

Great music, fun at Loughglynn Festival

Less than a fortnight remains until the fourth annual fundraising music festival gets underway in Loughglynn Community Centre. So this is giving you plenty of time to book the weekend off work and attend what promises to be a fun-filled exciting weekend of music and dancing.

This year's festival will not

disappoint, boasting the most exciting line up to date. Kicking off the festivities on Friday, July 30th is one of the festival's main attractions, Mike Denver with his band, who are guaranteed to get you out on the dance floor!

On Saturday, July 31st the Queen of the Woodlands committee invites you to the competition to crown the 2010 Queen

of the Woodlands, which commences at 9 pm sharp. Twelve lovely contestants will be put through their paces to see who will be crowned 'The Queen of the Woodlands 2010'. This promises to be an enjoyable event for all the family, with special family admission rates from 9 pm to 11 pm. This will be followed by 'The Conquer-

ors', who will be performing at the festival for the first time.

Sunday night, August 1st welcomes another newcomer to the Loughglynn Festival. Robert Mizzell and the Country Kings will be taking to the stage for what promises to be a superb night.

On Monday night, August 2nd the ever-popular Jimmy Buckley will wrap up the festivities for yet another year! Tickets available at the door. Bar exemption nightly. The Festival committee would like

to sincerely thank Liam Costigan for provision of his license for the fourth year running, with all proceeds from the bar going to the outstanding debt on the Community Centre. They would also like to thank the hard-working Queen of the Woodlands Committee for their dedication and commitment. So get your dancing shoes on, come out and meet old friends and have the craic while supporting this worthy fundraising event!

Children are not forgotten

over the weekend, with a fancy dress, party and disco taking place on Sunday, August 1st from 4 to 6.30 pm with fabulous prizes up for grabs, including cinema, bowling and toy shop vouchers, complements of Carrick Cineplex, Ros Bowl and Smyth's toy store (Claremorris) respectively. The committee would like to take this opportunity to acknowledge their generous sponsorship.

For further information and updates, log on to www.loughglynnfestival.com

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Loughglynn Music Festival committee members.

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DESSERT NO. 4

Geraldine Garvin's cookery collection

Each week I will be sharing some of my favourite recipes with you. Just cut them out to build up a solid collection of great recipes.

BAKED CHEESECAKE

A 10 in by 2 1/2 in cheesecake mould

- 60g of cornflour
- 340g of sugar
- 225g or 5 medium eggs
- 30g or 2 egg yolks
- 2 tablespoons of vanilla extract
- The flesh of 1 vanilla pod
- 150ml of half whisked double cream
- The zest of 1 lemon

For the base you can use a basic sponge or biscuit.

- Using a kitchen mixer, mix the cornflour and sugar, then add the cream cheese.
- Combine egg yolks, vanilla extract, vanilla flesh and lemon zest add this gradually a quarter at a time to the cream cheese mix.
- Fold in the half-whisked cream.

- Line the bottom of the mould with either sponge or biscuit base.

- Pour in the wet mix on top of base.

- Using a water bath (a tray wide enough to fit the mould into with an inch of hot water).

- Bake for 90 mins at 150c.
- Remove from water bath, chill, remove the mould, and serve the next day.



Creaton highlights nursing shortages

At last week's meeting between Mr. John Hennessy, Director of Operations, Western Region HSE and local TDs and councillors, Cllr. Michael Creaton stated that it was due to a lack of staff that the day care services in Áras Máthair Phoil, Castlereagh ceased to operate. He said this issue has not been resolved since and that unless there is an increase in nursing staff numbers it will not be possible to operate this service.

Cllr. Creaton also raised the very serious issue of staff numbers in the psychiatric services and said it was at crisis point and dangerous for both staff and service users. He said that urgent action needed to be taken.

According to Cllr. Creaton Mr. Hennessy agreed that adequate numbers had not been provided to the psychiatric services in the past number of years but he promised this whole area was high on his agenda in the ongoing discussions on the way the HSE provided its service.



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