, take better and more creative pictures.

■ LANDSCAPE DESIGN/HORTICULTURE
10 weeks : 7pm-9pm : €180

May suit people wishing to start or renovate their gardens, ideas on plants, how to grow plants etc

■ CAKE DECORATING 6 weeks : 7pm-9pm : €120

Decorating/Icing - Novelty, Birthday, Christmas Cakes, etc

■ PROFESSIONAL SALES TECHNIQUES
10 weeks : 7pm-9pm : €180

Learn how to sell your product, your service or yourself. A course for individuals inexperienced in sales who want to learn sales techniques used by professionals

■ FLY TYING COURSE 10 weeks : 7pm-9pm : €180

Learn the craft of creating artificial flies for fishing

■ STYLE WITH MARIE 6 weeks starting March 24th
7pm-9pm : €120

The course covers skincare, manicures, day/evening make-up, wardrobe style/colours, wellbeing

All courses take place on Wednesday nights starting February 24th 2010, except Style with Marie which starts March 24th

Enquiries to: Evening Class Co-ordinator. Tel: 025-31633

Registration for all courses on Mon., Feb. 22nd from 7.30-8.30pm or by phone

Colaiste an Chraoibhin reserves the right to cancel a course due to insufficient numbers. Once course commences fee is non-refundable. Please have correct money on enrolment night