

Southwest Kerry Women's Association

SKWA NEWS

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EDITORIAL

Welcome to our spring issue. Most women's groups are now rounding off their season of meetings as summer approaches. However, this is an opportunity to welcome five newly formed groups to the area: **Kells / Foilmore Women's Group, Portmagee Women's Group, (Mna Caladh), Valentia Women's Group, Iveragh Women's Association** and **'SPaRK'**, (*Single Parents Raising Kids*) group. You can contact any of these groups via the Southwest Kerry Women's Association office on 066 9473397.

Finally, we do hope you have managed to tune in to our 12-part radio series **'Amongst Women'**, broadcast every **Monday evening at 9.30pm** on **Radio Kerry**.

SKWA Staff



BROWN ENVELOPE CAMPAIGN

Included with this newsletter you will find three copies of a letter for Minister Brian Cowen TD. On one, you need to put your address at the top and signature at the bottom and then find friends or family to complete the other two. These letters then need to be returned to the SKWA office before the **April 30th**.

Perhaps you could join with other women to post the letters to us or drop them in at your local community / resource centre. The letters will go into brown envelopes and will be delivered, by South West Kerry women in person (and you if you wish to join us), at the Dáil, on **Tuesday 17th May**.

The following extract is from a letter written by **Joanna McMinn, Director of the NWCI** and explains clearly what this campaign is all about.

The National Women's Council of Ireland (NWCI) has a strategy for Social Welfare Reform, which places demands on the government to reform the social welfare system.

The Irish social welfare system, which is based on a 'male breadwinner' model, reinforces the notion of women as adult dependents, rather than as individuals entitled to payments in their own right.

Furthermore, the social welfare system fails to give adequate recognition to women's unpaid care work. The consequences of this are the higher-than-average risks of poverty experienced by certain categories of women who are, or have been, engaged in care work for long periods of time, especially lone parents and older women.

The launch of the 'Brown Envelope Campaign' (May 17th 2005) will see women from all over Ireland, travel to Dublin to hand-deliver thousands of letters, signed by individuals from all over the country, to Minister Cowen at the Department of Finance.

The letters call for a reformed social welfare system that will

- *promote women's economic independence: treating women as independent adults so they have direct access to social welfare payments such as pensions;*
- *recognising unpaid care work as 'work'; and*
- *supporting and enabling part-time work and recognising diverse work patterns.*

This Campaign' is grounded in the real and genuine



experiences of our grandmothers, mothers, sisters and daughters in accessing social welfare payments in Ireland.

The NWCI is calling on individuals and organisations around the country to join the campaign and gather signatures. People can sign a hard copy letter or on-line at http://www.nwci.ie/swr_bec.html. The more signatures we gather, the greater our chance will be of making an impact to finally bring about a real and positive change to a system that is unjust, unequal and in urgent need of reform.

JOIN US IN DUBLIN IN MAY

SKWA are organising a trip to Dublin to participate in the Brown Envelope Campaign launch, happening around lunchtime on the Tuesday 17th May. We will gather, with other women, in Buswells Hotel (just across from the Dáil) and then walk around the corner to the Department of Finance. If you are interested in please phone the office as places re limited **Call on 9473397**

DUBLIN TRIP MARCH



We had a lovely write up in the Kerryman (13th April edition), entitled 'Ladies get political on Dublin trip', and indeed the 27 of us who went, had educational visits to the European Office and the Dáil on Friday 4th March. That evening we had booked to see 'The Vagina Monologues' which was being shown as part of the Amnesty International campaign to 'Stop violence against women'. The production has been described as a poignant and hilarious tour of the last frontier - a celebration of female sexuality in all its complexity and mystery!

We returned to South West Kerry on Saturday evening 5th March a more enlightened group, who gelled well and had a very enjoyable time.

RHUBARB AND ORANGE SPONGE

INGREDIENTS

450g / 1lb rhubarb
25-50g / 1-2oz sugar (brown or white) or to taste
Juice of one orange + grated rind of ½ orange
Sponge:
125g / 5oz self-raising flour
100g / 4oz margarine or butter
100g / 4oz caster sugar
2 eggs



METHOD

Pre-heat the oven to 375F / 190C / gas 5
Top and tail the rhubarb, wash and cut stems into short pieces. Put the rhubarb into a greased ovenproof dish. Sprinkle the sugar, orange juice and grated rind over it. Put the soft margarine or butter into a bowl and mix a little before adding the sugar eggs and flour. Mix until soft, but not sloppy. If it is too stiff add a drop of milk. Drop the mixture in small spoonfuls over the rhubarb. Spread it as evenly as possible but don't worry it will spread while cooking. Bake in the oven for about 35 – 45 minutes until the sponge is golden and cooked through. Test with a knife or skewer which should come out clean if it is cooked. Serve with Greek yogurt, custard or cream.
Variation: Use cooking apples (about 700g / 1½lbs) instead of rhubarb, but they must be stewed and sweetened first or another delicious variation is to use 350g / 12oz blackberries (when in season).

Ann O'Keefe

BREASTCHECK

SKWA organised a bus which took 10 women from South West Kerry to a public meeting in Tralee, regarding the 'roll out' of Breast Screening services in Kerry. This service has been available in the Eastern part of the Country since 2000 and was supposed to be countrywide by 2005 - now put back to 2008!

Two members of SKWA attended a lobby group meeting, in Killarney on Monday 18th April, set up as a result of this public meeting. It was decided to name this lobby group, N.O.W. (no one waits) **Breast Check Kerry Now**. It was also decided to set Saturday 21st May as a day, in Kerry, when every town will have points where you can sign a

petition calling on the Minister for Health, Mary Harney, to fulfil the promises made, that the service would be nation wide by 2005.

Please support this by signing on the day

INTERNATIONAL WOMEN'S DAY

SKWA hosted International Women's Day on Sunday afternoon 13th March in the Bayview Hotel, Waterville. Michael Quirke & Bridget Sheehan, Psychiatric Nurses from Cahersiveen were the Guest Speakers along with Julian Tracey who spoke on mental health and what services are available to people and families in the Iveragh Peninsula.

This was very informative with lots of information/leaflets available. Kathleen Quinlan, Listowel led the ladies into gentle and spiritual dance. Thanks to the 40 ladies who attended and to the staff of the Bayview Hotel for providing such delicious food afterwards.

BEREVEMENT COUNSELLING

Sponsored by the Southwest Kerry Women's Association

If you feel you need to talk to someone because you are finding it hard to come to terms with any loss in your life, there is a *new* counsellor available every Wednesday in Caherciveen. This service is completely confidential with a nominal charge of €5 and open to all.

To make an appointment please call the counsellor on: 064 42503

PHOTOGRAPHY PROJECT

IS THIS FOR YOU?

We will supply a disposable camera and some basic tuition in camera use and picture composition. You go out and take photos of the women in your life – family and friends. We pay for processing. The portraits will then be exhibited, with a short written piece from you and later used in promotional material for the association. You will, of course, also get a set of prints!
Call the office soon, on 9473397 if this sounds like something you would enjoy, as places are limited.

Closing date: Wed. 11thth May

RADIO PROGRAMMES

Since February we have been working, in partnership with Radio Kerry and in particular, presenter Elaine Kinsella, to produce a series of programmes on women's issues. The series called '*Amongst Women*' is broadcast every Monday evening at 9.30 pm. There are a couple more programmes to go.

The theme for this series was based on the **The Beijing Platform for Action (BPfA)** which was the outcome of the 4th UN World Conference on Women held in Beijing China, in Sept. 1995. The Platform for Action promises to remove all obstacles to equality for women and to ensure a gender perspective in all government policies and programmes. In signing up to the BPfA, world governments, including the Irish government, promised equality, development and peace for women by the year 2005. These promises were contained in a set of commitments called the Critical Areas of Concern. Our programmes titles reflect these areas and are listed below:

1. Education and Training of Women
2. Women and the Economy
3. Violence Against Women
4. Women and Health
5. Women in Power and Decision Making
6. Women and Armed Conflict
7. Women and Poverty
8. Women and the Media
9. Barriers to the Advancement of Women
10. Human Rights of Women
11. Women and the Environment
12. The Girl Child



These programmes bring information and education on these topics directly to women in their homes and in so doing, link them in to the network of local, regional, national and international women.

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.

LETTERS

Dear SKWA News,
Where has all the public seating gone?
Most of us enjoy shopping but when old and or
handicapped it can be very tiring, nowadays there
are very few seats to rest on. We don't want to sit
there all day cluttering up the place just rest for a
while recharge the batteries and move on.
One very vocal politician who shall remain nameless
told me that wooden benches are used by vandals to
start bonfires or block roads. Our neighbours
across the water have recognised this problem and
seem to have rectified it by using fixed concrete
benches on the streets and other public places.
Personally I only became aware of this problem
since I stopped driving and am now dependant on
public transport.

M.L.O'Leary Reenroe

VITAL LOCAL SERVICES

Please support your local Post Office
*The payment of all social welfare benefits and
bill payment is critical to keeping your local
post office open*

FAIR TRADE PUBLIC MEETING

SKWA staff have been involved, with other
groups, in a KADE (*Kerry Action for Development
Education*) training course, in Caherciveen, and they
recently organised a Fair Trade Exhibition in the
Library.

The Fair Trade Mark is used to inform consumers
that third world producers receive a fair deal. For
example: coffee is bought directly from the farmer's
organisations cutting out middlemen; it provides a
guaranteed price, that won't drop below a decent
minimum however low the world price falls which
means long term contracts and credit terms for the
farmers. In Ireland, the FAIRTRADE Mark is
supported by all the main 3rd World charities and
ICTU.

It is planned to host a **Tea/Coffee Morning** on
Friday May 20th in the Community Centre,
Caherciveen, **11.00am – 1.30pm** to promote
Fair Trade Products
and outline the goals and guidelines for the
establishment of a Fair Trade Town

USEFUL INFORMATION

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

Kerry Rape and Sexual Abuse Centre
(066) 7123122 or Freephone 1800 633 333

The Tralee Women's Resource Centre
(066) 7120622

Kerry Adult Guidance Service

A free service providing educational or career guidance and
information.

Make an appointment by calling the Kerry Education Service on:
(066) 7121300

Addiction Counselling

Free service in Caherciveen

Affected by your own or someone else's alcohol, drugs or
gambling addiction

Make an appointment by calling: **(066) 7123612**

National Association for Deaf People

Provide a free and confidential 'outreach clinic' on the 1st

**Tuesday of every month in the Library, New Market Street,
Caherciveen, between 11.30am and 3pm.** For further
information contact N.A.D. on: **064 20052**

NOTICE BOARD

O'CONNELL CENTRE

Currently three new courses are starting – Accounting,
First Aid and Manual Handling, the first two go on to
the end of June. Teacher training and language courses
run from May and courses for children run during the
summer. For more information or with requests for
specific night classes or to join the VTOS or PLC
programmes next year,

Contact John or Phil at 066 9472414

PARENTING FUNDS

South Kerry Development Partnership has funding
available for any group of parents to fund courses or
sessions on particular topics or aspects of parenting,
education, special needs supports etc.

**To apply call Mary Lyne, Education Co-ordinator,
SKDP, Caherciveen on 066 9472724**

DATES FOR YOUR DIARY

ACTIVE RETIREMENT GROUP

A 'Tea Party' will be held in the Bayview Hotel,
Waterville from **2 – 6pm on Sunday May 29th.**

Music by Paddy & Rose

SPaRK (*Single Parents Raising Kids*)

Next meeting of this group is Friday **13th May** in the
kitchen of **Caherciveen Community Centre at 7pm.**
Entertainment for children. New members welcome.