

'Securing Fairness and Wellbeing in a Land of Plenty'

Galway City Community Forum and CORI Justice Commission will jointly present a seminar on the topic 'Securing Fairness and Wellbeing in a Land of Plenty' in the Merlo Park Hotel on Wednesday, April 6th from 8 to 10 pm. All are welcome and admission is free.

This seminar will address two major challenges facing Ireland which is now among the wealthier countries in the world. On the one hand there is the challenge of improving people's sense of wellbeing. Growing incomes have not led directly to increased happiness for those who are better off.

In fact the growing competitiveness and individualism in society has made some people unhappy. On the other hand there are many people who have benefited little from Ireland's economic growth and who are at risk of poverty and exclusion for a variety of reasons. This seminar will address both issues and present possible pathways to securing both fairness and wellbeing for all in a land that now has more than sufficient resources to secure both.

Speakers at the conference: Sean Healy and Bridget Reynolds, Directors, CORI Justice Commission.

Eighth Edition of Crannóg Launched

The launch of the latest Crannóg is upstairs in "The Crane Bar" on Sea Road on Friday, April 15 at 6:30 pm. Crannóg, put out by the Galway Writers' Workshop, is the city's liveliest literary magazine. It includes poetry and fiction from group members and others. This edition's cover features work by Galway artist Trish Bushe based on her travels to India. The launch will feature music and readings in a bar atmosphere. For more information or submissions, contact: editor@crannogmagazine.com



St. Patrick's Day Parade Galway 2005

An exploding Croagh Patrick, a fifth century raiding pirate ship, an American War of Independence Historic Militia Group and Gaelic speaking pipers from the Scottish Isle of Lewis - just a sampling of the highlights in store for this year's St. Patrick's Day Parade in Galway City!

Fifty groups will take part in what promises to be one of Ireland's best parades. For the second year running it will start at the Fire Station on Fr. Griffin Road at 12.30pm on the 17th of March, and move through Dominick Street, over O'Brien's Bridge, through Shop Street, down Eglinton Street, ending up in front of the reviewing stand in Woodquay.

The themed part of this year's parade will tell both the story of St. Patrick and that of the holy and mystical mountain that bears his name - Croagh Patrick. Diarmuid de Faoite, well known Galway actor/director will direct this part of the parade.

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The Wheel Roadshow Comes to Galway

The future of the Community and Voluntary Sector in Ireland was discussed at a seminar hosted by The Wheel in Galway on February 9th last. The Wheel has been around the country to inform and consult about the latest developments and proposed changes to the new charities legislation, company and trust law and a new national agreement to replace Sustaining Progress.

"Changes to legal vehicles and negotiations for the next national agreement are issues that affect the vast majority of community and voluntary groups and organisations, large or small," stated Deirdre Garvey, CEO of The Wheel at the event. Ms Garvey also expressed her gratitude to Galway City Community Forum for helping to publicise the day.

The two presentations of the morning focussed on how charities and community and voluntary organisations could influence the proposed changes in upcoming charity, trust and company legislation processes, and also input and make recommendations for the upcoming new Social Partnership agreement.

The Wheel is a member of the Community and Voluntary Pillar of the current Social Partnership agreement, Sustaining Progress. As a national network supporting and representing cross-cutting interests of charitable, voluntary and community organisations across Ireland, it aims to ensure that local, regional and national groups are equipped with knowledge and information that enable them to operate more effectively.

Dee O'Donnell, The Wheel's Policy Officer, provided feedback to the 30 participants, -many of who were Galway City Community Forum members - on the 10 Special Initiatives that were negotiated by the Community and Voluntary Pillar into the current national agreement, Sustaining Progress, by the then eight Pillar members - since the signing of the agreement in 2003, the Pillar was expanded to include 15 organisations, one of which is The Wheel. She spoke in detail about the two special initiatives 'The Cost and Availability of Insurance', and 'Including Everybody in the Information Society'.

The Wheel was established six years ago with an original mandate from over 200 organisations and individuals to enable Community and Voluntary organisations to achieve their maximum potential, increase benefit to the public and in the process create a better Ireland. Currently The Wheel has more than 12,000 organisations on its database and has a staff of nine people. At present the Wheel provides three national peer-to-peer networks for Fundraisers, Chief Officers, and Information Officers, as well as a national Health

Spokes person. If you would like any further information on the topics discussed on the day or The Wheel's services you can check out The Wheel's website at

www.wheel.ie or contact:

Donncha at 01 - 4548727 or email donncha@wheel.ie.



Brigit's Garden

If you are looking for a relaxing and enjoyable group outing this spring or summer you will be made very welcome in Brigit's Garden in Roscahill. Only 20 minutes from Galway City, visitors of all ages loved the gardens when they opened last summer. The four seasonal gardens, based on the Celtic festivals, include beautiful art and craftwork and are surrounded by woodlands and wildflower meadows laid out with a nature trail and a discovery trail for children. The gardens are wheelchair-friendly, and Brigit's Garden is a not-for-profit organisation and a recognised charity. Groups can avail of group options that include teas or lunches in the Garden Café (with delicious home baking). During the winter Brigit's Garden is an ideal venue for meetings, workshops and courses. The gardens will be open daily from 30th April to the end of September, but groups are welcome at any time of year. For more information please see www.galwaygarden.com or phone 091 550905. Fax 091 550491, email info@galwaygarden.com.

galway city
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Tribes Vibes

Newsletter of Galway City Community Forum

SPRING, 2005

Community Forum Website

The Galway City Community Forum website has gone under a number of changes and can now be accessed at www.galwaycityforum.ie. It is hoped the newly revamped website will create greater awareness of the Community Forum's work in Galway City and also attract new members to the Forum. Check it out today!

Call to Sports Organisations

By Mary Flanagan

An inventory of sports groups in the city and an effort to get funding for a permanent sports officer for Galway are two issues being addressed by the sports and recreation forum. If your group is not registered with the community forum, sign up today. Have a say in the future of sports in the city.

Contact: Claire Ni Fhlaithearta
at 091-536844 or
claire.nifhlaithearta@galwaycity.ie

Graeae Back In Galway - This Time For Children

By Grainne Archer

Graeae, the London theatre group that promotes the inclusion of disabled people in professional performances, was back in Galway at the end of February with its 'Diary of an Action Man'. The play at the Black Box Theatre was aimed at children 7 plus and all interested adults. It dealt with childhood fantasies in a dysfunctional family situation. The characters were played by experienced professionals.

In pioneering staging, descriptive story-telling and sign language were woven together to make it accessible for deaf, visually impaired and blind children. The fusion of sign language with emphasis on movement, physicality and music made for a lively performance.

Deaf members of the audience were catered for. A story synopsis was provided to be read before the play. A deaf actor using British Sign Language worked beside a hearing actor. Other actors used Sign Supported English and Visual Gestural Language.

A child friendly audio introduction was provided before the show for blind members of the audience. There is a model of the set at the entrance, along with swatches of materials used so they can become familiar with the set through touch.

Youth Reporter Winner!

We received loads of entries for the Tribes Vibes Competition for a Youth Reporter. All entries were great and gave the judges a hard task to pick a winner. Many thanks to all who participated in the competition. Ms. Grace O'Hanlon of Droughisde is the winner of the amazing prize of a mini-IPod. Congratulations to Grace and thanks to everyone who entered the competition. The winning entry will feature in the next edition of Tribes Vibes.



Call To Support People With Disabilities, Their Families, Carers and Service Staff

By Grainne Archer

A national public meeting to highlight problems with the new Disability Bill was held at the RDS in Dublin last month. The meeting was in response to the government's commitment to seeing "the Disability Bill 2004" enacted into legislation this year. Disability groups wanted to point out concerns that the Bill did not contain recommendations made by members of the disabled community.

The issue of funding is also a matter of contention. Disability groups say the funding package announced in the last Budget falls far short of dealing with current waiting lists, not to mention future needs.

For more information contact:

Galway Alliance of Parent and Carers 087-6994622
The Forum of People with Disabilities, Galway 087-9036240/ 091-763538



Western Family History Association

By Paul O'Donnell

The Western Family History Association is ten years old this year. It was formed in 1995 by people in the Galway area who were interested in Family History and wished to meet like minded people and encourage the study and dissemination of information, which would be of use to those who wished to do their own research. It is an Association focusing on the 'Do it yourself' approach, where by encouragement help and assistance can make the journey of discovery more interesting than the end result. But, a Family Tree is never finished. People continue to be born and die in a natural progression. As such it is a hobby that can be taken up and left down as time permits. Attracting a mostly mature audience, younger people can add their own enthusiasm to the subject also. The name of the Association at that time was the Western Branch of the Irish Family History Society. The first Officers were Paul O'Donnell, Craughwell, Aideen Coughlan, Lurgan Park, Galway, Tommy Coyne, Moycullen and Frank Kearney, Turloughmore while the current Officers are Sr Teresa, Forster St, Galway, Nuala Nolan, Middle St, Galway, Michael John Burke, Maree and Jarlath Kemple, Menlo.

The Association works on a relaxed no pressure approach to the subject and holds just five meetings a year on a bi-monthly basis i.e. January, March, May, September and November. These meetings consist of a Lecture and discussions and are held on the second Wednesday of the month. The usual venue is the Menlo Park Hotel but it is better to check local papers for up to date times, dates and venues.

A number of Workshops have been held for those starting out to trace their Family Tree and they have been very well attended. A number of visits have been made to the County Library and to the Library in the National University of Ireland, Galway which hold many records, books and documents essential in that search for unknown ancestors.

A Library has been built up over the years and it presently consists of over 200 items which members can borrow from meeting to meeting at no charge. The Library is usually available for members at the bi-monthly meetings and is a valuable asset and resource tool to those who wish to read up on various topics in their own home.

Non members are welcome to our meetings and it is hoped that those who make the effort to attend will join an Association with a wealth of knowledge to share.

A Resident Association Forum for Galway is looking for members to come together on a regular basis.

Committee members of resident groups came together last October to share experiences in setting up and running a successful organisation. Although each group was very different to the other, it was useful to exchange information and look at how other people organised themselves. Housing Estate Liaison officers, working at city council, were also on hand to advise of incentives to groups such as the amenity grant, Galway Planting Initiative and a group start-up package.

Previous meetings dealt with the topics of insurance for residents' associations by someone in the business, and legal matters such as trespassing and nuisance by an expert in the law. A Charter of Rights was adopted, calling for such things as the right to access for every citizen in Galway, high quality bus transportation and the right to feel safe, among other items.

The Resident Association Forum is under the umbrella of the Galway City Community Forum. Some of the common concerns that emerged at the last seminar were the high cost of insurance for groups and the difficulty of getting a clear statement of what is covered under a policy. Another was the nuisance factor of public drinking in residential areas. Litter problems and dumping, and possible solutions, were also discussed. Another strong area of concern was the general lack of consideration by officials at city hall.

Some members of the Forum have been looking into the feasibility of umbrella insurance coverage for resident associations and are gathering other information on different policies offered. The organisation The Wheel, a national resource for the Community and Voluntary sector, has been in touch to outline their approach to the government for more competition in insurance. Among the points relevant to residents' groups are:

- Establishment of a mechanism for the C & V sector to enter into dialogue on specific insurance concerns of the Sector
- Government acknowledgement of the effects on the C&V sector and the sector as an important stake holder in the debate on insurance
- The high costs of premiums means C&V organisations have to channel funding from core activities. Such use of much needed resources does not represent optimal use for the sector or Government.

A customer service policy in place at City Hall has implemented been moving on improving its relations with the public and the Residents' Forum will be monitoring its progress. The Forum is looking for new members in order to organise its next meeting. It is hoped to attract a diversity of organisations in all areas of Galway City and welcomes those who don't represent groups but may be interested in forming one.

If interested, please leave your name, organisation and contact information with:

Claire, Galway City Community Forum Coordinator,
claire.nifhlaithearta@galwaycity.ie
(091) 536844

Sandra Bunting, Galway City Community Forum Steering Committee
panbunda@hotmail.com

End of March, 2005, Deadline for National Housing Needs Assessment

The various housing groups in the city have been informing the public about the count currently taking place of people in need of both social and affordable housing in Galway City and County. The count is part of the national Housing Needs Assessment plan.

Local Authorities have been requested by the Department of Housing and Urban Renewal to carry out assessments of need for local authority housing accommodation, residential caravan parks for Travellers, and to assess the number of homeless people.

The provision of Local Authority Accommodation and Affordable Housing in the region for the next three years will be based on these figures.

It is important that every person in need of Local Authority Housing is included on the list in order that a true picture of the need will be provided to the Department.

Those who believe they have a need for housing and that it is unlikely that they will be able to provide housing for themselves and their families out of their own wages or income are advised to contact their Local Authority Housing and make an application for housing. Low paid workers as well as people who are dependent on small pensions or a Social Welfare Payment as their main source of income should apply.

If you are unsure about whether you should apply to go on the housing list or if you need further information contact **Threshold** by phoning **091-563080** or call into their offices at **Augustine House, Augustine Street, Galway.**



Telling Stories: Looking for Writers from Diverse Cultures

The Western Writers' Centre on Nun's Island has formed a writers' workshop for immigrants and refugees to share their experiences in written form. A time has been organised for 2 o'clock every Thursday afternoon at the centre: 1st Floor, Riverwood House, 34 Nun's Island. The group welcomes beginners, poets, story tellers as well as professional writers. It is not a class but there will be a facilitator. The aim is to provide a safe and relaxed atmosphere where participants can read out their writing to other people who come in and discuss their work among themselves.

The manager of the centre, Fred Johnston, says he hopes a creative energy of exploration will come about in the sessions. He adds that no one will be put on the spot; there will be no judgement. The idea was formed as a result of looking at other countries whose literature has been shaped by immigrants who carry stories from their past or those handed down from their parents, and blend it in with their new experience.

Fred Johnston pointed out that Frank McCourt (Angela's Ashes) lived almost all his adult life in the US and yet it was about Ireland he wrote about. "Irish writing of the future is going to be deeply influenced by newcomers. Old traditions of Ireland won't be the major themes in writing from now on," he said. "There will be a strong writing output from the children of the present immigrants." Fred has a lot of experience of getting people to share stories. He was formerly involved with a Poetry Ireland project in Louisburg, County Mayo that got older people together with transition years. He organised a similar project at the Presentation College in Galway. So far, the group is small. There have been a lot of telephone calls showing signs of interest but Fred is urging more people to attend. He says he realises it may not be easy to come and expose yourself through writing but he assures that there will be an atmosphere of energy and creativity and a safe space to talk about things.

"Expressing oneself through creative writing," he says, "is a very solid way of beginning to recognise and acclimatise to a new culture and to cross cultural barriers."

If things go well with the group, there may be an anthology put together with the writing of the new Galway writers.
For more information, phone the Western Writers' Centre at 533595 or go to Riverwood House, 34 Nun's Island.



Focus on the Arts

Forum wants Arts Groups to Join.

The Galway City Community Forum is focusing on 'The Arts' among its priorities for this year and is asking groups in music, art, writing, theatre dance and other forms to join the Community Forum to develop a united voice and work on some sort of art policy. While we are delighted at the success of Cork in obtaining 'Cultural Capital of Europe 2005', we were disappointed that Galway was out of the running. There is a need to make an inventory of what we actually have and to identify deficiencies.

For a membership form, please contact Claire at 536844.

New Venue at Nun's Island

The Galway Arts Centre had opened its newly refurbished Nun's Island venue. The small theatre can host studio plays, concerts and readings among other things.

New Site For Artists

Galway Civic Trust and Galway City Council invite submissions from artists for site specific art projects in the Fisheries Tower, Galway. Sited in the heart of the city, where the Corrib torrents enter Galway Bay the Fisheries Tower is former watchtower against salmon poaching on the River Corrib. It is now managed by the Galway Civic Trust and offered jointly by the Trust and Galway City Arts Office as a site for innovative art projects in 2005. For further details including information pack and application form please contact

Maeve Mulrennan, Galway City Council Arts Office, City Hall, College Road, Galway

(091 536 400 maeve.mulrennan@galwaycity.ie)

or Sheila Phelan, Galway Civic Trust, 45 Dominick St., Galway

(091 564 946 trust45@eircom.net)

Closing date for submissions is April 2nd, 2005.

Galway City Council's Visual Arts Programme is grant-aided by The Arts Council.

Galway Civic Trust's Fisheries Tower Programme is supported by Irish Investment Bank.

FORUM MEMBERS AMONG 2004 MAYOR'S AWARD WINNERS

The Galway City Community Forum congratulates all nominees and recipients of the awards.

The second Annual Mayor's Awards celebrating voluntary activity in Galway City were presented at a ceremony on Tuesday, 25th January in The Black Box Theatre, Galway.

Each of the nominees was presented with a certificate of appreciation by Mayor of Galway City, Cllr. Catherine Connolly at the ceremony which was attended by more than 300 people from all walks of life in Galway City.

The individual category winners were announced:

- Arts, Culture & Heritage - Donal Taheny in recognition of his lifetime of work particularly in relation to the celebration and conservation of the heritage of Galway City;
- Children and Youth - Miriam Pybus for her tireless work for the Scouting movement in Galway city;
- Residents' Groups, Neighbourhood and Environment - An Taisec - Galway Association for the voluntary work it undertakes to protect the built and natural heritage and environment of the city; (accepted by our very own Derrick Hambleton)
- Social & Community Support - Jack Callanan and Galway Centre for Independent Living (a member of the forum) for their trojan work on behalf of the rights of people with disabilities;
- Sports and Recreation - Ciarán Delaney for his tremendous work to single-handedly develop Knocknacarra Hockey Club;
- Young Volunteer of the Year - Pamela Groarke for her contribution to the development of services for young people in Galway and in particular her work with Young Mothers in Education;

- Volunteer of the Year - Mike Swan for his total voluntary commitment to his role as helmsman and training officer of Galway Lifeboat.

Each of the winners received a Galway Crystal trophy and a cheque for €600



Front (left to right) Jack Callanan, GCIL, Donal Taheny, Woodquay, Cllr. Catherine Connolly, Mayor of Galway, Pamela Groarke, Cluain Ríocaird; Back (l to r) Mike Swan, Galway Lifeboat, Derrick Hambleton, An Taisec, Miriam Pybus & Ciarán Delaney, Knocknacarra Hockey Club.

FILIPINO COMMUNITY GOING STRONG IN GALWAY

BY BRIAN MCNAMARA



Vincent A. Gelion is a core member of the now official organisation; the Galway Filipino Community. Vincent, who has been living in Ireland for three years, is one of about ten key members who initiated the legalisation of the group. He tells how that group of individuals proposed to formalise Filipino gatherings that took place at monthly mass services in the Abbey Church. These were then followed by communal get-togethers in its Function Hall as the congregation shared food and drink. Vincent tells how community officers for the organisation were elected in September, and a month later the constitution and by-laws of the community were draughted. Once these draughts were ratified by the members as a whole, the organisation was officially launched on October of last year, meeting the requirements to become a member of the Galway City Community Forum.

The objectives of the Galway Filipino Community are two-fold; to promote brotherhood within the local Filipinos, and to integrate the Filipino population into the broader Galway community. Vincent says: "We seek to support every member of this community in any way we can." This is achieved in two ways; through the Damayan Project, which ensures both emotional and financial support is given to any of the members who suffers a family bereavement or other such crisis; and an information drive whereby members are made aware of their rights and entitlements. At the January monthly meeting, the C.E.O. of the Immigration Council of Ireland was a guest speaker. The organisers now hope to get a representative of the Migrant Rights Centre to speak in the near future.

Vincent tells how the community is divided into eleven area clusters For efficient management, four of which are in the city, and seven in the surrounding districts. The latter includes two in Connemara, and one in each of the following; Ballinasloe, Loughrea, Moycullen/Oughterard, Oranmore/Gort and Tuam/Cong. The Galway Filipino Community is just one of several such Filipino communities scattered throughout the country: "there are at least seven in Dublin alone." Vincent also tells how a council representing all the Filipino communities in Ireland was set up last December. He says: "It is the objective of the council to make a good representation for every Filipino here in Ireland to the (Irish) government."

In Vincent's estimation, there may be as many as six hundred Filipino migrant workers currently living in the greater Galway area. About half of these are employed in the hotel and restaurant industry. Up to twenty per cent are working in the Health Sector, "mainly in the nursing homes, either as nurses or care-givers." There are also many working in private homes as nannies. The rest are employed in either manufacturing or services. The exodus of Filipinos into the country started about four years

ago and then slowed to an almost standstill two years ago, as the Irish government stopped hiring in the run-up to E.U. expansion. Unlike other migrant workers, Filipinos rarely experience language difficulties on their arrival here as English is one of their country's two official languages. The vast majority of Filipinos here are Catholic, and the rest mainly belong to other Christian religions. Vincent has also known one Filipino Muslim in Galway. Their faith is very important to Filipinos.

On the third Sunday of each month, the Filipino people celebrate a special Mass in the Abbey Church. All Filipinos, Catholic or otherwise, are welcome to attend these celebrations. The Mass is also open to any locals who may wish to join them. The chaplain is Fr. Pat O'Connell, an Irish priest who had served in the Philippines for thirty years before returning home in recent years. Vincent says of him: "He's an Irish priest, but I would say he is Filipino by heart." Although Fr. Pat is based in Dublin he now serves the various Filipino communities nationwide. He travels throughout the country each month, saying regular Masses in their areas of inhabitation, including Belfast, Dublin, Bray, Galway and Limerick.

The January celebration was extra special in Galway this year, as it coincided with a major festival in the Philippines. The Sinulog Festival is celebrated in the Philippines' second largest city, Cebu. It is a Mardi Gras-styled festival that involves a combination of street dancing and ritual dancing, performed to the backdrop of beating drums, in honour of Señor Sto. Niño (the Child of Prague). A star couple normally lead the dance, holding the infant Jesus as they do so. The congregation of that Sunday ebulliently re-enacted this dance inside the Abbey church. Vincent says: "For those who hadn't seen it before (the Irish onlookers), the feedback we got was that they were happy to see a different kind of practice or ritual."

Although the Galway Filipino Community normally meets in the Abbey Function Hall following their monthly Mass, Vincent is quick to point out that it is a non-sectarian organisation. The organisation currently comprises about one hundred and fifty fully paid-up members but it is keen to attract more. Vincent says: "It is our aim now to solidify the foundation by reaching out and encouraging all Filipinos to join. Through this organisation we can become members of one big family. Also it is one of our main objectives to integrate ourselves here, to share our culture, our traditions, our place."

Members of the community are made up of Filipino immigrant workers and residents of the city and the county of Galway, Irish nationals who are spouses of any Filipino member and friends who contribute to the development of the community.



Galway for a Safe Environment (GSE) Update

By Kieran Cunnane.

GSE took part in the recent public consultations on the new **Connaught Waste Management Plan** for Galway on **Tuesday 8th February**. The format was that three RPS-MCOS Consultants and three officials were available to talk to, all on a one to one basis. **Richard McGuire** (Environmental Education Officer), and **Gary O' Loughlin** (an Engineer in the Environment Department) were there mainly to answer questions and provide information on a more informal basis. **Michael Joyce** (who co-ordinates the Connaught Waste Management Plan throughout the region) was there in a similar capacity to the consultants. Another GSE Committee member was there as were Councillors **Niall O' Broicháin**, **Tom Costello**, **Billy Cameron**, **Collette Connolly** and **Michael Leahy**. Following is my own input.

I spoke initially with Richard McGuire who showed us charts on the waste breakdown (including Galway's new figure of 58% diversion from landfill), and some nice examples of recycling products, showing where the contents of our green bin goes or can go. An informal debate took place also with a few of us on what are the best nappies, biodegradable or the old style re-usable cloth nappies.

Then I spoke with a consultant. I made several points on the excessive cost of incineration and the health affects even with the best available technology. I criticized the absence of planning for the toxic ash and pointed out that several economic points in the new plan need to be amended from the old one. I stated that they could not propose recycling the bottom ash (the less toxic portion) into roads, footpaths or building material, because it contains significant amounts of heavy metals. The consultant seemed to acknowledge or be aware of this.

I also complained about what I saw as propaganda material on view to promote incineration. Of particular annoyance was the title "Incineration – the facts", because in many cases it does not back up some of its facts and figures with hard data, and it also contradicts itself. We felt a second leaflet on backyard burning was also being used as supplementary propaganda to promote incineration. I also made the point that regional plans are futile for parts of the waste stream such as industrial waste which can only be tackled at a National Level.

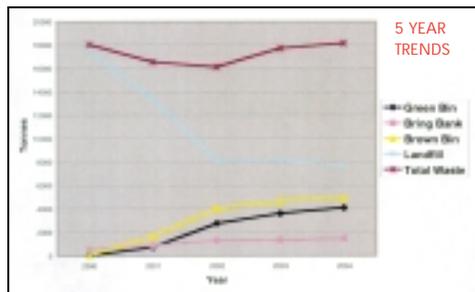
Later, myself and Cllr. O' Broicháin spoke with Michael Joyce (credited with bringing in the Galway's waste separation system) who it seems is getting a lot of pressure from Government to put incineration in place. He confirmed that industry is probably well short of doing what it can do. I also expressed a concern that incineration seemed very ingrained in his mindset and told him our Mantra was "what is the alternative to landfill" as opposed to incineration.

Going forward, the Draft of the new Connaught Waste Management Plan is expected to be published in April. The position will then be much clearer as to whether incineration is still on the cards for Connaught. The public will then have another two-month period during which we can make further inputs, before the plan is completed.

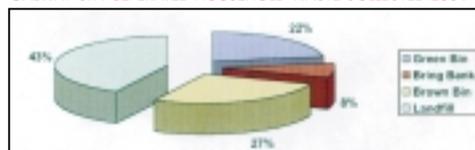
On a separate note, GSE has responded negatively to a call by **Noel Grealish TD** for a Central Incinerator to service the whole Country, with a recycling facility again for the Country adjoining it. The PD Parliamentary Party voted unanimously in favour of his proposal. The background is that prior to the 2002 General Election, GSE attacked Fianna Fáil only. We refrained from attacking the PDs because they passed a motion (which Noel had a big input into), precluding mass burn incineration. He has made his and the PDs position finally very clear (we always suspected this); they are for incineration, but not in my constituency. Galway for a Safe Environment are not about being NIMBYs and are not in favor of fobbing off an incinerator to some other unfortunate Community, we are opposed to it anywhere in the Country.

GSE will continue to keep the Galway public informed through the local media about any developments in the process.

Galway City Separated Household Waste Collection Five Year Data 2000 - 2004



Galway City Separated Household Waste Collected 2004



	GREEN BIN	BRING BANK	BROWN BIN	LANDFILL	TOTAL
TONNES 2000	0	522	0	17530	18052
TONNES 2001	698	857	1632	13357	16544
TONNES 2002	2751	1288	3995	8086	16120
TONNES 2003	3596	1301	4657	8152	17706
TONNES 2004	4076	1470	4906	7701	17706
2000 - %	0%	3%	0%	97%	
2001 - %	4%	5%	10%	81%	
2002 - %	17%	8%	25%	50%	
2003 - %	20%	7%	26%	46%	
2004 - %	22%	8%	27%	42%	



Living With a Child With ADHD

By Rose Kavanagh

The Western Health Board defines ADHD as a medical diagnosis applied to children and adults who have serious developmental, behavioural and cognitive difficulties. It is a biological condition caused by minor difference of fine-tuning in the normal brain, thought to be due to an imbalance in the brain's neurotransmitter chemicals. This imbalance is mostly found in the frontal lobes of the brain, which are responsible for self-monitoring and on the brakes on unwise behaviour. More common in boys, the severe form is marked by chronic behaviours in pre-school age, while milder forms first manifest themselves at about 7 years.

Three distinguishing characteristics are inattentiveness, impulsivity and hyperactivity. The disorder, if untreated, can wreck havoc on the lives of many and is responsible for a wide range of difficulties from relationship problems, dysfunctional families, drug and alcohol abuse and employment difficulties. Many have been denied an education because they have ADHD.

The following Robert Service poem could describe some of the severe characteristics facing sufferers of ADHD.

-The Men Who Don't Fit In-

There's a race of men that don't fit in,
A race that can't sit still;
So they break the hearts of kith and kin,
And they roam the world at will.

They range the field and they rove the flood,
And they climb the mountain's crest;
Their is the curse of the gypsy blood,
And they don't know how to rest.

If they just went straight they might go far;
They are strong and brave and true;
But they're always tired of the things that are,
And they want the strange and new.
They say: "Could I find my proper groove,
What a deep mark I would make!"
So they chop and change, and each fresh move
Is only a fresh mistake.

And each forgets, as he strips and runs
With a brilliant, fitful pace,
It's the steady, quiet, plodding ones
Who win in the lifelong race.
And each forgets that his youth has fled,
Forgets that his prime is past,
Till he stands one day, with a hope that's dead,
In the glare of the truth at last.

He has failed, he has failed; he has missed his chance;
He has just done things by half.
Life's been a jolly good joke on him,
And now is the time to laugh.
Ha, ha! He is one of the Legion Lost;
He was never meant to win;
He's a rolling stone, and it's bred in the bone;
He's a man who won't fit in.

If you want more information, contact:
Galway ADHD,
Cloon, Claregalway, Co. Galway
Tel: 091-798266

Forum looking into application for licence to start a Community Radio Station

A Committee is being reformed to look into the feasibility of applying for a Community Radio Station together with other interest groups and hopes to come up with an interesting proposal.

A group meeting last Autumn, did not have sufficient time to carry out all the studies and write up a plan. The name 'Tribes FM', was however suggested.

Two other applications for Community Radio Stations in Galway – Culture FM and Flame FM, were presented to Broadcasting Commission of Ireland in 2004 but were not accepted. There is now only one licence available for Galway City - temporary licences also available.

Community Radio Stations are already in operation in Galway, one is Flirt FM on campus at National University of Ireland, Galway. The other is Connemara Community Radio based in Letterfrack. There is a lot of work to do, but it will be worthwhile and hopefully enjoyable working together.

If you would be interested, please contact the Galway City Community Forum Co-ordinator Claire Ní Fhailhearta at 091-536844 or communityforum@galwaycity.ie or Sandra Bunting on the Steering Group at panbunda@hotmail.com.

New Chairman of GCCF Steering Group

Mr. Shane Foran was elected chairman of the new steering group of the Galway City Community Forum at their meeting on the 17th of January 2005.

Shane has been involved with the Community Forum for many years. He represents the Community Forum on the City Council Transport Policy Committee and has helped draw up many of the forum's policies on transport. He has recently been focusing on the issue of child activity levels, child obesity and how our children can travel around the city more safely.

Now working as a computer programmer, he got involved with the Galway community Forum through his work with the Galway Cycling Campaign.

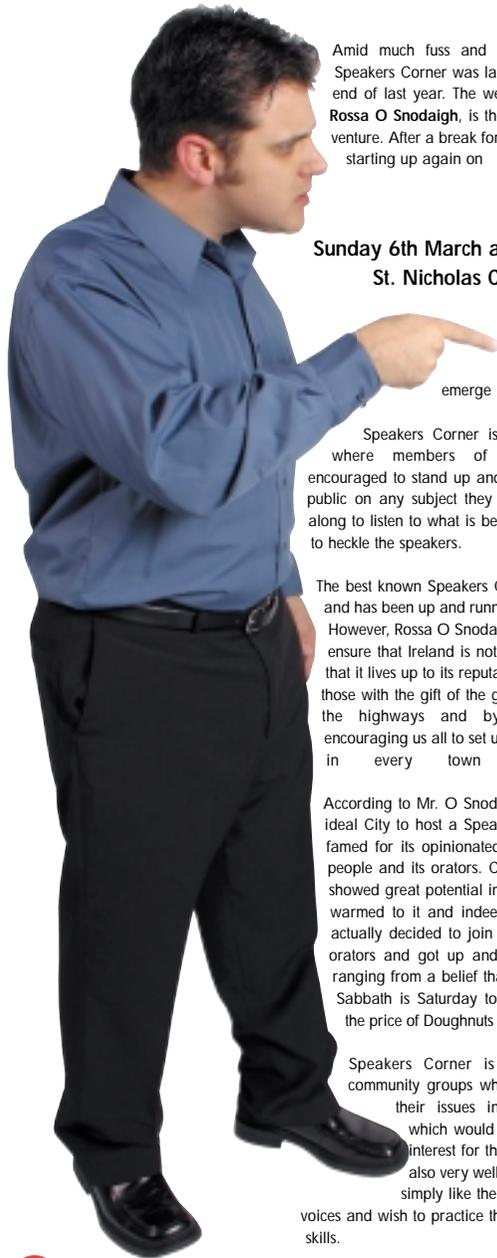
In addition to this role, the new Steering Group defined priorities for the forum's established independent program of work over the coming year. They include:

- The holding of public seminars on the City's Housing Needs, which is to hold on the 19th of April 2005, Children's Travel needs within the City and the City's Wildlife Resources. For further information on the upcoming seminars contact Claire at 091-536844 or communityforum@galwaycity.ie.

- Building on the forum's current public profile with a strong web/internet presence.

- Facilitating and encouraging both greater, and broader, participation in forum activities. A particular focus is strengthening the residents' association forum and the need to attract more input from the City's cultural groups.

Speakers Corner in Galway



Amid much fuss and kerfuffle, Galway's Speakers Corner was launched towards the end of last year. The well known musician, **Rossa O Snodaigh**, is the brains behind the venture. After a break for the winter it will be starting up again on

Sunday 6th March at 2.30 outside St. Nicholas Church.

Considerable amounts of hot air are expected to emerge from this venture.

Speakers Corner is an outdoor event where members of the public are encouraged to stand up and make a speech in public on any subject they wish. Others come along to listen to what is being said and others to heckle the speakers.

The best known Speakers Corner is in London and has been up and running for many years. However, **Rossa O Snodaigh** is determined to ensure that Ireland is not to be outdone and that it lives up to its reputation as the home of those with the gift of the gab. He is travelling the highways and byways of Ireland encouraging us all to set up Speakers Corners in every town and village.

According to Mr. O Snodaigh, Galway is an ideal City to host a Speakers Corner as it is famed for its opinionated people, its artistic people and its orators. Certainly the venture showed great potential initially. Local people warmed to it and indeed some passers by actually decided to join the more seasoned orators and got up and spoke on subjects ranging from a belief that the true Christian Sabbath is Saturday to the possibility that the price of Doughnuts is perhaps too high.

Speakers Corner is ideally suited to community groups who wish to highlight their issues in public, many of which would not hold that much interest for the press. Indeed it is also very well suited to those who simply like the sound of their own voices and wish to practice their public speaking skills.

There is no question that public speaking is an art, which will always come in useful to those who practice it. Even the shyest of people tend to be singled out at some stage in their lives to make a speech to the public at large. From birthdays, to weddings to funerals there are always speeches to be made and Speakers Corner is the ideal spot to practice exercising ones vocal chords.

People often ask the question whether Speakers Corner is serious or just a bit of laugh. In reality it is both. It is much like the news media really. Newspapers, radio and television are full of nonsense but often tackle serious issues too.

The great thing about Speakers Corners is that people understand and adhere to the rules of engagement, but there is nobody actually enforcing them. It is an anarchists' dream really and I suspect that there is a little bit of an anarchist in all of us.

Anyone interested in practising the anarchy of speech making or listening to others is welcome to come along on the first Sunday of each month to **corner of Market Street at 2.30pm.**

Niall Ó Brocháin can be contacted by phone on 091-596680 or by email at niallob@esatclear.ie

galway city
community forum
forum pobal chathair na gaillimhe

City Hall, College Road, Galway.
Contact: Claire.Ni.Fhlaithearta Ph: 091-536844
email: claire.nifhlaithearta@galwaycity.ie
www.galwaycityforum.ie

GALWAY VOLUNTEER CENTRE (GVC)

CONTACT

At this stage we would like voluntary/community organisations to let us know if they would like their volunteering needs to be included in the new volunteer website for Galway city and county.

Contact: **Joan Kavanagh, GVC Co-ordinator, Tel: 091 581479; email: joanmkavanagh@eircom.net**

This is an up-date on the work that has been going on since **April, 2004** for the establishment of an infrastructure to support and promote voluntarism in Galway city and county. The Steering Committee involved in this process are representatives of interested organisation in Galway i.e. the city and the county local authorities, the city and the county Forum, state agencies and local voluntary/community organisations in Galway.

The main object is:

- to promote the role of volunteering, and to offer equal opportunities to all sections of the community to participate in meaningful voluntary activity,
- to provide a free, high quality confidential volunteer placement service in a friendly and professional manner where volunteering is the focus of the work.
- to offer professional support, advice and training to organisations around their volunteering needs so that they can achieve best practice principles in volunteer management.

FOR VOLUNTARY ORGANISATIONS

If you are interested in recruiting volunteers to your organisation the Galway Volunteer Centre will be of assistance to you. The Centre will place volunteers (where possible) with organisations:

- that are non-profit making
- have equal opportunities for all volunteers
- where the tasks under taken complement and do not substitute for the work of paid staff.
- and where there are organisational structures in place for proper support for volunteers.

FOR VOLUNTEERS

The Centre will enable a person to do voluntary work if they so wish. It will aim to give priority to the needs of the volunteer, to help them to work within their own area of interest and to aid their self-development. The Centre will also promote best practice in regard to all voluntary activities.

CORPORATE RESPONSIBILITY

The Galway Volunteer Centre will promote the adoption of corporate responsibility policies and practices. It will raise awareness within the voluntary and community sector about the type of business support available so that they can benefit from the transfer of skills and expertise from business into their organisation

WEBSITE

A website is at present being developed for the Galway Volunteer Centre, which will contain everything you wish to know about volunteering policies and practices. It will have many volunteering opportunities from voluntary organisations for people to volunteer in Galway city and county. It will also contain links to other volunteering and relevant sites. The website is being modelled on the Tallaght Volunteer Bureau website.

Note: It is hoped to launch the Galway website around early May.

LOCATION

The GVC does not have an office at present to act as a 'drop-in' Centre in Galway city where people have an opportunity to discuss volunteering opportunities and options in a friendly and confidential manner. The Centre is in the process of looking for a suitable office with an existing organisation or institution in order to minimise on rental expenses.

Request for available office space: If somebody out there has a small office available or knows of somebody who has a small office available to rent for approximately 6 months - please let us know.



To volunteer your time to make your community a better place, irrespective of the nature of the task or help you offer is always rewarding.

An Comhairle Cathrach ag Cur Chun Cinn na Gaeilge!

Is é 'Branar sa Bhunscoil' an chéad chéim i scéim nua na Comhairle, 'Infheistíocht Chultúir', ina mbeidh an leanga curtha chun cinn ar bhealach nádúrtha do pháistí na Caltrach. Tá an comhlacht, Branar Drámaíocht, faoi stiúir **Marc Mac Lochlainn**, fostailte chun an chuid seo den tógra a thabhairt chun críche.

Tá an comhlacht seo ag obair le drámaíocht san oideachas ar feadh roinnt blianta anois agus mar sin tá sé tábhachtach dúinn teacht i dtír ar a gcuid saíneolaí. Níl bealach níos fearr chun páistí a mhealladh ná tríd an drámaíocht agus tríd na h-ealaíne go ginearálta.

Tá súil againn an dara céim den scéim seo a thógáil an chéad bhliain eile, sin leis na meánscóileanna. Tá grúpa curtha le chéile againn atá réidh chun gach gnéith den chultúr a bhrú chun cinn: sean-nós, ealaíon, ceol agus damhsa. Má leanar an plan i gceart cuirfear leis an méid cainteoirí sa chathair agus leis an saibreas cultúir chomh maith.