

Welcome to the October/November edition of 'We Mean Business'

Celebrate with the Cavan Business Women's Club

At our Christmas Event on December 4th

The Theme is Christmas & Business

"The Business of Food" with Kelly Ging, Kelly Lou Cakes

& "Christmas Made Easy" Cookery Demo with Celebrity Chef Shane Smith

Kelly Ging has a fabulous business story to tell. CEO & founder of Kelly Lou Cakes, she owns an award winning bakery & cafés.

She set up Kelly Lou Cakes in 2012, starting as a small café in the corner of the family hardware business. Today Kelly has a full commercial kitchen, two cafés, a vintage caravan catering unit called Gloria and has built a team of over 20 employees.

You may know Kelly from TV as she is Ireland AM's TV baker.

View some of Kelly's work at
www.kellylou.com



A Christmas themed "Cookery Demo"

With TV Chef & Cavan Man Shane Smith

We are very excited to have our first ever cookery demonstration at the Cavan Business Women's Club.



Master Pastry Chef, Shane Smith has over 20 years' experience working in some of the world's most celebrated pastry kitchens across the globe and is a regular on RTE's Today Show with Maura and Daithi

For the cookery demonstration Shane will start with a goats cheese Arancini and finish with a festive spiced orange polenta cake. He also promises to show us other easy to make Christmas recipes too, using local Cavan produce of course! Shane will also give lots of tips to set you up for a stress free Christmas!

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- CBWC Christmas Event [Click Here](#)
- A report & photos from CBWC NWED October 17th Event
- Reminder of what membership of the CBWC offers you
- Itinerary for Christmas Event December 4th

Why not make the CBWC Christmas Event your Staff Christmas Party?



CBWC Christmas Event 2019 Event details & Booking

The final Cavan Business Women's Club event of 2019 takes place on Wednesday December 4th in the Hotel Kilmore from 6.15pm to 9.30pm approx.

Starting at 6.15pm sharp, with a pre-event reception, festive drink, light bites and networking in the Brackley Suite.

Then it is on to the Country Suite in the Hotel Kilmore to hear Kelly Ging's inspirational business story.

Followed by a Christmas themed "Christmas Cookery Demo" by Chef Shane Smith.

At 8.45pm you will be treated to a fabulous Christmas Buffet Dinner.

There will be a cash bar open in the Country Suite during the evening

Booking:

CBWC Paid Up Members are FREE:

- To book: Text Margaret at 087-2588918 or email cbwc@leo.cavancoco.ie

Non-Members are just €25 (includes dinner)

- To Book online: [CLICK HERE](#)

Cavan Celebrates with largest ever National Women's Enterprise Day (NWED) Programme

The largest-ever programme of events for National Women's Enterprise Day took place across the country on Wednesday October 17th with 17 different events organised and an

estimated 1,700 business women involved. An annual initiative of the Local Enterprise Offices (LEOs) including LEO Cavan, the theme for this year's event was "Making It Happen" with the aim of inspiring more women in Ireland to start and grow their own business.

The Cavan event for female entrepreneurs took place in the Hotel Kilmore and was organised by the Cavan Business Women's Club, an initiative of Local Enterprise Office Cavan, and supported by Enterprise Europe Network. Over 80 local entrepreneurs and business women participated.

Speaking on the evening **Vicki O'Toole**, Managing Director, JJ O'Toole Limited, a company founded in 1914 and Ireland's leading purveyor of packaging and design, gave an insight to how, as a mother of five young children, she joined the business when her husband, a descendent of the founder of JJ O'Toole, became ill and how she went on to become Managing Director when he passed away. Vicki has grown the business over the years and boasts a client list that includes Harrods, Selfridges, Brown Thomas and Dunnes Stores.



Pictured at the NWED celebration (L-R) Margaret McKeon-Boyle, CBWC Coordinator; Andrea Corrigan, LEO Cavan; Patricia Reilly, Dept Head of Cabinet of Commissioner Tibor Navracsics; Vicki O'Toole, Managing Director JJ O'Toole & Marcella Rudden - Head of Enterprise, LEO Cavan

The second speaker on the evening was **Patricia Reilly**, a Cavan native who is now Deputy Head of Cabinet for Commissioner Tibor Navracsics (Education, Culture, Youth and Sport) at the European Commission.

Patricia shared her story of how she qualified as a veterinary surgeon from University College Dublin and worked in clinical practice in her home county of Cavan until 2001. She then joined the Irish Department of Agriculture, Fisheries and Food.

In 2004 she became Ireland's first Agricultural Attaché to Poland, returning to a veterinary management position in Dublin in 2008.

Patricia was also a member of the Cabinet of European Commissioner for Research and Innovation with Máire Geoghegan-Quinn (2010-2014)

Speaking at National Women's Enterprise Day Cavan event, **Marcella Rudden**, Head of Enterprise at Local Enterprise Office Cavan said; "Now in its thirteenth year, National Women's Enterprise Day is an important milestone in the Local Enterprise Office calendar. It gives us the opportunity to highlight the success stories of women who continue to do amazing things in business, across every sector. The day itself is also an opportunity for businesswomen to network, engage, share tips and advice and to find out what supports are available for their business through their Local Enterprise Office."





National Women's Enterprise Day
Making It Happen
 THURSDAY OCTOBER 17th 2019











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Making It Happen
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We take this opportunity to thank you for your support of the Cavan Business Women's Club during 2019 and wish you and your families
a Very Happy Christmas and a prosperous 2020



The Cavan Business Women's Club, an initiative of LEO Cavan, will open for membership again in early 2020

In order for the CBWC to continue into the future we need the membership numbers to continue to grow

In 2020 we look forward welcoming back the CBWC members who have been with us over the years, some since we launched in May 2013, as well as new members joining us

We would therefore ask you to please spread the word about the CBWC and encourage anybody in your network that would benefit from membership of the CBWC to join in 2020

Membership of CBWC offers you the opportunity to:

- Network to do business
- Hear from inspirational speakers & Learn from the Workshops
- Showcase your business at the EXPO
- Have your events / offers promoted on the CBWC Facebook page
- Enjoy the Sweet treats, tea & coffee at registration
- Enjoy the Finger Buffet Supper at the end of meeting whilst Networking

• **Membership Fees**

- Annual membership will once again be €100

Non-members are also very welcome to attend per meeting – Fee for Non-Member is €25 per meeting

For more information on the Cavan Business Women's Club visit

<https://www.localenterprise.ie/Cavan/Training-Events/Networks/Cavan-Business-Women-s-Club/>