

Southwest Kerry Women's Association

SKWA NEWS

Southwest Kerry Women's Association, The O'Connell Centre, Carhan Road, Caherciveen, Co. Kerry

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EDITORIAL

Here we are flying towards Christmas and there seem to be plenty of events and meetings to attend if you want, let alone the seasonal preparations to get underway!

Remember, it is important to get out once in a while and do something you enjoy, be it solo or social, light hearted or more serious. Remember to invite other women who you know don't get out very often. Women can sometimes become very isolated in their homes especially when caring for others.

We would like to remind you that while funding lasts, a free taxi or bus can be arranged to any SKWA event. Likewise if you need to arrange someone to mind children or an elderly person, we will cover that cost too.

We look forward to seeing you in the New Year

**Happy Christmas to you all from
the committee and staff of SKWA**

16 DAYS OF ACTION

In 1999, The United Nations officially recognised November 25th as the 'International Day for Elimination of Violence against Women.' The 16 days between November 25th and December 10th (International Human Rights Day) are now known as the **16 Days of Action Against Violence Against Women**.

It now involves over 139 countries.

The aims of the campaign are:-

- To highlight the prevalence of violence against women.
- To raise awareness of violence against women as a human rights issue at local, national and international level.
- To work towards the elimination of all forms of violence against women.
- To encourage groups and organisations to further these aims.

For our part SKWA invited women to make a handprint as a sign of support for the campaign. This particular campaign idea was initiated by Amnesty International. They will be receiving the many prints made during the three mornings of the 1st 2nd and 3rd of Dec. in the Caherciveen library.

Thank you to Noreen O'Sullivan and her staff.

365 International 'Violence Against Women' Poster Exhibition, Saimsa Tire

SKWA will be running a free bus to Tralee on **Thursday 9th December** leaving at 10am from Caherciveen (Community Centre).

Returning at approximately 6pm.

This includes a visit to the **365 Poster Exhibition at 2pm, in Saimsa Tire** hosted by the **Open Door Network** (*Kerry's response to violence against women and children*)

This exhibition contains 365 posters from projects all over the world which are involved in combating violence against women and children through raising awareness of the issue. **Anybody interested in taking the bus please leave your details with the office staff on 066 9473397, by midday Wednesday 8th Dec**



WHAT IS DOMESTIC VIOLENCE?

Have you ever felt fear? Real fear. Have you ever been afraid of someone who is close to you? Afraid of someone who shares your home, your bed, your life? This is the real-life nightmare for countless women in Ireland who are experiencing domestic violence.

Almost 1 in 5 Irish Women have experienced Domestic Violence by a current or former intimate partner or husband (Making the Links, 1995). And that's just the reported cases. It is likely that we all know someone who has suffered this cruel treatment. It's also likely that she hasn't felt able to tell us.

Domestic Violence occurs in every Social and Economic grouping of Society. There is no "type" of woman to whom it occurs, and there is no "type" of home in which it happens. Sadly, domestic violence is a feature of contemporary Irish family life.

Domestic Violence is not only Physical Violence. Sexual abuse, mental abuse and financial abuse are as common, as terrifying, and as damaging as physical abuse. But they are harder to see and may be more difficult for women to name. Many women are subjected to multiple forms of abuse at the same time.

There is a listening ear and help out there For information on local services see back page

*The above was taken from the Women's Aid website:
www.womensaid.org*



Network Meeting, Waterville

NETWORK MEETING

Southwest Kerry Women's Association held their first Network Meeting with women in the area. Two women from each of the women's groups were invited to attend in Tech Amergin, Waterville on Tuesday 21st September. This meeting was to inform women on the work for the association to date, and to get feedback from the women on the layout and content of the Newsletter. The meeting was very well attended and we hope you can see the improvement in the Newsletter.

It was decided at the meeting that we should hold two Network Meetings annually and that these meetings would be used to consult with the groups

and identify the needs of women in the South West Kerry area.

The next Network Meeting will be held on Thursday 27th January 2005 in Tech Amergin Waterville at 8pm.

SPICY FRUIT LOAF

A favourite and versatile recipe from Ann O'Keeffe, Portmagee.

Makes a 2lb loaf. Preparation time 1 hr. Cooking time 1 - 1¼ hrs.

INGREDIENTS

350g / 12ozs plain flour
Pinch of salt
1tsp. baking powder
1tsp. ground cinnamon
150g / 5½ozs butter cut into small pieces
125g / 4½ozs soft brown sugar
175g / 6ozs currants or sultanas
Finely grated rind of 1 orange
5 – 6 tbsp. orange juice
6 tbsp. milk
2 eggs lightly beaten

METHOD

1. Grease a 2lb loaf tin and line the base smoothly with baking paper.
2. Sieve the flour, salt, baking powder and ground cinnamon into a bowl. Then rub in the pieces of butter with your fingers, until the mixture resembles coarse breadcrumbs.
3. Stir in the sugar, fruit and orange rind. Beat the orange juice, milk and eggs together and add to the dry ingredients. Mix well together.
4. Spoon the mixture into the prepared tin.
5. Bake in a pre-heated oven, 180°C / 350°F / Gas Mark 4 for 1 - 1¼ hrs, or until a fine, metal, skewer inserted into the centre of the loaf comes clean.
6. Leave the loaf to cool before turning out of the tin. Transfer to a wire rack and leave to cool.

This makes a light, moist loaf which is excellent served with morning coffee, afternoon tea, or as an alternative to rich Christmas cake.

Enjoy



The views expressed in this publication are not necessarily those of the editors and to the best of our knowledge, all information is correct at time of going to print.

LONE PARENTS' GROUP

Catherine Cournane

A group for lone parents has been set-up in south Kerry, with support from SKWA, and would welcome new members.

I myself am a lone parent and realise that although we are doing a tremendous job, rearing our child/ren on our own, we sometimes need a little support and assistance ourselves. We need to feel we are not on our own and that there are others out there.

Following our early meetings, where we met the agencies that can support our new group, I was invited to the One Parent Exchange and Network (OPEN), Annual General Meeting in Dublin, on Fri. 5th Nov. '04. Founded in 1994, OPEN is a national network of lone parent self help groups. Together these groups deliver information, advice and pool their experiences and often campaign for more inclusive social and economic policies and structures. OPEN has emerged as the national voice of lone parents and is involved in policy development at the highest levels.

OPEN groups are made up of all types of lone parents, men and women: never married; previously married and those with partners who are institutionalized or otherwise unavailable to fulfill their parenting role. 13% of families in Ireland are headed by a lone parent.

Interested in joining our group?

Please come to our next meeting and bring your kids. They will be entertained while you can sit and relax with a cup of tea and a chat.

Our next meeting will be held in January 2005 (*date to be confirmed*) in the Community Centre, Cahersiveen. I'll keep you posted and thanks for your time. **And remember, what we do, we do well!!**

Catherine can be contacted on 087 9436722 or call the SKWA office on 066 9473397

PROVERB

Bíonn dhá insint ar scéal agus dhá leagan déag ar amhrán

There are two sides to every story and twelve versions of a song

CORNER ON HEALTH

On World Rural Women's Day, October 15th Addiction Counsellor, Ted McCarthy, spoke to a meeting of 60+ women, with sincerity and understanding, of the problems that addiction can cause in families. He made us laugh, cry and think about a problem which is huge and affects us all. In the 'corner' this issue, we pose a short quiz. Cover the answers and see how you do.

ALCOHOL - FACT or MYTH?

- 1) Women can't hold their drink as well as men.
- 2) If you are drunk, it is against the law to enter or be served in a licensed premises.
- 3) Taking a cold shower sobers you up.
- 4) Alcohol causes as much harm in Ireland as heroin.
- 5) As long as you don't drink too often, it's ok to get twisted now and again.

ANSWERS

- 1) **FACT:** This mightn't be very popular with women but it is a physical fact. Men have a greater proportion of bodily fluids than women, so alcohol is more dilute in their systems. This even goes for men and women of the same weight and build.
- 2) **FACT:** It is also an offence for a publican to allow you to be on the premises or to serve you alcohol. In addition, it is an offence for a person other than the publican (e.g. a friend) to give you alcohol.
- 3) **MYTH:** Your liver is like a car with one gear – it can only work at one speed, breaking down roughly **one standard drink an hour**. So there is only one cure for drunkenness – **TIME**. Taking a cold shower will only make you a cold wet drunk. Drinking coffee will only make you a wide awake drunk.
- 4) **MYTH:** Alcohol causes many times more harm to individuals, families, and society than heroin and all the other illegal drugs put together. It is a factor in 34% of marital breakdowns, 54% of all crime, and costs over 2 billion euro to the country each year.
- 5) **MYTH:** You are at greater risk of problems like arguments, fights, unprotected sex and accidental injury if you drink excessively now and again than if you space your drinking out over a week. Regular binge drinking also places your physical health at risk.

(Taken from the 'Health Promotion Unit' 2004 calendar)

USEFUL ADDRESSES

ADAPT – Kerry Women’s Refuge Service
(066) 7129100 (24 hours)

Kerry Rape and Sexual Abuse Centre
1800 633 333

The Tralee Women’s resource Centre
(066) 7120622

ACTIVE LEARNING

The following poem was read to women who came to listen to Ann Doyle, educator and trainer who works with minority groups in the Killarney area, on Wednesday 1st December, in the O’Connell Centre. Ann’s lecture was very interesting. She explained about different ways of learning and we all discovered our individual learning styles.

That Feeling

Have you ever had that feeling
You just can’t get out?
Do your darling children make you scream
and shout?
Or have you got a secret you can’t talk
about?

Have you ever had that feeling
You’re tired bored and worn out?
Do you stay in and moan
Waiting for your old man o come home?

Have you ever had that feeling
While there’s life, there’s hope?
Your brain is not a cabbage
In life there is some scope?

Have you ever had that feeling,
Right! I’m going to start again,
To care about the world we live in
I’m going to learn again!

Now if you had those feelings,
Then you’re a lot like me
Remember life is for living,
But you have to live it
To be free. *Pat Dallimore*



World Rural Women’s Day

COURSES

In the New Year SKWA will continue to provide training and educational courses of benefit and interest to women. We can work in conjunction with Kerry Education Service to help stimulate courses in local areas or facilitate for specific needs / interests ourselves.

One course in the pipeline is for those interested in:

Recording the Lives of Local Women.

Very often it is the man’s story which goes down in history. We would like to encourage you to record your mother or grandmother’s story. This can be through writing, poetry, photography or voice recording.

If you would like to join this course please call the SKWA office on 066 9473397.

DATES FOR YOU DIARY

Specific interest to women

Annual General Meeting

**The Southwest Kerry Women’s Association
are holding their AGM on Sunday 12th
December 2004
in the Bay View Hotel Waterville at 8pm
*All are welcome***

**The next Network Meeting will be held on
Thursday 27th January 2005 in Tech Amergin
Waterville at 8pm.**

NOTICE BOARD

General interest

**The ‘FIREFLIES’ in Concert on
Sat. 11th December 8.30pm
*Tech Amergin Community Education Centre
Waterville 066 9478956***

The ‘Fireflies’ are a duo of women whose infectious mix of Gipsy, Klezmer, European, traditional Irish and American Bluegrass and assorted folk styles has been delighting audiences since September ’03. This concert will be lively, energetic and most enjoyable