



TWO NEWSLETTER MAY 2018

1 May 2018

Dear friends,

Dare I say it — have we turned the corner from winter???. The past few days seem to indicate that it may be so; and while we have had a few sunny days, we have not had it so hot that it **COULD** have been our summer been and gone (as has happened in years past!). So, I remain optimistic that **MAYBE** this year we will have a good summer (or, indeed, a summer at all!). Fingers crossed!

Next weekend will see Limerick out in all its glory to celebrate the annual Riverfest. This festival goes from strength to strength each year and I hope that we will have the weather to do it justice this year! You can download the full programme at www.limerick.ie/riverfest

The organizers promise us:

Riverfest Limerick 2018

Limerick becomes a mecca for families, foodies, fun runners and watersport enthusiasts each May Bank Holiday for the city's premier summer festival, Riverfest!

Highlights of the festival include Riverfest on the Shannon, the Riverfest BBQ Competition, the Riverfestival village in Arthur's Quay Park, the Bon Secours Great Limerick Run and a spectacular fireworks display.

It should be a good few days for all people at all ages! Come along and enjoy!

This is our last full month of activities before we take a summer break: see the Calendar and those mentioned below. However, don't forget that there are many of us around throughout the summer - so don't hesitate to contact your fellow members if you want to get together for coffee/a meal/an outing/nordic walking etc — you will always find someone interested in joining you!

Have a wonderful summer. Looking forward to seeing you soon!

Linda

May Member Focus

This month, I am delighted to have Theresa, another true stalwart member and friend, our Parliamentarian, long-standing member and occupier of many Board positions, introduce herself and give her brief history to us. I think you will agree when reading her contribution that she truly is a great writer — no wonder she guided the Book Club so well these past couple of years! She has sent me some “different” pictures to attach to her piece; unfortunately I cannot copy/paste them so cannot attach them to the piece she has written — sorry!!

“On August 7, 2008, I was standing outside my rented beach flat in Venice, California, chatting with a neighbour. I happened to be returning from a nice long walk with my two Vizslas, Jonah and Sophie. In two days time we would be off on our next adventure, a new life in Ireland. Colin had left before us to get ready for his new teaching post at the University of Limerick and I was in charge of selling our home of twenty years, a chore that we thought might take months, but in fact happened in two weeks. Hence, the rented beach digs.

But, as capricious fate would have it, my high-spirited four-legged companions decided to forgo their years of semi-committed ‘good-dog’ training and lunged for a hapless Bichon daintily walking across the street. I spun round and round like a top clutching their leads, and finally let go only to crash heavily on to the cement sidewalk with a loud crunch, the unpleasant sound that accompanies the breaking of bones, in this case the top of the humorous. (The Bichon laughed as he scurried to the safety of his owner’s arms.)

In three days time, I made my entrance as a permanent resident of Munster more than slightly bruised, with my left arm useless in a sling, and groggy from days of pain medication. My new life was about to begin.

I had fallen in love with a particular house that I saw on-line while still living in Los Angeles. The house was in the heritage village of Ballina. We were

subsequently told by Colin's colleagues that Killaloe / Ballina would be an ideal place to live. We decided to buy the house although instinct warned that the "Tiger" was dead or dying and holding tight would be a smart move. We bought our lovely cottage and yes, the bottom fell out of the market shortly after. Promised pensions and salaries were cut and we joined our new countrymen in bemoaning our losses.

I had retired after twenty years from my position as Editorial Director, at the Center for Civic Education in Los Angeles, developing textbooks in the areas of law-related education. I had a team of talented people that I worked with and whose company I really enjoyed. We were intensely deadline driven and committed to producing quality texts that had to have congressional and academic approval. I had been overworked and by the time I retired was quite exhausted. The Centre agreed to keep me on for 18 months doing free-lance editing while I lived in Ireland. However, without the camaraderie, I was happy when that tenure expired.

I found myself at loose ends and had not made any close friends in that first year and a half; I was beginning to question the wisdom of leaving family and grandchild (at that time there was only one) behind. From an overly full life of caring for elderly parents, having my sons, their families, friends, and a full time job, I ended up in a strange country with only my dogs to keep me company. And poor Jonah, more highly strung than his sister, was having an equally hard time. He proceeded to destroy the furniture and take revenge on the house for the loss of his pool, his home, and the sun.

One evening after joining the Killaloe book club, I met another California-American ex-pat. Her name was Michele and she took me under her wing and brought me to an IWO meeting at Eileen Sherry's house. Eileen was another American ex-pat who had lived in Ireland for decades. The women that I met were warm, open, and extremely helpful with advice. The Irish members shared cultural insights and clues and the ex-pats commiserated and shared their experience.

I now have life-long friends and an amazing IWO support group: Sarita dropped everything and drove out to help when I marked eight years in Ireland by breaking another extremity-- my right foot. One member got much needed help when her house was flooded. We've visited members in hospital, shared grief, and given rides to those in need, and the list goes on.

I am very grateful for the women I now share my life with and to whom I owe much."

Alzheimer coffee morning fundraiser - 3 May

Please note that on 3 May from 10.30, Inez will host a coffee morning in her place to raise funds for the Alzheimer Association. She has held these fundraisers regularly in the past years. Funds remain in the Limerick area. Thank you, Inez, for doing this for such a good cause. Please come in great numbers to support Inez and this very worthy cause.

Canada Day - 24 May

In keeping with our themed months, **May is Canada Month!** Our Canadian friends have decided to get together to give us some Canadian treats! This will take place in Louise's house on 24 May. Please see the calendar for full details! Thank you, ladies, for organising this — we look forward to it and to sampling your goodies!

Spring Lunch — 29 May

Our end-of-year/Spring lunch will take place in Plassey House on 29 May. Laura is coordinating this. Please let her know by 24 May if you intend participating this year. You can see pictures of the restaurant as well as the lunch menu on their site: www.eastroom.ie. It looks wonderful and I look forward to trying it and to seeing you there!!

Nordic Walking



This activity continues each Friday morning, 10.30-13 hrs under the auspices of Lin or her sidekicks Christine and Susan!

There are always a core group, and last Friday these were our friends in the attached photograph. Thanks ladies - a very enjoyable way to get fit!!!

It will continue throughout the summer — come along and give it a try: it is highly recommended!

Burren visit with Janet

Janet has indicated three dates in May when she will take us on a guided tour of the Burren. I have missed this due to circumstances beyond my control for the last couple of years, but those who have gone with her have raved about the outing and her knowledge of the area. Please indicate to her (you can put me in

copy also, as she has problems with her internet connection) your date preferences 1 and 2 and we will see how many members we can get to go this year. She is also willing to include a visit to Fr Ted's house.....! Thanks, Janet!

The dates she proposes (in May) are: 16, 18 or 21. RSVP to her asap please!

Crafts update

Mary Rose continues to guide us in the craft universe and constantly comes up with new ideas. she is forever planning what to do and to coordinate get-togethers for us. Here is a message for her regarding My activities:

“Ladies, I am planning on hosting the usual craft afternoon on Monday 21st May. Some ladies are knitting away and some might like to start something new. I am enclosing a picture of Breda O Carrolls finished cowl..modelled by the lovely Laura. Well done Breda!

Below see a photo of a cushion I decorated using simple techniques. Contact me before the 21st for a list of materials you will need if you would like to do one too.

*Hickeys are running another series of Sewing and Craft demos..info in store.
Regards MaryRose”*



2017-18 Activities Album

Lin - who always has great ideas, is constantly thinking of things to do and has been an absolute treasure since she became a member! - has suggested that we have printed an album of photos from our various activities throughout the year! This would be for members to purchase and, of course the more we order, the cheaper it will be. Please see the message I received from Lin below, which contains the links where you can see her proposed contents/photos. Please let her know if she has missed some events and forward photos to her which you would like enclosed!

Hi Ladies,

I have registered an account at myalbum.com for IWO photos with email adresse: limerickiwo@gmail.com password : IWO2018

I have put some photos. Any of you can also add new photos. Linda can add text or photos.

We can share the Album by email with IWO members.

Regards

Lin

View the album: <https://www.myalbum.com/album/DJq9poNUGNCL>

Or view the album as photo book: <https://www.myalbum.com/shop/photobook/DJq9poNUGNCL>

Sent with MyAlbum

Direct provision - children school costs fundraiser

* Donnah has sent me notification of a fundraising dinner which will take place on 12 May next. Tickets cost 30 euro; i would assume that if you cannot attend, you can make a contribution towards the fund (please contact Donnah directly if you would like to do this to find out how you can). The funds raised go to covering the ever-increasing annual costs with which all parents with schoolchildren are faced. This is a very worthy cause.

On 30 Apr 2018, at 15:04, Every Child Is Your Child <eciycireland@gmail.com> wrote:

I hope you are keeping well. It's time for our 2nd annual fundraising dinner and we would love to see you there. please invite your friends as well, it will be a great night for a very worthy cause.

[Every Child is Your Child](#) is a Limerick-based community group set up to help asylum-seeking parents living in Direct Provision, particularly in putting kids through school. Last year, kind support from exceptional individuals and the likes of Doras Luimni, Limerick City & County Council and the University of Limerick has helped us help others in so many great ways! We helped over 50 parents and children by organizing uniforms, stationery packs and school administration fees.

We would like to invite you to support our cause and join us for [The Every Child is Your Child - Dinner Evening](#) in Thomond Park on the 12th of May. We'll hear stories from inspiring key speakers, enjoy some great food and entertainment acts, a live art auction and maybe win some great prizes and raise much-needed funds for parents in need in our community.

*Tickets available for you or for **someone living in Direct Provision**, tables of 10 are also available for groups at <https://www.tickettailor.com/e.../everychildisyourchild/144435>*

* Donnah has also sent a letter of thanks for the dishes, cutlery and glasses which the IWO contributed to their kitchen project. This letter has been sent around to members by Susan yesterday.

New Board 2018-19 — election results

The election of the new Board took place at the April monthly meeting. Theresa had sent around the names of those volunteering to serve in the coming year. These votes, as well as the votes of those present at the meeting, yielded the following result:

Board/non-Board members:

Linda Reale-Horvat (President); Breda O'Carroll*(Limerick!)(Vice-President); Denise Lewis (Treasurer); Susan Bachmann (Secretary/Calendar and Website); Christine Martyn (Membership lists/statistics); Louise Delaney (Parliamentarian).

* Breda has also agreed to take over the role of Book Club coordinator from Theresa. Thank you, Breda — and thank you, Theresa, for the excellent job you have done over the last couple of years!

I would like to thank all members for their vote and the confidence they have placed in the new Board. We are honoured to serve you and hope to make the IWO an exciting and supportive organisation for all members. We would love to hear from you on any activities you would like to have and any ideas you

would like to put forward. The more, the whackier, the better — there is no such thing as a bad idea!

Minutes of the monthly meeting of 24 April 2018

Apologies, I have been quite busy and thus have not completed the minutes from our last meeting to include in this newsletter - or I will be late in distributing it and I want it to go out today! I will send the minutes out separately!

Handy hints from Denise:

Denise had a great idea and all members are invited to contribute hints they have for future newsletters! Thanks for this, Denise - very useful! Please send me any such “hints” you may have and I will include them in our monthly newsletters — great idea!

“At coffee on Friday we were discussing Dr Bronner's liquid soap and its use in the house.

Those at the coffee thought it might be something that could be added to your monthly newsletter.....what do you think?

I'll attach info on some of the ways I use Dr Bronner's. Have a look and see if you think it might be a good idea!

Handy Hints using Dr Bronner’s Soap

Surface Cleaner

¼ c Castile soap (Dr Bronner’s); 2c boiled, cooled, water; 15 – 20 drops essential oil

Method: Put boiled, cooled, water in suitable spray bottle. Add in Dr Bronner’s soap and essential oils.

Shake gently.

Liquid Soap

Approx 120mls boiled, cooled, water; 2 – 3 tblsp Dr Bronner’s liquid soap; 10 drops of essential oil (optional); ¼ tsp olive or almond oil

First add the boiled, cooled water to your dispenser

Then add Dr Bonner's soap and essential oils

Add oil if using – this will soften and moisturise

It will need an occasional shake to mix ingredients together.

Doing little and often is best, as it should only last 2 – 3 weeks before renewing.

Always put water in first, followed by soap, otherwise you will have a bottle full of bubbles!

Relocation Guide

It seems that in the past, the IWO printed a relocation guide for newly-arriving members. Inez found a copy, which she has lent me. I will go through it and I think it would be a good idea to update it; i will be in touch further on this.

This will be one of our upcoming year projects!

Reminder: *Photos/privacy indications on members' list:* As photos are usually taken at all IWO gatherings, it was agreed that *the onus be on those members not wishing to have their photos taken/appear on Facebook to take measures at the time of the photos being taken not to appear in the photos.* Members taking the photos will ensure that all know that photos are being taken so that those wishing not to be photographed have time to take measures to this effect.

Please check out our monthly calendar for the update scheduled events each week!

Have a great summer!