

# Comhlacht Tithe Sóisialta agus Forbairt an tSuláin Teo



## Bileog Eolais na nIonad Lae **Aibreán 2018**

### **Ionad Lae, Baile Mhúirne - 026 45559**

Lón gach Luan, Céadaoin, Déardaoin & Aoine ar a 1:00in. Taisteal ar fáil ach glaoch a chur ar 45559. **Gníomhaíochtaí** éagsúla tar éis lóin.

**Scoraíocht:** Bígí inn don scoraíocht ar an Déardaoin, 26ú Aibreán. Tráthnóna iontach geallta ann! Tuilleadh eolais ón Ionad Lae ag 45559.

**Cleachtóir Sláinte Coise:** Margaret Dilworth san Ionad Lae ar an gcéad Chéadaoin den mhí (4ú Aibreán). Le haghaidh coinne glaoigh ar 026 45559.

**Unislim:** Déardaoin ó 5.30in go 7in. Tuilleadh eolais ó Emmy ag 086 062 3851.

**Pilates:** Gach Céadaoin @ 7:00in. Tuilleadh eolais ó Mary Murphy ag 087 753 6422.

**Ranganna Ealaíne le Pauline Dodds** gach Céadaoin @ 1:00in-5:00in.

### **Cois Cille, Cill na Martra - 026 40999**

Lón gach Luan, Máirt, Céadaoin agus Aoine ar a 12:30in. Taisteal ar fáil ach glaoch a chur ar 40999. **Gníomhaíochtaí** cosúil le biongó tar éis lóin.

**Scoraíocht:** Bígí inn don scoraíocht ar an Déardaoin, 12 Aibreán.

**Suathaireacht:** Le coinne, glaoigh ar 087 675 9121.

**Cosliacht le Joanne O'Donovan:** Chun coinne a dhéanamh glaoigh ar 40999.

**Ranganna Ealaíne le Pauline Dodds** gach Máirt @ 2:00in-4:00in.

### **Cuan Barra, Béal Átha'n Ghaorthaidh – 026 47777**

Lón: Dé Luain & Dé hAoine ar a 12:30in. **Gníomhaíochtaí** ar nós biongó tar éis lóin. Taisteal ar fáil ach glaoch a chur ar 087 137 8099 nó 026 47777.

**Cártaí** gach Déardaoin ar a 9:00in. Fáilte roimh chách.

**Gruaig le Muse (Gruagaire)** le haghaidh coinne glaoigh ar Siobhán ag 087 179 5399.

**Cosliacht le Joan O'Donovan:** Déan coinne ag 086 825 8023.

**Ranganna Ealaíne le Pauline Dodds** gach Luan @ 2:00in-4:00in.



### **Comharchumann Forbartha Mhúscraí Teo.**

5 Cois Cille, Cill na Martra, 026 40877 / 083 191 5432

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**Séanadh:** Tá gach iarracht déanta an t-eolas atá clóite anseo a fhíorú. Glaimid leis go bhfuil an t-eolas agus na sonraí ar fad fíor agus cruinn ag tráth foilsithe na cáipéise. Ní ghlacann Comharchumann Forbartha Mhúscraí aon fhreagracht as aon dochar nó damáiste a eascraíonn as bheith ag brath ar an t-eolas sa cháipéis seo.

### **Caiscín Bananaí & Gallchnónna (Banana & Walnut Wholemeal Loaf)**

#### **Comhábhair / Ingredients**

- 250g/8oz Plúr caiscín garbh (250g/8oz Coarse wholemeal flour)
- 2 taespúnóg Púdar bácála (2tsp Baking Powder)
- 50g/2oz Ím (50g/2oz Butter)
- 50g/2oz Siúcra Muscovado Éadrom (50g/2oz Light Muscovado Sugar)
- 2 Ubh, buailte (2 Eggs, beaten)
- 2 Banana Aibí Mór, brúite (2 Large Ripe Bananas, mashed)
- Cúpla braon Úsc Fanaile (Few drops Vanilla Extract)
- 80g Gallchnónna Gearrtha (80g Chopped Walnuts)

#### **Modh / Method**

1. Téigh an t-oigheann go 170°C/325°F/Gás 3. Dein stán builíní 900g/2lb a ghréisceadh go héadrom agus a líneáil. (Preheat oven to 170°C/325°F/Gas 3. Lightly grease and base line a 900g/2lb loaf tin.)
2. Buail le chéile an t-ím, siúcra agus úsc fanaile. Cuir isteach an t-ubh, na bananaí agus na gallchnónna, agus measc go maith iad. (Cream butter, sugar and vanilla extract together. Add the egg, bananas and walnuts and mix well.)
3. Ar deireadh, measc isteach an plúr agus púdar bácála. Cuir an meascán ar fad isteach sa stán atá ullmhaithe agat. (Finally, stir in the flour and baking powder. Transfer to the prepared tin.)
4. BÁCÁIL i lár an oighinn ar feadh thart ar 45-50 nóiméad, go dtí go bhfuil sé ardaithe go maith agus go dtagann scian a chuirtear isteach go bog san arán amach as glan. (Bake in a central oven position for about 45-50 minutes, until well risen and a knife gently pressed into the bread comes out clean.)
5. Fág sa stán é ar feadh thart ar 10 nóiméad, ansan cas amach ar thráidire sreinge é le fuarú. (Allow to rest in tin for about 10 minutes, then turn onto a wire tray to cool.)
6. Nuair atá sé éirithe fuar, clúdaigh le paipéar gréiscdhíonach agus scragall stáin é. (When cold, wrap in greaseproof paper and tinfoil.)

#### **Dúcheist mhí Aibreáin**

Tá súil agam ach ní fheicim aon ní. Céard mé?

**Dúcheist na míosa seo caite.....** Cad a éiríonn níos fliuche agus níos fliuche, is mó a thriomaíonn sé? **Tuáille**

# Comhlacht Tithe Sóisialta agus Forbairt an tSuláin Teo



## Bileog Eolais na nIonad Lae

April  
2018

### Ionad Lae, Baile Mhúirne - 026 45559

**Lunch** every Monday, Wednesday, Thursday & Friday at 1:00pm. Transport is also available by calling 40999. **Activities** every Wed, Thurs & Friday after lunch.

**Scoraíocht:** Join us for our next scoraíocht on Thursday, 26th April. A great afternoon assured! For any queries contact the Ionad Lae on 026 45559.

**Foot Health Practitioner:** Margaret Dilworth, on the first Wednesday of the month (4th April). For appointments call 45559.

**Unislim:** Thursdays from 5:30pm to 7pm. Further info from Emmy on 086 062 3851.

**Pilates:** Wednesdays @ 7pm. Further info from Mary Murphy on 087 753 6422.

**Art classes with Pauline Dodds** every Wednesday @ 1:00pm-5:00pm.

### Cois Cille, Cill na Martra - 026 40999

**Lunch** every Monday, Tuesday, Wednesday and Friday at 12:30pm. Transport is also available by calling 40999. **Activities** such as bingo after lunch.

**Scoraíocht:** Join us for our next scoraíocht on Thursday, 12th April.

**Massage:** By appointment only, call 087 675 9121.

**Chiropodist:** Joanne O'Donovan, by appointment only. Call 40999.

**Art classes with Pauline Dodds** every Tuesday @ 2:00pm-4:00pm.

### Cuan Barra, Béal Átha'n Ghaorthaidh – 026 47777

**Lunch:** Monday & Friday at 12:30pm. **Activities** such as bingo after lunch. Transport available by calling 087 137 8099 or 026 47777.

**Cards** every Thursday at 9:00pm. Everyone welcome!

**Gruaig le Muse (Hairdresser)** for appointments call/text Siobhán on 087 179 5399.

**Chiropodist Joan O'Donovan:** For appointments call 086 825 8023.

**Art classes with Pauline Dodds** every Monday @ 2:00pm-4:00pm.

### Comharchumann Forbartha Mhúscraí Teo.

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### Vegetable Gardening in April

April (mid-Spring) can be an exciting month in the garden. Temperatures should start to rise and light levels will increase as the days lengthen. All vegetable plants need light and warmth to grow well and for photosynthesis to take place. As all the levels increase, and aided by a regular supply of water, the plants will feed and grow stronger and faster. April is therefore the month of sowing and planting, but care should still be taken to protect crops from frost.

Whether you choose to chit potatoes or not, they can be planted out in April. Second earlies can be sown at the beginning of the month and main-crops at the end. However, some gardeners plant main-crops with the earlies in an attempt to prevent damage from blight

If you've prepared the soil, lots of vegetables can be sown directly now. These include Brussels sprouts, kale, Swiss chard, broad beans, onions, perpetual spinach, summer cauliflower, leeks, lettuce, radish, turnips, and kohlrabi. Beetroot, carrots and peas can also be sown directly but be guided by seed packets (or expert books) for particular varieties. Some vegetables (such as onions and beetroot) bolt if they're sown too early.

If you've sown any seeds indoors during March such as tomatoes, you may need to pot them into larger pots when their true leaves develop (the second set of leaves that develop after the first set of seed or true leaves).

If you have the space you can prepare a seedbed. This is an area used to raise seedlings, usually the brassicas (sprouting broccoli, cabbages and cauliflowers). Calabrese doesn't like to be transplanted from a seedbed so either start it off in modules or plant it in situ. Brassicas are very slow growing so by starting them off in a seed (or nursery bed); the main beds can be used for growing other crops.



### Brain Teaser

What dice completes the set on the left?



### April's riddle

I have an eye but cannot see. What am I?

**Answer to last month's riddle.....** What gets wetter and wetter the more it dries?

**A towel**