

Comhlacht Tithe Sóisialta agus Forbairt an tSuláin Teo



Bileog Eolais na nIonad Lae **Bealtaine 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, 31ú Bealtaine**. 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 (2ú Bealtaine). Le haghaidh coinne glaigh 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.

Taispeántas Ealaíne Tacaíochta in Ionad Cultúrtha an Dr Ó Loingsigh 3ú-29ú Bealtaine.

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, 10ú Bealtaine**.

Suathaireacht: Le coinne, glaigh ar 087 675 9121.

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

Taispeántas Ealaíne Tacaíochta in Ionad Cultúrtha an Dr Ó Loingsigh 3ú-29ú Bealtaine.

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 glaigh ar Siobhán ag 087 179 5399.

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

Taispeántas Ealaíne Tacaíochta in Ionad Cultúrtha an Dr Ó Loingsigh 3ú-29ú Bealtaine.



Comharchumann Forbartha Mhúscraí Teo.

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

eolas@cfmteo.com / www.cfmteo.com



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.

Císte Úll & Sabhdánach / Apple & Sultana Cake

Comhábhair / Ingredients

- 350g/12oz Plúr éiritheach (350g/12oz Self raising flour)
- 150ml/ 1/4pt Ola lus na gréine (150ml/ 1/4pt Sunflower oil)
- 175g/6oz Siúcra Mín (175g/6oz Caster Sugar)
- 3 Ubh, buailte (3 Eggs, beaten)
- 1 taespúnóg Cainéal (1tsp Cinnamon)
- 75g/3oz Sabhdánach (75g/3oz Sultanas)
- 3 Úll Milis, m.sh. Granny Smith - scafa, croíte agus gearrtha i bpíosaí beaga (3 Eating Apples, eg Granny Smith - peeled, cored and diced into small pieces)

Modh / Method

1. Téigh an t-oigheann go 180°C/350°F/Gás 4. Dein stán cistí 21cm/8" domhain a ghréisceadh go héadrom agus a líneáil. (Preheat oven to 180°C/350°F/Gas 4. Lightly grease and base line a 21cm/8" deep cake tin.)
2. Doirt an t-ola lus na gréine isteach i mbabhla agus cuir an siúcra leis. Buail le chéile go maith iad. (Pour the sunflower oil into a bowl and add the sugar. Beat until well blended.)
3. Buail isteach na huibheacha diaidh ar ndiaidh go dtí go méadaíonn toirt an mheascáin. Ansan, cuir isteach an plúr agus cainéal criathraithe agus measc go réidh isteach sa mheascán leachtach. (Gradually, beat in the eggs until mixture has increased in volume. Next, add the sieved flour and cinnamon and gently stir into the liquid mixture.)
4. Ar deireadh, measc isteach na sabhdánaigh agus na húlra gearrtha. Ba cheart go mbeadh an meascán righin go maith anois (Finally add the sultanas and diced apples and mix thoroughly. The mixture will be very stiff at this stage.)
5. Cuir an meascán ar fad isteach sa stán atá ullmhaithe agat agus BÁCÁIL i lár an oighinn ar feadh thart ar uair a' chloig, go dtí go bhfuil dath donn-órga air agus go dtagann scian a chuirtear isteach ann amach as glan. (Transfer to the prepared tin and bake for about 1 hour until golden brown and a knife inserted into the cake comes out clean!)
6. Fág an císte sa stán ar feadh thart ar 10 nóiméad, ansan cas amach ar thráidire sreinge é le fuarú. (Leave cake in tin for about 10 minutes then turn onto a wire tray to cool completely.)

Dúcheist mhí na Bealtaine

Cén ní a chuirtear ar an mbord, a ghearrtar agus a scaiptear, ach nach ithtear in aon chor?

Dúcheist na míosa seo caite..... Tá súil agam ach ní fheicim aon ní. Céard mé?

Stoirm nó Tornádó

Comhlacht Tithe Sóisialta agus Forbairt an tSuláin Teo



Bileog Eolais na nIonad Lae

May 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, 31st May**. 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 (2nd May). 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.

Tacaíocht Art Exhibition on display in the Ionad Cultúrtha from 3rd to 29th May.

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, 10th May**.

Massage: By appointment only, call 087 675 9121.

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

Tacaíocht Art Exhibition on display in the Ionad Cultúrtha from 3rd to 29th May.

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.

Tacaíocht Art Exhibition on display in the Ionad Cultúrtha from 3rd to 29th May.



Comharchumann Forbartha Mhúscraí Teo.

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

eolas@cfmteo.com / www.cfmteo.com



Disclaimer: Every effort has been made to verify the information printed herewith. To the best of our knowledge all information and details are true and accurate at time of printing. Comharchumann Forbartha Fruit: Mhúscraí accepts no responsibility for any loss or damage arising as a result of reliance this publication's

Vegetable Gardening in April

After taking time to relax after Easter it's now time to carry on with the gardening. What's more, May is the month that kicks up a gear as vegetable and flower plants can be planted outdoors, weather permitting of course. Now that the soil should start to warm up, with weeds sprouting, it's the perfect time for sowing seeds such as *primrose, sweet william, cauliflower, spinach* and *radish*. However, keep an eye on any weeds appearing as they will need taking in hand!

Fruit: Keep well watered in dry spells to ensure good setting and fruit development; For more growth on grape vines, pinch out the tips of shoots that are two leaves beyond a developing fruit truss; To keep fruit clean and discourage mould lay straw between strawberry plants.

Vegetables: Beetroot and spinach can be thinned out at this time; Earth up potatoes by using a hoe to pull up the soil when they are approximately 23cm (9") high; For extra support use a hoe to place soil up around the base of the stems of broad beans; If weather conditions allow, runner and french beans raised under glass can be planted out towards the end of the month; Seeds could also be sown outdoors at this time under cloches. However, for an early crop sow two seeds per deep pot in the greenhouse or on a windowsill, thinning out to leave the strongest seedling for planting outside in late May or June; Marrow, courgette and sweet corn should be sown in the greenhouse and also outdoors at the end of the month, into early June; There are also a number of other subjects which may be sown either outside or under cloches during early May including broccoli, brussels sprouts, cauliflower, kale, peas, lettuce, radish, spinach and swede; Baby vegetables are becoming very popular especially where space is limited. Many can be sown at this time and, with the exception of sweet corn, can be grown in containers and growbags on the patio as well as in the vegetable garden. However, should soil conditions be cold and wet delay sowing.

Brain Teasers

1	2	3	4
BLOOD	J U YOU S ME S T ONE	S T ONE	ANT ANT ANT ANT ANT ANT ANT ANT ANT
WATER			

May's riddle

What is placed on the table, cut and passed but never eaten?
Answer to last month's riddle..... I have an eye but cannot see. What am I?

A Storm or Tornado