

roscommon town



Back row (left to right): Dr Margaret Wawrzynek, Dr Wojciech Wawrzynek, Vice President, Carol McEnroe, Tom Murray, Daniel Burge, Bill O'Meara, Gosia Stepien, Dr Mike Thomas-Vice President, Brian McLoughlin, Cathy Farrell, Eamonn Farrell, Teresa Waters, Treasurer, Marion Rimmer, PRO. Front row (left to right): Jim Hegarty, Lieutenant Governor (Marketing) Ireland/UK, Mari Thomas, President and founder SpeakEasyRoscommon, Werner van den Hemel, Division Governor.

SpeakEasy celebrations

SpeakEasy Roscommon, celebrated its first year of chartership as an internationally recognised Toastmasters club on 17th April, with a meal at Moma restaurant, Main Street, Roscommon, on Friday 16th April.

Jim Hegarty, Lieutenant Governor, Marketing, Ireland/UK for Toastmasters International and Werner van den Hemel, Division Governor, both of whom have been helpful in coaching members on running a Toastmasters club throughout the year, presented Mari Thomas, President of Speak-

Easy Roscommon and founder of the club, with a Certificate of Achievement, from Toastmasters International in recognition of SpeakEasy Roscommon's successful first year as an officially chartered club of the organisation. Dr Mike Thomas (Vice-President) and Mari Thomas had been members of the of the Longford Toastmasters club for only six months when they were requested to start a club in Roscommon and tackled the job with great enthusiasm and success. In a survey of people's greatest

fears, that of public speaking consistently comes out near the top. Men and women all over the world share a common fear of standing up in public and expressing their ideas and opinions. SpeakEasy Roscommon provides members with a safe learning environment, where they can practice those skills and build confidence. It lets members experiment with speaking and listening skills, in a safe and positive environment, allowing them to find the courage and the ability to express thoughts and opinions. Ros-

common Toastmasters club, known as SpeakEasy Roscommon meets every first and third Wednesday of the month, at the Quad Youth Centre, Circular Road, Roscommon, from 8.15 to 10.30 pm. The club welcomes new members young and old for a most enjoyable evening. Guests are always welcome and you may be amazed by what you learn and who knows, you may find your voice?

If you would like further information please contact Mari on (085) 8191700.

Successful clean-up in Carrownabrickna

A successful clean-up was held in Carrownabrickna last week as part of the National Spring Clean Campaign.

Carrownabrickna Residents' Association incorporates four estates at Racecourse, Road, Roscommon: Oaklawn Drive, The Paddocks, Chestnut Drive and Lenabane Avenue. All four areas were cleared of all litter with the help of over 30 children and six adults.

Siobhan Morris who organised the event, this week thanked all those who took part on the day and congratulated them on a job well done.

The National Spring Clean campaign is organised by An Taisce and funded by the Department of the Environment, Heritage and Local Government.

Packed calendar for Foróige Club

Roscommon Foróige First Year Youth Club is extremely busy with all the various sub-committees working like beavers on a packed calendar of events, fundraisers and other initiatives. There is no shortage of good ideas so keep up the good work!

Congrats to Caoimhe, Sara, Shauna and Róisín, all members of the club who together with Aisling and Lisa had their project on 'Renewable Energy' selected for the finals of the SEAI 'One good Idea' competition, which takes place in Dublin on May, 6th. The Club is rooting for you all and wish you the very best of good luck and yes we all get the message 'Renewable Energy Rocks'.

If you are interested in becoming a leader please contact Jim Maher at (086) 9672920.

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Fresh start

Fresh Start is a FÁS-funded 12-month course for people who wish to explore their work options and update or develop new skills. It is particularly suited to persons unemployed due to short or long term health difficulties. Recruitment for May 2010 is now underway. If you wish to enquire about the course please contact Regina O'Grady, National Learning network, Castlereagh (090) 96 25465.

Table quiz

A table quiz will be held in Beár an Ráille on Saturday 1st May at 9 pm. Patricia Morris will work in India this summer with Global Schoolroom, a voluntary organisation that shares educational experience to help eradicate poverty, promote economic development and build sustainable communities. Tables €40: Raffle and spot prizes. Please support.

Mass of Remembrance

A Mass of Remembrance for all those who died by suicide or who have been effected by suicide will take place in Our Lady Queen of Peace Church, Coosan, Athlone, on Thursday 29th April 2010 at 8 p.m. accompanied by The Tullamore Gospel Choir. All are welcome.

First Saturday

First Saturday on Saturday next 1st May, devotions to Our Lady



Eileen Ryan, Science Teacher, Frank Chambers, Principal, Roscommon Community College and Mary Concar, Science Teacher, pictured holding confirmation of the 95,000 grant for the refurbishment of the Science Labs at Roscommon Community College.

of Fatima in the Sacred Heart Church at 10 am before 10.30 am Mass. All are welcome.

Volunteers needed

Vita House is in need of volunteers! If you have ever thought of doing some voluntary work in your community and kept putting it off, maybe now is the time! Remember a small percentage of your time can make a 100 percent difference

to another person's life. Volunteers come from all walks of life, they are ordinary people just like yourself. Training will be provided in accordance with your area of interest.

Counselling

A variety of counselling psychotherapy and bereavement support services are available each day in Vita House by appointment. Family Mediation

Service helps separated couples deal with difficult issues and reach a workable agreement and is available by appointment. For information or to book for any of the above, please call Vita House on (090) 66 25898 or email vitahouse@eircom.net.

Facilitators needed

Are you interested in becoming a trained Facilitator with Ac-

cord, Roscommon, delivering marriage preparation courses? In return you will be awarded an accredited certificate from St. Patrick's College Maynooth. If you are interested there is an information evening in the Abbey Hotel, Roscommon, on Monday 10th May at 8 pm. Email rosaccord@eircom.net. Website: www.accord.ie.

Retired nurses

The 13th Annual National Conference of RNAI takes place on Wednesday, 12th May at 11 am in the Shearwater Hotel, Ballinasloe. Enquiries to (090) 96 79017 or (086) 855 7999.

Children's Mass

Parents often have difficulty with their children at Mass. Some Parishes have devised a programme that caters for young children during Mass time. Clergy at the Sacred Heart Church in Roscommon would like to hear from parents who would be interested and who may have ideas on this matter. If interested, please leave name and contact no. with Parish Office (090) 66 26298 or phone Bridget on (087) 676 0317.

MS Roscommon

The Roscommon branch of MS Ireland thanks most sincerely all who supported their recent church gate collection. A total of €2,442.22 was collected. Thanks also to all the loyal col-

lectors who help out year after year. Thank God for the dry weather during the collections.

Spanish students

Would your family be interested in having a Spanish 12/13-year-old student stay in your home for the month of July? Midland Language School are looking for friendly families who will communicate well with the student in fluent English. The students are at school from 9.30 am to 4 pm daily and are on tours on Saturdays. They would spend Sunday with your family. If interested, please phone Colette for information regarding pay etc. at (087) 941 9416. Suitable families will be selected on a first come basis.

Tidy Towns

As part of the Spring clean month of April, members were out and about in the Lough Rd. and Ciaran's Park area of the town on Tuesday 27th. With the forthcoming Lamb Festival approaching, it would be great to make an extra effort to have the town clean and tidy for people visiting over the weekend.

Carers' support

Roscommon Carers' Support Group meets on Thursday, 29th April in Hannon's Hotel, Roscommon, at 8 pm. Don't forget the Roscommon Mini Marathon on Monday 3rd May Hannon's Hotel, Roscommon at 3 pm. You can register on the day.