

Welcome to the Winter 2016 edition of 'We Mean Business'

A CBWC Newsletter with news and pictures from National Women's Enterprise Day 2016

Elaine Crowley, host of TV3's "Midday" programme & participant on RTE's "Celebrity Operation Transformation" is the guest speaker at the Cavan Business Women's Club Christmas event on December 14th

The final
CBWC
event of
2016



TV3's Elaine Crowley is the Guest Speaker at the CBWC Christmas Dinner Event

Elaine Crowley is a journalist, presenter and newsreader. She is best known for presenting TV3's *Midday* programme.

She joined TV3 in 2000 presenting the News and *IrelandAM* before moving to the Midday slot in 2010.

Elaine has been open about her struggles with weight, body image and has also spoken about her depression.

In September this year Elaine was one of the contestants on *Celebrity Operation Transformation*, shedding over a stone and a half.

Picture courtesy of www.independent.ie



CBWC 2016 Christmas Event What to look forward to on the night

@The Radisson Blu Farnham Estate
Hotel

6.30pm **Drinks & Canapés**
An opportunity to **Network & Review the EXPO** from CBWC Members – and maybe purchase some xmas gifts!

7.00pm **Dinner**

- Chef Gearóid Lynch & Tara Lynch from Award Winning fine-dining restaurant, The Olde Post Inn & Cookery School & RTE's "Today with Maura and Daithí"
- Elaine Crowley TV3
- Vanessa Cooney, Embracing Life Ceremonies & World Class Singer

Followed by more networking & Shopping at the CBWC EXPO /Christmas Fair

10.30pm Approx. Evening ends

Why not make this your Staff Christmas Celebration?

- Paid up members are FREE
- Guests of Members are offered a special price of €25 each

Must be pre-booked and pre-paid

- Includes:-
 - Drinks Reception
 - Dinner
 - CBWC EXPO
 - Elaine Crowley of TV3
 - Gearóid Lynch & Tara Lynch The Olde Post Inn & Cookery School & RTE's Today programme
 - Music by the Fabulous Vanessa Cooney

To book: [click here](#) or phone Margaret at 087-2588918 or email CBWC@LEO.cavancoco.ie or info@extensivepr.ie

As well as *TV3's Elaine Crowley on the night we will hear from:*

Gearóid Lynch & Tara Lynch



Chef Gearóid Lynch & Tara Lynch from Award Winning fine-dining restaurant, The Olde Post Inn & Cookery School and RTE's "Today with **Maura** and **Daithí**", will share some delicious tried and tested recipes that are easy to prepare and share with your friends and family this Christmas – some from Gearóid first book 'My Gluten-free Kitchen'.

A master video class on 'how to cook' the following will be part of their presentation:

Sausage & White Bean Stew; Granola; Sticky Toffee Pudding; Cereal Bars; Goats Cheese Bruschetta and Ireland's favourite – Soda Bread.



Vanessa Cooney, Embracing Life Ceremonies is a "wedding officiant" who officiates at wedding ceremonies.

Starting out as a wedding singer some years ago, Vanessa also sang in Choirs, competed in singing competitions and sang with Bands.

In 2007 she represented Ireland at a World Singing Competition where she competed against 25 other countries and brought home a silver medal.

Vanessa, who is a member of the Cavan Business Women's Club, will entertain at the CBWC Christmas Dinner, getting us in the mood for the festive season with some Christmas music.

Vanessa is pictured – right – with a special a secure, locked post-box that brides and grooms can hire in order for their guests to post their wedding day cards and 'financial gifts' on the day of the wedding.



**Do you want a stand space at the
CBWC EXPO / Christmas Fair
on December 14th ?**

EXPO Space is FREE for Members

Non-Members pay €20 for exhibit space & €25 for Dinner

Book your space by Wednesday December 7th

**Please phone Margaret at 087-2588918 or email
CBWC@LEO.cavancoco.ie or info@extensivepr.ie**

**Already booked in for the CBWC EXPO /
Xmas Fair on December 14th are:-**

- Elena Brennan
 - Elena Brennan Jewellery
- Charlene Brady
 - Charlenes Wholesome Pantry
- Anna Costello
 - Newgenskin Bioline JaTó Skincare & Utopia Health & Beauty Clinic



National Women's Enterprise Day

the road to success WEDNESDAY 19 OCTOBER 2016
WOOD QUAY, DUBLIN 8



Pictured are the speakers who addressed the NWED L-R:
Margaret Reilly, Grand Designs & CTR Manufacturing,
Mairead Lavery, Editor of Irish Country Living magazine in
Irish Farmers Journal, **Patricia Callan**, Director, The Small
Firms Association, **Marcella Rudden**, Acting Head of
Enterprise, Local Enterprise Office Cavan and **Margaret
McKeon-Boyle** Coordinator CBWC



The MC and event coordinator for the day was
Margaret McKeon-Boyle, Coordinator of the
Cavan Business Women's Club (CBWC)

Pictured right is the Ambassador for the
National Women's Enterprise Day – Border
Region, **Margaret Reilly** of CTR Manufacturing
Ltd & Grand Designs Kitchen & Bedrooms,
Drogheda.

Margaret spoke of her humble start. Leaving
school after 5th year she followed her dream of
owning her own business. She first secured an
apprenticeship in cabinet making and with a lot
of hard work, a tenacious spirit and a lot of luck -
she formed the successful business she has

Pictures and report from

National Women's Enterprise day - Border Region Event held in Cavan on Wednesday October 19th

On Wednesday October 19th more than 130 business women from
Counties Cavan, Donegal, Leitrim, Sligo, Monaghan and Louth attended
National Women's Enterprise Day (NWED) in the Radisson Blu Farnham
Estate Hotel to share their "road to success". The event was organised
by the Local Enterprise Office Cavan and held in association with the
Cavan Business Women's Club.

Guest speakers, including Margaret Reilly of CTR Manufacturing Ltd and
Grand Designs Kitchen & Bedroom Drogheda, Mairead Lavery, Editor of
Irish Country Living magazine and Patricia Callan, Director of the Small
Firms Association revealed to a packed room their business success
secrets, and gave inspired and motivational presentations on how
women can make it in the business world.



Marcella Rudden, Acting Head of Enterprise, Local Enterprise
Office Cavan, welcomed the delegates and spoke about the
value of business women's networks.





Next on the podium was **Patricia Callen** of the Small Firms Association.

Patricia gave some interesting statistics in relation to the SME sector. She said that one third of the total Irish Economy comes from SMEs, they provide more than 50% of the total employment in 17 counties in Ireland and account for 49% of private sector employment.

The final speaker of the day was **Mairead Lavery**, editor of *Irish Country Living* the magazine a supplement in the *Irish Farmers Journal* and is also managing editor of the award winning glossy *Irish Country Magazine*. She organises the annual Women & Agriculture conference and the bi-annual Women & Agriculture Awards.

She told us of her start in journalism from her farmhouse table, how she entered the male dominated world of the IFA and how she finally became Editor.

A most humorous and entertaining presentation.



The National Women's Enterprise Day – Border Region Event in pictures



















The Cavan Business Women's Club - EXPO

Davina Lynch - Milliner

Davina, a member of the Cavan Business Women's Club (CBWC, a professional business women's network), is a Milliner who was selected for Brown Thomas Create 2015 and again in 2016, with both her #LynchMobHats and #WhiteStar Milliner Couture Collections. Davina was also commissioned by Brown Thomas to design and create #LynchMob Hats and Scarves for the Marvel Room & S/S16.

A member of The Council of Irish Fashion Designers and The Design and Crafts Council, two of Davina's #Whitstar hats featured in the Finale of The Rose of Tralee Fashion Show. In September, Davina's Hat won 'Champion Hat' at Leopardstown Irish Champions Weekend.

Her website is www.davinalynch.com





Anke Morgenroth –Bear Essentials

Another CBWC member since its formation in 2013 is Anke Morgenroth of Bear Essentials

She says of her company – it is original, creative and memorable beyond the bare necessities!

Visit Anke in her unique Teddy Bear gift shop, Teddy Bear Hospital or discover unforgettable heritage & nature workshops in her inspiring Silver Bear Centre at Bear Essentials in Tirnawannagh, Bawnboy, Co. Cavan.

Anke also has an online shop and is taking Christmas orders - with over 800 teddy bears and baby gifts - there is lots to choose from - visit www.beaessentials.ie





Also exhibiting is another member of the CBWC is Anna Costello

Owner of Utopia Health & Beauty Clinic - The Skin Specialists – an Award Winning business:-

- Winner of the Cavan Business Awards 2016.
- Winners of the IBPA National Award Winning Salon which is the highest accolade attainable in the industry

Her salon is Ireland's Bioline Centre of Excellence, providing a promise of Professional Service, Hygiene and Customer Care.

Utopia has a team of post graduate trained therapists and skin care professionals who are dedicated to going that extra mile for our customers.

Anna is also Managing Director of Newgenskin Limited - Bioline JaTó Skincare Ireland

- Sole Irish Distributor (including Northern Ireland) of Bioline-JatÓ Italian Facial & Body Skincare Brand
- and Rolf Stehr "More Than Make Up" from Switzerland

And she is also the Founder & Coordinator of Anna Costello's Cosmetology Community in Association with Newgenskin Limited. This is designed to support women who are serious about growing their businesses and are the owner manager of a beauty salon/business.

Anna also has a Bachelor of Science in Management

Contact Details: T: 049 432 6939: E: anna@newgenskin.ie:

W: www.newgenskin.ie





Vanessa Cooney of Embracing Life Ceremonies is a “wedding officiant” who officiates at wedding ceremonies.

Offering a bespoke wedding ceremony service, Vanessa is a finalist this year in the Mrs2Be.ie Brides Choice Awards

As an Independent Wedding Celebrant Vanessa offers many years of wedding services experience, understands and has extensive resources and knowledge of the industry to make that special day just wonderful.

As a ceremony officiant Vanessa’s goal is to meet the couples wishes in creating and officiating a Wedding, Re-Affirmation, Commitment Ceremony

See what Vanessa offers at www.embracing-life-ceremonies.com

Áine Kelly –The Good Back Company is a new member of the Cavan Business Women's Club

Áine is a Registered Physical Therapist and Pilates teacher, specialising in movement and the treatment injuries of the musculoskeletal system.

Treating in private practice for over 10 years, she has recently relocated her clinic to Cavan.

www.thegoodbackcompany.com



Do you have:-

- Lower Back Pain
 - Neck Stiffness
 - Muscular Strains
 - Shoulder and Mid Back Pain
 - Hip or Pelvic Pain
 - Knee strains
 - Feet or Ankle Pain
 - Ligament Injury
-
- Áine Kelly offers Injury and Pain solutions for all of the above conditions.
 - All treatments are approved by all health insurance companies in Ireland.
 - She also offers Pilates Classes for Men and Women, all age groups and abilities.

Another Exhibitor at the NWED and a member of the CBWC is Daria Sadkina from [Stop and Stare](http://www.stopandstare.co)

Daria says.... "Stop & Stare hosiery does exactly what it says on the tin - it makes others stop, stare and ask whether it's a real tattoo on your legs! Made on sheer 'make up' look hosiery and decorated with unique and eye-catching (just as you are!) tattoo designs, our products are inspired by and created for girls and guys (yep, we dress a lot of #brosinhose!) who love to express their daring side

Order online from www.stopandstare.co



Elena Brennan Jewellery

Elena Brennan creates beautiful, intricate jewellery in Sterling Silver and Gold, with sparkles of Gemstones and Pearls. She is a storyteller and her collections tell of children turned into Swans, protecting Guardian Angels, cheeky farmyard animals and carefree memories of childhood.

Three dimensional form, flow and swirling lines are very important to her, echoing her Celtic roots and her love of Art Nouveau. Take a step into her world... www.elenabrennan.com

Elena's beautiful jewellery is hand made in County Cavan, and carries the Dublin Castle assay mark of purity, Guaranteed made in Ireland.



Monaghan Women in business were represented by Veronica Smyth, Rally School Ireland

Based in Scotstown, Co. Monaghan, they have a wonderful selection of “High Performance Driving Experiences” - the perfect Christmas gift for the driving enthusiast. Check them out at www.rallyschoolireland.ie



Niamh Smyth TD (in pink) who, although almost due to give birth to her first child, tested out this sports car from Rally School Ireland at NWED.

Marcella Rudden, LEO Cavan is in the passenger seat.

Namh's Baby girl, Juliet, arrived safe and sound in late November.

Congratulations to Niamh and her husband James.

Some of the Registration and 'Meet & Greet' Team from Local Enterprise Office Cavan and Extensive PR who provided seamless management at the front desk and made no mistakes when distributing the 'Goodie Bags' as the guests departed.!! L-R: Amber Harrop, Extensive PR, Ruth Murdy and Fiona Heaslip, Local Enterprise Office Cavan (Missing from pic is Andrea Corrigan, LEO Cavan and Bláithín O'Reilly, LEO Monaghan)



A Special thank you to the sponsors of the Goodie Bag Items and the many Spot Prizes Which added to the enjoyment of the day

Goodie Bags Items were provided by

- Anna Costello, Newgenskin Bioline JaTó Skincare (provided the Goodie bags as well)
- Elena Brennan – Jewellery
- Debbie Clarke & Siobhan McNally - AIB
- Joanne Hayes, Tourism Officer with Cavan Co Co
- Margaret Farrelly, Clonarn Farm and O'EGG
- Anke Morgenroth – Bear Essentials
- Ann Rudden: Aine's Handmade Chocolates

Spot prizes were provided by Cavan Business Women's Club

- Helen Brennan - Cavan Crystal
- Ann Reilly – ValuCentre
- Lisa Parry - Granny McConnell's
- Elena Brennan - Elena Brennan Jewellery
- Anna Smith - Farnham Financial Services
- Ann Rahill – Kelly Rahill Accountants
- Yvonne Jackson - The Anglo Celt
- Tara Lynch – The Olde Post Inn
- Karen Shipley – Bank of Ireland
- Trish England – The Masons Apron
- Clodagh Pryce – Radisson Blu

Monaghan Women in Business

- Brenda Woods – Minu Travel
- Liz Christy – Liz Christy Handwoven in Ireland
- Louise Loughman – “Designs by Louise”
- Claire Cunningham – Aura Internet

If we left somebody off this list – we apologise sincerely – let us know and we will thank you in our next communiqué

We hope to see you at the Christmas event on December 14th

But in case you cannot make it, we take this opportunity to thank you for your support of the Cavan Business Women's Club in 2016 and look forward to seeing you in 2017

Happy Christmas



Looking forward to growing the
Cavan Business Women's Club

To even greater numbers in 2017

What we Offer Members

- Hear from Inspirational Speakers
- Learn from our Workshops
- Showcase your service/business at our Expo
- Network to do business
- A Fabulous Supper
- **And lots of Fun!**

**Membership for the year is just
€100 per annum (6 meetings)**

(Dates to be confirmed in early January)

**Works out at just over €16 per
meeting for all of the above!**

To join the CBWC

- phone Margaret at 087-2588918
- Phone LEO Cavan at 049-4377200
- or email CBWC@LEO.cavancoco.ie
or info@extensivepr.ie

The Cavan Business Women's Club
(CBWC) is an initiative of Local
Enterprise Office Cavan

