

Kathleen Duffy

Married to Ned, with two grown up children.

As a training provider, I am part of a team who provide telephone and remote software support to farmers, from herd management, accounts and grassland management, use of mobile phones and internet, email. I base this knowledge and knowhow from our own farm. I am an experienced qualified trainer in the adult and community sector, specialising in the development of programme catering for specific and general training needs for rural communities. I am registered with the Teaching Council of Ireland and have given ICT training classes to older people in Meath and Cavan over the last three years.

I have a B.Sc. Degree in Rural Development and a Post Graduate Higher Diploma in Adult & Community Education and have completed JEB/EDI Diploma in Education. I am trained in Group work and facilitation skills. I have worked in a voluntary capacity in rural organisations for many years. In the past I have been involved at all levels in the Community Council, Parish Council, Camogie, Macra, IFA, Community Games and Foroige. I have also served on both the national & secondary schools Parent's Associations. At present I am heavily involved in developing a Rural Resource Centre which is near completion on Virginia Show Grounds. I represent my organisations on Cavan Community Forum, which is in the process of change at present. I am an active member of Virginia Ladies Society, Maghera ICA and Virginia Show Society.

Bio and information on Workshop for SS 2014      **Richard Moore**

You're my hero", His Holiness the 14th Dalai Lama of Tibet told Richard Moore, founder and Director of Children in Crossfire when they met on 17th July 2007 to celebrate the tenth anniversary of Children in Crossfire. Gripping Richards hand the spiritual leader of the Tibetan Buddhists said" Whether you believe it or not, you are my hero, and a wonderful son of humanity.

In 1972, aged 10 whilst on his way home from school, Richard Moore, the founder of Children in Crossfire, was blinded by a rubber bullet fired at point blank range into his face in Derry, Northern Ireland. Amazingly, from childhood to the present day, he has never allowed bitterness to stunt his development. "I have learned to see life in a different way", is how he describes his remarkable acceptance of what, for most, would be a debilitating trauma.

"My ability to accept blindness and turn it into what has been a positive experience for me is down to the fact that, I come from a good family, a good community and despite the difficulties that existed in Northern Ireland during the 70's, I still had choices and opportunities available to me even as a blind person. As a young adult I began to realise that there are many children throughout the world who might have their eye-sight but didn't have what I had. Also, the fact that I always forgave the man who shot me and did not harbour any feelings of anger or bitterness meant that I could get on with my life, without having to deal with those emotions as well as the impact of blindness itself". Richard always wanted to meet the soldier who shot him and in 2006, 33 years after the incident, they met for the first time and have remained friends. "It is wonderful to see the person who

suffered and the person who caused the suffering to become true friends. There is genuine friendship and happiness which is based on forgiveness” His Holiness the 14th Dalai Lama of Tibet.

In 1996 he felt the need to harness all that he had learned and put it at the service of humanity, particularly children around the world who have been caught in the crossfire of poverty.

The story of Children in Crossfire has its roots in what began as a tragedy and ended as a triumph of the human spirit to overcome adversity. Since 1996 Children in Crossfire has supported projects in Africa, Asia and South America. Today Children in Crossfire work mainly in Tanzania, Ethiopia and The Gambia and its main aim is to enhance the dignity and improve the lives of children suffering from the injustice of poverty, with a particular focus on disabled children.

Throughout his life Richard had a keen interest in broadcasting and is a qualified amateur radio operator. In 2009 he turned this passion into a reality and set up a community radio station called Drive 105 based in Derry/Londonderry. Drive 105 has gained the support of the entire community and is going from strength to strength, broadcasting 24 hours per day, 7 days a week.

In the last few years Richard has been highly commended for his achievements and work with Children in Crossfire:

- In May 2008, Richard travelled to Dallas, Texas where he was the recipient of the Harry Mc Killop ‘Irish Spirit Award’. It is awarded annually to a person of Irish or Irish-American descent in recognition of extraordinary acts of humanitarianism benefiting others and their local communities. The purpose is to recognize individuals and to stimulate similar civic spirit among others. The Harry Mc Killop Irish Spirit Award highlights and embodies the significant difference that individuals can make in their community.
- In November 2008 Richard was the recipient of the Beacon Special Prize for his work in founding and directing Children in Crossfire. Richard was just one of six recipients of the 2008 Beacon Prize and joins the ranks of previous Beacon winners such as Sir Bob Geldof, Jamie Oliver and environmentalist, Zac Goldsmith who have all been recognised for their charitable work through what has become known as the ‘Nobel Prize of the charity world’, first coined by Prime Minister Gordon Brown.
- In May 2010 Richard was the recipient of the ‘Paul Harris Fellowship Award’ the highest honorary award given by the Rotary Association. The award was presented by the president of the Rotary Club of Londonderry at the Presidents Night on 26th May 2010. The Paul Harris Fellowship was established by Rotary International in 1957 and is awarded in recognition for a person’s service to the community both locally and internationally.
- In July 2011 Richard received an honorary degree of Doctors of Laws from the University of Ulster for his services to reconciliation and children’s rights.
- In March 2012 Richard received a Lifetime Achievement Award in recognition of his tireless campaigning and work across the globe, from the All Party Group on International Development, Stormont.

•In October 2012 Richard was awarded 'Person of the Year' at the iBAM Festival held in Chicago. The iBAM (Irish Book, Arts and Film) Festival is an annual event organised by the Irish American Heritage Centre which recognises and celebrates the outstanding contribution made by individuals to Irish American culture

•In May 2013 Richard was awarded the 'Exemplar of Love and Forgiveness in Governance' Award from the School for Conflict Analysis and Resolution, George Mason University, Virginia in recognition of his exemplary work in promoting love and forgiveness in governance.

**My name is Lily Sexton, a native of Cavan town.**

I spent many years of my adult life living and working in Belturbet and Cootehill.

I trained as a Teacher and for the past 7 years I have focussed on the area of Healing.

I am very committed to Wellbeing and passionate about helping people to live life to the full.

**I AM Aida Coronado**, a 58 year old Filipino who comes from a Subanen tribe of the southern Philippines. I have done a variety of work with many groups, particularly those in the grassroots the northern part of the Philippines.

It was such a privilege to be in the U. S. and to come to Ireland to do full-time program on Ecology and Spirituality and the Capacitar training.

Presently , I do energy work and Psycho- Spiritual accompaniment

I love what I am doing because it enhances my gift of healing and empowers me to acknowledge the gifts that I have been given to share to all.

**Aidal** trained with Pat Cane in Capacitar,( a spanish word that means Empowerment)

I also trained in Bach Flower Dance with Martine Winnington from Switzerland.

I am an Esalan Massage therapist and a Reflexologist . More recently,

I trained as a Facilitator of 3 Keys to Self Understanding, using Myers-Briggs, Enneagram and Inner Child therapy.

I am so looking forward to being part of the Summer School.

Breffni Belles Cavan Women's Network

2<sup>nd</sup> Annual Summer School

Presenters: Aida Coronado and Lily Sexton

Promoting Practices for Wellbeing

Date: Wednesday 16<sup>th</sup> July 2014

Energy in the body can become blocked by anxiety, headaches, stress, fear, anger, and overall body pain.

Practices such as Tai Chi, Acupressure points, Pal Dan Gum, etc release tension and energise the meridians of the body.

Regular use of these practices can help release energy blocks in congested areas in the body and promote the healthy flow and re-establish balance within the energy system of the person.

Programme

1. Warming Up Movements
2. Tai Chi
3. Finger Holds
4. Pal Dan Gum
5. Acupressure Points
6. Abdominal breathing
7. Emotional Freedom Technique
8. Leadership Dance

Abundant blessings,

Lily

**Valerie Whitworth** is the popular leader of Together One Voice Choirs based in Omagh, Enniskillen, Manorhamilton. These choirs have gone from strength to strength over the last five years, growing in skills and confidence, due to Valeries passionate commitment to enable as many people as possible re discover the joy of using their own voice and singing in harmony with others. Valerie is trained in Natural Voice Singing, whose philosophy is, that if you can speak you can sing, and she teaches a variety of uplifting songs from around the world, that leave you with a natural feel good high !

Richard Moore. Children in Crossfire

**Desmond - Jampa Ling** Desmond Gough was raised as a Christian.He has been a student of Tibetan Buddhism for 14 years.His teacher is The Ven. Panchen Otrul Rinpoche whose Tibetan Buddhist Centre, Jampa Ling, is in Bawnboy, County Cavan.He has taught meditation under Rinpoches guidance for a number of years.

As this session will be coming at the end of a working day and a half, we would like this time to be used to rest the mind through meditation.

Meditation has been used in all cultures for many thousands of years.

In more recent times the health benefits of meditation are well documented.

Desmond will lead the group in a simple practice of mindfulness meditation.

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Savina Donohoe has worked at Cavan County Museum since 1999 initially as Administrator and currently as Acting Curator.

Previous to this Savina worked in the Finance Sector and was employed by Banque Nationale de Paris, Allied Irish Banks and First National Building Society. After her marriage she returned home to Cavan where she was Secretary of St. Mary's Parish and School, Crosserlough

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Cavan County Museum is a leading example of a county museum and has developed many flagship initiatives including a Peace funded cross border heritage programme for schools, Peace garden, nun's walk and numerous innovative exhibits.

She has developed the Museum as a welcoming space for all segments of the community, with a particular focus on accessibility for older people and people with disabilities, schools and other visiting groups. Women's groups have engaged with the Museum through quilting exhibitions etc., the annual Bealtaine festival, and Social Inclusion Week.

The Museum's art programming enables both emerging and established artists to exhibit their work to the whole community of County Cavan and visitors from further afield, while the lecture series provides historical insight into interesting and varied people and topics.

Lucy - Countess C M. school