

## NORTH MAYO BALLINA, CROSSMOLINA, FOXFORD, KILFIAN, KILLALA

### NORTH MAYO Ballina

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#### Soroptimist

##### Springtime Lunch

BALLINA Soroptimist Club is hosting a Springtime Lunch on Saturday, April 1 at 3pm in Kennedy Glasgow House, Ballina in aid of Mayo Roscommon Hospice and the Turkey/Syria Earthquake Fund. Tickets are €50 per person and include a complimentary cocktail and entertainment by Buck Taylor and Keith McDonald. Tickets can be purchased by contacting Marian at 087 7985986, Lorraine at 087 2198024 or any Soroptimist member.

#### Young Knites

##### Easter Camp

BALLINA Stephenites GAA Club Young Knites Easter Camp will take place from Monday, April 3 to Friday, April 7 from 10am to 2pm daily. Book now by texting Eanna on 086 8616423 after 3.30pm.

#### Ballina Rowing Club

THE new Ballina Rowing Club will be officially launched on Saturday, April 15 at the Quay, Ballina.

#### Ballycastle Health Fair

THE Sláintecare Healthy Communities Initiative is designed to develop locally led programmes that will help improve the overall health and well-being of people in this community. There is continuous joint collaboration between the HSE and Mayo County Council on this project. A Health Fair will take place in Ballycastle on Tuesday, March 14 at 7pm in Ballycastle Community Hall to showcase the programmes to the local population. All programmes are free to access. (This event has been rescheduled from Thursday, March 9).

#### Ballinglen exhibitions

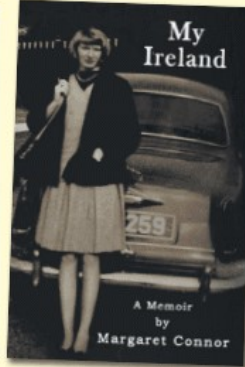
TWO exhibitions will open on March 16 in the Ballinglen Museum of Art, Ballycastle. The Ballinglen Gallery will host Desire Lines | Debbie Dawson & Helle Helsner, curated by Róisín Foley. Opening remarks by Dr Orla Flynn at 5.30pm on March 16. Runs until April 28. In the Ballinglen Museum of Art, Reading and Book Signing: In Ordinary Time by Carmel McMahon will launch at 6.30pm along with an exhibition of recent Acquisitions to the Ballinglen Museum of Art Permanent Collection. Runs until April 30. All welcome, refreshments served.

# From Ballina to Silicon Valley

CIARA MOYNIHAN



▲ AUTHOR Margaret Connor



WITH St Patrick's Day coming up, nostalgic stories of Ireland and the plight those who left her shores are flying off the shelves. One to consider might be 'My Ireland', in which Ballina-born Margaret Connor looks back on her early life in Mayo and Dublin, capturing 1950s Ireland from her own particular perspective.

Connor spent her childhood on a small farm close to Ballina, leaving for the Capital as a teen to work in the hotel business. From Dublin, she emigrated to the US, where she studied at Harvard and the University of Chicago before going on to build a successful career in Silicon Valley.

Her story offers a romantic picture of Ireland independent of the inequalities and poverty that existed at that time, concentrating instead on rural life and community meitheal. To a lesser extent, Connor addresses the deep cultural divide of class and money as experienced in religion, education and professional opportunities.

The book follows her life story in a linear fashion, beginning with her childhood. Her description of her father's passing, written from a child's viewpoint, leads to a narrative on her mother, a unique and forthright woman for her day.

The story increases in momentum as Margaret goes to work in Dublin, where the newness and wonders of

the city take her on an exploratory journey through theatres, shops and the banter of the street traders. Throughout the book are special moments in nature and traditional Irish song and verse.

'My Ireland', a historical and cultural walk down memory lane, is available from [www.bookhubpublishing.com](http://www.bookhubpublishing.com).

#### Craoibhín Ballina

EVERYONE is invited to participate in Craoibhín Ballina's schedule of events over the coming weeks. Join a fun singing instructor in the centre on Cathedral Road on Mondays from 12 noon to 1pm. Cost is €5 person. We Can Quit - Stop Smoking Group Ballina continues on Thursday evenings from 7pm to 8.30pm in Cathedral Road. This is free of charge and all are welcome. 25 and Whist take place in the Centre on Friday mornings from 11am to 12pm. Cost €3 per person. A second session of Buteyko Breathing with instructor Karen Moylett will also be starting on Thursday afternoons with date to be confirmed. Cost for both of these is €50 per person subject to getting 13 participants. Finally, you are invited to celebrate St Patrick's Day with Craoibhín Ballina on Thursday March 16 from 11am to 1pm in the Centre where there will be music and craic, refreshments and raffle on the day. For more info or to book a place call the Centre on 087 2785365 or 087 3621119.

#### Free training for sporting clubs

MAYO Sports Partnership in partnership with Mayo Volunteer Centre is running a series of free online trainings on sports volunteering for sporting clubs and organisations in Mayo. Each session as follows takes place from 7pm to 8.30pm. Wednesday, March 15, Volunteer Strategy and Recruitment; Wednesday, March 22: Volunteer Support, Supervision and Recognition; Wednesday, April 5: Dealing with Difficult Behaviour; Wednesday, April 19: Supporting Volunteers with Additional Support Needs; Wednesday, May 3: Garda Vetting. Booking through Eventbrite. Contact Cathal Brady at [cbrady@mayococo.ie](mailto:cbrady@mayococo.ie).

#### Active Retirement

THE Ballina Active Retirement monthly quiz will take place on Wednesday, March 15 at 1pm with Noreen Baker and Eileen Ginley. Chair Yoga with instructor will take place at noon on Thursday March 16 and Thursday March 23. Whist will take place on Wednesday, March 22 at the Pastoral Centre. The group will enjoy a three-night break at the Westport Woods Hotel from March 26 to 29. The Association will close for Easter on Thursday, March 30, re-opening on Thursday, April 13.

#### Arts Council training session

BALLINA 2023 presents an online Capacity Building Workshop for Ballina based artists, arts organisations, producers and festivals with Karl Wallace, Head of Festivals at The Arts Council at 2pm on Thursday March 23, 2023. Karl will provide an information session to those interested in applying for fund-

ing from the Arts Council of Ireland's Festivals funding streams. This session will particularly review annual Arts Grant Funding, which will open later this month. This event forms part of RISE: Ballina 2023's legacy project and is free to attend, but please confirm attendance to [info@ballina2023.ie](mailto:info@ballina2023.ie) by Monday March 20 to receive the Zoom link.

#### Blood pressure checks

THE Croi Third Age Mayo programme, which aims to promote healthy cardiovascular ageing, is partnering with local pharmacies for the month of March to offer free blood pressure checks to anyone who has not had their blood pressure checked in the past year, with a particular focus on those over 55 years of age. Until March 31, pharmacies across Mayo will be participating in this initiative. High blood pressure, also known as hypertension, occurs when the force of the blood flowing through your blood vessels is consistently too high. This causes many harmful effects on the body and if left untreated can significantly increase your risk of having a heart attack or stroke. High blood pressure typically has no symptoms - the only way to find out if you have high blood pressure is to have it checked regularly (at least once a year). You can contact Molloy's Phar-

macy Bunree Rd in Ballina for more details. For the latest list of participating pharmacies, please visit [www.croi.ie](http://www.croi.ie).

#### Bonniconlon Valais Blacknose charity Day

BONNICONLON Valais Blacknose is hosting a Charity Farm Open Day in aid of Embrace FARM on Easter Saturday, April 8 from 11am. The day will feature an easter egg hunt, farm safety demonstrations, Shore Farm Pony Therapy, farm animals on display, a Valais selfie station, barbecue, refreshments, children's entertainment, raffle, live music and lots more. Embrace FARM was established in 2014 by Brian and Norma Rohan of Shanahoe, Co Laois following the sudden death of Brian's father Liam on the farm in 2012. The couple felt there was no support for families like theirs who were grieving the sudden loss of a loved one in a farm tragedy. Tickets for the raffle are available to buy online at [www.idonate.ie/raffle/BVBopenday](http://www.idonate.ie/raffle/BVBopenday). Vehicle entry on the day is €15.

#### St Patrick's Day Parade

BALLINA'S St Patrick's Day parade will take place March 17 from 4.30pm. If you are involved with or a member of a club, local organisation, group or business that would like to participate you are invited to register by contacting Ballina Tourist Office on 096 72800. This year's theme is Ballina 2023.

#### Mayo Day

THE flagship Mayo Day event for 2023 has been confirmed for Ballina on Saturday, April 29 as part of the Ballina 2023 celebrations. Visit [www.mayo.ie](http://www.mayo.ie) for more information.

#### Mayo Mental Health Association

THE Mayo Mental Health Association Information Centre in Bohernasup, Ballina is open to everyone in the community, providing options, support and guidance for individuals and their families experiencing mental health difficulties and a confidential signposting service.

#### St Vincent de Paul

BALLINA'S St Vincent de Paul shop is seeking volunteers to help with the running of this busy homewards and fashion store. Call Jackie at 085 8759460 or 096 72905 for more information.

#### Local bingo

BALLINA Stephenites Bingo continues twice weekly on Sunday nights at 8pm and Thursday nights at 8.30pm in the clubhouse. The weekly Knockmore Bingo takes place on Monday nights in the Knockmore Rathduff Sports Centre at 8.30pm. Killala Bingo takes place on Wednesday nights at 8.30pm in the Community Centre with a €500 pool - call 096 32166 to book a seat on the Community Bus. Foxford Bingo takes place on Friday nights in Foxford Sports and Leisure Centre at 8pm, with an online option also available. Ardagh Bingo takes place every Saturday night in the Community Centre, with doors open at 7.30pm.

#### ALONE Befriending

ALONE is seeking volunteers in the Mayo area for older people who need befriending for up to one hour per week. The befriending program is designed to help older people combat loneliness and isolation, and help is needed now, more than ever. If this is something that interests you, then please reach out to Volunteer Support Officer Paul Stafford on 086 0135043, email [paul.stafford@alone.ie](mailto:paul.stafford@alone.ie) or visit [www.alone.ie](http://www.alone.ie).

#### Community Connections Event

MAYO Volunteer Centre and Mayo North East SICAP invite everyone in the North Mayo area to attend their free event on Thursday, March 23 from 6pm to 8pm in Great National Hotel, Ballina. The event will celebrate community connections and you will be able to chat with social enterprise groups, community groups, local agencies and the Mayo Volunteer Centre to learn about the supports and services they offer. Everyone is welcome, especially those new to Ireland.