



TWO NEWSLETTER SEPTEMBER 2018

Luimneach Abu

Dear Friends,

Welcome back! I hope that you have all had a wonderful summer, are well and enjoyed the glorious sunny days we have experienced in the first “real” summer I can remember us having here in Ireland for years! We are filled with optimism and vitamin D as we enter the darker days of Autumn. Let’s see if we will experience as severe a Winter as last year — but, after the intense sunny days of the summer we have just had, I am sure we will be able to cope with it!

Continuing on the theme of optimism and joy: what a wonderful year it has been for Limerick and our Champion hurlers!! The boys did us so proud and the overflowing joy we all felt could be seen throughout Limerick, at Limerick Station and in the Gaelic Grounds during the match and for the return of our heroes! 90.000 turned out to meet them and to follow in their wake all the way to the Gaelic Grounds for a proper outpouring of love and gratitude. I was so

*proud to be a part of it — as we all were, I am sure! I remember 1973: we have been waiting a long time but boy was it worth the wait! And with these glorious specimens of manhood (all in their 20s)(be still, my beating heart!!), I am sure there will be a few more great days out there for us in the coming years! Maybe Limerick is now the new Kilkenny, eh? **Luimneach abu!!** And, of course, a great Thank You to JP McManus, their sponsor and a man who gives so much to Limerick!*

Date to remember: we will all meet up for our annual Welcome Back Coffee on Thursday, 6 September at 10.30 in the Castletroy Park Hotel. Look forward to seeing you all then and to getting caught up on summer activities and Autumn/Winter projects and wish lists! Look forward to seeing you there! Let me know by Monday, 3 September (12 noon) if you plan to come as I need to confirm numbers to the hotel. thanks!

Member Focus:

This month, Louise has written the contribution for the “Member focus”. I think it will ring many bells with many of you regarding why you came to Ireland/ended up in Limerick! It also shows the steel in the character of women (especially those of us who move around and adjusted to life in many different cultures and areas!), gleaning the best from and contributing what we can to our new (and long-lasting!) friends! Enjoy her story:



Like a number of other members, a handsome Irish man brought me to Ireland!

A long, long time ago, I was a flight attendant with Air Canada and decided to holiday in Trinidad and Barbados with another “stew” for our annual leave.

Peter was then a pilot with Aer Lingus and was there also with a friend of his, on their annual leave

Two pilots meet two flight attendants. Fate plays a trick on me and my life changes forever! Within 48 hours, I announced to my girlfriend that “that is the man I am going to marry”. Peter didn’t have a chance!!!

*Upon landing back in Montreal, I went straight up to the Air Canada Personnel Office and there and then resigned on the spot! That was the easy part; the hard part was telling my mother what I had just done! I was so determined to “get my man” that I packed my bags and flew to Copenhagen and stayed with a friend of mine with whom I had trained and spent a whole month there. Peter came to visit a couple of times. Then I decided it was time to move closer to Dublin so I went to London and worked as a “temp” in different offices all over the city. I hated it, but London was not so far from Dublin and Peter came to visit every week on his days off. After 3 months of that, I felt that “he was coming around to the idea that I might be special...” OK, so it had not been the **coup de foudre** on his part like it had been for me, but.....*

On one of his visits he suggested that I might want to come to Dublin to meet his friends and his family. I was thrilled and this girl was winning..... In 1968, Dublin was a very dirty looking city, dirty grey buildings and rubbish on the streets and, worst of all, this French Canadian city girl could not cope with the Irish accent and barely understood most of what people were saying! But I was “in love” and could still just see the blue of his eyes....(are you sick yet??!!).



Anyway, fast forward to June 1969 and Peter said “OUI” in a wedding service in Montreal. After honeymooning in Bermuda, my new life as a young bride began in Malahide where Peter (with his mother!!) had bought our house. New estate, new neighbours, new friends. Most of the women had babies or were pregnant and when I was asked after a while did I not want children, I said I did but not yet — and was quite happy to continue taking the contraceptive pill for a while longer. I caused shock and consternation; I did not realise I was doing something illegal.....

My adjustment to Dublin took a long time and my mother was always terrified I was going to get killed by the IRA!

Years later, in 1985, Peter was headhunted by an aircraft leasing company, GPA, and he accepted. On the other hand, I refused to leave Malahide and move, so Peter rented an apartment in Limerick. But in 1987, the “boss” (not Peter!) absolutely insisted that all his staff and their families live within 30 miles of Shannon airport. At that time, I had started as a mature student in Trinity doing Language Studies and there was no way I was going to leave.



In the end, Louise, son Michael and daughter Christine joined Peter in Ballina on a windy, stormy Friday, 13 November 1987. For years, I was miserable and more miserable. And then the GPA debacle! Yep, it was rough at times but designing, planning and planting my garden became an obsession and kept me sane; still is!

I began taking painting lessons and loved that. Those of you who have been here have witnessed my passion for colour and things different. It was a couple of years ago that Mary Rose approached me at the tennis club after a match and invited me to join the IWO. And my life, again, has changed. Meeting and spending time with some of you makes me smile when I get up in the mornings, and I am grateful to you all for the fun we have and the laughter and stories we share!

So, life is not perfect but one has to learn to adapt and accept change. It took me years, but come on world: throw it at me and I will catch and run with it. One thing I am now very interested in is “mindfulness”; anyone else feel the same?

*Yours in friendship, and lots of crafting!
Louise*

2018-2019 IWO Board Members:

Linda Reale-Horvat (President); Breda O’Carroll (Vice-President); Susan Bachman (Secretary); Denise Lewis (Treasurer); Louise Delaney (Parliamentarian).

Christine Martyn is Membership secretary

As a reminder, here are the roles and responsibilities of each as laid out in the IWO Constitution:

The officers of the organisation shall be as follows:

President – *She shall be the principal executive officer and the presiding officer of the organisation and the executive board, with the right and duty to call meetings of the board. She shall be ex-officio member of all committees except the nominating committee.*

Vice President – *She shall act for the president in any and all matters in the absence of the president or at her request.*

Secretary – She shall record the minutes of all meetings of the organisation and the executive board and carry out all organisation correspondence at the direction of the executive board.

Treasurer – She shall have custody of the funds of the organisation. She shall pay all bills only on order of the executive board, securing receipts to be filed in order. She shall be responsible for collecting of dues. She shall keep an accurate and current record of all income and disbursements. She will report balances to the organisation at meetings and will publish an annual report.

Parliamentarian – As an appointed officer she shall advise the membership on parliamentary matters and oversee elections.

Team coordinators shall be volunteers approved by officers of the board. Their function is to facilitate the activities of the organisation. Coordinators may form teams for assistance as and when needed. They currently consist of, but are not limited to, the following:

Membership Coordinator – She shall welcome newcomers, keep accurate records of membership and be responsible for recruiting new members.

Activities Coordinator – She shall suggest and arrange activities for members.

Nominating Coordinator – She shall form a team of at least three women to prepare a list of candidates for the following year's executive board.

Regular activities:

The monthly calendar is sent out at the end of the previous month/beginning of the current month and contains information on all our regular activities. These include:

Weekly coffee mornings (Thursdays, 10.30; coordinator: Val Nugent); Bookclub meeting (second Tuesday of the month; Coordinator: Breda O'Carroll); Monthly meetings (fourth Tuesday of the month, 2-4 pm, Watch Cross Library); nordic walking (Fridays, 10.30 meeting (venue confirmed each Thursday but often in carpark by the Boathouse in UL; coordinator: Lin Yan Vernhes); Shanghai cards (every Monday, 7 pm; Coordinator: Alyson McHugh. Donna O'Donovan sends out the cinema schedule each week via the secretary. Activities are not limited to these regular happenings - see your monthly calendars for more details! Many thanks to all for their dedication and contributions!

We also have a national "theme" each month; ***if you would like to suggest a country/your home country for a particular month, please let Susan/Linda or any Committee member know!*** March is devoted to Ireland (obvious reasons!) but the rest of the year is up for grabs! It is an excellent exercise, and activities can take place in member's houses or a meeting place or a visit someplace or a

meal out — the world is your oyster! 2018-19 is open - come on and let us know when you would like!

If you would like to publicise some activity/fundraiser/etc, please let us know and we will include it in the monthly calendar and mention it in the newsletter!

Also: if you intend going someplace (Dublin matinee at Gaiety/Gate etc, go to see a play or something in Limerick — send me a message and I will ensure it is included in the newsletter!)(if you would like some company, that is!)

Some items to highlight:

- * ***Donna's son's latest play***: As most of you know, Donna's son is a widely-recognized Director/actor based in London and who travels around with his work. He took part in the Edinburgh Fringe recently and was rewarded for his latest work ("User not found"). He brings this latest work ("No exchanges or refunds") to Limerick on Wednesday, 26 September, in the Belltable Basement (Townhouse Cafe). Price is 15 euro. I will be there at the 18.30 hrs performance so see you there if you can make it!
- * ***National Geographic show in the Gaelic Grounds***: 29 September, 18 hrs. Tickets from 59 euro and are available from ticketmaster.ie This is the European premiere of a wonderful show.
- * ***I.ny festival*** of events will take place throughout Limerick in October this year. Full programme and details will be released on 6 September. Last year's festival was a great success and I highly recommend it for those members interested in the close ties between Limerick and New York.

Upcoming classes and interests for the Autumn:

- * ***Alliance française*** begin classes again in September — register for classes on the following link if you are interested: <https://aflimerick.org/index.php/register-for-a-course/>
- * Nick Gudge's ***Tai Chi classes*** for beginners commence on Monday, 10 September, at 6.05 pm (to 7.35 pm) in the Mechanics Institute in Hartstonge Street. Information can be had from Nick on 061-923023 or email him at nickgudge@gmail.com
- * ***Conradh na Gaeilge Irish classes*** commence on 18 September (7.30pm-9.30 pm) in Hala Ide, 18 Thomas Street. There is an Information Night taking place on 11 September 7.30-8.30 pm).

- * **50+ dance classes** recommence in Dance Limerick studio (1 St John's Square) on Thursday, 13 September, 2pm-3.15 pm. I've been doing this for the last few years since they first started and there is a core group of us (around 20) who do it each year. It is great fun and camaraderie - not to mention great exercise! Come along if you are looking for a fun way to get and stay fit! Classes cost 5 euro.
- * **Over 50s yoga** recommences in the Strand Hotel on Monday, 3 September, 9.45-11 am. Classes are by Paulette and are also an excellent way to get flexible/relaxed (you all know me: ever on the search for calm fitness!). Try it! classes cost 10 euro.

Suggestion for discussion:

I plan to raise some trips for consideration and discussion this year. Let me know what you think and if you would be interested in participating!

- * First will be a **trip to Belfast**. This is being explored for December (lovely Christmas atmosphere!) or January (sales time?). My preference would be for December but this is something we can discuss at our monthly meeting in September. If you have any ideas or would like to come, please let me know! I have asked a friend of mine, P.A. Moore, retired from UL and originally from Belfast, if she would be willing to help us plan the trip and she is agreeable! She will address the meeting in September or October, depending on her schedule and discuss her home town and put forward some ideas for a visit there! The idea is to go and spend two nights there. Those of you with free travel will be able to avail of this for the trip! Let me know if you are interested.
- * I also thought it would be a nice idea to **visit Aras an Uachtarain in the Phoenix Park**. I have never been there and would like to see it. Any suggestions? (I will discuss with Lin who may be able to contact her former Women's group friends in Dublin and they may be able to help us in this!). Let me know if you would be interested in such a visit - next spring?
- * **Trip to Prague?** Anyone interested? Click and go seem to have good deals (2-3 nights from what I have seen); again, maybe april/may? Let me know if you would be interested.

I would suggest that for our trips, if you would like to bring along a family member or friend, this would be fine! We can discuss this at our September meeting!

Craft News

Mary Rose has kindly agreed to continue the coordination and planning for our crafts projects — thank you, Mary Rose!!! A few words from her:

Ladies...

I hope you all had a wonderful summer...as you put away your suncream and beach towels maybe you will come across your knitting projects etc.

I will chat to you as I meet you at our various activities and we can decide on a date to have a coffee and discuss some craft ideas for the Autumn... MaryRose.

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! (I have repeated this from a previous newsletter as I had intended to begin work on it over the summer - but, as you know: the best placed plans of mice and women etc.....

Further snippets

If you would like me to include something in the monthly newsletter, please send it to me and I will do so! This is YOUR newsletter and font of information and suggestions - and all suggestions re welcome!

Looking forward to seeing you all soon!

Linda

PS: Michele has had a bumper crop of honey this year; she will have some with her at the Welcome Back Coffee morning on 6 September (6 euro per jar). If you are interested, please drop her a line directly to order a jar!

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!