



## *Courses and Events 2010*

An Gáirdín

Organic & Ecology Centre.

St. Brigid's Road,

Portumna,

Co. Galway.

Tel/090 9741689

[angairdin1@gmail.com](mailto:angairdin1@gmail.com)

[www.angairdin.com](http://www.angairdin.com)

*Early booking is advisable with a €20 deposit for all day courses.*

# *Welcome to our Spring/Summer Programme*

## **2010 IS THE UNITED NATIONS INTERNATIONAL BIODIVERSITY YEAR**

The United Nations has declared 2010 as International Biodiversity Year.

Biodiversity is all of Earth's life: microbes, people, plants and animals and the places in which they live (habitats).

Biodiversity is all around us, from gardens to hedgerows, bogs to woods and mountaintops to coastlines.

Let us take the opportunity we have during this year to stop and appreciate all the beauty of the diversity of life around us and take the steps needed to safeguard it for the future.

*We depend equally on each other for survival.*



[www.cbd.int/2010](http://www.cbd.int/2010)

### *International Biodiversity Day 22nd May*

It would mark the beginning of wisdom to pay attention to ecosystems - mountain ranges, watersheds, river and lake systems, wetlands – rather than regions determined by politics or economics.

The fish, the birds, the mammals, the forest - reflect built-in territorial rhythms that are worthy of respect. The elements that have sparked life onto this planet and continue to fuel it - air, water, soil, energy and biodiversity – are sacrosanct and need to be treated as such." (David Suzuki)

**JAN**



**Sun 31<sup>st</sup>** 3pm- 4.30pm **Celebrate St Brigid's Eve** *With Brigid Mc Creevey*

Brigid is patron of the land and crafts and her feast day on February 1<sup>st</sup> heralds in the Spring. Come and enjoy an afternoon of weaving of Brigid's crosses, folklore and stories.

**Donation**

**FEB**

**Dynamic Healthcare with Homeopathy**



**Sat 6<sup>th</sup>**

10am - 4.30pm

**Workshop 1**

The first of four Saturday workshops with Renée Strauss ISHom, registered with the Irish Society of Homeopathy. Learn how to deal with minor health issues in a sustainable and cost effective way. We will be exploring the principles behind Homeopathy and learning how to spot symptoms or signs of disease and how to classify them, so that they can be used to find the best remedy.

Mini-Remedy kit included.

See also Sat 13<sup>th</sup> March, Sat 17<sup>th</sup> April, Sat 8<sup>th</sup> May

**Cost €45 per workshop**

**Wed 24<sup>th</sup>**

10am-4pm.

**Growing your own Fruit.**

*With Dolores Keegan*  
Almost every month of the year you can be eating your own organic fresh fruit. This course will teach you how to achieve this. We will cover top and soft fruit, varieties, planting, feeding, spacing, pruning, pests and diseases.

**Cost €45**

**Wed 24<sup>th</sup>**

7.30pm-10pm

**Be the Change Symposium**

The symposium invites us to look a little more deeply at the issues facing us at this time; ecological, spiritual and justice issues. It helps us understand our present situation and offers us hope and some practical steps we can take. Through the use of film clips and video the symposium presents the greatest thinkers and leaders of our time.

**Donation**

**Sat 27<sup>th</sup>** 10am-4pm **Wattle and Hazel Fencing** *with Mark Wilson*

This technique was used for fencing, fencing panels and as partitions for traditional houses. (Wattle and Daub) Participants will learn to split and weave hazel to produce low and rustic fencing for their garden.

**Cost €45**

MAR



**Sun 7<sup>th</sup> 2pm-4pm Celebrate National Tree Week (7<sup>th</sup>-13<sup>th</sup> March)**  
**“Twenty Ten-Plant Again”**

At An Gáirdín we planted hundreds of native trees to celebrate the millennium. It's 2010 so we plant again! To celebrate National Tree Week we will be launching a Dedication Grove on Sunday 7<sup>th</sup>. Come along and plant a tree as a gift or in memory of a special occasion or person. You will receive a gift card with your tree details to keep as a memento.

**Please book. €10 per tree**

**Sat 13<sup>th</sup>**  
10am - 4pm



**Workshop 2**  
**Dynamic**  
**Healthcare**  
**with**  
**Homeopathy**

**Cost €45**

**Sat 20<sup>th</sup>**  
10am-4pm

**Scéal na Cruinne**

The Universe Story  
-Scéal na Cruinne-  
is above all a story of  
Biodiversity. Kay Synott  
of Living Gardens will  
help us to open up to the  
magnificence of Earth's  
Biodiversity. She will lead  
us in practical ways to  
enhance the Biodiversity  
in our own gardens.

**Cost €25**

**Mon 22<sup>nd</sup>**

7.30pm-9pm

**Spring Equinox**  
**Celebration**

This is a time of  
equilibrium and balance  
of Earth's energies, a  
time of re-emerging  
growth and newness.  
We invite you to come  
and join us to celebrate  
this very special and  
beautiful season of the  
year.

**Donation**

**Wed 24<sup>th</sup>**

10am-4pm

**Growing in Polytunnels**

*With Dolores Keegan*

This day covers all aspects of  
tunnel growing including:  
choosing and erecting a  
tunnel, choosing suitable  
varieties of plants for  
tunnels, designing a yearly  
crop plan, maintaining  
healthy plants and irrigation



**Cost €45**

**APRIL**



**Wed 14<sup>th</sup>**

10am-4pm

**Herb Growing  
Made Easy**

*With Dolores Keegan*

Learn how to have a wide variety of fresh, tasty herbs all year round. During the course Dolores will share her thirty years experience of herb growing. We will cover seed sowing, taking cuttings, garden lay-out, getting your soil right, looking after your herbs to get the best from them and you will have some recipes to take home. **Cost €45**

**Thurs 15<sup>th</sup>**

7pm-9pm

*with nutritionist  
Lynda McFarland*

**Whole-food  
Cookery Classes**

Lynda returns to An Gáirdín to deliver a series of workshops on preparing delicious & nutritious whole-foods.

**Workshop 1**

**"Gluten Free  
Cookery"**

Demo, sampling and recipes to try at home.

**Cost €20**



**Sat 17<sup>th</sup>**

10am-4pm



**Workshop 3  
Dynamic  
Healthcare  
with  
Homeopathy**

**Cost €45**

**Wed 21<sup>st</sup>**

10am-4pm

**Natural Rustic  
Garden Features**

*With Mark Wilson*

On this day Mark will be using the American Bentwood Furniture style and locally sourced materials to help participants in producing a small chair.

Course limited to 8 participants.

**Cost €45+ €10 Materials**

***International Earth Day 22nd April:***

Writer Oliver Sacks describes his first time into the garden after confinement due to an injury.

"There was great joy - to be out in the air....a pure and intense joy, a blessing, to feel the sun on my face and the wind in my hair, to hear birds, to see, touch and fondle the living plants. Some essential connection and communion with nature were re-established. Some part of me came alive when I was taken into the garden."

***Today resolve to spend some time with nature.***

**MAY**

**Sat 8<sup>th</sup>**  
10am - 4pm



**Workshop 4**  
**Dynamic**  
**Healthcare**  
**with**  
**Homeopathy**

**Cost €45**

**Wed 12<sup>th</sup>**  
10am-4pm

**Salad**  
**Production**  
*With Dolores*  
*Keegan*

Covering a large range of Salad Crops – seed varieties, propagation, spacing, tending, rotations, and diseases, outdoor and in the tunnel.

**Cost €45**



**Thurs**  
**13<sup>th</sup>**

7pm-9pm

**Whole-food**  
**Cookery**



**Workshop 2**  
**Cholesterol**  
**Lowering**  
**Cookery**

Demo,  
sampling and  
recipes to try  
at home.

**Cost €20**

**Sat**  
**15<sup>th</sup>**

10am-4pm



**Introduction to**  
**Divining**

*With Ciarán Graham*  
Former chairman of the Irish Society of Diviners, Ciarán will introduce the insightful practice of divining and the divining instrument, how to ask the right question, how to interpret the answer, understanding and respecting the energy medium you are working with, application of divining techniques and an introduction to Geopathic Stress.

**Cost €45**

**Sat 29<sup>th</sup>**  
10am-4pm

**Papermaking**  
*With Hayley Aldous*

A fun and creative response to recycling this course will introduce basic papermaking techniques, including making simple moulds and deckles, preparing pulp and experimenting with natural colours and fibres.

Participants will take home their own individual pieces and work together on a larger group piece.  
**Limited places. Cost €45**

***National Birdwatch Ireland Dawn Chorus Sun 16<sup>th</sup>***

Birdwatch Ireland encourage us to get up with the larks and experience the first call into the early morning stillness and slowly rising to the crescendo of the great symphony of birdsong. Do not miss it!

**JUNE**

**Wed 2<sup>nd</sup>**

10am-4pm

**Blacksmithing Course**

*With Mark Wilson*

Introduction to Small Scale Blacksmithing.

This day will include how to make a simple forge fuelled by charcoal and using recycled metal to produce small items; jewellery items, copper bracelets etc. Each participant will also make small hooks or poker to take home.



**Cost €45**

**Sat 12<sup>th</sup>**

10am-2pm



**Whole-food Cookery**

**Workshop 3  
30 minute meals  
and snacks**

Demo, sampling, full lunch and recipes to try at home.

**Cost €40**

**Mon 21<sup>st</sup>**

7.30-9pm

**Summer Solstice Celebration**

We have been gradually moving through the season of Spring to midsummer. Again we invite you to join us in tuning into and celebrating the rhythm and energy of the longest day, the fullness of light, the magnificence of colour and the fertility of earth.



**Donation**

**Sat 26<sup>th</sup>**

10am-2pm



**Whole-food Cookery**

**Workshop 4  
Medicinal foods -  
let food be thy  
medicine!**

Demo, sampling, full lunch and recipes to try at home.

**Cost €40**

## **Organic Horticulture Courses**

In mid February we will be resuming our 10 day Organic Horticulture Course. This one-day per month course takes participants right through the growing seasons. This is a popular course so please book early.

## **Celebrations**

We take time out to pay attention to and celebrate the feasts that mark the changing seasons and cycles of nature -

Spring and Autumn Equinoxes and Summer and Winter Solstices.

Tuning into nature's changing rhythms and energies brings harmony and balance in our own lives. We celebrate with meditation, song, dance and sharing of earth's produce. All are welcome.

## **Be the Change Symposium**

This is a unique workshop exploring the world's most critical issues – environmental sustainability, social justice and spiritual fulfilment. We will facilitate this symposium in your club/organisation/parish/community, or with a gathering of friends in your home groups.

*(Roisin O'Brien, Michael O'Rourke and Noreen Lyons are trained facilitators of the Symposium.)*

## **Study/Reflection Group**

We meet every other Monday evening. We explore in a relaxed way writers and thinkers who express insight into this unique time in the history of the planet.



## ***Note from An Gáirdín***

*We hope that you find something in this programme that will interest you and that you will find our garden and new workshop building 'Iontas' wonderful venues in which to learn and grow.*

*We are grateful to our experienced tutors for their commitment and for helping us compile this diverse programme.*

*All day courses include organic vegetarian lunch. Early booking is advised as numbers on courses are always limited.*

*A deposit of €20 is required for all courses.*

*Thank you.*