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Anne O'Donovan pictured with her sons Tommy (four months) and Shay, daughter Julia Mae and goddaughter Annie O'Donnell enjoying the outdoor space of Clonakilty Farmer's Market.

## West Cork towns pedestrianise

Clonakilty, Bandon and Kinsale are all putting different measures in place involving temporarily pedestrianising streets to support businesses during the summer months.

Cork County Council has confirmed that it is to trial the closure of Short Quay, and the Sunday closure of Main Street, in Kinsale. The decision follows extensive consultation under Project ACT, the Council's countywide programme to support businesses and communities impacted by COVID-19.

Cork South West Deputy Christopher O'Sullivan has welcomed plans by Clonakilty to temporarily pedestrianise its main street and says it will be a win for tourism and public safety.

The town is planning to pedestrianise its main street on a temporary basis for every Saturday in August and September, with plans to leave the street open for delivery trucks

and cars until 2pm and before closing it to vehicles from 2pm until 10pm.

Bridge Lane in Bandon – from its junction with South Main Street to its junction with Market Quay – will close temporarily until September 30. Traffic will be diverted onto Pearse St. and can then turn right onto St. Patrick's Quay to continue onwards.

With its plethora of restaurants, hotels and bars and reliance on the hospitality industry, Kinsale was identified by Cork County Council as one of the towns in the county that could suffer most from the social distancing restrictions brought on by Covid-19.

Working closely with the businesses through the Town Activation Team Meeting process Cork County Council responded through the development of radical moves that would normally only be considered on side streets in cities and matched the bravery of the businesses.

If the temporary closures of Short

Quay and Main Street are successful, then other times and locations may be considered in the future.

In parallel, members of Kinsale Town Activation Team and Cork County Council have identified and are temporarily removing some car parking spaces outside of businesses so as they can trade safely in a socially distanced manner on the footpaths outside their premises.

Cllr Kevin Murphy, Chair of the Bandon Kinsale Municipal District of Cork County Council said,

"We are very grateful to everyone who took part in the consultation process. The business community is fully committed to make the best of what will be an usual summer in Kinsale, and hopefully this will result in a more enjoyable experience for residents and domestic tourists to the town."

Other towns have yet to announce their plans.



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# A trip down memory lane: Dunmanway and Duffy's Circus

Imagine growing up in a town that one of Ireland's largest circus families called home. That was the case in the 1940s and 1950s when Duffy's Circus set up its winter base in Dunmanway, West Cork. Dunmanway locals share some fond memories of this time with **Sandra Maybury**.

**D**uffy's Circus Depot at Doheny Lane in Dunmanway provided employment for many locals during the winter months – maintaining the trucks and equipment and preparing for the next season on the road, as well as tending to the many animals on site, including tigers, lions, elephants and horses. From Easter, for six months of the year the circus toured around Ireland and up to the North of Ireland. The other six months were spent in West Cork.

Mary Cotter grew up on Chapel Street in Dunmanway and remembers what it was like when Duffy's was in town: "There was such excitement when the circus returned to town at the end of the Summer." Mary recalls meeting Betty Fry and Annie McCormack at school; both of their parents worked and travelled with Duffy's circus. Annie was a performer and Mary would watch Annie practise her routine on the tight rope. "Everything was so colourful,

the tents and wagons were painted in bright blue and red. I could hear the lions roar, as they were being trained," says Mary. She also recalls seeing the elephants being walked through the streets to the lake for a drink of water daily. "I remember thinking how big the elephant was and also how slow she walked, it took two men to bring her along."

Another story Mary and others shared was the day of the Duffy family wedding. In 1951, three members of the Duffy family, brother and sister John James and Annie Duffy and their first cousin Marian Duffy, were wed in a triple wedding ceremony at St. Patrick's Church, Dunmanway. John James married Eva Rexon, a member of the popular circus act, The Flying Rexons. It was a multinational affair as Annie's groom, Paul Hamilan hailed from Paris, France and Marian's groom was Edward Rose from Brussels.

After the ceremony, a guard

*Continued on next page...*



*Duffy's Circus in times past.*

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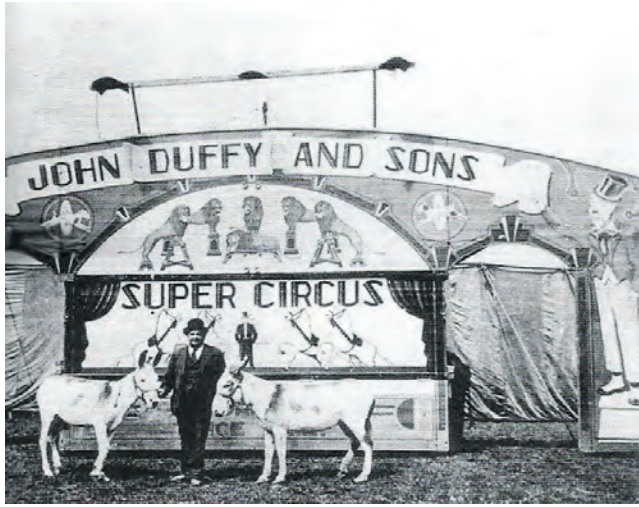
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of honour was formed by a number of painted clowns. The couples travelled by horse and carriage through the town before attending the wedding reception at St. Patrick's Hall. Many can still recall the excitement and celebrations in the town on that day. The couples threw coins to the children who lined the streets to congratulate them. The throwing of coins was a tradition believed to bring good luck to all. Mary was invited to join the wedding reception, which she described as a marvellous day. "We were amazed by it all. It was such a big party, all the school children were given sweets and lemonade and ice cream made by Mrs Barbour."

Norma Deasy recalls stories her mother Nancy shared with her about the Duffy family and how fantastic they were for the town. Deasy's had a shop in the town, next to the Broadway Cinema, and Norma remembers her mother telling her how Mrs Duffy would come into the shop before going to the movies, dressed in the most amazing fur coats and beautiful dresses with stunning gold jewellery. They would buy boxes of chocolates, which for most families at the time, was a treat kept for a special occasion or Christmas. "They were very generous people."

The Duffy family were also religious and before setting off on their tour of Ireland, they always invited the local priest to the circus site to say mass, to bless all the performers and their families and to keep them safe on their trip.

Dunmanway is special to the Duffy family, with the final resting place of some of their loved ones at St. Patrick's graveyard and likewise Duffy's will always hold a special place in the heart of West Cork.

*Middle and bottom: Duffy's elephant pays some house calls in Dunmanway.*

## Clon Pop Up Gaeltacht

Tá an Satharn seo an chéad Satharn don mhí. De ghnáth bíonn "Pop Up Gaeltacht" i gCloch na gCoillte ag 11am ar an chéad Satharn don mhí i Café on the Lane, Spiller's Lane. Tagann Gaelgóirí áitiúil le chéile agus bíonn caife, cáca milis agus caint as Gaelge acu le chéile uair amháin sa mhí. Ach de réir an COVID-19, ní raibh an teacht le chéile ag an grúpa ó Mí Márta. Ach, cosúil le a lán grúpaí eile, tá Zoom á úsáid acu. Beidh 'cruinniú' Zoom ag 11m an Satharn seo an 4ú Iúil. Fáilte roimh chách le Gaeilge. Chun bheith páirteach, seol text WhatsApp go dtí 0862202029. Freisin, tá grúpa Facebook, "Clon Pop Up Gaeltacht" ann agus arís tá fáilte roimh éinne áitiúla bheith

páirteach ann.

Local Clonakilty Irish speakers used to meet up for coffee and caint as Gaeilge on the first Saturday morning of the month at Café on the Lane but since the lockdown, have not been able to. Like many other groups, the informal group, which calls themselves 'Clon Pop Up Gaeltacht', have used Zoom to keep in contact and connect. A Zoom meeting will be held at 11am this Saturday July 4 and any local Gaelgóir who wishes to join in is welcome to send a WhatsApp message to 086 2202029 to get the log in details. There is also a Facebook page 'Clonakilty Pop Up Gaeltacht' to which anyone interested is welcome to join. Fáilte roimh chách.





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# Hail the Wild Atlantic Way



## A WEST CORK LIFE

Tina Pisco

Oh, Glorious Atlantic Ocean, how I've missed you! I know that I can't really complain, as our lockdown has been far from claustrophobic, living out in the countryside as we do, but the call of the sea has always been very strong, no matter what time of the year. In fact, one of the main attractions of moving to West Cork was having the ocean as a part of our ordinary, rather than an exceptional, and expensive treat. The call to go and see the sea gets particularly loud in the summer – especially if the heat starts to climb and my aversion to cold Atlantic water dissipates in the sunshine.

Today as I sit writing this the temperature is a bit chilly, the wind is picking up and I can see the storm clouds that Met Eireann has predicted for the next few days lining up on the horizon, waiting to lash down on us.



But lads – yesterday! Yesterday was a perfect summer's day with the mercury hitting 25C and the sun's heat gently cooled by a light sea breeze. Knowing that this was going to be the only really good day in a week, we decided to take the day off and go to the beach for the first time since the 5km restrictions were lifted. After all, we now had all of County Cork to explore. Then again, when you live in West Cork you don't really need to go very far...

We are truly spoiled for choice. There are a dozen beautiful beaches and coves within twenty minutes of us, so it was difficult to choose which one to try. We settled on one of my favorite coves, which I first discovered as a tourist almost thirty years ago.

I was a bit worried about going there, as the road down to the water is a tight fit for two cars, especially in the summer when the Montbretia is spilling over the ditch. (I don't enjoy backing up a winding narrow boreen.) I expected to find the tiny car park full and to have to manoeuvre inch by inch to turn my car around. Still, I love

that overgrown boreen, with its green canopy and golden disco ball light flitting through the vegetation. When the girls were little, I would tell them that this was definitely a place full of fairies. As I drove carefully down the road, the car windows open to the sounds of birdsong and trickling stream, my daughter even mentioned that it was so lush it felt like Thailand.

To our surprise once we broke out from under the shadows of the trees, we found the cove completely empty! There it was in all its glory: one of the most beautiful places in the world (this may sound a bit over the top, but I promise you that it is not). 360 degrees of beauty, totally empty except for a handful of gulls chasing a buzzard over the headland. The water at low tide was turquoise, the kelp sparkled golden in the sunlight, and the headland was just the right shade of green to offset the bright blue sky and grey rocks. It was truly magical – especially after over one hundred days without visiting the ocean. I love the green fields around our home, but nothing lifts my heart like the mix of blue water and blue sky filling the horizon, and nothing makes me more grateful to live in West Cork than a hot, sunny summer's day to enjoy our amazing coastline.

As the lockdown eases, I find that I am not, as I had thought, rushing out to see people, or shop, or travel. We are not out of the crisis yet, and in any case, I've become rather fond of our splendid isolation. The lockdown taught me that the two things that I missed most were live music, and the ocean.

It may not be until August or September before we can enjoy a live gig again, but in the meantime the Atlantic is right there on our doorstep, and I for one intend to take full advantage. Which is why next week we will be celebrating my eldest daughter's birthday on a boat, because the best way to enjoy our beautiful coastline is on the water. We will go fishing (mackerel and pollock!) and then do a bit of whale watching (there are humpbacks, minke, and loads of dolphins!). I can't wait!

Stay safe. Stay physically apart (Another great reason to get on the beach). Wear a mask in confined spaces, and most importantly – wash your hands.

## Letter from the Editor

Dear Readers,

Welcome to the July edition of West Cork People and our first issue back in print after lockdown. Although we kept the show on the road to some extent on our website – in no small part due to our many wonderful contributors – it's brought home to us the importance of West Cork People in print. So many of you got in touch to offer support during this difficult time and we're sincerely thankful for that...to be honest it kept us going through the dark uncertainty that Covid-19 brought. With the dark there was light too and precious time spent with family in this beautiful place we are lucky enough to call home was never more appreciated. We are grateful for this and for the measures our Government put in place to help us all through this time.

In my last letter back in March I mentioned 'challenge and change' and how it felt that 2020 would come to be defined by such. I don't think any of us could have foreseen just how much challenge lay ahead. It's a story that's being rewritten all the time and hopefully one that will have a positive outcome. One thing is for sure, never has supporting local been so important, to give small businesses a chance to get back on their feet and to help our economy bounce back.

Inside this issue, Kevin Curran, Head of Enterprise at Local Enterprise Office Cork North and West and Paul Healy, Centre Manager of the Rubicon Centre in Cork, Ireland's largest enterprise incubator centre, give some invaluable advice on doing business in the current climate.

One of the real positives I believe to come out of Lockdown was the resurgence of the local food movement, which we celebrate inside this issue. We talk to some of the people behind the online market platform NeighbourFood and meet many of the wonderful food producers we are so lucky to be blessed with in West Cork.

If you're a regular reader who missed the paper, no doubt you'll be looking forward to getting stuck in to the excellent columns that make West Cork People the best free read in West Cork, so I'll let you to it!

If lockdown taught us anything it's to give ourselves time to enjoy the simple pleasures in life...

I hope you enjoy the read,  
Mary



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## Bantry Credit Union says congratulations and thank you to Noreen for outstanding service

On Monday, 25 May, Noreen Cronin marked 20 years as a member of staff at Bantry Credit Union. She went to work just like any other Monday. But she got quite a land when her work colleagues surprised her with a celebratory cake and balloons to mark the occasion. And she got an even bigger surprise when she saw the video that the credit union had compiled to celebrate this milestone.

Unknown to Noreen, her colleagues had asked some members who regularly visit the credit union to say a few words about her. They also asked some senior members of the Board of Directors and even a few past teachers! Then they put together a tribute video capturing these comments and well wishes. The video was posted on the credit union's Facebook page.

We will quote just one of the tributes here. It's from Justin McCarthy, who is currently Secretary of the Board of Directors and is also the longest-serving member of the Board. Congratulating Noreen on her "amazing



20 years" service to Bantry Credit Union." Justin said: "Having an employee like you is a matter of the utmost pride and gratitude. Hard work, loyalty, and diligence – you have it all in abundance. You have been an essential part of Bantry Credit Union's journey and success. We are eternally grateful for all your hard work and passion. Thank you for being with us and here's to the next 20 years!"

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# LEO helps small businesses reboot



Over the past three months, Local Enterprise Offices (LEO) have been helping all types of businesses respond to Covid-19. Kevin Curran, Head of Enterprise at Local Enterprise Office Cork North and West talks to West Cork People about the service LEO provides and how businesses can benefit from the supports provided.

“Like many business premises we had to shut our front doors but we are still available to the business community to offer help, advice, access to funding, and sometimes just an ear to listen to,” he emphasises.

The Local Enterprise Offices were established within the Local Authority system in 2014 and have since then acted as a First Stop Shop for the micro-enterprise sector so the team are well used to dealing with the needs of the local business community.

“Our existing offerings such as training, advice and mentoring were supplemented by some additional Covid-19 responses, such as the Business Continuity Voucher, to help our client enterprises deal with this crisis,” says Kevin.

The LEO Mentor Programme is designed to match up the knowledge, skills, insights and entrepreneurial capability of experienced business practitioners with small business owner/managers who need practical and strategic one to one advice and guidance. The mentor contributes independent, informed observation and advice to aid decision-making.

A lot of businesses have now expanded their business online with the help of the LEO Trading Online Voucher scheme.

The Trading Online Voucher scheme, funded by the Department of Communications, Climate Action and

the Environment (DCCA), is aimed at established small businesses, including sole-traders, with little or no trading online capability, operating in sectors where the market has not already compelled them to develop this capability. The voucher is a financial incentive to small businesses to develop or enhance their ability to trade online.

The scheme offers skills training, mentoring and a grant of up to €2,500 (subject to match funding) to help micro-enterprises (10 or less employees) to develop their e-commerce capability, and in turn reap the positive enterprise impacts of online trading.

Some examples of eligible grant expenditure would include: IT consultation; Development or upgrade of an e-commerce website; Implementing Online payments or booking systems; Purchase of Internet related software; Development of a digital marketing strategy.

“One thing that has become really apparent to businesses is that when you have to physically close the door and you don’t have an e-commerce facility, then it’s so much more difficult

to stay connected with your customers,” says Kevin.

While some types of business may not realise the potential of being online, Kevin believes it might be harder to find a business that would not get something from being online.

“Some businesses have also realised that going online is not just about conquering the world, it is just as important for connecting with your local customers.

“For example, we’re all having to get used to queuing outside premises as numbers on the shop floor are limited. Some of us may be more patient than others but this is a reality that we have to accept. An e-commerce enabled website will allow you to do a ‘click and collect’ service. Order and pay for it at home, a quick visit to collect it and job done.”

While it’s all well and good being online, this doesn’t mean that customers will suddenly appear as a result.

Two things are key when going online explains Kevin.

“Firstly, It’s no good being online if people can’t find you or don’t know about you so you need to get the message out there. That doesn’t mean big

expense on advertising campaigns – maybe a clever spend instead – but also consider the role of social media to push your name and offering out there.

“Secondly, you also need to ensure that you deliver, and I don’t mean just ensuring that the package arrives. It means that if the product is on your website that your inventory system is live and that the product is physically there and once the customer clicks ‘Pay’ it’s immediately reserved for them. It means that if a customer clicks to collect and is told that it is available from 9am tomorrow, that is exactly what happens.

The point is that it does take a little planning to make sure that both sides of the business – the bricks and the clicks – are working efficiently. Just don’t disappoint or let down the customer.”

There are a few common mistakes that many businesses make. “Two regularly show up,” says Kevin. The number one mistake is ‘Fail to Prepare, Prepare to Fail’.

“Planning is vital. Research is vital. Seeking advice is vital,” says Kevin. “We strongly recommend the preparation of

some sort of business plan – people get put off by this and think that they need an army of experts for this – you don’t.

“Planning is vital. Research is vital. Seeking advice is vital. We strongly recommend the preparation of some sort of business plan – people get put off by this and think that they need an army of experts for this – you don’t.

“You could start by doing something like a Business Advice Session with us in the Local Enterprise Office – it’s a free one-to-one session with an experienced Business Advisor – this could help you focus your ideas a little. Next you might take one of our short Start Your Own Business courses – if you’ve never ran your own business this could be invaluable. One of the things this course focuses on is drafting that first business plan

*Continued on next page...*



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Cork County Council's Local Enterprise Offices provide a variety of business supports to the micro-enterprise sector, please contact us at:

**A:** Local Enterprise Office Cork North & West, 8 Kent Street, Clonakilty  
**T:** 023-8834700 **E:** westcork@leo.corkcoco.ie  
**W:** www.localenterprise.ie/corknorthandwest

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and at the very least you've asked yourself the questions that really need to be asked and hopefully identified answers. There is also a template for a business plan that you can get on our website ([www.localenterprise.ie](http://www.localenterprise.ie)) that will point you towards the issues that you need to address."

Mistake number two. "If money makes the world go round it is also key for any business," continues Kevin. "Under-capitalisation and cash flow management are challenges. You need to understand from day one that most start-up costs are up front and income takes time to generate and collect. Having sufficient capital to start up and keep going until your customers start paying you is vital. Managing your cash flow is always a challenge. As part of your business plan you

should look at doing a cash flow exercise – his will help you to plan around the ins and outs of cash for your business both regular and one off. Understand the flow will help you to plan for and manage it."

To help develop Ireland's artisan food industry, the Local Enterprise Offices, SuperValu and Bord Bia joined forces in 2013 to create 'Food Academy' – a tailored programme for new and early-stage food business owners.

"The aim of Food Academy is to provide small food business with a solid foundation to progress to the shelves of retailers," explains Kevin. "All participants in Food Academy will be given the opportunity to pitch their product to a panel of SuperValu representatives including the local SuperValu owner. The panel mentor the

businesses, share their expertise and advise to allow the participants to make any changes they deem necessary to improve their offer.

"Food Academy is both a development programme for you, your food business and product as well as an opportunity to have your product on the supermarket shelf.

Online you can look at offerings such as the Digital School of Food ([digitalschool-offood.ie](http://digitalschool-offood.ie)), which is a learning hub designed to support you in developing your food manufacturing business from start-up to the growth phase.

"What is important to realise is that it's not just having the best food product, it's the packaging, the price, the story behind it and the business model itself."

In the current uncertain cli-

mate Kevin shares some advice for SMEs.

"It's going to be very hard to crystal ball where things are at, so I would suggest focusing on what is within your control.

"1. Customer – stay connected and talk to your customers; 2. Suppliers – stay connected and talk to them also. If you are under pressure talk to them. 3. Staff – they are an invaluable resource – mind them; 4. Costs – stay lean. Look at what you're doing and ask yourself – what should I start, stop and continue? 5. Cash – mind it and manage it. Pay your bills but make sure you get paid too; 6. Mind yourself – it has been a stressful time and will be so for a while. Don't be afraid to ask for help or advice."

Kevin sees opportunity for growth going forward in sectors such as health and believes that

it's a good time for cultivating all types of businesses online.

"I think that because the crisis has come from a health issue, we may become more health conscious and products and services that cater to this may see a lift up for some time. We've seen media reports, for example, of bicycle stores struggling to keep up with demand and bicycle repairs shops busy as people resurrect a forgotten one from the dusty back corner of the shed.

"As mentioned earlier regarding online opportunities and offering services like 'click and collect', how you do business may be just as important. Understanding the customers concerns about queues, social distancing, crowds and trying to mitigate these, in a safe appropriate manner, that could differentiate your business

and make it more attractive to potential customers."

Anyone with an idea for a new business can contact Leo for advice or help

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# The plague doctor

Lately, we're all familiar with wearing a mask in public in order to be responsible during the Covid-19 pandemic. Wearing masks is proven to be excellent in preventing the spread of viruses and probably the most iconic mask of all is the plague doctor mask. It was worn for the exact same reason but with a slight difference in its application. Before getting to that, we need to understand why it was used at all. In October 1347 twelve Genoese trading ships docked

at the Sicilian port of Messina after a long journey through the black sea. The people who gathered on the docks to meet them were met with a grim discovery. Most of the sailors on the ships were dead. The ones that were still alive were weak with fever and delirious from pain. All of the sailors, both dead and alive, were covered in large black boils. The boils covered their entire bodies, they were on their face, hands, neck, legs and arms. All of the boils oozed blood. The Authorities quickly

ordered the ships back out of the harbour. But it was already too late. The Black Death had arrived in Europe.

From that small port it spread across Europe and within five years it had killed 20 million people. Killing 33 per cent of Europe's entire population. Historians argue that this figure is as high as 50 million but medieval records are sparse so it is difficult to give an exact number. However, all agree that it was 20 million at least. What was the Black Death? Scientists believe that the pandemic was caused by Yersinia Pestis, a bacterium that can live in humans as well as animals. It has three different forms but its most common form is known as the Bubonic plague. This form occurs when the bacterium infects the lymph nodes causing them to swell and then haemorrhage; creating the tell-tale buboes or boils all over the body that give Bubonic plague its name. Sometimes the lymph nodes become overwhelmed and began draining into the blood vessel system; this causes secondary septicemic plague and it is highly deadly. Symptoms include coughing up blood and bleeding underneath the skin. When these symptoms appear, death follows very shortly after, within a few hours. The third way that Yersenia Pestis can manifest itself is in the lungs and this is called pneumonic plague and it is highly contagious because the patient begins coughing up the bacterium and passing it on to other people who breathe it, and so it quickly passes on from person to person.

Pneumonic plague is particularly insidious because

*"Neither physicians nor medicines were effective. Whether because these illnesses were previously unknown or because physicians had not previously studied them, there seemed to be no cure. There was such a fear that no one seemed to know what to do."*

– Marchione di Coppo Stefani



## THE HISTORY & POLITICS CORNER

Shane Daly

Shane Daly is a History Graduate from University College Cork, with a BAM in History and an MA in Irish History.

it develops just like any other respiratory illness except that it kills you within one to six days. If left untreated pneumonic plague is 100 per cent fatal.

The Bubonic plague isn't just from the 14th century. It is still possible to catch it today. The most recent case was on July 22, 2014 in Yumen China. A male caught a rat, chopped it up and fed it to his dog. He subsequently caught bubonic plague and died a few days later. The government responded by sealing off the town of Yumen and its 30,000 inhabitants.

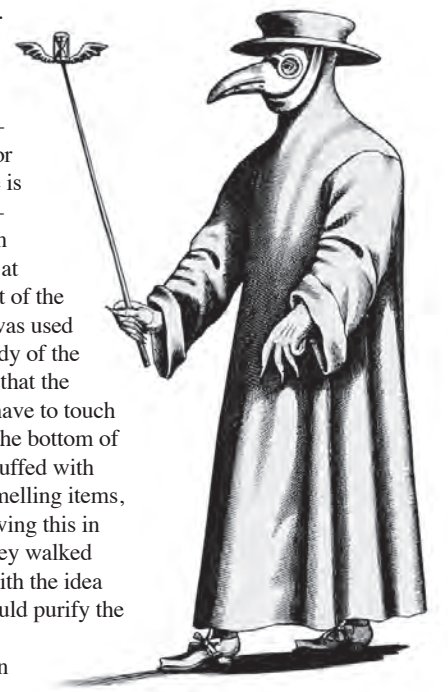
Probably the most iconic symbol of the disease is the plague doctor's mask. It was invented by Charles de L'Orme. The mask is quite unusual to look at but the idea behind the really long snout of the mask is that medical practitioners in the

past believed that bad odours or poisonous vapours called miasma caused disease. Therefore, they stuffed sweet smelling herbs or strong-smelling items into the bottom of the beak on the mask believing that if they didn't smell the bad odours or the plague, they would be safe. Meaning, by smelling only sweet smelling or pleasant odours of the herbs based in the snout of the mask, this would allow them to be safe from the plague and would treat patients and walk into infected households. The plague doctor would also wear a long overcoat and gloves that were dipped in wax. This was used as an extra form of protection against the plague. The plague doctor would also wear a hat but not as part of his safety precautions, the hat was to signify his position as a medical practitioner within the city he was working in.

As well as this, he would carry a cane. The cane is almost always visible in Plague doctor illustrations. There is a common misconception that the cane was used to swing at rats to get them out of the way but in fact it was used to turn over the body of the infected person so that the doctor would not have to touch them. Sometimes the bottom of the cane was also stuffed with herbs and sweet-smelling items, they would then swing this in front of them as they walked through the city, with the idea being that they would purify the air before them.

When you see an illustration of the

plague doctor in his full outfit including mask, one cannot help but think it must have been terrifying for someone that was already suffering with Bubonic Plague to then see this figure into their home. However, it is somewhat similar to today's Hazmat suits that are also frightening but signify that things are now under control or that help is on its way. With wearing masks now compulsory on public transport in Ireland, it seems such a small amount of effort to comply with this rule in order to prevent the spread of the virus during this pandemic 600 years later in 2020. Next time you see an image of a scary Plague doctor mask with the long snout, now you know that it isn't meant to be frightening but has a pragmatic purpose.



## CHRISTOPHER O'SULLIVAN T.D.

If I can be of any assistance to you please do not hesitate to get in contact.

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# Bandon teacher awarded prestigious Fulbright Scholarship

Jane Ní Luasa, a graduate of Mary Immaculate College (MIC) and now a teacher at Gaelscoil Dhroichead na Bannan, is one of 36 remarkable academics, professionals and students from across Ireland to be awarded a scholarship under the prestigious Fulbright Programme. The Fulbright awardees were recently announced at an online celebration hosted by Ciarán Cannon TD, Minister for the Diaspora and International Development.

With an emphasis on cultural immersion and building long-term academic and professional connections, the Fulbright programme selects excellent candidates from all over Ireland to work with top US Institutions across all disciplines ranging from science, technology and business, to the arts and culture. Jane, who was awarded a Fulbright Foreign Language Teaching Assistant (FLTA) scholarship, is due to depart for the US in September where she will teach the Irish language and take classes at the University of Montana.

Having graduated from MIC as a primary teacher in 2018, Jane is now teaching in Gaelscoil Dhroichead na Bannan, an Irish medium primary school in her native Cork. Reacting to her

Fulbright award, Jane said, "I am honoured. I have been exploring the idea for a couple of years and decided to apply this year. It's a dream come true for me to be awarded a Fulbright scholarship. I intend to inspire a love of the Irish language and culture in my students at the University of Montana and I hope they will develop the same interest and passion for Gaeilge as I have!"

A native Irish speaker who hails from Gougane Barra in the Múscraí Gaeltacht, Jane is passionate about the Irish language. During her time at MIC, Jane was an active member and chairperson of the Cumann Gaelach, as well as PRO of the St Vincent de Paul society. "My family run the Gougane Barra Hotel so I have years of experience sharing my passion for the Irish language and culture with people from all around the world. At MIC, I had the opportunity to study interesting Irish modules in education and the arts and as chairperson of the Cumann Gaelach at MIC, I thoroughly enjoyed promoting Gaeilge throughout the College. It is an honour for me to be given the opportunity to teach Irish abroad and I'm excited to share my passion for Gaeilge and Irish culture in the US."

One of the highlights of



Jane's time at MIC was the time she spent studying abroad at Loyola University in Chicago. Here she gained valuable insight into the US education system through teaching at local elementary schools. Commenting on her time at MIC, Jane said, "Two Irish lecturers at MIC, Siobhán Ní Mhurchú and Dr Róisín Ní Ghairbhí really stimulated my love of Irish, encouraged me as a student teacher and helped develop my confidence. They both encouraged me to apply to be an FLTA and I am so grateful to both of them for their support."

Congratulating Jane on her

Fulbright award, Professor Michael Healy, Vice President of Research at MIC said, "I warmly congratulate our graduate Jane Ní Luasa on being awarded a prestigious Fulbright FLTA scholarship. The Fulbright Awards are highly competitive, associated with excellence and prestige, and reflect the excellent calibre of scholar that MIC continues to graduate. The College takes great pride in these achievements and we look forward to seeing the fruits of Jane's experience when she returns."

Due to the current COVID-19 crisis, Jane, like many teachers throughout Ireland, had to quickly adapt her teaching practice in light of school closures. She said, "At the beginning, teaching online was challenging but by now we have gotten used to it and I have learned valuable skills adapting to it. The team at GS Dhroichead na Bannan are very supportive and we worked together to come up with creative ways to make it work. My class is fantastic and I know they all worked so hard to keep up with their school work in these challenging times."

She added, "I am now living out my childhood dream of being a school teacher. This job allows me to spend every day

doing what I love: teaching, speaking Irish, playing music and singing, being creative, learning about others and shar-

ing stories. I am excited to do this in another setting during my Fulbright year."

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# End of empires



## THE HISTORY SHOW

Kieran Doyle

One of the greatest historical lessons I learnt as a student was from a simple cartoon. The title was: 'History is a matter of perspective'. In the cartoon, a Native American had returned to shore to his tribal chief. Lingered in the background, were the three caravels of the Columbus expedition, La Pinta, La Nina and La Santa Maria. There was just a single speech bubble – the Native American matter-of-factly declaring, 'I have discovered Europeans'. I never forgot the Eureka moment when I released how western-centric my world-view was.

In a world of accusations of fake news, or media streams such as Twitter that reinforces one's world-view, and news channels that fortify one's perspective, can we ever be sure of the truth? A friend of mine goes to the trouble of buying a number of Sunday newspapers on either side of the political spectrum and tries to disentangle the many 'truths' being peddled to us. One must do the same with history; otherwise it becomes propaganda. The trouble is where do you begin? Where else, but America.

Do you ever pause to reflect why most Irish people will have a fairly good grip on American politics and society? Whereas

we will have only superficial or frivolous information about other power houses like Brazil, China, India or Africa's most populated country Nigeria? I bet, as you read this article, you could name the last four presidents of America. Can you name the last four of any of the aforementioned countries? Let alone their vice-president? Can we, (yes me too) comment on any social legislation or cultural innovation from any of those societies in the last decade yet speak in detail about American laws and culture? How has this happened? It's called American colonialism.

The Americans have been colonising the world since World War Two, and Ireland, like most of the world, is within its empire. Just like remote working – the Americans figured out a long time ago, you don't need to actually invade and occupy a country, like the French, British or Nazi empires did. The Americans have been working 'remotely' long before this became a popular term during the Covid-pandemic. They have influenced, bought, threatened, bribed and destabilised much of the globe for half a century. Like a grand chess master, they have control over the board, which is all the more troubling given that the King is now Donald Trump. Don't get me wrong – whether Democrat or Republican – their tentacles have strangled the world. But because of our western perspective, they are generally seen at best, as the great bulwark against so-called malevolent powers like China, Iran, etc or at worst, the best of a bad lot.

So what makes this article, or any for that matter, free from accusations of propaganda and bias? There's nothing wrong with having an informed opinion, but like that cartoon moment, we must sometimes travel outside our lifetime cultural influences and question things. So be it if one returns

to their original stance, but at least you will have examined it. Consciously or unconsciously we have been colonised by the American perspective for too long. It began subtly. From 'Dallas', (for older viewers like myself) to the 'Kardashians', from 'Hollywood' to 'Nickelodeon' – we are fed American life as the goal. Sure, there may be a crassness about it, but in the 'land of free and the home of the brave', you too can grow up to have a mansion and become famous. Our college students get the famous J1 Visa and enjoy four months of working in the USA, being dazzled by the playful beach resorts in Cape Cod; visiting the iconic Disneyland or the Empire States Building; eating pancakes for breakfast and doing the grand tour at the end. The J1 remains one of their most influential colonisation cultural tools in Ireland that woos each generation into supporting the States consciously or more powerfully, subconsciously. I was one of those and for years all I could think about was getting a green card and returning to the greatest place on earth. Cultural, influential American companies like Facebook, with bases in Ireland, have an all-encompassing grip on Ireland and the world. Yet Mark Zuckerberg recently declared, 'Facebook shouldn't be the arbiter of truth' in reference to the accuracy of Donald Trump's statements.

So before I am accused of crossing into conspiracy theories. Let's look at the hard evidence of history. The USA and CIA have been involved in regime change all over the world since WW2. From supporting the Contras in Nicaragua in the 1980s because the USA were opposed to the democratically elected socialist Sandinista Party; to squeezing out the British from Iran and Iraq in the 1950's to control the oil fields; to covert and active support of regime change in 1960 in the Congo, when Patrice Lumumba



*Now the greatest empire the world has ever known is facing its ultimate enemy – itself. As the famous cities of America burn to the cry of 'Black Lives Matter', history is being revisited.*

had the gall to think of socialist policies that would improve life of the common man and woman – if it didn't suit the great coloniser, it simply flexed its muscles. Vietnam was destroyed for a generation because, Ho-Chi Minh, wanted peasant proprietorship after decades of exploitation and colonisation by the French and Japanese. [He was inspired by Ireland's colonial struggle against the British and took to heart Terence McSweeney's famous line – 'that victory will come not to those who inflict the most, but those who can suffer the most']. Korea has been partitioned since their war there ended in 1953, leaving the North in darkness. Saddam Hussein was trained and supported by the Americans and disposed of when the tyrant they propped up became a naughty boy. Remember the weapons of mass destruction that was used as the pretext to invade Iraq? They never existed. No propaganda – just fact.

That's not to say that there are two sides to all the stories I have referred to, but alas we only ever fed or accept the American or Western version. Yet generation after generation, we see America as the great purveyors of democracy. This is a country where the Republican Party actively finances the disenfranchisement of black voters. This in a country where the current president has it in his gift to sign executive orders to reverse the democratic legislation created by past government. This is in a country that traps voters in a

bi-partite political system. This is a country that allows their people to tout semiautomatics in defiance of elected politicians, who locked down society during the pandemic. This is a country where presidents can interfere with the judiciary and appoint liberal or conservative judges in the Supreme Court so constitutional judgments can be influenced in accordance with their political bias. This is a country that because of its Electoral College system, which protects small states, the President does not need to win the popular vote to regain power. He simply needs to continue to appeal to his 40 per cent base and swing another five per cent to keep doing what he does.

It needs a book, not an article to explore American covert colonisation and the hypocrisies of their system. Let me end with Iran, once an empire itself called Persia. All we have been taught is the western perspective that Iran is a basket case that mistrusts the west and full of fundamentalist? Perhaps it is, but have you ever considered why? The British kicked it off in 1901 by buying off the corrupt Shah Mozaffar Od-Din to sign a sixty-year lease. This allowed British Petroleum to plunder and sell natural gas, petroleum, asphalt and ozokerite for sixty years for a once-off payment of £20,000 pounds and a small percentage share. When the British Empire crumbled after World War Two, the USA did not invade Iran, but merely 'protected' them from Soviet influence in

the area and simply took up the reigns from the British. Despite the 'civilising effects' of British occupation, two-thirds of the population were still illiterate and the country was desperate need of resources. The Prime Minister of Iran, Mossadegh, who was on the cover of Time Magazine as 'man of the year 1952' was disposed after he dared to nationalise the oil wells so Iranians could benefit from the billions of dollars of their sovereign natural resources. The result was a CIA-backed coup in 1953, which include paid demonstrators to rally on the streets, which ultimately led to Mossadegh being replaced by another corrupt Shah, so that Iran would not 'slip out of western influence'.

Now the greatest empire the world has ever known is facing its ultimate enemy – itself. As the famous cities of America burn to the cry of 'Black Lives Matter', history is being revisited.

Generations of protestors from the civil rights marchers of the 50s and 60s through to 2020 have failed to change the racial divide. If you are a conservative republican supporter, the demonstrators are looters and the police are forced to do what they do to protect society. If you are a liberal democrat, then the police force is a racist institution that specialised in murdering black people. It's always been about perspective. It's time to step out of the bubble – your empire is imploding.

#shopkindly



It's easy to be kind as we get used to our new way of shopping and using public spaces – being mindful of giving each other enough space or wearing a mask if we can't... and of course sharing a smile and a 'thank you'.

Everybody is working hard to meet the new guidelines but if you see something that has been missed, notify the business and give them the opportunity to remedy it rather than posting on social media.

## Clonakilty Credit Union is there to help you achieve plans made in lockdown

It is in times of difficulty that the strength of community ties becomes most evident. Clonakilty benefits from all of the organisations that are embedded in its community, including its local credit union; during the past few months the staff of Clonakilty Credit Union have kept the doors open and the phones manned to support members in whatever way was needed.

As we now move forward, the Credit Union is eager to help current and new members to achieve

any plans made during lockdown; be it to drive a new car, enjoy a 'staycation' in another beautiful part of the country or finally do those home improvements.

Credit Unions are well known to cater for small sum loans but did you know that Clonakilty Credit Union also offers unsecured loans of up to €70,000? From cars to home improvements to personal expenses like dental work, the rates are extremely competitive and the lending team is very understanding of your life circumstances when considering applications.

Whether you are a member or not, before you take out any loan, or sign a hire purchase agreement, talk to Clonakilty Credit Union first. There are

many misconceptions out there that are not true at all – that you have to be an existing member or have matching savings for example. Remember Clonakilty Credit Union needs and wants to keep lending so they're ready and willing to talk about what you need; its common bond extends for 10 miles around the town so if you live or work within that radius ask about joining.

As well as having friendly, helpful staff ready to assist customers in-branch, the Credit Union also has its own Online and Mobile App Service, for customers who prefer to do their banking at an hour and place that suits them.

Being online is also invaluable for members who don't live in the area anymore, hav-

ing moved away for work or study – they can still be active members no matter where they are in the world! The website and mobile app allows members to securely login and carry out most day-to-day activities, such as checking balances and transaction histories, paying bills or transferring money to another account, including SEPA/International accounts.

The interfaces are clear and user friendly and available for all devices – login in from any computer or go to Google Play to download the App for android mobiles or the App Store for iPhones/iPad. You must register online via the website first to use online banking so visit [www.clonakiltycreditunion.ie](http://www.clonakiltycreditunion.ie) to find out more.

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People who have suffered an illness, injury, or other health condition may think they are out of the running for employment. EmployAbility Service West Cork can help

someone overcome this hurdle. With over 14 years' experience of supporting people into employment, they have to skillset to help people find work. "We have a professional team operating

from Kinsale to Castletownbere. EmployAbility Service West Cork is funded by the Department of Employment Affairs and Social Protection. Employers will employ people who have a positive attitude," according to Micheal Hurley Co-ordinator of EmployAbility Service West Cork.

Micheal explains, "We always focus on what people can do. There are definitely jobs in West Cork; it's just about finding the correct job fit. We work with each person supporting them to find opportunities and come up with solutions to get to their chosen destination. We can use supports such as work experience placements and other Government supports such as Jobs + and the Wage Subsidy Scheme to support people back to work. If all goes well, a job will follow". Micheal added that, "Employers continue to

welcome the opportunity to use our job matching and work placements to assist them with their recruitment needs."

Melanie is one of the people who availed of EmployAbility Service West Cork; "Before I started working with EmployAbility Service West Cork it was difficult for me to find employment, my confidence had hit a very low ebb. My Job Coach worked with me on building up my confidence, we looked at what kind of jobs would suit my needs; we met weekly to come up with a plan and it worked!"

"We discussed any concerns; fears I had such as social welfare issues and came up with solutions. We applied for positions and it wasn't long until I found employment, working 21 hours per week.

"This position is going well, I'm happier than I've been in years. If I ever have any concern

about my work or other issues, I can discuss this with my job coach when we meet.

"Along with helping me find work, EmployAbility Service West Cork helped me improve my CV, supported me preparing for interviews. All this helped improve my confidence to enable me to find employment. I would recommend anybody looking for help and support to find work to call EmployAbility Service West Cork."

"EmployAbility Service West Cork job coaches are always happy to meet with people to discuss our service," says Micheal.

Contact EmployAbility Service West Cork today.

**Bantry:** (covering outreach offices in Castletownbere and Dunmanway) Martin Mulchrone 086 8126324 or Erin Kelly Ashworth 086 8079953.

## Skibbereen:

Clare Gallagher 086 8158786.

## Clonakilty:

Emer Sweeney 086 8395058 or Iona Wilson 086 6031335

## Bandon:

Darren Priest 086 8101795

## Kinsale:

Olga Mitchell 086 6007964

## Coordinator:

Micheal Hurley 086 8546559 email coordinator@empwc.org website www.empservice.org.

Micheal concluded by explaining "We want to thank all businesses throughout West Cork for availing of and supporting our service and for their ongoing support and for bringing employment opportunities to our clients. It is this trusted collaborative partnership that will continue to be the driving force of local employment for clients of EmployAbility Service West Cork."

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## Clonakilty Bike Share – Will it be allowed to fail?

Despite possessing no greenways or cycle lanes, the people of Clonakilty have come together as a community to promote cycling in a way that outshines government supported SmarterTravel towns such as Westport or Dungarvan says **Gerry Dornan** of Maynooth Cycling Campaign. However the town's much lauded Bike Share Scheme has been forced to go into cold storage due to rising cost of insurance.

The Clonakilty trio e-bike in action.  
Pic: Thady Trá



in different places and ensured that more money is retained in the local community than from day-trippers.

Clonakilty also procured funding to erect signage designating a number of nearby cycling routes along quiet roads, which have been approved by local Gardaí are available online with GPS mapping. Although funding has been available since late 2018, the routes have yet to be signed off or signposted by the council.

The Clonakilty bike share was already facing increased maintenance costs due to an ageing fleet of bikes. Now, the rising cost of insurance is the straw that breaks the camel's back and Clonakilty has been forced to shelve its bike share.

Clonakilty is a model for a small community based cycling town. At a time when (1) a new Programme for Government prioritising cycling is agreed, (2) over €1 million has been invested in bike shares in Cork, Limerick and Galway, (3) as a result of Covid-19 the message from the health authorities is to walk or cycle where possible, (4) the NTA are offering funding to encourage active travel and (5) Cork City proposes to expand its bike share, it is ironic that the Clonakilty bike share would be allowed to fail. While West Cork politicians have been vocal in their support, Clonakilty has received no state funding. Clonakilty's most famous cyclist is of course Michael Collins who was born nearby. Looking down from heaven (or up from the other place if that is your politics), what must he think of Cork County Council and the current crop of Cork politicians?

Clonakilty holds an annual Bike Festival (just over), which went global this year. It has its own community bike workshop 'The Bike Circus', which also runs an active apprenticeship program. The town has a chapter of Cycling without Age and has its own Trio E-bike, which they use to bring out elderly and sick from hospital or nursing homes. The most remarkable aspect of the cycling culture of the town, however, is that they have their own bike share with very little support from Cork County Council or the Department of Transport, Tourism and Sport.

Tom O'Donovan of O'Donovan's Hotel was one of the founders who established the Clonakilty Bike Share six years

ago with some 60 bikes. He recalls that Cork County Council refused to give them public space for bike hubs so a number of hotels offered a section of their car parking area. With contributions from the hotels and private local sponsors, they purchased bicycles, paid for parking racks and developed a website through which people could book and pay for renting. Most of the work was carried out by community volunteers so any money raised from renting was reinvested in the scheme. While the bike scheme originated in Clonakilty, it soon spread out to hotels in a number of locations across West Cork as far as Courtmacsherry and Rosscarbery. The scheme allows users to stay overnight

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## Planting of olive tree reinforces welcome to Skibbereen town

Deelish Garden Centre in Skibbereen has gifted a 250-year-old specimen olive tree to the town of Skibbereen. The tree was collected on a trip to Holland earlier in the year where it had been sourced from northern Italy, so as well as being well-travelled, it may in fact now be the oldest living tree in Skibbereen town.

Traditionally olives are symbols of peace and friendship, so the tree is a particularly suitable choice to welcome people to Skibbereen, as they reach the roundabout on the Cork road.

"We have been supplying Olive trees of all sizes for many years here at Deelish Garden Centre," says Noah Chase "and as long as they have good drainage they can withstand cold temperatures and wind over the winter months. Indeed last year some of our trees even produced some fruits!"

The Skibbereen Roundabout planting theme is based on Mediterranean plants, olive (peace and friendship), creeping rosemary (religious legend is tied to Mary, the Mother of Jesus) and lavender (valued for its fragrance and healing properties). All the plants selected can be used in cooking and celebrate all the amazing food being grown and produced in West Cork. In the coming years thousands of people travelling to enjoy 'A Taste of West Cork' food festival will also pass this roundabout on their travels.

"The large rope around the outside of the planting is salvaged from Baltimore and represents West Cork's connection to the sea and our mild weather, which allows us to grow many plants which do not survive in other parts of Ireland," explains Noah. "With climate change our growing options have increased

and the crops being grown in the future will change with the weather."

Grapes are now grown on a commercial scale in Kinsale and lavender in Courtmacsherry. Which town will have the first olive grove?

Deelish is delighted to have been given the opportunity by Skibbereen Tidy Towns and Cork County Council to provide a warm welcome to everyone arriving in Skibbereen.



## Holly Cairns TD calls for a more holistic approach to flood management planning

Social Democrats spokesperson on Rural and Community Development, Holly Cairns has stressed the need for both joined-up thinking from government and a commitment to working with affected communities in creating robust flood defences and mitigation strategies. Speaking on the government's Annual Statement on Climate Action and Low Carbon Development, Holly raised the importance of flood managements that use natural solutions, the necessity to involve local communities, and issues around accessing insurance.

Holly explains: "Flooding has caused irreparable damage to communities and businesses across West Cork. We desperately need a pro-active, whole of government, and sustainable response. Although there has been significant activity in building flood defences in recent years, there are lessons to be learned. To properly deal with flooding we must consider the broader landscape. As well as taking into consideration our emissions and climate action commitments. We need to take action on planning, afforestation, piecemeal interventions, and inadequate supports that have made communities more vulnerable.

"Too often, poor planning

combined with inaction over years has resulted in flooding, and then communities have to accept highly invasive and expensive infrastructure when simpler and more robust measures combined with good planning could have avoided and alleviated flooding. There is an insufficient use of a watershed approach, which integrates flood protection, stream and wetland habitat restorations, and water quality improvements. We should be planting protection forestry along rivers to preserve water quality and assist in flood management. We need to protect and restore our wetlands as natural defences for fluvial and coastal flooding.

"We also need a whole of government approach. A response from the state requires: action on planning, tackling insurance companies who are not providing adequate cover for whole communities and support for families and businesses who are terrified when flooding is forecasted. Insurance, in particular, is an ongoing issue that needs to be addressed. Flood relief schemes are only one part of the solution. In West Cork, towns such as Bandon, Skibbereen, and Schull, need comprehensive responses that address their needs – not just higher walls."



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Since last month the world has become again convulsed with another global human rights problem – the awful deaths of George Floyd and others, like Breonna Taylor, who had called for police help but was shot dead through her window – and Ahmoud Arbery, a young man just out jogging and killed by a father and son. This piece could be filled with so many more names, forming a long tragic litany caused by prejudice and sheer revulsion of ‘The Other’. That this is deep seated in human nature and will never probably be eradicated is sad but true. How is this so embedded in us? Early psychological research has posited a time in a baby’s life – between six and nine months – when the baby, previously amenable to anyone around him, begins to cry at and flinch from strangers. ‘Fear of the Stranger’ it is called. It is neither bad nor good; just a natural development of the baby’s capacity in distinguishing differences; but other later influences shift this temporary behaviour into deep and destructive thoughts, feelings and actions.

We are asking ourselves how has this enormous widespread



demonstrative movement has taken off? One must admire the perseverance of the protesters – anyone who has been to one protest knows how much it can take out of one; the disruption of normal life – organising, travelling, the aching legs and tiredness next day. Thousands upon thousands have done this for about 20 days and nights – and that is just the US. Many countries are all looking at their own prejudices and complicity by silence.

Various explanations have been offered for ‘Why now’ – this explosion for human rights for people of colour. This writer has not been sufficiently convinced of the connection with Covid-19 despite our recognition of statistical evidence that people of colour suffer from this virus more than white people because of crowded living circumstances and also that they are more represented on the Frontline.

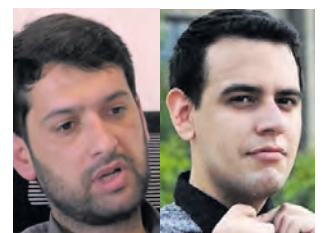
My take on it is that ‘Seeing is Believing’. If we had not witnessed with our eyes the murder of George Floyd, would we have cared so much? Would the massive movement and real hope for long-needed change have started. It didn’t for Breonna Taylor nor for Ahmoud Arbery. Their lives and all the others

whose lives were lost unnecessarily are equally as important as George Floyd.

We can live with human rights abuses right under our noses but until we SEE it we are not sufficiently motivated to change what is wrong. Perhaps it is no wonder that we could always use more letter writers in Amnesty for those whose names never hit the headlines or receive their 15 minutes of fame. Our minds can shut out injustices far more easily than our eyes.

We wish all the reformers and peaceful protesters in the US continuing fortitude and positive outcomes. And in Ireland, too.

Here are a few pictures of Prisoners of Conscience and Human Rights Defenders who will sadly not make the headlines. From Tajikistan and Venezuela.



Our monthly meetings in O’Donovan’s Hotel are cancelled till further notice but phone Sue on 023 8845056 or Mary on 086 855 9199 for any information.

## KNOW YOUR RIGHTS

### Package holiday cancellations

I booked a package holiday in July. Can I get a refund or money back if I cancel?

Yes. There is specific advice about package holiday cancellations for holidays due to start before or after July 20, 2020.

Package holidays are treated differently to bookings for accommodation or flights on their own. A

package holiday is a pre-arranged or customised holiday. It must last more than 24 hours or include an overnight stay. It is sold as a whole deal and can be made up of at least two elements, such as transport, accommodation, car rental or tourist services like tours and excursions.

If your package holiday is due to start:

- Before 20 July – you are entitled to a full refund. You do not have to pay a cancellation fee. The travel organiser can offer you a State-guaranteed refund credit note if they cannot offer you a cash refund.
- After 20 July – you are still entitled to cancel and can get a refund or a State-guaranteed refund credit note, but you may have to pay a cancellation fee.
- After 20 July and if the travel organiser has already cancelled the holiday – you are entitled to a full refund or a State-guaranteed refund credit note. You don’t have to pay a cancellation fee.

Your tour operator or travel agent can offer you a State-guaranteed refund credit note for your package holiday if they cannot give you a cash refund. The State guarantee means that if your travel agent or tour operator goes out of business and cannot pay you back, your refund is protected.

The refund credit note has a future date. You can exchange the note for a cash refund or book a replacement holiday by that date. However, you do not have to accept a refund credit note. You can get a full refund or you can get

a part refund and part cash.

You also have the right to cancel your package holiday before the start of your holiday for free if there are ‘unavoidable and extraordinary circumstances’ such as disease or serious conditions at your destination.

If you are planning to travel abroad, you should follow the travel advice of the Department of Foreign Affairs and Trade (DFA). You can use the DFA’s Travelwise app or you can phone DFA’s dedicated phone line on (01) 613 1733.

### Returning to work safely

**My employer has asked me to return to work. What do I need to do before I go back to the office?**

You need to know how your employer will operate before and after they reopen and what you should do to keep yourself and your fellow workers safe. The Government has set out detailed information in the protocol for returning to work safely. Following these measures will help reduce the spread of COVID-19 in your workplace.

Your employer must put systems in place before reopening. They must send you a pre-return to work form at least three days before your planned return. This will ask if you have COVID-19 or any symptoms, if you have been asked to self-isolate or if you are a close contact of anyone who has or is suspected of having the virus.

Your employer should update business and safety plans including how to deal with a suspected case of COVID-19. They must appoint a designated manager who will take care of suspected cases of COVID-19. Your employer must communicate with and consult with workers on any changes needed in the workplace, including appointing a lead worker representative. They must give you COVID-19 induction training.

When you are back at work, your employer must:

- Provide temperature testing in line with public health advice and hygiene facilities including tissues, disposal bins or bags and hand sanitiser.
- Arrange for physical distancing across all work activities of at least two metres where possible. This may mean staggering breaks, meetings and canteen facilities.
- Implement a no handshaking policy, adapt any sign in and sign out systems and ensure safe practices.
- Keep a log of any group meetings.
- Regularly clean your workplace.
- Provide Personal Protective Equipment (PPE) and protective clothing where necessary.
- Designate an isolation area where an employee suspected of having COVID-19 can go. The designated manager will arrange for the person to be taken there by a safe route. The manager must also arrange for the employee to get home or get medical help and avoid public transport. You must:
- Travel to work alone. If travelling

by car you should travel alone or share with only one person while maintaining physical distancing.

- Follow any social distancing measures your employer puts in place.
- Wash your hands properly and follow advice on sneezing and coughing.
- If you are unwell, get medical advice and you should not go to work.
- Tell your employer if you think it is unsafe for you to be at work and why or if you are concerned you could be putting a member of your household at risk.

If you feel your workplace is not following social distancing or other measures, you can raise your concerns with the Health Service Authority (HSA). The Health Service Authority has the power to inspect and shut down workplaces that don’t follow safety guidance. You can contact the HSA by emailing wcu@hsa.ie or phoning 1890 289 389.

Know Your Rights has been compiled by Citizens Information West Cork which provides a free and confidential service to the public. During the COVID-19 pandemic, Citizens Information Centres are offering a phone and email service. You can access information and advice from: WEST CORK HELPLINE 0761 078 390 Email Bantry.cic@citinfo.ie. Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000



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For the most up-to-date information log on to:  
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[www.gov.ie](http://www.gov.ie) | [www.hse.ie](http://www.hse.ie)

Funded and supported by the Citizens Information Board

# Opportunities ahead for businesses

Located on the Cork Institute of Technology (CIT) Campus, close to Cork City, the Rubicon Centre is Ireland's largest incubation centre and part of a growing business community, which today is home to over 40 companies and 160 employees. Innovation Centre Manager Paul Healy has led the start-up team at the Rubicon since its inception in 2006. Paul speaks to **Mary O'Brien** about how businesses reopening after lockdown

**P**aul's advice to all existing businesses in the current climate is to do up a cashflow for the next six months. "Take your worst case scenario, if things were to go completely pear-shaped," he says "for example knock 50 per cent off your projected sales and go from there. The speed at which the cash will come in now will be much slower, so that also needs to be taken into account. If you're fortunate enough to have cash on your balance sheet, ringfence that cash and, if your bad debts become a problem at the end of the year, bring that cash back into circulation then," he advises.

With the challenge of cash-flow facing businesses, Paul emphasises that debtor management is key. "This will be a big issue," he says. "Businesses really need to keep an eye on their debtors, as people may be paying out now but possibly out of dwindling cash reserves."

Overheads also need to be looked into carefully and for many it may be a case of rethinking the way they do business. "For example, to avoid cancellations at very short notice, don't be afraid to ask for a small deposit to secure the booking," advises Paul.

With supply chains still slow and proving challenging, Paul advises putting alternatives in place. "Rather than stockpiling, now is the time for businesses to have another strategy or back-up plan for supply," he says.

In 2018, domestic tourism was worth €2 billion to the

Irish economy and with the majority of people holidaying at home this year, there is opportunity here. "It could potentially be a tough winter so the hospitality industry should be looking ahead and putting packages together running right up to Christmas and into next spring or summer," says Paul. "Whether their target market is families or couples and so on, businesses will have to be more inventive and incentivise repeat custom," says Paul. "Packages need to be ready now to market the year ahead to visitors staying in West Cork this summer."

According to a survey carried out by the Whitaker Institute at NUI Galway and the Western Development Commission (WDC), 83 per cent of workers surveyed want to continue working remotely after the Covid-19 crisis. "I see huge opportunity for regions such as West Cork to encourage people to stay and work in the region," says Paul. Those working from home will need private, quiet spaces in which to work, so there is potential here too for businesses to benefit. "People will need workspaces and on the other hand then there is the social aspect, which is missing when you work remotely," says Paul. "There could definitely be remote networks put in place for employees working from home," he explains, "which I think the town chambers or business groups could facilitate."

There is a huge potential now for regional development. "If you ever wanted to get people to locate to rural locations out-

can plan for the future in an unknown climate.

With the economic downturn in Ireland post-2007, Cork's Rubicon Centre provided an invaluable source of support for entrepreneurs and now with jobs being lost again after Covid-19, it will be there to help with early-stage business ideas right through to assisting businesses get their first customers.

side of the major cities, the time is now," says Paul.

While there may be unemployment, on a positive note, Paul foresees a lot of business start-ups and government packages to support this.

"As a start-up business you need two things to be successful," explains Paul. "You need a customer or potential customer and you need funding."

"Traditionally in the hospitality sector, there wouldn't be any grant aid or support, but this will now change."

He does believe the government needs to do more in relation to micro finance. "There does need to be very cheap loans," says Paul. "It's easier and there is less risk involved in creating a job with a business that's already up and running."

Talk to your Local Enterprise Office, talk to your credit union and avail of any grants that are out there," says Paul.

"Everybody should have a mentor, which can be arranged through the LEO programme. In our experience people don't go looking for money until they run out but I would encourage people to go into their local credit union now and talk to them while you still have cash reserves."

He's surprised at the poor take-up for the Restart Grant. "I think people are afraid of the process and think there's more effort involved than there actually is but it's actually very straightforward," he says. It's also still possible for people to apply for the Wage

Subsidy Scheme (TWSS). "The worst that can happen is that at the end of the year you'll have to give it back," says Paul.

Maintaining staff numbers, even on a part time basis, is also so important he emphasises. "There will be a skills shortage again."

Paul is pragmatic but positive about the year ahead. "It could be a tough winter," he says "but I do believe we'll bounce back next year. To be honest, a lot will depend on the package from Brussels and what supports the government put in place, but I do think that huge opportunities lie ahead."

Recruitment is currently going on for the New Frontiers programme funded by



*Innovation Centre Manager Paul Healy has led the start-up team at the Rubicon since its inception in 2006.*

Enterprise Ireland and delivered through the Rubicon. There is up to €22,500 in funding to cover full-time participation in the course.

Rubicon is Ireland's largest business innovation centre and

has supported many entrepreneurs and start-ups over the years. Anyone is welcome to pitch an idea to the team there.

For more information go to [www.rubiconcentre.ie](http://www.rubiconcentre.ie)

## Clon Chamber commences sale of vouchers to support local business

**C**lonakilty Chamber of Commerce has this week commenced the sale of Clonakilty Vouchers to kickstart the local economy after lockdown.

The €40,000 'rainy day' fund will amount to a significant bonus for both people purchasing the vouchers and the

businesses of Clonakilty.

For every €50 or €100 voucher bought, spending will be boosted by 20 per cent; the €50 voucher will be worth €60 and the €100 voucher will be worth €120.

The initiative from Clonakilty Chamber aims to inject 240,000 euro into the town and

is expected to generate more than €1.5m in further voucher exchanges.

Vouchers, which can be purchased to a maximum of €500 directly from Clonakilty Chamber of Commerce (086 874 7558), are redeemable at Clonakilty Chamber businesses.

## NEW FRONTIERS NATIONAL PROGRAMME FOR DEVELOPING ENTREPRENEURS

**From Business Idea to Successful Start-up.**

New Frontiers is the National Programme designed to develop entrepreneurs delivered on behalf of Enterprise Ireland by the Rubicon Centre in Cork Institute of Technology.

Phase 2 of the programme is full time over 6 months with a support package worth up to €30,000 and no equity taken. It helps early stage entrepreneurs gain the confidence and skills required to develop a business idea within a supportive and encouraging environment.

Consisting of practical and

interactive workshops, personalised mentoring, financial support and co-working space, New Frontiers is a game changer for anyone serious about developing their business idea into a successful start-up.

Designed for individuals who:

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## NEW FRONTIERS at The Rubicon Centre, CIT is now taking Expressions of Interest

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## people Environment : Making a difference

Welcome to the **West Cork People Environment** section where we highlight the positive stories that are happening in West Cork in relation to climate change, carbon emission reduction, reduction in plastic use and much more. Though the headlines are constantly warning us of the dangers of inaction, we are starting to see throughout West Cork the beginnings of a new awareness



about how we all need to change our ways and practices.

We believe that the best way to encourage change is to write about the people who are making changes. If your business or company has started to do things in a better, environmentally-friendly way, we would love to hear about it!

# Strengthening democracy and environmental protection



## ENVIRONMENTAL MATTERS

Fiona Hayes

Reading the Programme for Government that our new Administration agreed you may be enthused, or may be disappointed by the environmental aspects to be found therein.

There exists a perceived lack of trust between the people and governments, where environmental matters are concerned, despite the rights we have concerning decisions that impact the environment, which are documented in The Aarhus Convention (ratified in Ireland in July 2012).

The Aarhus Convention is founded on the belief that citizens' involvement can strengthen democracy and environmental protection and aims to make

rights for enhanced democracy enforceable by the courts.

This United Nations Convention has three pillars backed by National Legislation in participating countries.

Pillar 1 gives citizens the right to access environmental information held by public authorities at national, regional and other levels. The aim is to increase accountability and transparency of governments and public authorities and the services they supply. It creates a responsibility to disseminate up to date information using proactive as well as passive means; for example, they are obligated to make environmental information available in electronic format.

Some areas of Europe and Asia have created environmental information centres called 'Aarhus Centres' providing a forum for dialogue between NGOs, the public and state officials. They not only give free access to environmental information, but also raise public awareness through public hearings on pending legislation, press conferences and offering legal advice. They encourage public participation, increasing exposure of environmental issues in the media and holding environmental education initiatives for both adults and children.

Pillar 2 gives citizens and NGOs promoting environmental protection the right to participate in decision-making processes. It provides for the early release and circulation of all 'relevant information' before decisions are made and obliges governments and public authorities to take "due account" of the outcome of the public participation. Sadly however, this pillar is poorly implemented and the public participation outcome is regularly ignored.

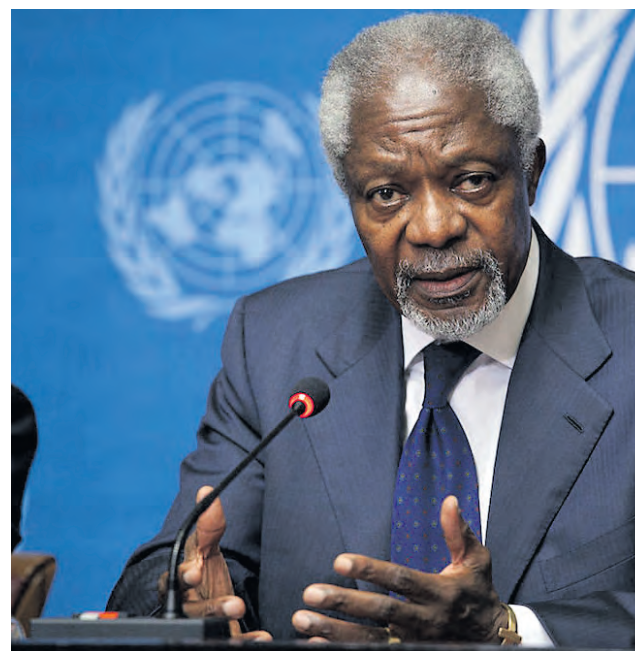
The current failures in implementation of Pillar 2 make Pillar 3 even more vital, often being the only recourse for the public when safeguarding their environment.

Pillar 3 guarantees citizens and environmental NGOs the right of access to justice enhancing their involvement in environmental law enforcement.

It creates access to legal 'review procedures' when rights to information, participation or environmental laws in general have been breached.

Article 1 of the Convention, states the objective "to contribute to the protection of the right of every person of present and future generations to live in an environment adequate to his or her health and wellbeing"

It is clear, however, that exer-



*Kofi Annan described the Aarhus Convention as "the most ambitious venture in the area of environmental democracy so far undertaken under the auspices of the United Nations".*

National Policy is adhered to.

Policy at national level should strengthen and uphold the stakeholder rights outlined in The Aarhus Convention.

Ireland has been deemed the second worst-performing EU member state in tackling climate change.

Thirty per cent of Ireland's 98 wild bee species are threatened with extinction and over 60 per cent of the 202 species of birds in Ireland is on red or amber conservation lists.

It is imperative that Citizens are enabled to act as guardians of the environment do all in our power to hold the government, at all levels, to account.

The Aarhus Convention belief is that that citizens' involvement can strengthen democracy and environmental protection. It creates the platform on which to stand to fight for our own health and that of future generations.

cising this right is not simple.

- Many people are not aware of their rights under Aarhus and there is as yet no advice centre in Western Europe for the communities most adversely affected.
- In many cases, the risk of high legal costs and lack of public funding for environmental cases, blocks access to justice.
- Thirdly, there is no guarantee that the presiding judge will have in depth knowledge of

and expertise in Environmental Law.

- Currently, there is no redress, other than through the courts, for citizens to challenge an environmentally harmful action that may impact on health, a protected area or endangered or protected species. Not only therefore, is it important for our new government to address the climate and biodiversity emergency at National Policy level but it is vital that at regional and local level new

## Green Skibbereen announces new carbon reduction projects

From the first public meeting in November 2019, Green Skibbereen have established themselves as a force for change in reducing carbon emissions in West Cork. In partnership with NCE Energy Hub, Cork, they have announced this week two new projects that will reduce CO2 emissions.

The Wild Atlantic Pool in Baltimore will receive a grant from the Sustainable Energy Authority Ireland, SEAI, to install an 18KW Photo Voltaic System on the roof of the community run swimming pool which will be used to supply the building with renewable solar electricity.

Drinagh Co Op are also retrofitting five of their premises with LED Lighting, which will reduce their CO2 emissions and reduce their energy bills.

"Both of these projects received grant funding through the SEAI's Community Energy Grant and NCE Insulation were the lead applicant for the overall project," said Catriona Courtney, NCE Energy Hub. "Green Skibbereen worked in participation with NCE Energy Hub in developing the project."

This follows on from a recent announcement that O'Donnell Furniture, Skibbereen, had successfully applied for an SEAI Grant to replace all the lighting in their factory with energy efficient LED units and to install solar panels on the factory roof to power their operations.

Jim O'Donnell, Green Skibbereen Chairperson, hopes that these are the first of many such projects in West Cork.

"The process was made quite simple through our partnership with NCE Energy Hub who

have enormous experience in making successful grant applications to the SEAI. It is great to see West Cork leading the way in reducing our CO2 emissions," Jim said.

Green Skibbereen are planning to launch a new initiative for homeowners soon

so that more people can benefit from lower energy bills while reducing their CO2 emissions. In 2018, the SEAI reported that carbon emissions from Irish homes were 60 per cent higher than the EU average.

Jose Ospina, a Green Skibbereen Director, has wider

ranging experience in developing strategies and projects for addressing this problem through his work with Carbery Housing Association, CHA.

"We are working to not just rescue Cork families from repossession and homelessness but also from fuel poverty. Two of our domestic properties have been accepted for full retrofits by the Cork based retrofit company NCE Insulation, as part of their Better Energy Communities Programme for 2020."

Jose believes that the experience they have in CHA can be brought to more domestic homes throughout Skibbereen and West Cork.

"These homes will benefit greatly from new air to water heat pumps, attic insulation and external wall insulation. Their energy bills will be reduced, and they are also contributing to

reductions in the CO2 emissions. Everyone can play their part in what is now a national objective."

As well as commercial and domestic energy projects, Green Skibbereen is working on developing Climate Change educational and information resources for West Cork.

"Our aim is to reduce our Carbon Emissions. That's at the heart of everything that we will be doing," Jim O'Donnell says. "This is the biggest challenge that the world faces today."

For anyone seeking more information about Green Skibbereen or their funding partnerships for retrofits, renewables and sustainability - please contact Brendan McCormack at [brendan@greenskibbereen.ie](mailto:brendan@greenskibbereen.ie) for more information or visit their website at [www.greenskibbereen.ie](http://www.greenskibbereen.ie).





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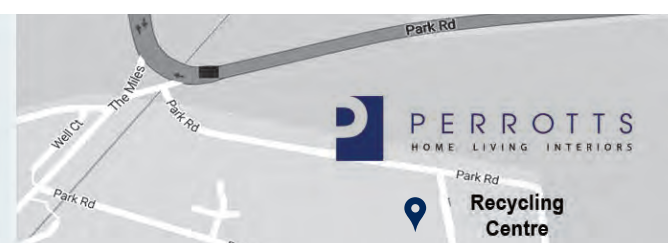
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## people Environment : Making a difference



### PERMANENT CULTURE

Allison Roberts

Personally as a result of the lock-down, especially during the months of April and May, we learned a lot more about our personal consumer habits, what our real needs were and what we could do without. Carefully planning shopping, eating what was in the cupboard, reusing and fixing things around the house and sharing between neighbours is all part of a lifestyle that produces less waste. During the lock-down we had the gift of a glimpse back in time, when life moved at a slower pace and mending and being creative

## Produce no waste

This month we look at our sixth Permaculture design principal 'Produce No Waste' and how it might offer some new ideas into the Cool Clon, and perhaps some reflections on how we might have lived this principal naturally during Covid-19 restrictions. Apart from composting food scraps and minimising packaging (think Twig!) how else can we talk about producing no (or less) waste, especially as a town?

with resources was inherent to life. We mended our fence with recycled wood, borrowed half cans of paint and stitched holes in socks and mended broken toys.

In 2003, the village of Kamikatsu in Japan took on a mission to create zero-waste and carbon neutrality, now 81 per cent of what is disposed of can be recycled completely, up from a nation average of 20 per cent. New recycling facilities created jobs and saved the town on a former cost of waste disposal. Though there was much opposition in the beginning, the town now not only benefits from increased media coverage (and therefore eco-tourism), but many locals have also become unlikely environmental activ-

In 2003, the village of Kamikatsu in Japan took on a mission to create zero-waste and carbon neutrality, now 81 per cent of what is disposed of can be recycled completely, up from a nation average of 20 per cent.

ists, starting new businesses to use recycled materials. The town also developed a means of rewarding residents points whenever they refused single use, something we could do locally perhaps? Last year, our

family also visited the lovely town of Corella Spain on an erasmus+ exchange and were shown that students sort, clean and recycle their household plastic, give it to a local garden furniture manufacturer and are rewarded with benches, picnic tables, bike stands and a bird watching hut. These creative solutions to waste propel towns and cities around the world into the future; a promising future that includes thriving local economy, cleaner air, cleaner streets and plenty of community pride.

Reducing waste is now going world wide with 23 cities having pledged to C40 cities 'Advancing Towards Zero Waste Declaration.' Iconic cities like Auckland, Catalonia,



Copenhagen, Dubai, London, Milan, Montreal, Navarra, Paris, Portland, Rotterdam, San Francisco, San Jose, Santa Monica, Sydney, Tel Aviv, Tokyo, Toronto, Vancouver and Washington DC are all striving for major improvements in recycling solutions and a 70 per cent increase in waste diversion – so it doesn't get to the landfill at all. According to the EPA, "in 2016, each person living in Ireland produced, on average, 580 kg of municipal waste. This is well above the European average of 487 kg, and this type of waste is particularly difficult to recycle." And although we also have targets to reduce

waste and improve recycling, wouldn't it be great to be part of a town or community that decided to be ahead of the trend by creating solid plans and systems for a 'zero-waste' region?

This month spare some time to imagine new industries we could have if we made use of our recyclables locally, and new opportunities if we became 'zero-waste' early adapters. Like the recent movements towards slow food, eco-tourism, shopping-local and buying ethically, zero-waste is not only essential for mother earth but will also be something to celebrate, enjoy and prosper with.

## Taking stock



### GROUNDED

An occasional column by Grace O'Sullivan – mother, environment and peace activist, ecologist, MEP

Grace, a mother of three from Tramore, Co. Waterford, spent 20 years working with Greenpeace and was a crewmember of the Rainbow Warrior, when it was bombed by the French Foreign Intelligence Service in 1985. She served as a Senator for three years, before being elected to the European Parliament, where she is a proactive and outspoken member of important committees on Fisheries (PECH), and Environment, Public Health and Food Safety (ENVI). She is also a member of delegations on Mercosur and Palestine, and a member of a number of working groups. She is Green Party Spokesperson on Environmental Protection, Natural Resources, Marine and Tourism.

As we catch our breaths after the politically eventful past few days, weeks and months; my colleagues in the Dáil settle into their new roles as part of a coalition Government. Of course, in these busy and challenging times, there is little space for contemplation, but I think it's important to try to take stock.

Our own country is at last opening up. It's a relief to all that we can move into the next phase and look forward to emerging into post-COVID-19 times. But until a reliable vaccine is in place, we can't be complacent. If we are to stay safe and save lives, we need to continue to be careful, limit our movements and interactions and follow the advice around social distancing, wearing masks and hand hygiene. It's important to remember that on a global scale, we are still very much immersed in a health emergency.

In the midst of the health crisis, it has sometimes been hard to remember the other global emergency we find ourselves in. It was the climate and biodiversity emergency, as well as the social and economic challenges and health crisis, that prompted me to join others in calling for members

of the Green Party to vote yes to going into a coalition Government.

Though the result of that vote was a resounding 76 per cent in favour of the move, it was a tough choice for all our members. I'm under no illusions around the vote and the coalition. The Programme for Government is not perfect, but in many areas it is strong and there are many positive Green and social commitments in this document, which I believed would be binned if we did not move forward into a coalition Government.

I am, first and foremost, a climate, peace and social justice activist. Sharing any space with Fianna Fáil and Fine Gael did not and does not sit easy with me. They would not be my natural political allies. But my over-40-years in activism has taught me that all good, sustainable progress, has to involve collaboration, and sometimes, compromise. That's why I asked members to join me to move forward in backing and influencing internal negotiations with strong, vocal, activists' voices.

There has been extensive reporting on internal rifts in the Green Party around the Programme for Government and whether or not going into

There has been extensive reporting on internal rifts in the Green Party around the Programme for Government and whether or not going into a coalition Government was the best thing to do. It's true to say debate was heated at times. But that, to me, is a healthy sign of a party that has at its heart a cohort of dedicated, passionate advocates for social and Green policies and progress. We care. We want to do it right.

a coalition Government was the best thing to do. It's true to say debate was heated at times. But that, to me, is a healthy sign of a party that has at its heart a cohort of dedicated, passionate advocates for social and Green policies and progress. We care. We want to do it right. We want to save human and animal lives and habitat. But we also want to

make life better for people by playing our part in implementing policy and change that will improve quality of life whilst simultaneously finding ways to help to heal the planet so that it can thrive, and remain viable as a life support system for you, me and our children.

I voted for a chance to create change. I look forward to supporting my colleagues and constituents as we strive to get back on our feet and improve people's day to day lives.

Being in Government at this crucial time gives us, as Greens, a fighting chance to create long-lasting, significant change. Over the past few years, from the opposition benches, we Greens did see progress in areas and legislation supporting our core principles. On the broadly legislation-related front though, the list is short in comparison to commitments on legislation in the current Programme for Government.

In opposition we passed a motion on the extension of maternity leave for mothers of premature babies; we watered down the Fine Gael Heritage Bill with amendments; brought forward original Bills banning microbeads and the Waste Reduction Bill. We also brought forward the Keep

it in the Ground Bill and were vocal in support of People Before Profit's Climate Emergency Bill.

In the Programme for Government though, references to legislation form an impressive list of commitments, including a commitment to introducing a new climate Bill within the first 100 days of the new Government. Added to this are commitments to legislation in many areas such as disability rights; antisocial behaviour; hate crimes; local government; renewables; natural heritage and biodiversity; long-term residential care; animal welfare; marine protected areas; immigration and integration and LGBTI+.

It's been a challenging few months, and we certainly face monumental challenges ahead. I hope we can work together with our new Government partners, where we can continue to advocate for the most vulnerable and marginalised people in our community, while making their lives better and planet healthy again.

## Special Feature FROM NATURE'S LARDER #enjoylocal

Throughout lockdown we all benefitted from the abundance of West Cork local produce that kept us so well fed.

Our 'From Nature's Larder' feature celebrates these wonderful producers we are so lucky to have right here on our doorstep in West Cork, the people behind the produce. We tell their story and share what they've been up to the last three months, as well as looking forward in this continually evolving and creative economy that West Cork is proud to have on its doorstep.

The feature also highlights innovative initiatives such as NeighbourFood that at a time when farmer's markets were closed down and livelihoods at risk, stepped up to the mark to provide a platform for these producers to sell their goods.

We also follow the journey of milk from farm to fridge, talking to some of West Cork's passionate and progressive farmers and

processors and highlighting the excellent selection of products available locally and made using milk produced in West Cork.

You'll find recipes from award-winning local chefs featuring local produce, each paired with a delicious wine especially selected by Wines Direct throughout these pages, providing inspiration in the kitchen and encouraging people to keep cooking using this wonderful local produce that makes West Cork a place apart. We hope you enjoy reading this feature, as much as we've enjoying putting it together.

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## NeighbourFood provides a community-friendly way to shop

Perhaps one of the most positive things to come out of lockdown has been the recognition that the NeighbourFood initiative has received. At a time when farmer's markets were closed down and the livelihood of small local food producers under threat, NeighbourFood provided a platform that supported these producers thus helping the local economy while also meeting an increased demand for fresh produce and supporting local biodiversity. Never before have we all held such an appreciation for the abundance of delicious local food that lies right on our doorstep. With a contact-free shopping protocol, NeighbourFood markets all over West Cork – Lisavaird, Skibbereen, Bantry, Ballydehob, Drimoleague and Kinsale – also offered a safe shopping experience during the pandemic.

Gerald Kelleher of Olives West Cork and host of Lisavaird and Skibbereen NeighbourFood hubs, says that the response has been overwhelmingly positive. "People feel very safe purchasing their food in this type of environment and, for many during lockdown, it provided an



Gerald Kelleher, host of Lisavaird and Skibbereen NeighbourFood with team members Emma and Kevin.

enjoyable weekly outing, as well as giving access to the wealth of fresh local produce out there.

The concept is very simple. Log on to the neighbourfood.ie website, find your local market and choose from a wide range of local produce and artisan food from abroad including fruit and veg, bread, pastries, cheese,

meat, beers and much much more. Make your purchases, pay online and each week during a set time slot collect your order at a local venue. It's a fast, efficient and very community-friendly way to shop.

"NeighbourFood was born out of the idea that not everybody has access to the local markets,"

explains Gerald. "Not everyone is aware of the local produce available and buying patterns are changing with more people going online, so this is a very necessary outlet for producers, particularly in high growing season. Being online as a group is also much more appealing than being online as an individual producer, both to the customer and the producer," he explains. "The producers can share things like distribution and bounce ideas off each other. It's very much a community."

During lockdown sales skyrocketed on NeighbourFood 'It replaced the markets temporarily and now that the markets are back, NeighbourFood sales have gone down,' explains Gerald. "They complement rather than work in competition to each other."

The initiative, originally founded in Cork by food producer Jack Crotty (Rocket Man Food Company) and Martin Poucher, has a big emphasis on zero waste. Packaging is minimal with customers encouraged to drop back bottles and jars for refilling.

"We're very lucky to have so many food producers and markets in West Cork," says Gerald.

There are a lot of black spots all over the country where there is no access to freshly baked, freshly picked, locally produced goods. I think sharing good food with family has made lockdown

bearable. Hopefully people will, as a result, have more of an appreciation of local produce and good food. That's really what it's all about," emphasises Gerald.

### NEIGHBOUR FOOD

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**STEP ONE: BUY ONLINE**  
Visit [www.neighbourfood.ie/markets](http://www.neighbourfood.ie/markets) & choose from a wide selection of local and artisan produce.

**STEP TWO: COLLECT YOUR ORDER**  
During your collection you might bump into some of our wonderful producers and food makers. Ample parking, plenty of space to social distance (and socialise!). Quick turnaround and off you go with your goodies!

**Celebrating our 1st Birthday this July!**

**Wednesday** Lisavaird Coop and Ballydehob (Levis)

**Thursday** Kinsale

**Friday** Bantry (Organico)

**Saturday** Skibbereen Market, Drimoleague (Glenilen farm), Lisavaird Coop

## Constant innovation key to Mella's success

Mella's Fudge is celebrating 15 years in business this year, and is delighted to be back where she started the business, at the country markets for the summer season. Mella will be attending Bantry market on Fridays and Schull market on Sundays for the months of July and August.

After the initial shock of lockdown at the start of the crisis, the business luckily had an online shop, and customers from around the country, Europe and the US ordered and continue to order this way, both for themselves and gifts. Slowly shops also began to get back to stocking the fudge, and this has kept the business ticking over.

Mella had always made fudge growing up in Bantry.



While still in school, she began selling trays of fudge to Mrs McAuliffe's Shop in Bantry, and almost 20 years later, when she wanted to start a business, she realised there wasn't any Irish business specialising in fudge, so decided that would be the business to get into.

Today she has a dedicat-

ed fudge kitchen based just outside Clonakilty, and supplies fudge to over 100 shops around the country, as well as making a range of fudge bars under the Simply Better label for Dunnes Stores.

The fudge has won numerous awards over the years and is the only Irish fudge to have won 3 Gold Stars in the Great Taste Awards in the UK.

Mella's Fudge uses only local salted butter from Clona Dairies, and makes the fudge the old-fashioned way, resulting in a fudge that is crumbly and buttery, that melts in the mouth and is the perfect accompaniment to a cup of tea after dinner. You can choose from traditional Vanilla, Salted Caramel, Dark Chocolate, Irish Cream Liqueur, Rum & Raisin, or a Selection including Choco-

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## Olives West Cork



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## Feature FROM NATURE'S LARDER

### A local taste of the Mediterranean

For over fifteen years Gerald Kelleher (or GIK to his friends) from Olives West Cork has been a stalwart of the markets of West Cork to a point where he and his team currently attend eight markets a week all over the area. Olives West Cork serve a range of artisan products, fresh buffalo mozzarella, fresh pastes and an array of Mediterranean fare to loyal customers who return week after week.

"The markets provide such a unique buzz and are a great leveller; you never know who you're going to meet or strike up a great conversation with," says Gerald. "I feel very privileged on so many levels to have my business in West Cork. The people that surround me never fail to inspire me, be it my fantastic group that work with me, the wonderful chefs, the customers, the producers and those involved in the pro-



motion and distribution of good food all over West Cork. There are so many layers to the story of food in West Cork".

Recent developments, particularly the challenges of the COVID-19 lock-down, have put the idea of local food producers and retailers sharply into focus. "Apart from the obvious health issues and the seriousness of the pandemic, it really broke a lot of traders hearts when the markets were suddenly closed last March.



As food retailers it left a lot of excellent local producers unable to sell their wonderful, fresh products to the general public. Thankfully, initiatives such as Neighbourfood (an online, prepaid collection service for local producers) and the continued support of local supermarkets and food retail outlets we survived".

Gerald believes it is the generations of food producers gone by, and those who have supported them, who have

contributed to the growth and recognition of good food in the area, particularly the local market scene. It has created a unique environment for future generations to come through with ideas in food. "I have great respect for those that have come before me and the current generation coming through. As a community we're all in this together and I believe the foundations in West Cork are strong and are firmly set for years to come."

## Life for a 'locked-in chocolate maker'

On March 4, one week before the nationwide lock-down, Allison Roberts was presented with the prestigious Irish Food Writers Guild Award for her environmental, sustainable and ethical approach to her bean-to-bar chocolate making business, Exploding Tree.

Kirsten Jensen, Chairperson of the Guild said: "In considering this year's award winners, we identified a fantastic company producing Fairtrade chocolate sustainably in Cork. The Guild was so impressed by their work, their standards of excellence and their contribution to our food industry that we have singled them out for an IFWG Award,

one of the highest accolades in the Irish food honours list," Roberts remembers: "It was a momentous occasion for me, no other phrase suits. I left the day feeling so encouraged and joyful."

Days after her return to Clonakilty, Allison started hearing about the possibility of social restrictions to limit the spread of COVID-19. "At first I didn't really think about it, of course I saw the news and how bad it was getting in China and Italy but since numbers in Ireland were still so low, I thought if we locked down for a couple weeks we'd soon be back up and running." Like many others she could not have predicted, and would not have wanted to

know, just how much life was about to change.

"When the lock-down started and all of the retail shops closed their doors it still didn't hit me; we were still a month away from Easter and I had so much work piling up that I didn't mind the break!

"I decided to make a series of 'locked-in chocolate maker' videos, going through my bean-to-bar process, sharing what I know for anyone out there that was interested. It was something I had always wanted to do and never had time for."

Two weeks later Allison realised she had drastically underestimated the impact the pandemic would have, and with 'social distancing' and

'cocooning' quickly becoming part of everyday vernacular she realised this Easter would be unlike any other.

"I always start making my Easter stock in February, to keep on top of everything. I looked at my eggs and bunnies and considered my options. There was one point I was certain I would have to unwrap and melt everything down – I panicked. But then I decided to put a simple message up on Facebook asking for help to spread the word that my Easter goodies were looking for good homes. I offered discounts for multi-purchases and put them all up online in my shop. After a few shares and a few days the post had over two thousand views and the bunnies were hopping out in the mail! I was amazed how quickly it happened and at the overwhelming support."

Easter was stressful. Working on her own in what is normally her second busiest time of year was something new, but it all worked out in the end. "By the time Easter rolled by, I had sold out. I wrote out so many heartfelt messages during that last week, to grandkids from grandparents that missed them, to parents who couldn't be visited because they needed to 'cocoon', friends and lovers that were apart, and words of thanks to people working on the front line. I was brought to tears more than once. It was



Allison (centre) receiving her Irish Food Writers Guild Award in Dublin, March 2020. Pic: Paul Sherwood

very busy, very tense and full of emotion. I was a vehicle of love that week, I'll never forget it and I'm very thankful."

In the weeks after Easter, business started to drop off again for Allison. Though the web shop kept ticking along, business was very slow. In recent weeks though, as shops have started reopening, the orders are picking up. "It's been so great week-by-week to hear from my shops, to hear they are opening and to see that they made it through. We have lost some great shops because of the lock-down, I'm thinking of Etain Hickey Collections here in Clonakilty, and I know as the summer goes on there will be others. I feel for anyone having to make that tough decision at the moment. I would normally

be very busy hosting workshops, hen parties and Flavour.ie's walking food tour; all that has been cancelled this season but, since I work in a workshop at the back of my house, my overheads are low. My business is flexible so I will just tighten my belt for now.

"I am keen to support local businesses as they reopen, to return the support I have received. For me, community is at the heart of all I do and I hope that our community can grow together and in new strength, as we carefully come out of the lock-down. Clonakilty has a lot to offer, and so for the time being and until things pick up again, I'm focusing a lot of my energy on my other passion, bike advocacy."

**A vegan alternative to dairy milk chocolate, with Irish Oats and Coconut Sugar.**

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**THOUGHT FULL FOOD**

## Special Feature FROM NATURE'S LARDER #enjoylocal

## Kinsale Meadery reopens for tours and tastings

Curious about mead? Planning a daytrip to Kinsale? Kinsale Mead Co. has been a hive of activity recently, getting ready to re-open for their popular meadery tours and tastings on June 29. They are following the latest guidelines so their visitors can experience the tour safely.

"We are delighted to be welcoming visitors back to the meadery. It's been way too quiet here for the last few months and we really miss meeting everyone," said Denis Dempsey, co-founder.

During a tour you can explore the making and tasting of Mead, the drink of Celtic Ireland's Kings and Chieftains at Kinsale Mead's family run meadery, right in the town. Mead, also known as 'honey wine', is believed to be the world's oldest alcoholic drink, dating back to 6500BC.

During the fun-filled hour you will meet the mead makers and hear stories of ancient legends and the colourful history of

mead in Ireland. Indulge in a tasting of three different raw honeys, learning about honeybees as you go. Explore the production area and follow the process of modern mead-making from fermentation through to maturation and onto bottling. Revel in the opportunity to sample different award-winning meads with great tips for food pairing and mead cocktails you can make at home.

The Meadery has been running tours since 2018 and received a TripAdvisor Certificate of Excellence last year. Previous visitors have said the "Informative and fun" tour led by "Very friendly and knowledgeable" staff is "A must for your trip to Kinsale".

Tours run at 1pm, 3pm and 5pm. Tickets €14. Please pre-book at [www.kinsalemeadco.ie/kinsale-meadery-tours/](http://www.kinsalemeadco.ie/kinsale-meadery-tours/) or call 021 477 3538.

If you can't make it on a tour just now, pick up a bottle locally or order direct from the meadery online shop.

The word 'mead' goes back to ancient times, conjuring images of ancient gods, rampaging Vikings and Irish monks. But the world's oldest alcoholic drink has undergone a modern-day resurgence, exploding in popularity, especially in the America where the number of meaderies has increased tenfold in the past decade. Despite this, few people know what mead is.

In its purest form, it's simply honey and water carefully fermented using yeast, similar to grape wine, then aged to allow the flavours to blend and mature. The secret lies in the perfect choice of honey and intricate science of fermentation. Master these and you've created a very special drink: The essence of blossoms captured alongside delicate honey flavours, like rays of sunshine, amply demonstrated in Kinsale Atlantic Dry Mead, citrus and crisp, rather than sweet.

Kinsale Mead has just released a very special, limited edition Irish Wildflower Mead

made from 100 per cent local honey from Paul Kelly, the beekeeper at the Chanting Bee Apiary in Ring near Clonakilty. It's a lovely expression of the aromas and flavours of West Cork. With nectar from hawthorn, wild clover and white blackberry blossom and finished semi-sweet, it will transport you with one sip to our countryside.

But mead is versatile and there are also fruity melomel meads. Wild Red Mead is made with whole Wexford blackcurrants and dark cherries. An intriguing alternative to red wines, delivering on fruitiness with an enticing, smooth finish. Kinsale Hazy Summer Mead is fantastic for summer occasions, sun-ripened berries with generous strawberry and raspberry flavours make for a cool glass of sunshine loveliness. With a handful of frozen berries and some sausages on the barbecue, eating out(side) while still supporting local is easy as pie.



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## Nature's bounty in a box

The percentage of organic produce grown in Ireland is very small – less than two per cent – yet more and more people are recognising the benefits of seeking out fresh, local, chemical-free produce, as was seen with the soaring demand during lockdown. West Cork businesses such as The Cottage Garden in Kinsale rose to the challenge with its fruit and veg box deliveries increasing fourfold during the three-month period.

Jason Linton, proprietor of The Cottage Garden says the demand was such during lockdown that kindhearted locals stepped in to lend a hand. "Our numbers went up to between 200 to 250 boxes a week, so a lot of people temporarily out of work volunteered to help me out and were happy to receive fruit and veg in return. The community vibe was unbelievable," he says.

A former student of the permaculture course at Kinsale College of Further Education, Jason started The Cottage Garden in 2018 after converting a small half acre field into a productive vegetable patch. Prior to this he ran a superfood company called Iswari for seven years.

The small market garden business is now going strong producing a bounty of local



and chemical-free produce including several varieties of tomatoes, cucumbers, beetroot, broad beans, salads and basil. The fruit and veg boxes are supplemented with vegetables from other local and Irish growers and the rest is imported organic fare from Europe.

Jason's fruit and veg boxes start at €25 and can be ordered online through [thecottagegardenvegbox.com](http://thecottagegardenvegbox.com) or on the NeighbourFood platform. A €25 box contains approx nine to 10 items and should feed two people for the week. There is an option for customers to say what they do and don't like with the added bonus that all of the produce is packed in paper and compostable packaging. There is also an option for customers to create their own box by simply ordering the items they want to purchase through the web shop.

The Tuesday delivery covers Kinsale, Belgooly, Riverstick, Ballygarvan; Wednesday is (Airport Business Park - now moved to Friday Cork City run). Sandycove, Ballinspittle, Garretstown, Bandon, Innishannon, Harbour View, Howe Strand; Friday – Cork City and surrounding areas, including Cobh, Crosshaven, Carrigaline etc.

Jason aims to start delivery to Clonakilty shortly.

"I've always believed strongly in nutritional healing and the power of organic, local food," says Jason "and my aim is to grow the business to produce more locally-grown food to provide a healthy

eating solution to the local community."

To order your chemical-free fruit and veg box go to [thecottagegardenvegbox.com](http://thecottagegardenvegbox.com)



**Chemical Free Fruit & Veg Boxes**

**Delivered to your door!**

**Local produce included (depending on season/availability) Boxes start from €25**

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For more info contact Jason: 086 7842897  
[thecottagegardenkinsale@gmail.com](mailto:thecottagegardenkinsale@gmail.com)

The Cottage Garden, Kinsale

# Special Feature FROM NATURE'S LARDER #enjoylocal



## Following your heart makes good business sense

April Danann runs Nature Rebel Herbal Dispensary and Clinic near Caheragh. She tells **West Cork People** about how she developed her business and the pleasure she takes in it.

### When and why did you set up your business?

I have been working with herbs and from a clinic for over 25 years; I spent 13 years in farmer's markets and various clinics seeking the best fit for me. I have only ever wanted to work

with herbs and love everything about them. I grow them and use them exclusively for my own well being. And I love to share all aspects of these years of learning with anyone who will listen. I have also been working as a Medical Intuitive since I was a teenager – this ability has guided me to select my studies (MSc Nutrition & Exercise, PhD Naturopathic Medicine, several diplomas, herbalist CH etc) and now I am able to combine this knowledge in my practice.

### Did you have any support when setting up? Not really!

I am quite a doer on my own and subscribe to the follow your intuition method of business – listen to your heart, take things one step at a time and you can make progress through these smaller steps. It is also less stressful. It probably helps that I have been studying independently all these years and have a BSc (Hons) in the business of food marketing and management which has long given framework to my ideas.

### Tell us about your products?

My most popular products are probably my apple cider vinegar and my herbal teas. I started out creating my own acviegner mothers, then producing micro batches of apple cider vinegar most of which I infuse with various herbs added to it. My herbal tea blends are quite unique to me – they are intuitively selected herbs that work with each other and then with us to promote well being.

### Who is involved in the business?

At this time, it is only myself and several student apprentices and of course my daughter loves to help out. Over the years, I have had many helping hands and we have had a lot of fun following dreams and passions. Some of my best memories are of Body and Soul Festival with friends.

### What impact has the pandemic had on your business?

It is interesting times! Thankfully, I have always done clinic sessions remotely and had a small online shop. However over 3/4 of my business income was gone with markets stopped and not able to do any workshops. I have used this time to re-focus my energy into building a larger online store and sales and now to begin my greatest adventure into individually tailored teaching modules for students, business leaders and others who are seeking more from their lives.

### What are your main highlights to date?

Last year I was awarded Business All Stars accreditation as a Thought Leader in Health Potential. The involvement with this organisation has meant a lot to me and helped me align with a purpose in my business.

### And the main challenges?

It would probably be adjusting to these new times at the moment – otherwise I have always worked from home, I have homeschooled my children while working remotely. My challenge is to inspire others to come back to nature and trust that she has our back.

### What are your distribution channels? I have sold many

of my products in some local health food stores – however, as a clinician I usually prefer to speak with each customer individually to ensure they have the best product for their needs. And most people want to speak to me as well – my online sales, remote consultations and now my herbal dispensary are the best ways to find me.

### Is West Cork a good place to be a small producer?

This is the best place to be! People are open to new ideas, the climate is supportive to innovation and just being here is inspiring for the creative soul.

### Have you any advice for others interested in setting up a producer business?

Find something you love – create your version of it and take things one tiny step at a time. Farmer's markets are a great place to gain valuable feedback on your ideas.

### Have you any words of wisdom for our readers?

When we make our health a priority, all else in our lives falls into place. One of the easiest ways to do this is to include small routines and habits that provide a framework to your day. Take apple cider vinegar daily in water, drink four cups of herbal tea and look to nature to support your health.

## Nature has our back

My clinic in the herb garden is open for remote & clinic consultations. Herbal Dispensary open on Saturdays.

One of the most wonderful things about being an Intuitive is that you and I can see each other from anywhere.

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### April Danann

MSc, BSc (Hons), dip NT, dip MI, dip PT, CH  
Naturopathic Herbalist Nutritionist Intuitive

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



## Therapeutic teas from Supernatural Positivitea

Sacha Murphy first conceived her small producer business, Supernatural Positivitea, from her home in Skibbereen last March, and began selling her products at the end of 2019.

Supernatural Positivitea is a range of handcrafted herbal teas and small batch herbal products such as balms, oils and creams, which Sacha sells in markets throughout West Cork and on Neighbourfood.

Sacha says seeing her product come to life and being at her first farmers' market was thrilling: "I'd wanted to be at the farmers market for years and finally being there was such a dream come true. I am so grateful to Madeleine McKeever of Brown Envelope Seeds for helping me get started; she provided me with a space, sharing her stall at the Skibbereen farmers market. This gave me my first step into the markets

and I'm very thankful to her for that. My partner Paul was also a huge support in getting my business going, both at the early stage and now."

The pandemic prevented Sacha from selling at the markets but on a positive note, she says it has given her time to organise, plan ahead and build up her stock levels. She did find NeighbourFood to be an incredible asset during the last few months; "The staff there deserve huge praise. I also supply O'Neills in Skibbereen, Hudson's in Ballydehob and Hurley's Fuel Centre in Lisavaird, which kept me going."

Another challenge for Sacha this year was working single-handed! "I injured my hand at the end of January and it's still healing. But it encouraged me to adopt lovely new labelling as my labels were previously handwritten."

Going forward, becoming



fully sustainable is Sacha's ultimate goal for Supernatural Positivitea: "I currently grow, harvest and dry for my products but I am not 100 per cent there yet. My main focus now is to source the majority of my produce from my garden. I would

also like to build my own studio space and help create some jobs."

Sacha would encourage anyone thinking of starting a small business to follow their passion: "Whoever first said, 'do what you love and you'll never work a day in your life', that person was right. I'm excited, as it's only the beginning for me."

"I am very grateful to be able to create my business here in West Cork, a place I love. There are so many great producers and people here; the support and community spirit is what makes it so special. The Local Enterprise Office are also a great help. They offer advice clinics, start your business courses and more."

"Discover what it is you love and wish to offer people – that's a good place to start. Be open to making mistakes and taking risks, it's part of the learning."



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## Sweet on strawberries

There is nothing quite like that first bite into a juicy sweet strawberry that welcomes in the summer. A dessert in their own right, they're also a delicious ingredient in baking and salads with the added benefit of being full of essential nutrients. Throw 'locally-produced' into the mix and you have the perfect fruit.

Bushby's have been in the strawberry growing business for 30 years. David and Denise Bushby moved from dairy farming in the UK to growing strawberries for Chivers in Co. Wexford in 1989. After moving away from processing and into the fresh market, they relocated to Rosscarbery in West Cork in 1997 and the rest is history; Bushby's Strawberries are now a part of the West Cork landscape.

Two years ago, David and Denise's daughter Lydia, who has always had a finger in the strawberry pie, joined the business full-time, taking over the role of plantswoman from her mum. She also looks after the organising of the pickers, marketing, selling, and anything else that needs doing.

Over 100,000 plants are grown in a season at the farm with a bounty of sweet, juicy strawberries, supplying hotels, restaurants and retailers in Cork City and county. "We start planting in January and continue right through to July for succession," explains Lydia.

The strawberry season runs from April/May into October. There is always great excitement on the farm when the first strawberry ripens. "We refer to the early strawberries as 'pinksies or reddies'," says Lydia smiling.

Although they suffered a 30 per cent drop in business at the beginning of lockdown due to the closure of hotels and restaurants, not a single strawberry went to waste. With shoppers hungry for fresh, local, quality produce, Bushby's were able to rehome that percentage to retailers. Their 'sales kiosk' at the farm gate was also very successful. "We would have gone back to selling at roadside stalls if necessary," says David.

Bushby's are conscientious growers, taking both the customer and the environment into consideration. With a keen interest in entomology, Lydia is in charge of biological control at the farm. Biological control of insect pests of strawberries has been very successful in recent years primarily due to the use of beneficial insects, capable of acting in a preventative role and

thus eliminating the need for pesticide use.

"Quality has always been our mission," says David. "While our growing technique has evolved, quality and taste has always and will always be what we're about."

"A healthy plant gives you beautiful fruit," continues Lydia passionately. "Our system might be considered antiquated – everything is done by hand – but this is why our customers are so happy with the product."

"Our tunnels protect the crop predominantly from rain and wind and slightly increase the temperature, facilitating us having a longer season (three crop rotations in most of the tunnels), says Lydia "this allows continuity, which is vital when supplying a restaurant or supermarket."

A good spring means that this year's season has been very successful so far. Strawberries are woodland plants; they like dappled shade. They can take hot sunny weather for short periods but too hot and they ripen too fast, resulting in a shorter season and smaller yield. "We like Irish summers in West Cork," explains David "we don't like Spanish summers in West Cork!"

Like all farmers, over the years the Bushby's have learned to adapt to different growing conditions.

"You're always thinking

ahead, trying to second guess, which can be challenging" says Lydia. "The planning for this season's crop happened a year ago and when we're picking the crop we're thinking of orders that are going out in a weeks time."

Last year, due to demand from local chefs, they branched out into growing raspberries, which Lydia describes as "raspberries from your childhood, soft but firm and with a fresh sweetness".

Bushby's is a family business and local employer: Lydia's 18-year-old son works in the pack house and her 13-year-old daughter helps out with the picking and the pickers are local and have worked there for years.

Indeed over the years they have also built up phenomenal customer loyalty, which speaks for itself.

"Children who were eating our strawberries 20 years ago are now buying our strawberries for their children," says Lydia with great pride.

There is nothing quite like Bushby's Rosscarbery Strawberries for transferring you back to childhood.



## Taking action for what we believe in

By Allison Roberts,  
Clonakilty Fairtrade

I think we all know that the #blacklivesmatter movement must extend beyond the USA. We are not outside, but inside this paradigm of white power, privilege, poverty and abuse, it may be less overt here in Ireland but our direct provision centres show how much work there is to be done. And of course #Blacklivesmatter in West Africa too where there are currently over 30,000 slaves and two million children working on cocoa farms; where extreme poverty in farming communities is the norm. Commodity farmers the world over are living proof that black lives still do not matter enough, in fact they do not seem to matter more than industry profit, fat pay cheques for executives and buying cheap goods at the grocery store.

If we truly agree that Black lives do matter, we have to start at home and though Ireland has made good progress in recent years there are still miles to go. The chocolate industry in

Ireland is worth 61 million and less than 25 per cent of that is Fairtrade or ethically sourced. It's the big chocolate brands that do not have any certification on their labels that are the main perpetrators of this injustice – and we become complicit every time we purchase. Last month Nestlé announced that after a decade of working with Fairtrade they would now stop. No more Fairtrade sugar or cocoa for their bars, resulting in a two million annual loss to farmers in the poorest regions of the world, and this at a time when they are already in the midst of massive struggle with the pandemic and climate change challenges. Nestlé may still buy from the same cooperatives but will no longer pay the Fairtrade premium. Please reach out to Nestlé and spread this terrible news.

In West Africa, where 70 per cent of the world's cocoa is now grown as a result of European colonisation, non-fairtrade farmers live in abject poverty, on less than €1 a day. No running water, no sanitation, no access to healthcare. Only seven per cent of West African cocoa is sold

on Fairtrade terms and the news is even worse for bananas. The gold mining industry there is a disgrace to humanity with miners extracting gold using toxic chemicals such as mercury and cyanide. The use of these chemicals can cause birth defects, brain and kidney damage, and can contaminate water supplies, entering the food chain through poisoned fish.

Although no certification system is absolutely perfect, Fairtrade guarantees autonomy, a minimum price, a community premium, safety training and transparency. It is an independent system, free from corporate control. By aiming to work with the biggest companies they aspire to make the biggest change. Visit fairtrade.ie where you can read the Fairtrade cocoa report to dig deeper.

Please shop responsibly and demand more from your favourite shops. We may not get it perfect, but we can surely try our best, and if we work together we can shift this mountain of injustice.



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## Special Feature FROM NATURE'S LARDER #enjoylocal

# Don't give up the baking after lockdown

Caroline Murphy of West Cork Eggs has a daily goal to do two things

– keep her hens happy and her customers happy. “So far, I believe we are doing that,” she

says. “We have been very busy on our family farm, just outside Rosscarbery and since our four kids have been off school, its been even more of a family business, with everyone either collecting the eggs or packaging them or indeed, some days, both!”

Although lockdown has been hard and obviously tragic for some families, it has also brought some good things to our lives. Families spent more time together and we all learnt new or resurrected an old skill, such as gardening or baking. “Our customers – and us too – loved using our delicious fresh eggs to make golden sponges, tasty omelettes and a good ol’ fried egg as part of the Irish breakfast!” says Caroline.

Thankfully, the hens at West Cork Eggs were oblivious to



the pandemic and lockdown we all had to deal with and they continued to enjoy the good food, freedom and fun in the green fields of West Cork. “As a family, we got a chance to truly appreciate the beauty of where we live and the abundance of good food available to us,” says Caroline. “To be so close to the beach and have open, fresh and green spaces certainly helped us deal with lockdown. We hope that our customers in less rural

areas could taste that in our eggs.”

Caroline would like to say thank you to the loyal customers who supported West Cork Eggs during lockdown and continue to do so. “Your support is so appreciated. During these last weeks, the importance of supporting local food producers and businesses has become really apparent. We can all help each other and the environment by buying local goods and services.

It has also shown how much we all need to connect with others and it is so easy to do this with local businesses rather than sometimes faceless, more corporate businesses.”

So, as we look forward to our new normal, Caroline looks back on lockdown and says “don’t give up the baking and remember to still stop every now and again, take a breath and appreciate all that we have!”

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**HAPPY HENS, HAPPY CUSTOMERS**

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*a Big Thank You to all our loyal customers! The Murphy Family*

## Wild Atlantic Soaps uses nature's bounty for a special kind of skincare

Two years ago professional cook Sadie Hubbard knew she wanted a change in career and to follow her passion for nature. Based in Clonakilty, Sadie had worked in kitchens from the age of 15 but felt it was time to do something different; she was exploring on-line courses such as herbalism and aromatherapy when she suddenly decided she wanted to make soap with local seaweed and call it Wild Atlantic Soaps. “It was completely out of the blue, as I’d never made a bar of soap before or any other type of skin product! I immediately bought the domain name and so my life as a small producer began.”

Wild Atlantic Soaps is a perfect example of how following your instincts can allow you to grow a simple idea into a viable business. Sadie explains how she got started. “My friends, co-workers, partner and family were very supportive from the get-go; they were my guinea pigs and encouraged me to sell my products and to do my first Christmas market. From there on the response and support I received from the public was unbelievable. I knew then I had a good product and a reason to proceed with my business venture.”

Sadie began by going to her local beaches in Long Strand



and Owenahinch, gathering freshly washed up bladderwrack and kelp and also bottles of seawater. She now uses these precious ingredients in all of her products.

“I dry out the seaweed using a dehydrator, then grind it up in a coffee grinder to use as an exfoliant in my soap bars, which also contain lots of shea butter and sustainable oils like organic coconut oil, hemp seed oil and rice bran oil.

“I also have a very popular solid shampoo bar where the seaweed is rehydrated and blended in for moisturising, along with West Cork honey for conditioning. I infuse the seaweed into my nourishing lip butters and use a pinch of the powder in my bath bombs. I am also developing a full vegan range of products, a conditioner bar and a natural deodorant, and hopefully the list will go on... I’m testing more and more

products by the day!”

Sourcing the best ingredients locally and at a reasonable price is one of Sadie’s biggest challenges. At the moment a lot of ingredients have to be sourced from outside of Ireland and her shea butter, which Sadie insists is certified Fair Trade, comes all the way from Ghana, West Africa.

Sadie works from her kitchen, with lots of moral support from her boyfriend. She finds the lack of space is hard at times, as the house is taken over with soap supplies. “We call it ‘the four letter word’ these days!” she says laughing. She is really loving her new career though and is always inspired to create new recipes and products. Using the flowers and herbs from her garden and gathering seaweed and seawater from usually deserted and unspoilt beaches is the most personally rewarding work she has ever done.

When asked about the impact of the pandemic on her business Sadie is sanguine: “I was just about to go into my business full-time, as the restaurant I worked in for six years closed its doors on New Year’s Eve. I took the closure as a great opportunity to put everything into Wild Atlantic Soaps. To be honest, the pandemic has only delayed the start up for a few months; I am now raring to go and I have just been approved for the Back To Work Enterprise Allowance, which will be a great help to start me up.”

Sadie thinks West Cork is THE best place to be a producer because “the support from everybody is so encouraging. I don’t think it would be the same anywhere else.” Her advice for others interested in starting up a business is to “believe in yourself and don’t worry what people may think about your product, just get out there and start experimenting. Feedback from the public is everything and the support you will receive is what will keep you going.”

Wild Atlantic Soaps has its own market stall at the popular markets in Kinsale on a Wednesday, Clonakilty on a Friday and Skibbereen on a Saturday. It is also on the ever growing NeighbourFood app and is now also branching out into a few local shops. You can also buy on-line shop via its facebook page.

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*Handmade by Sadie*

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## Special Feature FROM NATURE'S LARDER #enjoylocal

# 'Parlour Café' at Glenilen Farm and Drimoleague Farmer's Market A not-to-be missed foodie destination for 2020 Summer

Glenilen Farm in Drimoleague is a family-run business founded in 1997 by husband and wife duo, Alan and Valerie Kingston. Over the last 23 years the business has grown from a team of two to 40 people.

The pop-up 'Parlour Café' re-opens on Glenilen Farm on Tuesday, July 7. Taking careful consideration of customer safety, plans are well underway for the re-opening with social distancing constraints in place. Serving barista Java coffee, cool lemonade and strawberry smoothie, as well as delicious scones and home baking or even a quiche and salad, everything is prepared from scratch by the Kingston family – and served with a view of the dairy production area or wild flower meadow through panoramic windows. It will be a very welcome treat to all the locals and visitors to the West Cork area after lockdown.

The Parlour Café will open Tuesdays to Fridays 11am to 4pm until the end of August. Make sure to call in to say hello and try some tasty home baking! Please bear with the staff if a table for your group size isn't available immediately, they

really want everyone to feel safe and comfortable.

For further information on the café contact [cafe@glenilenfarm.com](mailto:cafe@glenilenfarm.com)

Glenilen Farm produces yoghurt, cheesecakes, and country butter, as well as a range of other high-quality dairy products, using milk from the neighbouring farms. Glenilen Farm's ethos is cemented in the ethos of their products 'made with a few simple ingredients'. It is committed to sustainability and social responsibility but also committed to delivering food that is uncomplicated and full of goodness; food made with a conscience behind it. Solar energy production, heat recovery and rainwater harvesting are simple but effective ways of being sustainable on the farm and ensuring we are protecting our planet for future generations.

A drive-through NeighbourFood Drimoleague Market was set up at Glenilen Farm to allow other local producers to sell their produce direct to consumers via NeighbourFood's online portal. The NeighbourFood market is a great way to discover hidden foodie gems in West Cork. You can buy the very best produce

from West Cork online, direct from 17 of your local farmers and food producers, without even getting out of your car if you don't want to. Shopping was never easier!

Alan Kingston says, "Never has it been so important to support local and we are seeing a real interest and commitment from our consumers to support small indigenous food producers".

Along with many great food producers Glenilen Farm sells their full range of yoghurts, cheesecakes, butter and drinks at the Drimoleague NeighbourFood Market, as well as some of Valerie's home baking and classic raspberry mouse. The Kingstons were delighted to hear a neighbour comment on picking up her shopping that she "never ate so well or felt so nourished" as she did during lockdown.

The NeighbourFood Market in Drimoleague will be running every Saturday 10-12pm during the summer, simply click and collect. Order online on the website and collect from Glenilen Farm.

[www.neighbourfood.ie/markets/drimoleague](http://www.neighbourfood.ie/markets/drimoleague)



The Kingston women behind the Glenilen Farm Parlour Café.



### Huevos Rancheros with West Cork Eggs

Serves 4

#### Ingredients

- 1 red onion, chopped
- 1/2 red and yellow pepper, deseeded and chopped into large chunks
- 2 cloves garlic, minced
- 150g chorizo
- 2 tsp ground cumin
- 1 tsp paprika
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 2 tsp chipotle paste or (1 tsp chilli flakes & 1 tsp smoked paprika)
- 1 400g tin chopped tomatoes
- 1 400g tin kidney beans
- 4 West Cork Eggs
- 4 large tortilla wraps
- 2 avocados
- 1 lime, cut into wedges
- 100g grated cheddar cheese
- 25g chopped fresh coriander
- 4 tbsps. Yogurt

#### Method

- Pre heat oven to 180°C.
- Split the chorizo down the

The Kingfisher Bistro at THE CELTIC ROSS HOTEL is now open for morning Coffee/light Breakfast, Lunch and Evening meals with social distancing in place. Table reservations will be essential and can be made by calling (023) 88 48722. Follow on Facebook and Instagram for menu updates and specials @craftwestcork. **Head Chef Shane Deane** shares his tasty Huevos Rancheros recipe made with West Cork Eggs, perfect for a filling breakfast, brunch or supper.



middle, peel the skin off and cut into slices. Heat your pan with a little oil. Put in the chorizo and cook on a high heat for 1-2 minutes until the oil has released from the chorizo. Add the chopped peppers and onion. Cook for 3-4 more minutes until starting to soften. Now add the garlic cook for 1 minute. Then add in the spices (cumin, paprika smoked paprika, oregano and chipotle paste). Cook for a minute more.

Add in the kidney beans and chopped tomatoes allow to simmer on a medium heat for 6-8 minutes until it has thickened up.

While the bean stew is cooking get 4 small oven proof

serving dishes or bowls and place them on baking trays. Get your tortilla wraps and push them into the bowls so it sort of creates a bowl inside the bowl. Now fill the bowls with the bean stew. Make a hollow in the middle of each stew and crack 1 West Cork Egg into each hollow.

Put into the oven and cook for 15-20 minutes until the egg whites have set but the yolk is a little runny and the edges of the wrap sticking up have gone crispy like tortilla chips.

After removing from the oven top with half a slice avocado, grated cheddar, lime wedge, fresh chopped coriander and a dollop of yogurt.

Enjoy!

Our Wine Expert **Fionnuala Harkin** recommends pairing this dish with *Le Contesse Pinot Rosé Brut, Treviso, Italy*



## Parlour Café at Glenilen Farm

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# Special Feature FROM NATURE'S LARDER #enjoylocal

## The Skeaghanore story

The Skeaghanore Farm in Ballydehob has been in the Hickey family for generations, with Eugene taking ownership of it in the early nineties. Eugene's wife Helena gave up a career in nursing to work on the farm fulltime and their son Daniel is now a part of the business too.

Needing to find another source of income for their growing family, in 1994 the Hickey's decided to start rearing ducks for the local markets and shops and it wasn't long before Skeaghanore Pekin duck was a favourite in restaurants all over West Cork. "We always reared turkeys and geese for Christmas and people started looking for duck and then Field's SuperValu in Skibbereen and Scally's in Clonakilty took them, so this is really where the business began," explains Helena.

With the demand for their hand-reared duck growing in West Cork, by 1996 it became necessary to build a small production facility and three rearing houses. The business and dairy farm have continued to work side by side to grow from there.

In 2015, the award-winning Skeaghanore West Cork Farm – their duck products have been recognised with a prestigious Great Taste Award among others – moved into its new large-scale production facility to meet the growing demand.

The fuller flavor and suc-

culent taste from the ducks at Skeaghanore comes from being hand reared longer and being fed a 100 per cent natural cereal-based diet.

Skeaghanore supplies SuperValu's all over the country, as well as the Simply Better Range in Dunnes Stores and Aldi. They also supply a number of West Cork butchers and private trade.

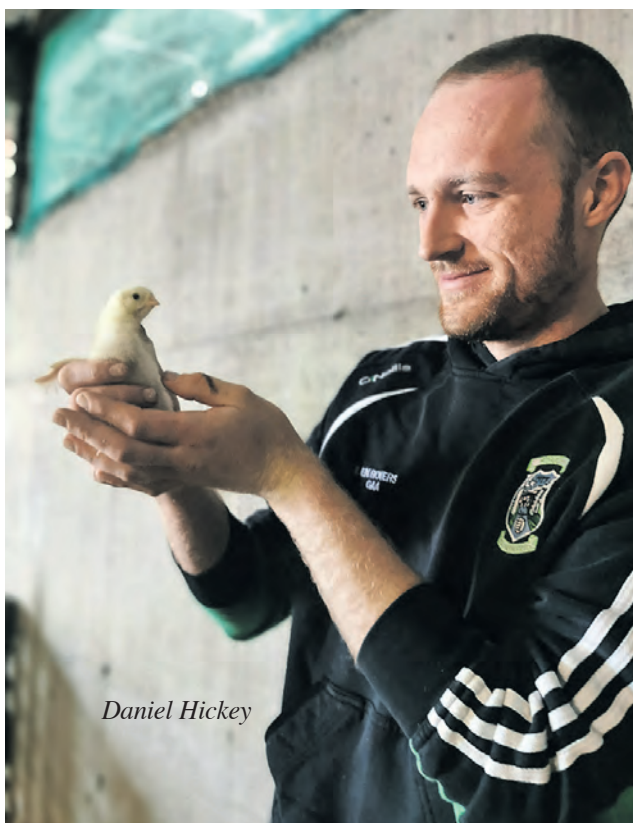
With restaurants closed during lockdown, Skeaghanore suffered an 80 per cent drop in sales, which was a huge shock. Platforms such as the NeighbourFood market and their own website provided vital platforms for sales during the three months. "The ducks didn't stop growing so we had to process and freeze what we couldn't sell," says Helena. "We also started rearing chickens, which are on sale now and our geese are being readied for the Christmas market."

Helena loves meeting customers and gets great satisfaction from hearing feedback about their products. "You can make beautiful stirfrys using duck," she says "or simply cook the wings and crisp them up on the BBQ for a delicious meal."

"I think loving what you do is very important for anyone going into business," advises Helena.

The Skeaghanore West Cork Farm range includes raw, cooked and smoked products.

For more information go to [skeaghanore.ie](http://skeaghanore.ie).



Daniel Hickey

## Skibb teen not stopped by pandemic

A transition year student has capitalised on school closures and the lockdown to launch a new food company, Fastnet Foods. With baking products in demand during the Covid-19 crisis, sixteen-year-old Tim O'Driscoll seized the opportunity to launch his baking mix business, which provides consumers with a cost-effective, easy and fun way to bake delicious homemade recipes from brown bread to chocolate cupcakes and more.

Based in Skibbereen, the concept for Fastnet Foods grew originally from a school Home Economics project, in which Tim saw the cost and potential waste when buying ingredients for baking recipes. He began working on the business during school holidays and in his free time, conducting market research, testing recipes and engaging with the authorities in relation to health and

safety regarding food produce. In recent months, with additional time out of school due to the corona virus, Tim accelerated his business planning, branding, packaging, product labelling and legal requirements so he could go to market at the ideal time for consumers who want to bake without complicated recipes, ingredient shortages or high costs. Fastnet Foods offers all-in-one baking mixes, with the simple addition of water or butter.

The range includes Traditional Brown Bread, Delicious Flapjacks, Choc Cupcakes and Choc Butter Icing, Plain White Scones, Crumbly Crumble and Gluten-Free Crumbly Crumble, and can be found in the baking aisles of SuperValu stores and other retailers nationwide retailing from €2.95. Baking mixes can also be purchased in multi-packs online at [www.fastnetfoods.com](http://www.fastnetfoods.com).



PILGRIM'S Rosscarbery has been running a pick-up and provisions service over the last three months and is very thankful to anybody who visited. The restaurant has now opened its doors once again to the public. Pilgrim's will be open seven days a week for the rest of the summer, offering a three course menu for €46 that will aim to really show-off what summer produce is around locally.

Pilgrim's **Head Chef Mark Jennings** shares a delicious dessert recipe he created for takeaway during lockdown. It uses local strawberries from Bushby's Rosscarbery and Macroom buffalo ricotta from Olives West Cork.

## Pistachio daquoise, Bushby's strawberries, Macroom buffalo ricotta and meadowsweet Chantilly cream



Serves 4-5

### Chantilly cream

- 500ml cream
- 200g Macroom buffalo ricotta
- 100g meadowsweet flowers
- 70g icing sugar
- 500g Bushby strawberries

On a dry day go for a walk and pick some meadowsweet flowers, they're very common and grow in all hedgerows from now until autumn.

When back in the kitchen scald your cream, take off the heat and drop in your picked meadowsweet flowers, stems removed. Allow to infuse for at least four hours (even better overnight) in the fridge.

Pass the meadowsweet cream through a sieve and press out the last few drops, now whip to soft peaks using a whisk or an electric whisker with the icing sugar.

Whizz the ricotta with a handheld blender or food processor to remove any lumps.

Gently whisk/fold the ricotta into the whipped cream and keep chilled.

### Pistachio daquoise

- 180g pistachio
- 60g ground almonds
- 270g icing sugar
- 5 egg whites
- 105g caster sugar

Put pistachios on a tray and toast in a moderate oven for a couple minutes. Blend in food processor or chop with a knife until coarsely ground, some chunks are nice.

Mix the coarse ground pistachios with the ground almonds and icing sugar.

In a kitchen beater whisk the egg whites gradually adding the caster sugar to soft peaks.

Then gently fold in nut mix.

Put your mix into a piping bag if you have one or spoon into circles on a lined tray about 2 1/2 inch in diameter. Should get about 8-10 circles. Make sure they're well spaced apart, as they will spread.

Bake in preheated oven 180 °C for 12-15 minutes.

Remove from the oven and allow to cool before you try moving them. They should be crisp on the outside and chewy in the middle.

Simply to construct half your room temperature strawberries if they are big ones, take a single daquoise meringue, place a clean dollop of meadowsweet cream on top, add a few strawberries. Place another daquoise on top and again decorate prettily with a dollop of cream topped with more strawberries. We also used lots of logan and tayberries from the garden in the restaurant for this dessert. Garnish with some meadowsweet flowers, mint or fresh fennel frond. If you feel like it, make a little strawberry coulis by whizzing up any leftover strawberries with a little icing sugar and a squeeze of lemon juice and serve on the side.

Our Wine Expert **Fionnuala Harkin** recommends pairing this dish with *Bera Moscato d'Asti, Piedmont, Italy*



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## Special Feature FROM NATURE'S LARDER #enjoylocal



ECCLES GLENGARRIFF is now open for lunch (12-4pm) and dinner (5-9pm). To book call 027 63003. **Head Chef Eddie Attwell** is a keen forager and grower of his own produce, which he uses to create incredible culinary dishes. Eddie has created a dessert using produce from Glenilen in Drimolgeaue.



### Eccles garden rhubarb, Glenilen yoghurt mousse, yoghurt powder, Glenilen brown butter crumb and tuille, elderflower gel

#### Brown butter tuille

- 75g icing sugar
- 75g plain flour
- 1 egg white
- 50g brown butter

Melt butter in a pan; when it begins to bubble and turn golden, turn down the heat – the smell should be toasted and nutty, but not burnt.

Pass through a sieve to catch any caramelised pieces.

In a blender add icing sugar and cooled brown butter; once combined, add egg whites and then flour until a smooth paste.

Spread thinly on baking paper and bake at 170 degrees C for approx 8 minutes.

#### Butter crumb

- 200g glenilen salted butter
- 150g semi skimmed milk powder

Melt butter, add milk powder and stir continuously.

Allow the butter to slightly brown until the nutty toasted aroma appears, pour onto a sieve and allow excess fat to drain; keep moving the mixture to stop it burning.

Adjust seasoning to taste with sieved icing sugar.

#### Glenilen yoghurt mouse

- A. • 145 g egg yolk  
• 150g sugar  
• 75g yoghurt
- B. • 325g yoghurt  
• 250ml cream
- C. • 2 leaves gelatine

Soak gelatine leaves in cold water.

In a bowl over a Bann Marie, whisk the egg yolk sugar and yogurt in part A to a ribbon stage.

Semi-whip the cream and fold in the remaining yoghurt.

Squeeze the gelatine from excess water and add to the warm yolk mixture. Fold in slowly while lightly whisking the cream and yoghurt to the eggs.

Pour in to a container to allow to set in the fridge.

#### Rhubarb batton slices and compote

- 6 rhubarb stalks
- 400g sugar
- Vanilla essence

Trim rhubarb and cut the battons from the nicest part, peeling is optional on preference and dependent on rhubarb.

Slice the rest of the rhubarb and add to a pan, add the sugar and vanilla and a little water to start a syrup.

Pass of the syrup and add 100g sugar, bring to the boil pour over the battons so they are covered and wrap the container in cling film.

Allow to cool in liquid. Return compote until cooked.

#### Elderflower gel

- 600ml elderflower cordial (diluted to taste)
- 7g agar agar

Bring elderflower to the boil, add in agar agar and whisk well, bring back to the boil then cool to set. Blend until smooth.

I also used yoghurt in a cream whipper but this can be simply drizzled to taste.

Our wine expert **Fionnuala Harkin** recommends pairing this dish with *Chateau Haut Rian 'Les Vignes de Coulous' Cadillac, Bordeaux, France*



## Bond between Scally's SuperValu and local suppliers strengthens in times of crisis

Scally's SuperValu Clonakilty, a haven for fresh food that is renowned for innovation and supporting their local community, is a real family affair. **Niamh Scally**, daughter of Catriona and Eugene, recently returned to the family business after working for Coles, Australia's largest food retail group. Marketeer Niamh explains how the Covid-19 threat to the global supply chain saw Scally's and local suppliers join forces to keep the shelves fully stocked.

Before the Covid-19 pandemic hit, Niamh and boyfriend James Mulcahy, were making the most of their time in Australia, thoroughly enjoying the brunches, coffee, local wineries and food markets. "When Covid-19 hit, as a then outsider looking in, the sense of community that awakened across Ireland was unrivalled. Listening to the Irish Government advice that was being issued, we knew the sensible option was to return home; to go back and support our own."

Niamh and James (who is on a gap year from Secondary School teaching) returned home to Clonakilty to work on the frontline at Scally's SuperValu, joining Niamh's brothers Eoghan and Martin, along with father Eugene.

Niamh explains that, "At a time of such economic uncertainty, our team is committed more than ever to supporting our local producers, the engine of our economy."

This new reality saw the introduction of Scally's 'Backing Local' campaign, which exclusively promotes local and looks at "how we use local ingredients in a greater effort to get behind producers... sustaining jobs, businesses and families just like our own."

As the global supply chain came under pressure, Scally's felt fortunate to be able to turn to regional producers to fulfil the demand.

Niamh gives some examples of how Scally's avoided shortages seen elsewhere: "The majority of eggs sold during the pandemic were local thanks



to Clonakilty, West Cork, and Upton Eggs and we also turned to our bakery ingredients supplier Cloverhill, who came to the rescue with flour." When pre-packed flour could not be found for love nor money, Scally's bakers began bagging flour themselves and the store became a destination for Grade A bakery quality flour.

Scally's depended also depended on Clonakilty Distillery

and Castle Freke Distillery to provide highly sought after hand sanitiser.

Niamh excitedly speaks about how their team has been taking this time to innovate and work on their own range: "We have fabulous Gelato, authentically crafted in-store by Helen and Hannah, with flavours ranging from Ferrero Rocher to Raspberry and White Chocolate. The key ingredient

to its deliciousness is the Clóna supplied West Cork milk and we're seeing a huge demand for it from our customers."



The Butcher and Fish department has also seen the introduction of new, Mediterranean-inspired fish and chicken stuffed with pudding, products developed by chef Stephen Baker using Shannonvale Chicken, Clonakilty Blackpudding and Union Hall Fish.

"We have always placed a huge emphasis on the fresh side of the business, and are eagerly anticipating the arrival of Ian Callanan's and Martin O'Leary's new season vegetables," Niamh says. "Bushby's Strawberries, West Cork Garlic and Narmada Organics are another joy and an essential part of a West Cork summer."

The store has now incorporated a new local producers' display that aims to promote different local 'hero' suppliers each week, with exclusive special offers. The stand has already featured Seymours biscuits, Milseán chocolates, Folláin jams and relishes, and Castle Freke Distillery. Inspired by SuperValu's Food Academy, the ambition is to highlight local businesses and jobs.

Niamh is also seeking out local suppliers when running special promotions such as the one Scally's did recently for Father's Day: "We ran a West Cork Distillers special offer which flew out the door and our Deli Manger, Don Cullen, made up hampers including local goodies such as Clonakilty Brewing Company craft beer for 'Foodie Dads'."

"Our interactions with customers have been really heartwarming and you can see the connection in supporting local jobs when buying local," Niamh says. "My brothers and I continue to support our parents' legacy in supporting local. We are committed to our local farmers, producers, distillers and breweries, and our team will continue to support them and our wonderful community all the way, as we navigate through this time of uncertainty."

## Special Feature FROM NATURE'S LARDER #enjoylocal

### A big idea grows from small shoots



**A wonderful mixture of fresh young microgreens including pea shoots, sunflower shoots, spicy radish and nutritious broccoli.**

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William Reed, owner of MicroGoodness, speaks to **West Cork People** about his fascination with the nutritional power of microgreens.

I have a background in nutrition and exercise, so when I first heard about microgreens and their incredible nutritional profile, I was fascinated by them and their potential for health and wellbeing. For anybody that is unfamiliar with microgreens, they are vegetables which are harvested at seedling stage, before their second leaves have formed; vegetables get most of their nutrients from their seed, so they are bursting with vitamins and micronutrients at this stage.

I had previously toyed with the idea of growing microgreens, as I have always had a passion for organic high quality food, but had never really had the time to dedicate myself to it. In the first few weeks of the lockdown I had a couple of spare days a week on my hands and started Microgoodness – I thought, “if a business works in this turmoil it would work in any climate”.



My partner and I set about ordering trays, organic seeds and soil, and we began experimenting with different varieties of greens and soil types, always

with a focus on freshness and high nutritional content. I am very fortunate that both myself and my partner have a good working knowledge of growing

and I have worked within the West Cork food industry for several years, so I felt like I was in a good position to throw myself in at the deep end.

We sourced biodegradable packaging and began selling our salad mixes through NeighbourFood markets and local shops here in Clonakilty. We plan on selling to restaurants in the future as we can offer a product that can be kept growing in the kitchen, thus reducing waste and guaranteeing freshness. Going forward I would like to think the business can grow in an organic fashion while keeping the core value of nutrition and freshness.

West Cork is a fantastic place to do business as we have an appreciation for local, quality produce and the amount of amazing food producers we have is testament to that fact. As we come out the other side of this crisis I hope we take away the message that local businesses and producers are essential and we should do our best to support and preserve them. I believe we, as a country, rely far too heavily on imported food and need to start nurturing a grassroots approach to local food production.

### Don't be left out of the BBQ party

**Jacques Brennan** is the author of the blog – *Le Journal*, find it at [www.hungrysoulplant-power.com](http://www.hungrysoulplant-power.com) and is a frequent collaborator with the West Cork arts and health organisation, MusicAlive. He is also a guest food contributor to West Cork People.

I grew up eating mostly plants. When it came to BBQs, as you can imagine, things were not always easy for me. I looked on from the side as other children had their burgers and hotdogs. I got used to eating a lot of potato, waldorf, and pasta salads.

Being different and standing out is not what kids like. As a young scout, there was always the summer camping trip. The leaders and organisers never knew what to feed me. I just ate whatever I could; I always found something, but when it came to the camp fire and roasting hotdogs, I had nothing.



Then along came some of the first meat substitutes, the veggie hotdog. They were in a tin – Linketts, they were called. As children we loved them. On those camping trips or staying over at friends' houses, I always had a tin of Linketts. Those who knew me were surprised to see me eating hotdogs; they looked just like their own. To people who did not know me, I was like all the others.

That was many years ago and so much has changed. Plant-based sausages, hotdogs and burgers are now easily available

in every supermarket. But I have also changed; those plant-based hotdogs or burgers are good from time to time, but I prefer food I make myself.

So what to do for those BBQs? I find the tastiest food off the BBQ is most often roasted and grilled veggies. There is such intense flavour from a bit of char and a little marinade. Sometimes I make my own burgers but I never tire of eating Shish kabob: The long skewers, with veggies after veggies, each a different colour, a unique flavour, with the added mari-



nade dripping off them. You eat slowly, one at a time, carefully not to get burnt, savouring the taste of summer...and there are rarely any left-overs!

NB: If you want to know more about eating soya and tofu go to [www.hungrysoulplant-power.com](http://www.hungrysoulplant-power.com) and look under the Nutrition and Health section.

**The Veggie Shish Kabob**  
Served with a little brown rice  
Enough for 4 (2 skewers each)

**Ingredients**

• 1 block of firm tofu, 300 - 400

g – cubed, bite-size.

- 1 Red Pepper – cubed
- 1 Courgette – thick rounds
- 10 mushrooms – sliced in two
- Half a Red Onion – chunks
- 1 cup of basmati brown rice
- 8 bamboo skewers – soaked
- Juice of 1 lime
- Pinch of chilli flakes
- 3 tbsp. natural peanut butter – only peanuts

**Tofu marinade:**

- 4 tbsps. of tamari soya sauce
- 2 or 3 garlic cloves, minced
- 1 good thumb size piece of fresh ginger, finely chopped
- 1 tbsp. maple syrup or other

sweetener

Make the marinade. Cut the tofu into bite-size cubes and allow them to soak in the marinade for an hour or more if you have time, keep marinade for later

Soak the bamboo skewers for 20min. so they will not burn in cooking.

Cook the rice. 2 cups of water, a pinch of salt and 20 to 25min. should do it. Set aside.

Fry the tofu until crisp on a few sides, then set aside.

With the left-over marinade make a sauce adding the peanut butter, the lime juice, the chilli flakes and half cup of water, mix well together.

Using the bamboo, skewer the veggies and tofu in turn ... pepper / courgette / tofu / mushroom / onion / pepper ... and so on until you have eight ready. Using half the sauce brush each one.

On your BBQ grill the skewers, turning them from time to time until the veggies are just starting to char. (Can also be made under the oven grill).

Once ready, brush the veggies once more with the last of the sauce and serve on a bed of rice.

## Special Feature FROM NATURE'S LARDER #enjoylocal

## Perfect pairs



## OFF THE VINE

Fionnuala Harkin  
Wines Direct wine producers

\*Photo of Fionnuala courtesy of  
Sally McKenna

**Fionnuala Harkin** of Wines Direct feels privileged to work with many wonderful small, family-owned vineyards around the world. Here she suggests some delicious wines to match dishes created using local produce by West Cork chefs in this feature.

These wine producers are first and foremost farmers, whose aim is to produce an excellent crop of ripe, tasty, healthy fruit. Most work organically in the vineyard, avoiding chemical pesticides, herbicides and fertilisers, in order to protect both the delicate ecosystem in which their vines grow, and the health of those who work among them. Once harvested, there is the job of making great wine, which they

do with as little intervention as possible, letting that excellent, healthy fruit do the talking. I'm very lucky to have met many of the producers whose wines I'm recommending here, and a few of them have even visited West Cork, enjoying the wonderful local foods and producers we are so fortunate to have on our doorstep.

*Bera Moscato D'Asti*, which I'm recommending with Eddie Attwell's rhubarb and elderflower delight, is from Piedmonte in Northern Italy. When we visited them, we ate some of the best Italian food I've ever tasted, cooked by Alida Bera, the mama. Their pride in the typical dishes of their local area is matched only by pride in the excellent wines they make. We also have a gorgeous cherry-and-spice-tinged *Barbera d'Asti* from this family, which would go very nicely with a hunk of Carbery cheese.

For Adam's Skeaghmore

duck pizza, I've chosen wine from a fantastic organic and biodynamic winemaker from Tuscany. Francesco di Fillipis, of Cosimo Maria Masini, began working on organic farms as a young teenager, and his philosophy is that working in harmony with nature produces the best wines. Biodynamic farming and winemaking is a step further than organic, viewing the farm as one organism, so everything works together – plants, animals, humans and the elements.

Pilgrims' strawberry and pistachio dessert is just calling out for a nicely balanced, lively dessert wine. Pauline Dietrich farms organically, and her zippy Cadillac (not the car, but the designer of the eponymous automobile came from this Bordeaux village) in the same fashion as Sauternes, just way less expensive! Botrytis gives the wine a distinctive musky background, with candied orange and lemon zest keeping it fresh and a perfect foil for the creamy ricotta.

Brunch just means bubbles, and if bubbles are great, pink bubbles are the bomb! *Le Contesse Pinot Rosé* is made by husband and wife team Davide

and Francesca Bonotto, and this is a serious sparkler with seriously fun side. Really good with the smokey spiciness of Shane Deane's Huevos Rancheros, add a sunny terrace facing the sea, and the day has just gotten off to a pretty good start.

Caitlin Ruth's vegan wonder has her usual quirkiness in the form of a chilli-raspberry sauce. *Ballestri Valda Soave* has just the right balance of ripeness and freshness to accompany it perfectly. This wine is also vegan, meaning no egg whites, or other products of animal origin, were used in the winemaking process. Egg whites are sometimes used to fine a wine, in the same way as chefs would use them to clarify a broth. Laura Rizzotto, owner of the estate, is also a passionate beekeeper, and farms organically, protecting the environment in which her precious bees thrive.

What better way to finish this wine and food tour than with some Hungry Crow chocolate and

a glass of rich, ripe Grenache from *Chateau la Baronne*. Anyone who follows @wineshedwestcork on Instagram will have seen me finishing off my Hungry Crow Easter egg while swirling a glass of this wonderful natural wine. Natural is another step on from organic and biodynamic, with the wine-maker intervening as little as possible, and adding almost no SO<sub>2</sub> (sulphites), a preservative which is used in large quantities in commercial wines. Anne and Jean Lignieres are the husband and wife behind this wine, and Anne visited Deasy's a few years ago, where we tasted her range of very special wines in the rare October sunshine.

All wines available from winesdirect.ie or phone Fionnuala on 086 8533758.

For regular virtual tastings of these and other Wines Direct wines visit @wineshedwestcork or @winesdirectirl on Instagram and Facebook. Real-life tastings happen (or used to before you-know-what!) in The Wine Shed, contact Fionnuala for details.



## West Cork company expands product range with food supplements to support immune health

Bandon-based, food supplement business SOMEGA have just launched a new liquid Vitamin C food supplement, with a range of Vitamin D supplements to follow shortly. According to nutritionist and co-founder, Dr. Paula Gaynor "SOMEGA's new range of Vitamin C and Vitamin D supplements are a natural extension to our product line and are particularly timely given the current heightened need to support immune health".

SOMEGA launched its first supplement, pleasant-tasting Easy Omega-3, last year. Stocked now in health stores and pharmacies nationwide, it has proved hugely popular with adults and children alike and benefits brain, heart and eye health. SOMEGA's new products contain vitamins which not only support immune health but have many other health benefits too.

Vitamin C is a powerful nutrient, essential for health. As humans can't make or store Vitamin C in our bodies, it's vital to have a regular daily supply, be it from food or a food supplement. When it comes to supporting your immune system, Vitamin C is key, which is why Vitamin C supplements are often the first port of call for many people when they feel a flu or cold coming on.

Research shows that Vitamin C has a positive impact on energy levels: it helps reduce tiredness and fatigue and increases iron absorption. Vitamin C is vital for skin health and helps protect cells from damage which contributes to ageing and a range of health conditions. Vitamin C supports the nervous system and psychological function.

The drawback to regular Vitamin C supplements is that the Vitamin C is poorly absorbed, so the amount available to support health is diminished. Vitamin C is susceptible to degradation as it travels through the digestive system. Additionally, the human body tightly regulates and limits how much of the Vitamin C can be absorbed, with the excess passing into urine.

According to SOMEGA co-founder Mark Clifford "SOMEGA's new supplement, Liposomal Vitamin C, is made using cutting-edge liposomal technology to overcome the limited absorption of regular supplements. With this advanced technology, we protect the Vitamin C within tiny, nano-sized, bubbles called liposomes. Liposomes safeguard the Vitamin C as it travels through the digestive system and enhance delivery of the Vitamin C to the cells for maximum health benefit".

In addition to enhanced Vita-

min C absorption, SOMEGA's Liposomal Vitamin C has other key features worth noting. This expertly formulated supplement contains only natural ingredients, is vegan-friendly and alcohol-free, unlike many liposomal food supplements which surprisingly contain alcohol as a preservative. Like SOMEGA's Easy Omega-3 product, the Liposomal Vitamin C tastes very pleasant. It has a natural citrus flavour and can easily be taken straight from the spoon or added to cold drinks and smoothies. While some food supplement companies package their products in non-recyclable single use plastic sachets, SOMEGA chose to use packaging that is eco-friendly and recyclable.

SOMEGA's range of Vitamin D supplements, which will support the immune system and bone health, will be launched later in the summer.

SOMEGA is stocked in An Tobairin (Bandon), The Olive Branch (Clonakilty), For Goodness Sake (Dunmanway and Skibbereen), Organic (Bantry), Loop de Loop (Castletownbere), Nature's Corner (Macroom), O'Riordan's Pharmacy (Enniskeane), Ross-carbery Pharmacy, Glengarriff Pharmacy and Beauty Rooms, Collins Kinsale Pharmacy.

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## Special Feature FROM NATURE'S LARDER #enjoylocal

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## Families encouraged to holiday with World Wide Opportunities on organic farms

For those who don't want to travel in the current climate and are interested in a holiday that's a little bit different, WWOOF Ireland believes it has the answer.

WWOOFing offers time in the Irish Countryside learning skills the whole family can take home together – as well as an enjoyable holiday experience. A globally recognised movement, operating since the 1970s in over 120 different countries, WWOOF facilitates learning about Organic Growing and Sustainable Living through hands-on practical experience.

'WWOOF Ireland', now in it's 10th year, has featured on RTE's Nationwide and TG4's 'Wwoofáil' series, and is often mentioned on the RTE Radiol

'Countrywide' programme on Saturday mornings.

So how does it work? Organic farms, small holdings and gardeners, are WWOOF Hosts to Volunteers – known as 'WWOOFers' – who want to learn about 'growing their own'. Through helping the Hosts on the land by getting their hands in the soil, sowing seeds, planting crops, caring for animals, WWOOFers learn a variety of skills that enable them to bring organic growing and sustainable living into their own lives.

Many Hosts in WWOOF Ireland accept families and their children for this help. In these unsettled times, there is a move to encourage children to take a greater interest in the outdoors.

## Celebrating the first of the courgettes



### A FLAVOUR OF WEST CORK RECIPE

Karen Austin

I have been stalking our courgette plants, prompted by a photo of my son's dinner, which was a plate of courgette carbonara – our family is really into food porn!

It got me dreaming of young courgettes, which are succulent and tasty and perfect for this simple dish where they are the star of the show.

So I've been waiting for our courgette plants to produce and finally there are these little stubby beauties winking at me. Apart from being the first and therefore really wanted, the small courgettes have a real flavour, unlike the big ones, which look splendid but are often more substance than flavour. As the season goes on, our enthusiasm for courgettes lessens but right now we're delighted to see them

The dish takes as long as the pasta takes to cook so salt the courgettes and as soon the water boils you're ready to go – the perfect dinner to make now that we're returning to work and have less time.

Serves 2

#### Ingredients:

- 2-4 small courgettes
- 25g butter
- 25mls olive oil
- 50g grated parmesan
- 2 egg yolks
- 50mls cream
- a little lemon zest
- Handful chopped basil
- 250g spaghetti
- salt and pepper

#### Method:

Wash the courgettes and cut into julienne strips, sprinkle with a little salt, toss to mix then leave for 15 minutes

Put a large pot water to boil. When the water is boiling add a tablespoon of salt and the pasta. Give it a stir and set the timer.

Mix the egg yolks and cream together in a small bowl

Tip the salted courgettes onto a clean tea-towel and pat dry. Heat a pan to cook the courgettes, one minute before the pasta is ready add the butter and oil to the pan followed by the courgettes. Keep tossing the pan so the courgettes cook evenly. Season with salt and pepper and a little grated lemon zest.

Set a colander over your serving bowl then tip in the cooked pasta and drain over the bowl. Reserve a little cooking water then empty the bowl, which is important when serving pasta. Put the spaghetti back into the bowl, tip the courgettes and any cooking juice on top then pour over the cream/egg mix and grated cheese. Toss everything together. Add a little reserved cooking liquid to help everything move. Stir in



the basil and serve

Our shop is now re-opening, with the appropriate social distancing measures and plenty of good food. We have so much ready to harvest in the garden that it's a relief to be back in action, so if you are in Clonakilty please come by and see us.

Here's to a sunny June!  
Karen

Lettercollum Kitchen Project  
22 Connolly Street  
Clonakilty  
www.lettercollum.ie  
karen@lettercollum.ie

Families can celebrate the end of enforced isolation, while making a contribution to their own health and the health of the

planet into the bargain.

So visit wwoof.ie or find out more from its facebook page and come WWOOFing as

family volunteers.

What does it cost? Accommodation and food is provided by the Host as part of the

exchange for the help received. This means families can afford to have quality time to share a whole new experience together, while finding out more about organic growing in a friendly and welcoming environment.

In the last year WWOOF Ireland has achieved major recognition for its educational contribution to Irish society as an Educational Charity listed with the Charities Regulatory Authority, focusing on specific learning opportunities for volunteers who in turn are helping to support the Organic movement.

*Charlie with his host in West Cork, learning about recording the weather.*



## Special Feature FROM NATURE'S LARDER #enjoylocal



INCHYDONEY ISLAND LODGE & SPA is looking forward to welcoming guests for the summer months and is delighted to have the addition of its 'Silver Surfer' food van this year. Open daily from 10am to 8pm, the Silver Surfer will serve pizzas, waffles, gelato, coffees and baked goodies. Working with smaller artisan producers ensures that Inchydoney can showcase the best of what the West Cork area has to offer to all its guests. The hotel strives where possible to source produce from West Cork and the greater County of Cork.

**Head Chef Adam Medcalf** oversees all of the dining outlets that make up Inchydoney Island Lodge & Spa, from Dunes Bistro to the Gulfstream Restaurant, the Lounge and now the Silver Surfer. He shares his pizza recipe using Skeaghmore Duck.

### Shredded Skeaghmore Duck Leg Pizza with Hoisin Sauce and Spring Onion

#### Pizza Dough

- 450g/1lb Strong White Flour
- 1 teaspoon Granulated Sugar
- Good pinch of Salt
- 1 x 7g sachet Fast Acting Yeast
- 300ml/½pt Warm Water
- 1 tablespoon Olive or Vegetable Oil

#### Tomato Sauce

- 2 tablespoons Oil
- 1 x 400g tin Chopped Tomatoes
- 1 Onion, finely chopped
- 1 Garlic Clove, crushed
- 1 teaspoon Fresh Herbs (Basil, Thyme, Parsley etc.)

#### Skeaghmore Duck and Hoisin Topping

- 1 Confit Skeaghmore Duck
- Red onion
- 1 Cup Grated Mozzarella
- Hoisin Sauce
- Sliced Spring Onion

*To make the dough:* add the flour, sugar, salt and yeast into a large bowl.

Add the oil to the warm water and pour into the dry ingredients. Mix together with a fork, working from the outside inwards form a dough.

Turn the dough onto a floured surface and knead for about 7 to 10 minutes, until dough is smooth and elastic.

Return to bowl and cover loosely with a tea towel. Leave in a warm enough place to prove until doubled in size.

*To make the sauce:* heat the oil in a pan, add the onions fry until soft. Add the tomatoes, garlic and herbs and bring to



the boil. Sauce should be thick enough to coat the back of a spoon.

*To assemble:* When dough is ready, dust your work surface with flour. Divide the dough into small equal rounds and rollout to the required size. Place pizzas on baking trays or baking stone. Add tomato sauce to cover the base, sprinkle with Shredded Skeaghmore Duck Leg, Red Onion and Mozzarella.

*To cook:* Preheat oven to 200°C/400°F/Gas 6. Cook for Pizzas for 10 – 15mins until the base is crispy and the toppings are bubbling. Add Hoisin Sauce and Chopped Spring Onions.

Our Wine Expert **Fionnuala Harkin** recommends pairing this dish with *Sincero Happy Tuscan Wine, Cosimo Maria Masini, Italy*



## Where the crow flies



**H**ungry Crow are five years in the markets. It was the May Bank Holiday five years ago when the Clonakilty purveyors of decadent delights in dark chocolate wandered through Skibbereen Market offering tasters.

The markets were shut down on their fifth anniversary this May Bank Holiday, so Niamh and Mark had time to reflect. "We had a lot of help along the way," says Niamh, the chocolatier who designs and makes the chocolates. "And when you see repeat customers, you think you might be on to something."

"Aye, it's the regulars keep us going," agrees Mark, who mans the Hungry Crow stall. "It's like Hungry Crow has a fan base."

"I started off making snack bars," says Niamh. "I stumbled into the chocolates by accident. I have so many people to thank."

"So thank you Olive and Andy at The Olive Branch for being the first to stock Hungry Crow, for being with us every step of the way since and for including Hungry Crow in the inspirational initiative that is Twig;

"Thanks Rhoda for the nutritional knowledge that inspired the snack bars that led to chocolates;

"Thanks John, mercurial manager of Skibbereen Market for facilitating Hungry Crow's foray into the magically magical world of market trading and thanks to all our

customers of all weathers in Skib, Clon, Kinsale and Schull Markets over the years;

"Thanks to Karen for taking a chance on the snack bars in Lettercollum Kitchen Project and sticking with them; to Hannah for breaking Hungry Crow in to Bantry at Organico and to Liz for keeping the orders coming; to Mary at Hurley's Fuel Depot for including Hungry Crow in her West Cork Producers Collection, to Cathy for bringing Hungry Crow west along to Hudson's in Ballydehob and to Linda for getting us on to the Mizen @ Roaring Water, Schull;

"Thanks to Gavin for putting Hungry Crow vegan chocolates on the menu at The Black Pig;

"When I had to move out of my home kitchen it was nearly impossible to find a unit to rent," says Niamh. "They just weren't there. Or the one or two that were there were for ridiculous money. So big thanks to Kathleen and Gik for being there when it was needed with an affordable kitchen unit to rent. And thanks Enterprise Board for the grant/loan to Hungry Crow-ify the unit. And to Jackie and Sheila Anne for advice, business planning and guidance through the application minefield.

"It was a Skibb man, Colm at O'Neill Coffee, started the whole trend of a Hungry Crow date and a good quality coffee that's all the rage now," says Mark. "Thanks Colm. This magical experience is



now available across West Cork – by the sea at Long Strand thanks to Peter at The Fish Basket, at the Warren thanks to Brian at Drip and in Clonakilty at Wilde & Co – thanks Mike, and Stone Valley Coffee Roasters – thanks John and Tom. It's great ye're all back."

"Hungry Crow wouldn't have survived the lockdown without Neighbourfood.ie," admits Niamh. "So a very special thanks to all the NeighbourFood.ie hosts: Jack

and Simone in Cork, Becks and Carol in Kinsale, Gik in Lisavaird and Skibbereen, Joe and Caroline in Ballydehob, Victor in Watergrasshill, Toby in East Cork, Fiona in Macroom and Keith in Bantry."

"Don't forget Pilgrims," says Niamh. "Oh aye," Mark agrees. "Thanks a million Pilgrims. You know why."

"We're lucky," says Niamh. "We do business with nice people. That's what keeps us going."



## Decadent Dark Chocolate Delights

From Farmers Markets  
& Select Outlets

# #enjoylocal

## Special Feature FROM NATURE'S LARDER #enjoylocal

# Crooked Boot Farm plants encourage birds and pollinators

Crooked Boot Farm was started by Aimi Pinder and Lucy Smith in 2018 with a vision of creating a business with sustainability and nature at its core. All plants are grown by the duo on their farm in Ballydehob, which means they are truly hardy to West Cork. Crooked Boot Farm focuses on plants that are great for pollinating insects and other wildlife, as well as useful herbs and edibles for human consumption. It is important to Aimi and Lucy that they follow organic principles and use no harmful chemicals so that their produce is truly nature and human friendly whilst remaining competitively priced. This year, all of their stock was sold in plastic free pots.

When Covid-19 arrived and lockdown was first announced, like many other business owners they felt very much like rabbits in headlights. "Were we still allowed to trade? Should we continue to make plants? What about the stock we already have? When the government guidelines announced gardening supplies as one of the essential products we breathed a sigh of relief and threw ourselves into a new marketing plan; we realised that we needed to adapt and in the new climate the way to go was

online, a daunting prospect for two people happier in the fresh air than behind a computer!" says Aimi.

A successful Facebook campaign brought lots of new followers and between them and regular customers, Crooked Boot Farm was soon doing deliveries. The good news was everyone had turned to gardening as a means to get them through the lockdown! However, taking online orders and delivering was very time-consuming, and it became clear that this method of sales was unsustainable.

That was when Crooked Boot joined NeighbourFood, an online Farmers' market with collection points that started to pop up in West Cork locations as a response to the Farmers' markets being closed. It is a fantastic concept that a range of West Cork food and artisan producers have joined. It meant that at a time when food security and local supply chains were under threat, there was still a way to access local produce.

Now more than ever we can see the importance of fresh, local produce. Lucy and Aimi have been busy this year developing their veg plot, so very soon they will have fresh chemical-free veg available from their roadside stall outside



the farm – look out for the signs on N71, north of Ballydehob.

Now the farmers' markets have re-opened, the Crooked Boot pair are happy to be back selling at Kinsale, Bantry, Skibbereen and Schull markets. "These local hubs are so important for communities, and we are happy that people are back using these spaces whilst respecting the distancing guidelines and paying attention to the needs of those more vulnerable," says Lucy.

"Crooked Boot Farm would like to say a massive thank

you to our customers who have supported us through the current climate. Your patience and willingness to support local growers as we adapted to unprecedented conditions have allowed us to continue selling through these tough times.

"We will soon be taking an early break from selling plants to prepare for the arrival of our new family. Until then, look out for us at the West Cork Farmers' markets and remember to continue to shop local."



Award-winning chef Caitlin Ruth will be popping up in different locations this summer in her mobile kitchen. Keep an eye on Instagram for updates.



### Wild Rice and Pistachio stuffed Fennel, with a Bushby's Raspberry-Chili Sauce

*Serves 4*

I'm not a huge fan of fruit in savoury dishes, but this little raspberry number is an exception. It's definitely not sweet, with the fruit providing a lot of zing, flavour, and a gorgeous colour. This is a special occasion dinner for the plant powered person in your life.

#### Ingredients:

- 4 Bulbs Fennel
- 1 200g bag Wild Rice (you can get this in the Olive Branch in Clon or An Tobarin in Bandon)
- 100g Shelled Pistachios, roughly chopped (same as above)
- 150 ml White wine
- 2 small or 1 large Onion, finely chopped,
- 2 cloves garlic
- 2 fresh red chilies
- 1 punnet of Bushby's Raspberries (Olive Branch, Urru, Barryroe Co-op, Ryan's in Ross)
- 100 ml of Olive Oil, that you love the flavour of
- 50 ml White Wine Vinegar
- Pinch turmeric
- Pinch Sugar
- Juice of ½ lemon
- Salt to taste
- Marmite

#### Method:

Trim the fennel, and cut in half from the top to the bottom. Take a very, very thin slice from each half of fennel, this is for garnish. As thin as you can. Put those eight slices in a little bowl, cover with the white wine vinegar, pinch turmeric, pinch sugar, and a pinch of salt. Cover with cling, press down to try to form a vacuum, and set aside at room temp to pickle.

Put the 8 fennel halves in a baking tray, sprinkle salt over them, a splash of olive oil and rub them around until coated. Pour the 150 ml wine into the bottom of the baking tray, cover tightly with foil, and bake for

45 minutes until soft and tender.

Meanwhile, cook the wild rice in plenty of salted water until tender, then drain. Sauté the onions, chopped finely, in oil until translucent, add roughly chopped pistachios (reserving a few for garnish), fry around for another minute or two. Pour whatever juices are left in your fennel baking tray on top of the onions and nuts, cook for another few minutes, then tip the drained rice into it and stir around. Salt to taste.

Scoop a little bit of the inside of each fennel half out (about a teaspoon), and put into a jug. Keep fennel halves and rice mixture warm in a low oven.

*Make the sauce:* Put all but two raspberries into the jug with the cooked fennel that you scooped out of the roasted fennel. Add one of the chilies, chopped, (You can add the second chili after you've blended if you want it spicier – it's a matter of taste), the 100 ml olive oil, the juice of half a lemon, a good pinch of salt, and an 1/8 teaspoon marmite. Blend well with hand blender, salt to taste. Decide if you'd like to add a pinch of sugar.

*Now to serve:* Pour raspberry sauce around warmed plates, put one fennel half round side down in the middle of each plate, top with as much rice mixture as you can gracefully pile on top of the fennel, then put the other halves on top of the rice, round side of the fennel up. Garnish with half a raspberry, some chopped pistachios, and the pickled fennel. [caitlinruthfood.ie](https://caitlinruthfood.ie) [instagram.com/caitlinruthfood](https://www.instagram.com/caitlinruthfood)

Our Wine Expert Fionnuala Harkin recommends pairing this dish with *Ballestri Valda Soave Classico, Veneto, Italy*



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# #enjoylocal

Special Feature FROM NATURE’S LARDER: FARMING

THE JOURNEY OF MILK

Love of the land

West Cork farmer Vanessa Kiely O’Connor has always had a passion for nature and wildlife and loves the flexibility that farming allows with family life. “I feel grounded working outdoors,” she explains simply “and I love working with cows.”

The mother-of-two, who has built a best in class dairy farm in Upton, recently shared her story as part of Kerrygold’s new global digital campaign highlighting the important role that Irish farmers play in producing a premium product that is recognised globally.

With farming classed as an essential service being a food production industry, it was not as impacted by the

Covid-19 restrictions as other sectors. “Farmers have always had to adapt to different farm practices to adhere to the rules and regulations surrounding quality food production,” explains Vanessa. “Covid-19 only added small adjustments to on-farm biosecurity procedures.”

“I do really miss being able to shake hands or hug a friend though,” she says. “It was also really difficult not being able to see my Dad, who lives in Limerick.”

Having all the family at home 24/7 during lockdown did, Vanessa admits, take some time to get used to, as she is so used to working on her own. Although for the first time ever, it meant there were plenty of hands available to help out on the farm. “Available but not always willing,” she says laughing.

This is the time of year when Vanessa gets stuck into farm maintenance jobs around



Vanessa shared her story as part of Kerrygold’s new global digital campaign



DAIRY

Local dairy production & packaging - Butter & Cheese

RETAIL

Garden, DIY, Household, Agri, Building, Heating

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Premium quality-assured ruminant & poultry feed

# Special Feature FROM NATURE'S LARDER: FARMING

## THE JOURNEY OF MILK

the farm, catching up on all the jobs that need doing after a busy spring.

At the moment, with the help of her daughter Sadhbh, she is busy cleaning out straw beds and power hosing cubicles after the winter.

Vanessa's husband David (who has been on reduced hours from his job at Cork airport) and their son Fintan are working on a cow shed extension project, which the family started last year. "Normally David would have only two days off a week (from his full time job) to devote to the project, so there has been more progress than would have been expected," explains Vanessa.

Milking starts at 7am and work on the farm finishes at 6.30pm so Vanessa's day consists mostly of farm work, fitting in housework, meals and family time around this. She likes to take time to herself by gardening or taking a leisurely stroll around the farm with the dogs.

Routine jobs like weekly grass measuring, harvesting the silage, continuous management of calves, maiden heifers and cow's health all take place throughout the summer, along with farm discussion group meetings – now online through Zoom. "The meetings are at

the mercy of our broadband connection," says Vanessa.

For milk recording, which starts in March, she had to learn to use milk metres to take samples. "Normally I would have had a milk recording person come and do the sampling on the farm," she explains.

Vanessa's farm improvements have always been focused and committed to farming sustainably both environmentally and economically to produce the highest quality milk she can.

As the farm is a food producing facility and is Bord Bia audited and quality assured, bio-security measures have always been in place as a standard procedure. "It meant that during lockdown no visitors were allowed on the farm," explains Vanessa, "except for the milk collection lorry and farm supplies-related deliveries."

"I think that everyone involved with the dairy industry in West Cork should be so proud of how we have all worked together to ensure that the farming sector functioned as normal and all the milk in West Cork was processed in what is our peak milking season," says Vanessa proudly. "A shutdown would not only have been devastating for

farm families but would have had a huge economic impact on all the towns, villages and communities throughout West Cork.

**"I think that everyone involved with the dairy industry in West Cork should be so proud of how we have all worked together to ensure that the farming sector functioned as normal and all the milk in West Cork was processed in what is our peak milking season," says Vanessa proudly.**

It is worth noting that for every €1 a dairy farmer makes, on average 90 cent of that is spent locally in shops, businesses and farm services.

"In recent years people appear to have become disconnected from the food that they eat and all the latest fad type foods seem to be all about alternatives to natural foods; it makes no sense to me whatsoever," says Vanessa.

"Saying that, I think that Covid has woken many people to the connection between nutritious local produce and the quality of Irish Agricultural foods produced sustainably here. I also think it's great that people had the time to cook, bake and sit down and enjoy wholesome, unrushed meals with their families during lockdown."

Latest research produced by the European Milk Forum shows that almost 40 per cent of Irish consumers under the age of 35 increased their consumption of dairy produce during lockdown.

One of the main challenges that Vanessa and other dairy farmers face is the rising costs of milk production. "Having to constantly reinvest income back into the farm to try and keep up with the ever changing EU and Irish production requirements, rules and regulations of the day can cause financial stress," explains Vanessa. "I do worry that the increasing costs of production will affect the viability of family farms".

She feels very passionately that Irish farmers have received too much criticism and instead need to be recognised for the quality of the produce and efforts they put into farming sustainably.

"Last year I travelled to Germany and Austria and toured their dairy and beef farms. The animals on all the farms I visited are kept indoors, the feed is grown and brought into them using highly mechanised feeding systems to reduce labour. Their animals are well looked after but they never get outside. I didn't see a bird, a bee or a rabbit, no ditches or hedgerows like you'd see here, just vast fields of maize and grains, which are tilled and harvested annually to feed the animals or to feed bio digesters.

"It's easy to get overwhelmed by all the calculations and scientific reports in terms of the environment, climate action and dairy markets," she says.

"What worries me is that these environmental reports on EU farming emissions are being calculated based on those farming systems on the continent. You don't need to be a scientist to know that there is a very different environmental impact between Irish farms and the farming practices on the European continent and I feel our hedgerows and our grass based farm system is not currently getting recognised with the environmental credit it deserves. Ireland's grass

based system is one of the most sustainable methods of agriculture in the world and one that our whole country should be proud of."

West Cork farmers are renowned for their progressive sustainable farming practices and Vanessa believes that the passion and pride that all West Cork farmers take in their grass-based system is part of the reason.

"West Cork is the 'Dairy Capital of Ireland' she says smiling. "We have the best land for growing grass, along with weather that blesses us with just the right amount of rain and sun to grow our high protein quality grass, which feeds our healthy outdoor grazing cows. Add to this passionate, progressive, proud, hardworking family farms, co-ops, and a processor such as Carbery, supported by our community, and you have a recipe for the most sustainable, highest quality grass fed dairy produce in the world. This is why the West Cork Dairy Story is truly unique and renowned nationally and globally!

## Farm Life: Clive Buttimer, Ballinascarthy

*Interviewed by Tommy Moyles*

**Describe your farm?** I farm with my wife Carolyn and our young three boys. I'm lucky enough that dad is still working on the farm. It's a mixed farm on 185 acres where we finish Angus and Hereford cattle. We're buying mostly stores and a small number of weanlings out of the suckler herd but crossed with Angus. We're also growing winter and spring barley, spring wheat and fodder beet.

**What's happening on the farm at the moment?**

We're selling cattle off grass and trying to get the vast majority away without meal feeding. They're all Angus and Hereford bullocks. The crop work is coming to an end for the year and we're getting ready for harvest. Winter barley is still probably three or four weeks away I'd say. Crops are looking good. We got more rain than other parts of the country so we have a bit of time now to do a few repair jobs around the place.

**Did the lockdown have much affect on the farm?**

Not on the day-to-day running of the farm. We could nearly always get what we wanted. What changed from a farming point of view was that discussion groups didn't meet. The kids were home more too. My wife is

a teacher and she was trying to work from home as well, which wasn't without its difficulties from time to time.

**How have you found the beef trade over the last year?**

The one word to sum it up is uncertainty. Never knowing

whether you should be buying or when you should be aiming to sell. Brexit, Covid 19. It was always very hard to know what you should be doing and I suppose in that situation you're going to win some and going to lose some. You hope there's a bit of stability coming down

the tracks where you can have a better idea of where you are going. We did alright I suppose but you're never going to get it right all the time when there's big questions and nobody has any answer.

**You're trying something new to overcome that uncertainty, tell us about it?**

We're still in the very early stages of setting up our new business, which will hopefully see us selling beef directly to consumers.

We're hoping to trade under the name, Clonakilty beef and we have started to communicate with potential customers over social media. our handle is @ClonakiltyBeef. We do quite a bit on Instagram and Facebook.

**How did the idea come about?**

In 2018, we were nominated as finalists in the Bord Bia, Origin Green sustainability competition and as part of that we went on a study trip to Germany.

It made me realise we were already doing a lot on the farm in terms of sustainability

through a combination of efficiency and good farming practice combined with respecting the environment we're farming in and trying to enhance it.

Having it highlighted to us through that process what we were doing already in terms of cover crops on the tillage side and hedgerow, woodland and grassland management, it made us aware we were doing something really good here.

When we explained what we do to friends from farming and non-farming backgrounds, it was something they were very interested in. I had a conversation with a vegetarian who said if they knew all their meat was produced the way we produce it, they'd have no problem eating it.

It highlighted the gap in knowledge that is there between farmers and consumers. We're not trading yet but we are at the beginning of setting up formally and we'll see how it goes. The proof of the pudding, or the beef in this case will be in the eating.



*Clive Buttimer and his son, Sam on their family farm at Ballinascarthy.*

# Special Feature FROM NATURE'S LARDER: FARMING

## THE JOURNEY OF MILK

### Carbery's role in the local West Cork community

Carbery was founded in 1965 as a joint venture between four creameries and Express Dairies, UK. Now fully owned by the four West Cork co-ops of Bandon, Barryroe, Drinagh and Lisavaird, the group has been proudly producing cheese, dairy and nutritional ingredients from its facility in Ballineen for over 50 years. Employing almost 300 people locally in West Cork, Carbery is embedded in the local community and takes its role as a major employer in the region seriously, whether that's through supporting local organisations, or sourcing products and services locally.

#### What kind of relationship does the company have with local farmers?

As a co-operative, our relationship with our farmer suppliers is the most important one we have. We are owned by the four West Cork co-operatives, and we rely on our farmers to supply us with the best quality milk for our products. As a processor, we are committed to paying a fair price for milk, to supporting the sustainable success of the Irish family farm, and to finding and opening new markets for quality Irish products overseas.

#### What achievements are Carbery most proud of?

We are proud of all the products and ingredients that we produce, and in particular our award-winning cheeses, Dubliner and Carbery Cracker. From our base in West Cork we have grown to become a global company, with over 700 people located across the US, UK, Italy, Indonesia, Thailand, Brazil and Cork in our Carbery team. Our long tradition of innovation is also a source of pride. We have a global R&D team and we are known for being first to market with innovative and quality products in the dairy,

nutrition and taste space. What we are proudest of is probably the way we do business. We are focused on growth and the success of the company, but we are also committed to doing this in a sustainable, responsible way. This has always been part of how we operate, but our decision to really prioritise sustainability in recent years has led to awards and recognition in this area, including Sustainability team of the year at the Green Awards 2020.

#### What sustainable practices are in place in the manufacturing process that add



Jason Hawkins, CEO, Carbery.  
Pic: Don MacMonagle

#### value to the milk and finished products?

Sustainability sits at the very heart of our business, ensuring the approach to our business and the communities in which we operate, are mutually beneficial for each other from a social, economic, and environmental perspective. We have integrated sustainability into our core business strategy because

we believe it is the best way to drive it across the Group, as it is simply part of how we do business. The vast majority of milk supplied to us comes from within a 50km radius of the facility. Through our stability fund, our board has consistently supported the milk price paid to our shareholders during periods of dairy market difficulty to ensure their income is protected. One hundred percent of our suppliers are SDAS (Bord Bia's Sustainable Dairy Assurance Scheme) approved. We are developing an Ethical Procurement Policy, which outlines our expectations on environmental, social and human rights aspects related to procurement. Since 2017, the carbon emission intensity per tonne of product made has reduced by 28.5 per cent at our Ballineen site.

We work sustainably in a whole range of ways but some of the best examples include:

- Against a backdrop of a 20 per cent increase in production in the eight manufactur-

ing sites globally, the Group was able to achieve a reduction in carbon emissions of 11.7 per cent in 2019

- Since 2017, carbon emissions intensity per tonne of production has reduced by 28.5 per cent at Ballineen.
- Since 2018, electricity purchased has been 100 per cent from renewable sources through a green tariff.
- Our Every Drop Counts water programme has saved 1.4m litres of water per day in Ballineen
- The Carbery Greener Dairy Farms™ programme provides support to help farmers reduce energy use and carbon emissions. The 25 farms participating have reduced emissions by 15 per cent.
- In summer 2019, a small-scale grass bio-refinery was tested on five Carbery farms in West Cork – the first of its kind to be trialled in Ireland and one of the first in Europe.

Continued on next page...

**MAKE IT A CRACK IN' SNACK**

It's only a cracking snack when you add Mature Irish Cheddar

**CARBERY RED CRACKER**  
A CRACKING MATURE RED IRISH CHEDDAR

**CARBERY WHITE CRACKER**  
A CRACKING MATURE WHITE IRISH CHEDDAR

Made in West Cork

# Special Feature FROM NATURE'S LARDER: FARMING

## THE JOURNEY OF MILK

...Cont'd from previous page

- An Ethical Procurement policy which outlines expectations on environmental, social and human rights aspects related to procurement is being built into the contracts process.
- Ninety-five per cent of the paper and cardboard bought in Ballineen is certified sustainable
- From 2020, the Group will begin light-weighting plastic packaging and sourcing alternatives with a view to reducing the amount of plastic used by as much as 10 tonnes a year.

### What products are manufactured at Carbery?

At our site in Ballineen we produce cheese, nutritional ingredients and dairy flavours. We supply our ingredients and flavours to brand owners, and they become part of well-known final products. Some of our products that customers would recognise on the shelves include Dubliner cheese, Carbery Cracker cheese and Carbery cheese. Our Dubliner cheese is supplied all over the world through Ormua. Dubliner cheese is exclusively made in Carbery, so no matter where in the world you see Dubliner cheese, it comes from Carbery. We are also starting mozzarella production this year. The new investment of €78 million in our cheese diversification project is in response to growing global demand for mozzarella, primarily driven by pizza consumption growth in Asian markets.

### What is Carbery's vision for the future of the company and of West Cork?

Our vision for the future of the company is to continue to grow responsibly and to expand our customer base geographically and into new market segments so that there is a reliable and attractive market for the prod-

ucts and ingredients produced from our farmer suppliers' milk. We have facilities now in eight different countries, so we are working on embedding a cohesive, positive culture and connecting people across all our operations. Our cheese diversification project continues to be a major priority for us and a significant investment. We hope to be producing Mozzarella and opening new markets, particularly in Asia, for that product by the end of 2020.

For West Cork, we want to continue to be a substantial employer in the area and a contributing member of the business community and social fabric of the region. We donate to local charities every year with our partners SCAR (Skibbereen Charity Adventure Race) and we will continue to do this and hopefully to expand our corporate responsibility programme. Each year we employ graduates and students who are a great contribution to the team and we will continue to do this and to expand our graduate programme. We want to build on our strong reputation for innovation both in our products and in how we do business.

### What kind of impact has Covid-19 had on the group?

Since the outbreak of the Covid-19 crisis, our priorities have been to ensure the safety and wellbeing of our staff, and to ensure we can maintain production so we can continue to accept milk throughout peak season from our farmers, and continue to deliver for our customers. We put several measures in place to minimise the spread of the virus. These include:

- Stopping all business travel
- Facilitating as many employees as possible to work from home
- Creating alternative office locations where possible
- Avoidance of in person meetings



- Strict implementation of two metre social distancing rules
- Regularly sanitising work stations and high traffic areas
- Visitors who are not business critical are no longer permitted on site
- Shifts have been staggered to minimise contact between people on different shifts.

### What type of challenges as a result of the pandemic does Carbery foresee?

We are very aware that the Covid-19 crisis and some of the measures that we have had to implement mean that our employees are working in stressful and sometimes not ideal circumstances, both those groups that continue to come to work to ensure production and those working at home, juggling work and childcare obligations.

As we try to bring people

back to work, in line with government guidance, we will have to ensure the continuation of social distancing and other preventative measures, like other companies.

The crisis created strong demand for our products across retail, but the collapse of the food service business globally did have some implications for us, and the instability of global markets impacted the price we paid to our farmer suppliers for April and May. We do continue to support milk price from our stability fund. Medium-term, we are hopeful that the Group is in a strong position to weather the impact and hope to get back on track within the next year.

### Will the production of mozzarella go ahead as planned in August?

Covid-19 has created issues

with the availability of critical technicians to complete the project and so we have decided to delay the Mozzarella project. We will re-engage the technical support engineers required to finish the plant once the pandemic has subsided and continue with commissioning the new line, and we hope to be supplying product by the end of this year.

### Has the group's focus globally now changed?

We have a major focus on ensuring employee wellbeing and safety, and on maintaining the standard and supply of high-quality products and ingredients for our customers, but these have always been high priorities for us. Globally as a group we have also been supporting front-line workers and local businesses to play our part in boosting local econo-

mies and suppliers. Our cheese diversification project continues to be a key priority for us, especially given the lack of resolution to the Brexit process. Our global goals and strategy remain the same, albeit with adjusted timeframes now due to Covid.

In 2012, the Group launched the Greener Dairy Farms initiative and aims to be carbon neutral by 2035. Can you tell me about this? What are Carbery's future environmental commitments?

It's our vision to create a better future for our farmer shareholders and those who are affected directly and indirectly by our business including our colleagues, suppliers, customers, communities and consumers. Some of our future plans include:

- Becoming carbon neutral by 2035 across all sites by decarbonising our existing energy sources
- We aspire to be a zero waste organisation, by improving segregation of waste streams and the use of recycling, composting and anaerobic digestion
- We have 36 farmers enrolled in the ASSAP (Agriculture Sustainability Support and Advisory programme) which last year achieved a 17 per cent improvement in water quality across targeted areas. We want to increase participation in this.
- We are currently working with a number of partners to develop a zero emission/carbon neutral dairy farm at Shinnagh Estates, owned by the four West Cork co-ops. The project is called Farm Zero C.

### How many parts of the world enjoy a taste of West Cork through Carbery's products?

Carbery Group products are supplied to and enjoyed in over 50 countries worldwide, across all age groups from infants to active and ageing adults!

## New Food Ombudsman will mean fairer prices for farmers

Fine Gael Cork Senator, Tim Lombard, member of the outgoing Oireachtas Committee on Agriculture, has welcomed the planned new Food Ombudsman, which is contained in the draft Programme for Government and will mean fairer prices for farmers.

Senator Lombard said: "The proposed new Food Ombuds-

man will enforce EU wide rules on prohibited unfair trading practices in the food supply chain. It will have powers to enforce the EU Directive in this area, penalising those who breach regulations. It will also have a specific role in analysing and reporting on price and market data in Ireland.

"This is good news for farmers as it will help to ensure fairer

prices for what they produce. This agency has been long awaited by farmers who have been dealing with unfair practices for too long, leaving them to struggle with unfair prices.

"I was also pleased to see the Programme for Government commit the next Government to working closely with the agri-food sector to secure access to priority markets and to avail of opportunities that existing markets such as China and Japan afford the sector.

"This will build on the work

undertaken by successive Fine Gael Ministers for Agriculture in recent years to open up new markets for Irish farmers. We ensured a significant new market for Irish beef farmers when Ireland became the first country in Western Europe to achieve access to the Chinese market in early 2018. In the short time since then we have built on this achievement and we are working hard to create further opportunities for farmers to increase their price.

"Towards the end of last year,

Minister Michael Creed' trade mission to China secured the approval of 14 additional beef plants to supply product to the Chinese market, bringing to 21 the total number of Irish plants listed with the General Administration of Customs in China, allowing for a tenfold increase in beef exports.

"While of course we will seek to maintain the strongest possible trading relationship with the UK post Brexit; it is hugely important that the new Government recognises the importance

of market diversification.

"Currently China is Ireland's second largest market for pork and dairy, behind the UK. With the UK leaving the EU we would like to see beef progressed in the same way in China, following the successful model we have pursued with pork and dairy.

"I am glad to see the commitment to new markets in the Programme for Government, which should allow for significant new opportunities for farmers, and beef farmers in particular."

## Special Feature FROM NATURE'S LARDER: FARMING

### THE JOURNEY OF MILK

# Bank Of Ireland's view on the sustainability of West Cork farmers

Bank of Ireland 



BOI Branch Manager Máire Ahern McCarthy and John Fitzgerald, Area Agri Manager.

Máire Ahern McCarthy took up her new position as Branch Manager for Bank of Ireland Clonakilty, Skibbereen and Bantry in April when Ireland was just a few weeks into lockdown. Not the foot perhaps that she envisaged her new role to take off on but none-the-less a good test of mettle, particularly when it comes to putting into practice her passionate belief that the bank needs to provide support in times of need.

Her approach is hands-on, as

is that of John Fitzgerald Area Agri Manager Bank of Ireland. From farming backgrounds, both take huge pride in West Cork's sustainably produced milk, grass fed beef and safely produced produce.

With 55 per cent of branch business lending at Bank of Ireland in Co. Cork to the agri-sector, at the heart of Máire and John's role is to develop Bank of Ireland as a choice bank for anyone interested in developing their farm or agri-business.

"For so many businesses in West Cork it was a case of shutters down over the past three months," says John "but not so for farmers. Lockdown didn't really impact the day-to-day workings on the farm other than creating uncertainty around the commodity prices."

"We're very lucky down here," says Máire. "The business model in the West Cork Co-op's and Carbery has helped reward West Cork Farmers with the best milk

prices, as well as insulate us from negative movements in milk price, as we are seeing with the impact of Covid-19.

Farmers generate sizeable economic activity in rural parishes.

"Bank of Ireland has a very serious vested interest in the agri-sector and want to see it thrive," continues Máire.

With Ireland's target of 30 per cent reduction in greenhouse gas emissions (compared to 2005 levels) by 2030 and agriculture expected to play its part in this, the key word on farms across Ireland right now is sustainability.

Although Irish agriculture may have a global reputation for high environmental standards, the expansion in dairying since milk quota removal means that farmers are under pressure to lower emissions. Increasing carbon capture, improving water quality and protecting and improving biodiversity are all means by which farmers can reduce their carbon footprint.

"Since 2015, the volume of milk produced in Carbery has gone up by 46 per cent," explains John "so West Cork farmers will need more cows and better facilities. That's where we come in to offer support. Saying that, we also need to be happy that the sustainability of the farm is maintained at the same time."

With the launch of the world's first Grass Fed Dairy

Standard by Bord Bia in May, the percentage of grass consumed in the diet of Irish dairy herds can now be tracked and verified. This means that Irish dairy processors will be able to provide verifiable proof that milk used in their products has come from grass fed cows.

"West Cork is very much already meeting that standard," says Máire. "Our cows are out on grass 24 hours a day from mid-February or 300-plus days of the year and the Bord Bia branding will distinguish us from the likes of the Netherlands 'meadow milk' branding where cows graze for only six hours a day or 120 days per year.

"Our milk is much more sustainably produced than anywhere else in the world agrees John "and there is a premium to be achieved over time from selling our milk with that branding."

Since 2012, Carbery has been running its Greener

Dairy programme, which aims to map the carbon footprint of a number of dairy farms supplying milk to Carbery. The group is now aiming to develop the world's first carbon-neutral dairy farm.

"This is very much cutting edge in terms of sustainable development in agriculture and you're now seeing other co-ops promoting environmental sustainability measures with their suppliers," says John. "For example in April's milk price, Glanbia paid 0.2 of a cent more per litre to farmers, as an incentive to invest in biodiversity on their farms."

Origin Green measures sustainability on Ireland's farms through the Irish Food Board's (Bord Bia's) Sustainable Assurance Schemes.

"If you're generating a carbon footprint on the production of milk you can offset that through the process of carbon

*Continued on next page...*



Celeste Shorten Bank Of Ireland presenting €500 to Kieran Daly Chairman of the Tadhg McCarthaigh GAA Club. Tadhg McCarthaigh GAA Club has been supporting the local community through virtual training programmes, stewarding at local funerals and ongoing support to local community during Covid 19.



Bank Of Ireland have presented €500 to Bodyactive Skibbereen: The gym set up free online classes to help the community keep physically active and a facebook challenge to raise funds for frontline workers. Pictured are Sharon O'Brien and Jonathan Davis of Body Active and Tricia Minihane and Maire McCarthy of Bank Of Ireland.



Bank Of Ireland have presented €500 to Timoleague Community Association: The Group are helping a local restaurant distribute meals to the community and to the staff of Clonakilty Community Hospital. Pictured are Gavin Moore, Monks Lane, Sheila McCarthy Community Association holding cheque Helen Crowley member of the Community Support Group in Timoleague. Bank Of Ireland staff Eileen O Leary and Maire McCarthy.

# Special Feature FROM NATURE'S LARDER: FARMING

## THE JOURNEY OF MILK

...Cont'd from previous page

sequestration, for example by planting trees, hedgerows and biodiversity areas," says John.

West Cork is renowned worldwide for excellence in dairy farming and food production and with people on the ground at Bank of Ireland who know the industry from the inside out; the bank is well positioned to offer the right support to that sector.

"We see the agri-sector as being an integral part of West

Cork," says Máire. "Nowhere else in the world will you get that creamy yellow butter that comes from grass-fed Irish cows. I've heard so many people comment on the taste and colour of our butter."

The science behind this is the beta-carotene (yellow pigment) found in the grass eaten by cows; this is stored in the cows' fat and carried into the milk. "Other countries have baked potatoes with butter, we have butter with baked potatoes! Initiatives like West Cork Farm

"Being a sounding board is part of our role at the bank so I'd encourage farmers to proactively come to us rather than waiting for the issues to arise," says Máire.

Tours that offer an experience, as well as showcasing the food that West Cork is renowned for,

have seen huge growth in the past few years. West Cork tourism has been built around food and we want to do everything in our power to help develop that in the future."

To be eligible for derogation farmers need to be more efficient. "This means investing in better grassland management, better genetics and also better infrastructure. And we're here to support that," says John.

"We also don't know how Covid is going to play out in terms of its impact on farmers

in the longer term so we're here to step in to support a farmer with working capital, changing payment terms on loans etc."

"Being a sounding board is part of our role at the bank so I'd encourage farmers to proactively come to us rather than waiting for the issues to arise," says Máire.

John agrees. "A farmer looking to borrow money should see the bank as an investor in their farm, not as a threat," he emphasises. "Of course

we're going to make a return on our investment but so is the farmer."

Máire and John are both looking forward to further developing and supporting the circular economy through agriculture in West Cork.

Máire can be contacted on 087 2354353.

## The winds of change



### FARMING IN WEST CORK

Tommy Moyles

In his farming diary, West Cork suckler farmer and columnist with the Irish Farmers Journal, Tommy Moyles covers the lay of the land across all agri and farming enterprises – news, views and people in farming across West Cork and further afield.

In association with



Well that was an unexpected few months. With a global pandemic, a version of martial law in parts of Western Europe for a while and a lift in Irish spirit sales, it was a bit like the early 1920s all over.

If you were told at Christmas that farm organisation meetings and marts would be online within six months you would have laughed it off. Covid-19 has forced change upon us and, as things open up, I believe a combination of the old and the new will continue.

Subject to broadband accessibility and speeds, working from home is now more possible than would have been considered before. Our world's got smaller again and food has

jumped up the priority ladder. The value of the local shop was seen again. In life pre-Covid, business decisions might have seen some of the agri co-ops looking at closing some of those outlets but, as when we were locked down with the snow in 2018 or what we experienced this spring, the local branch network of groceries and hardware came to the fore. Businesses were forced to adapt or stand down while socially WhatsApp and Zoom quizzes along with a good dose of nostalgia kept people connected and gave them something more lighthearted to talk about.

I think there's going to be a new appreciation for the work teachers and those who volunteer to coach sport do after all this. Some parents will have discovered that maybe the teacher or the sports coach weren't necessarily the problem they imagined.

I've noticed some other subtle behavioural changes too. Walking on the left hand side of the road seems to be the done thing now. I'm not sure if it's confined to the Clonakilty and surrounds but it appears to be a legacy of when traffic was quieter on our roads.

While society operated at a different level for most of the spring, life on the farm continued as it always does, within the farm boundary at least.

Credit is due to the co-ops who adapted their plans in preparation for the worst that Covid-19 could bring. They kept disruption of services on farms to a minimum and that is to be commended.

Milk price fell a little but has either held or lifted in recent times for the local processors. Beef price had a rougher few weeks. The news of McDonald's and other fast food outlets closing their doors



had a dramatic affect on cow price and it collapsed for a spell in late March and early April. With Europe coming out of lockdown there has been a lift in those prices but towards the end of the first quarter of the year things were looking bleak. The concern now is what the impact on the higher value steak cuts will be if catering and restaurants are slow to come back.

It was my first spring in an awful long time where I didn't have to go anywhere. When the lockdown was announced, calving had just started, so I wasn't short of stuff to do.

With no meetings on or any other events, I was looking forward to relaxing weekends without the need for running and racing everywhere. Those notions didn't last long. For four Fridays on the trot, I had to call the vet after 5pm for a range of different issues, some of which necessitated treatment at various hours throughout the weekend. It's rare enough to get a clean break through calving without something out-of-the-ordinary happening.



The extended calving season finally drew to a close in early June. The length of the calving spread was longer than I'd like but as drawn out as it was, it was still completed in a shorter time than it took between the dissolution of the 32nd Dáil back in January and a new Government being formed.

It will be interesting to see how the programme for government plays out. Much of what is included from an agricultural view has been signalled with a while and a good proportion of it seems to be along the lines of the next CAP.

Maybe I'm an optimist but I see opportunity coming out of the new CAP, especially in the area of locally-led environmental schemes.

The talk of a biodiversity survey is interesting. With data playing a bigger part in how we farm, getting a baseline on what levels of flora and fauna are on farm would be a good start. The resulting percentages of farms given over to nature could surprise people.

With talk of an enhanced environmental scheme also in the mix there is an opportunity to create simple solutions to bio-

diversity loss. There's a lot of wildlife cover on farms about the country, yet the EU policy to date has seen farmers penalised for having it. By putting a monetary value on what is a public good and paying farmers for this ground would offer a simple solution. I was going to say you'd kill two birds with the one stone but given the new emphasis on biodiversity, I suppose it's better to leave the birds alone.

# Special Feature FROM NATURE'S LARDER: FARMING

## THE JOURNEY OF MILK

### A different kind of farm finance

It's always good to hear a good news story. And never more so than now.

'Cultivate' is a new brand in the field of farm finance. Operated by 26 credit unions across Ireland, it offers short to medium-term loan finance built specifically around the growing needs of Irish farmers.

Bantry Credit Union's Manager Finbarr O'Shea is Chairperson of the National Cultivate Marketing Group. **West Cork People** speaks to Finbarr to find out more about this new kind of farm finance.

Local and personal. Credit unions have long been an established feature of communities throughout Ireland. Their friendly, local service sets them apart from larger financial institutions. Until recent years, their focus was on personal lending, and they excelled at it.

Finbarr says that Cultivate is about bringing this people-centred, community-based focus to agri-lending. "You're dealing with one person, whether it's on the phone or in the office," he explains.

"That person is from your locality. They talk your talk. You probably know them, and if you don't know them, you know their father or mother! Immediately, you're talking to somebody. You're not being interviewed. You're not being assessed. You're just talking to someone."

#### What is Cultivate?

Cultivate began three years ago in Galway, when four credit unions came together. Word spread quickly among credit unions and Cultivate grew down the Western seaboard

and into the Midlands. Bantry joined the group in early 2019, and there are now 26 credit unions nationally offering the product. Combined, they have over 70 offices and €2.75 billion in assets.

Finbarr explains that engagement with key agri stakeholders was crucial in the set-up phase. Before it can offer Cultivate, every credit union has to go through an onboarding process. This includes market research, stakeholder meetings, business-case development and training. The recurring theme in every credit unions' engagement with their agri stakeholders is the desire of farmers for a personal relationship with a lender when they are arranging finance.

"Farmers can call into their local credit union, have face-to-face interactions, or give them a call and talk directly with a local person if they have a query. It's a personal, community-based service.

"Also, from that farmer's point of view, the decision is made locally. The decision is made in Bantry for a Bantry farmer. It's made in Kanturk for



Bantry Credit Union Manager Finbarr O'Shea



a Kanturk farmer. It's made in Killarney for a Killarney farmer. That's our key advantage

and our key differentiator."

Another benefit is the flexibility around repayments.

"Credit unions have always prided themselves on being flexible and responding to their members' changing circumstances", says Finbarr. "So say a farmer takes a €30,000 stocking loan. There's a payment structure underlying it, but the farmer has total flexibility around how fast he wants to pay it off. As long as he meets his minimum repayment, he can do it as slow or as fast as he likes. And there are never any penalties."

#### A different kind of farm finance

With Cultivate, the farmer is a borrower but they are also a member of the credit union, so the credit union has their best interests at heart.

"Credit unions are co-ops. My duty as the manager of a financial co-op is to do the right thing by our members, by the members of Bantry Credit Union. Full stop.

"With Cultivate, our job is to do the right thing for the farmer. Therefore, if he needs finance, we make it available. If he has surplus cash and he can make extra payments to bring down the loan and as a result reduce his interest costs, then we're going to encourage him to do that. That is who we are.

"You can do a lot with €50,000"

To put some flesh on the bone, we asked Finbarr to give some information on the kinds of loans that Cultivate provide.

Last year, the average Cultivate loan amount nationally was €23,554 with a duration of 5.5 years. The most popular purposes were stocking and working capital (26pc), farm



machinery/equipment (25pc) and farm buildings (19pc). Beef farmers made up 64 per cent of those who accessed Cultivate finance, with dairy farmers making up 26 per cent. Finbarr says that the picture in Bantry generally reflects these national statistics, but with a somewhat higher percentage of beef as would be expected.

"The market we're in is unsecured lending up to €50,000 and it covers the whole range of purposes, such as farm improvement works, farm buildings, stocking loans, machinery, tractors. Whether you're in beef, dairy or sheep, you can do a lot with €50,000."

When asked about the effects of Covid-19 on Cultivate, Finbarr has another positive story to tell. During the past three months, when most of the country has sadly been in lockdown, farmers have been as busy as ever. And this has been reflected in the take-up of Cultivate farm loans.

"Cultivate has been probably the best-performing part of our loan book during Covid-19", Finbarr comments. Loan demand has been buoyant, as farmers seek to improve their farms or to find new ways to adapt to the changing business landscape. Like farmers, credit unions are resilient. It is often said that credit unions are at their best in adversity. "Like farmers, credit unions are here for the long haul."

#### Award-winning Cork Dairy Products



Clóna Dairy Products Ltd., Sand Quay, Clonakilty, Co. Cork  
P: 023-8833324 | E: Info@clona.ie | W: www.clona.ie



## Clóna Dairy Products Ltd. – Cork's local dairy0

Cork's largest liquid milk processor is West Cork's Clóna Dairy Products Ltd. Clóna Dairy Products is a proud member of Origin Green and were the first dairy in the Republic of Ireland to be approved under Bord Bia's Sustainable Dairy Assurance Scheme. The company, based in Clonakilty, has been processing milk for over a century and today works with nearly fifty local suppliers in Cork county while employing nearly one hundred and forty staff.

Clóna supplies both the retail and foodservice sector with a full-range of dairy products across Munster. Besides their own award-winning brands of milks, buttermilks and creams, Clóna is a distributor of many local West Cork brands such as Bandon, Bandon Vale, Dubliner and Irish Yogurts. Like many other businesses, the Clóna plant has had to adapt in these challenging times and the Clóna staff has worked tirelessly to implement all HSE safety guidelines and protocols across their chain.

Clóna Dairy Products General Manager Tony O'Driscoll said "I'd like to acknowledge the work of all our suppliers and staff who have been at the heart of our efforts to maintain supply while operating in these uncertain times. We have been at the frontline of making sure all customers' needs were met at the same high standard as always. We also wish to extend our best wishes to all businesses as they begin to re-open. It has never been more important that people support local businesses and we thank our customers for their continuous support and loyalty towards us."

# Special Feature FROM NATURE'S LARDER: FARMING

## THE JOURNEY OF MILK

### A West Cork Farm experience

Denis O'Donovan, his wife Collette, and their son Eoghan farm on the Wild Atlantic Way between Rossbarbery and Glandore where their Jersey cross Friesian herd produce high solids of milk of superb quality from grazed grass on Roury Hill Farm. The family are part of a group of West Cork farmers and hoteliers who form West Cork Farm Tours – an experience that showcases Irish farming practices and West Cork food produce to tourists from all over the world. Although West Cork Farm Tours is taking a break this season due to Covid-19, the farmers hope to welcome back visitors again next year.

Despite the fact that farming life remained relatively normal during lockdown, the O'Donovan family did cocoon with Denis' parents during the three months. "My dad DJ is very active around the farm," explains Denis "so we decided it was safer to cocoon together. It's a very busy time of year for us anyway on the farm with calving, so it suited us. The only thing I really missed was being able to have the chat with the drivers who collect the milk for the co-op!"

Roury Hill is very much a family-run business with Colette and Eoghan rearing the calves in the spring. Calving thankfully went well this year with the good weather also playing its part in favour of farming conditions. "The cows go back in to calf easily so we run into very few difficulties," says Denis. "As well, as soon as lockdown

started, the weather improved," he says "which was a godsend after such a bad February, not only for farming conditions but also for people's mental health. It was the best spring we've seen in a long time and we were very lucky in West Cork that we got some rain as well."

The cows on Roury Hill Farm graze grass for in and around 300 days a year and, as a result are very high in milk protein and butterfat.

Denis milks 160 cows so of course the milk price was a concern at the beginning of lockdown. "It took a small hit but the latest news is that it's stabilising, so that's very reassuring," says Denis. "McDonald's closing was also a concern as we had some dry cows to sell but that's eased off now."

"A lot of milk producers don't see where their product ends up. We're very lucky in West Cork that we get to see the products made with our milk coming out of Carbery. Every last drop of our milk is used now."

With environmental standards continuing to rise for Irish farmers, Denis has already implemented a number of practices on Roury Hill Farm to improve sustainability and speaks passionately about the global reputation for high environmental standards that Irish farmers already have.

"The Greens in government is something we're all interested in right now," he emphasises. "There seems to be a lot of common sense to their approach although I believe the devil will be in the detail in regards to

these micro-renewables they're talking about."

There are three key environmental issues that are pressing for farmers right now Denis points out.

The first is Carbon footprint. "We're actually world leaders in this," he explains.

Ireland's carbon footprint for food is good and has improved through better animal breeding, grassland management and utilisation of animal manures.

"Ninety per cent of the world's milk is produced from grain fed cattle," says Denis. The ground has to be ploughed every year to grow this grain and every time you plough the field you release carbon into the atmosphere." Irish cows spend as many as 300 days of the year grazing on grass.

However total emissions from agriculture are increasing and this is where the main pressure lies for Irish farmers. "This is where we get caught out," says Denis. "We have a bigger cattle herd since the ending of milk quotas but cutting the national herd might be a great idea in theory – you might cut the emissions straight away but from a global point of view the milk will be produced somewhere else at a much higher carbon footprint and higher water usage – but it makes no sense in the bigger picture."

There are a number of ways in which Irish farmers can reduce greenhouse gas emissions.

"We need to spread fertiliser smarter for a start," says Denis.

He continues, "You may have noticed that there isn't the strong



Denis and Collette on their farm near Glandore.

smell or black fields like there used to be before with slurry spreading and this is because more and more farmers are now using LESS."

LESS stands for Low Emissions Slurry Spreading Equipment, which improves environmental performance.

Ninety per cent of slurry on Roury Hill Farm is now spread using LESS and Denis aims to increase that amount to 100 per cent in a few years.

Fertiliser nitrogen also plays a role in emissions and water quality so farmers are now being encouraged to use protected urea nitrogen fertiliser. "It's a little coating put over the granular fertiliser, which helps the grass to grow," explains Denis, "which stops the emissions leaking up into the atmosphere. We'll all be spreading this eventually and it will be a big win for emissions."

The second environmental concern for farmers explains Denis is water usage. "Water is

one of the world's most limited resources and a lot of people don't realise how quickly it's actually running down," says Denis "but here in Ireland farmers have the lowest water usage in the world. It only takes us seven litres of water to produce one litre of milk, which may sound like a lot, but the next best in the industry are the Californians who use 340 litres of water to produce one litre. We don't realise how good we have it here and we need to mind it."

Introducing renewable energy, improving animal genetic and using white clover in pastures are all farm practices that can help reduce emissions.

"We'll definitely be growing more clover," says Denis, who has already introduced it into his pastures. Although he does note that there are a few problems still to be ironed out. "Bloat in the cattle is one," he says, "and if you want to establish clover you have to kill off the other weeds; the spray for that has

now been banned here."

The last Common Agricultural Policy penalised farmers for having unproductive land or a hedgerow. This has now changed with farmers now being encouraged to grow trees and encourage biodiversity on their land.

"We live and work off the land and 99.9 per cent of farmers want to protect their environment," says Denis passionately.

For now Denis, Collette and Eoghan are looking forward to some down time after a busy calving season. Although disappointed that the third season of West Cork Farm Tours, which was looking to be a busy one, has been put on hold, the family is looking forward to what next summer will bring, and they'll be ready to showcase West Cork farming practices and food produce. They may even get in a family camping trip in the meantime!

## OUT & ABOUT IN WEST CORK



Right: Wiktoria Rujner receiving her graduation pack from Timoleague National School. 6th class students of the school had a different but nonetheless special graduation this year when their class teacher, Anne McCarthy & principal, Norma Harte, delivered in convoy their graduation packs to their homes containing their personalized Class of 2020 hoodies, photo moments as well as a Beech sapling to symbolise study and knowledge. They were then invited to a Zoom Virtual Graduation attended by all the school staff, graduates & their families.

Left: On June 17 Darrara National School bid farewell to their sixth class pupils (pictured here before schools closed). As part of the weekly video call, the school held a Virtual Graduation where the boys and girls from Junior Infants to 5th Class sent well wishes, and the 6th Class children told some stories about their favourite memories in school. The children were presented with their yearbook and a hoodie to remember their time and the school.





## Indulge Restaurant in Clonakilty looks forward to welcoming back customers

Indulge Restaurant in Clonakilty has re-opened its doors after being forced to close in March due to the current Covid-19 pandemic.

During the closure, restaurateur Jafar Ikbali and his team have taken the time to update the restaurant. To adapt with the current government guidelines, they have included various measures to ensure the health and safety of Indulge's staff and customers. "I want my customers to feel safe in my restaurant, whilst also keeping the comfort and atmosphere of the dining experience," Jafar explains.

Indulge has installed brand new state-of-the-art technology, including a contactless, stand-alone digital thermometer that will check every staff member and customer's temperature prior to entering the restaurant. Protective screens have also been installed throughout the restaurant so that social distancing can be maintained.

Located on Connolly Street,

Indulge is a popular dining spot with locals and visitors in the busy tourist town. Primarily the menu is modern European in flavour but is also influenced by Jafar's love of cuisines from around the globe.

Jafar has created a large menu that has something for everyone, which has proven very successful since the restaurant first opened in the summer of 2019. "I wanted to create a

menu that was interesting but also very accessible. There must be something on it for everyone. The A La Carte menu includes fresh salads, fish dishes, steaks, pizza and pasta dishes and, with families in mind, we also have a fun children's menu."

The wine list is well chosen and extremely well priced, with clear descriptions to help you choose the perfect bottle. Six house wines are available by the glass to provide more choice than is usual. There is also a range of soft drinks, spirits and beers to suit everyone's taste.

Indulge has also recently introduced a brand-new takeaway

menu, which will be available from 5pm-7pm every day. The takeaway menu consists of a two-course set menu for only €21.95. A wide variety of pizzas are also available for takeaway. The phone line will be open from 1pm-4pm each day to allow customers to pre-book a takeaway.

Indulge Restaurant is open seven days a week from 5pm.

Visit [indulgerestaurant.ie](http://indulgerestaurant.ie) to see the full menu and make a reservation, or phone them on 023 8858622. For the latest news on Indulge Restaurant, check out its Instagram and Facebook pages.

## The Maritime Hotel reopens



Left Front-Back: Seamie Culloty, Ewa Kawik, Noel O'Donovan, Danielle O'Rourke, Adrian Biffen. Right Front-Back: Elaine Dempsey, Helen O'Shea, Jason O'Sullivan, Christine O'Mahony, Michael Gingell, Philly Spillane and Alan Brooks.

The team at The Maritime Hotel in Bantry re-opened on Monday, June 29, with the first guests arriving that afternoon. News of the reopening has been welcomed by staff and locals alike.

"Its all systems go here in The Maritime Hotel," says General Manager Elaine Dempsey. "Our team here couldn't wait to reopen. Over the past number of weeks, we have been preparing and

implementing new hygiene and social distancing protocols in line with government guidelines and now we are absolutely delighted to be welcoming our customers."

Both The Ocean Restaurant and The Maritime Bar also reopened on June 29, table reservations and take-away options are available by phoning 027 54700 or emailing [info@themaritime.ie](mailto:info@themaritime.ie). The Maritime's famous Afternoon Tea selection

is also available for take-away, the perfect solution for garden gatherings.

Club Maritime leisure centre is currently only open to residents of the hotel but it is expected that it will open to members and the public from Monday, July 20 in line with government guidelines.

For further information visit [www.themaritime.ie](http://www.themaritime.ie)



### THE OCEAN RESTAURANT

Breakfast from 7:30am - 10:30am

Dinner 6:00pm - 9:00pm

Pre Booking Essential

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Ts & Cs apply, subject to government guidelines

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The 'Capri Sunset' summer dress from Roxy is a perfect today/tonight outfit €69.99 available from XS to XL (8 to 16) **Jelly Fish Surf Shop Clonakilty**

Team these Vans shoes with jeans, skirts or shorts for easy street style. €55 at **Fuchsia Footwear, Clonakilty & Skibbereen**



An a-line shape and delicate V-neck at the back makes this playful dress (with removable belt) ultra feminine. €127 at **Gooseberry, Clonakilty**



This elegant summer maxi dress by Pomodoro €120 is available from **Options Boutique, Clonakilty** in store and online at [optionsboutique.ie](http://optionsboutique.ie)



You can walk miles to find the perfect picnic spot in a pair of Josef Siebel sandals. €89.95 from a selection at **Batemans Footwear, Clonakilty & Bandon**



Småfolk and Molo are just two of the fun (and hard-wearing) kids' brands stocked by Grasshopper in Clonakilty.

# people Summer Inspiration: Homes & Fashion



Stay cool but chic in this relaxed fit 100% cotton dress by Part Two, €149.95 at **SUSU, Clonakilty**



**Greenhouse & Other Stories in Kinsale** will bring a tropical feel to any room with its unusual array of houseplants.



**Warren Allen, Bandon** has a lovely new selection of homewares and furniture to brighten up your home for Summer. This coat hook (50cm x 20cm) is €50. Find instore or online at [www.warrenallencollections.ie](http://www.warrenallencollections.ie)

## #enjoylocal

**Sheehy's in Clonakilty** will have you al fresco dining in style with this range of unbreakable tableware made from eco-friendly bamboo.



These children's blankets, made in Ireland from the softest wool, also make great lap blankets for adults on cool summer evenings, €55 at **Chalk & Easel, Ballinspittle** or [chalkandeasel.ie](http://chalkandeasel.ie)



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## people Health &amp; Lifestyle



## IMAGE

Louise O'Dwyer  
Image Consultant

How is it July already? We are halfway through 2020 and I'm sure that many of you are breathing a sigh of relief about that. It hasn't been all 'bad'; we have had the opportunity to slow down, chat and to really converse with people, so Lockdown has had its benefits. Many of us have finally had the time to rummage through ALL of our clothes, it was a bit like an expedition for some, with regular breaks and lots of snacking involved but we ploughed on. I think priori-

# The magic of honey

ties shifted over the past few months, we realised that good food, a roof, a laugh and good friends will get us through anything... aptly named The LOCKDOWN SURVIVAL KIT!

Inevitably now however we all want a few new bits or perhaps with pressure on the old knicker elastic, we might desperately need new underwear and a size up in clothes! Just remember that not every family came out of this altogether, there were losses, immeasurable and irreplaceable losses, so this might put whining over the few extra pounds into perspective.

The weather has kept us sane; we simply must acknowledge that we have been blessed with a whole lot of sunshine. It is now July, so will we start to buy summer clothes or just 'make do' with what we already have? Our local shops need to get back on their feet and are counting on us to do some buying; so while you may have doing some online shopping in the bigger High Street stores, remember that the local businesses employ our children and

will go above and beyond when required. White tops never last, so start there – freshen up your wardrobe with some stark white tops to wear with just about anything. You can never have enough pairs of summer pumps or flip flops! A summer dress with a little sleeve is a preferable buy, especially if you intend to holiday here. While you might find a cheaper option in a big department store, bear in mind how Debenhams have treated their staff of many years – this doesn't happen in a local clothes shop. So, sometimes you might pay extra locally, but weigh up the hassle of finding parking, paying for it, having lunch (and not a very tasty one) and those other bits you buy that you don't need... I have found that it is cheaper to shop in the many beautiful boutiques in West Cork!

Ancient beauty practises have stood the test of time and are found in many skincare and beauty products today. Old remedies for clogged pores and dry skin are anything but antiquated, from milk baths to honey facials; Cleopatra certainly knew what was good for her skin! We all know that honey is good for us and local honey has key health benefits. Two months ago, I decided to start a body beautiful skincare with our local Molaga Honey. I started off with a split end treatment for my hair; I badly needed a good cut but that wasn't to be, so once a week, I added a mix of honey and olive oil to the ends of my hair and left it on overnight. I guess it is easier to do if you have long hair, as I was able to put a little bag on the end and tie it up. I tend to have dry/dehydrated hair, but after week two the difference was incredible. I thoroughly recommend this especially for someone who is conscious of chemicals/ingredients and worrying about having a reaction, this is so pure and really works! The recipe for glowing skin is

so simple, mix one part honey with two parts of pure aloe vera gel. Test first by applying to a small piece of skin and if there is no reaction after 12 hours, apply this to your face before you go



While you might find a cheaper option in a big department store, bear in mind how Debenhams have treated their staff of many years – this doesn't happen in a local clothes shop. So, sometimes you might pay extra locally, but weigh up the hassle of finding parking, paying for it, having lunch (and not a very tasty one) and those other bits you buy that you don't need... I have found that it is cheaper to shop in the many beautiful boutiques in West Cork!

to bed; use an old pillowcase! Wash your face first thing in the morning and repeat once a week. I'm never buying a mask again – there is something special about making your own. Put it in a sealed glass jar and it will keep for a few weeks. It is a natural exfoliator, removes dull skin and reveals new healthy skin underneath. If you have a scar anywhere, even on your face, apply a thin layer of raw honey and again, leave it on overnight. Raw honey helps to speed up skin healing and reduces inflammation; you would be amazed at the results. Manuka honey works best

for psoriasis and eczema, as it activates your immune system, helps with inflammation and redness and heals blemishes. If you got in to the habit of walking during lockdown, then you must have noticed that your lips are more dry than usual. Rub a little honey on your lips at nighttime and wake up to beautiful soft lips!

A diehard fan of flip flops, I really do live in them once the weather warms up a little, but foot care is essential if your feet are on show all the time. Just painting your toenails isn't enough – you need to smother some attention on your feet. I mixed a cup of granulated white sugar with two teaspoons of baking soda, two teaspoons of honey and two teaspoons of olive oil. This is a fabulous natural way to exfoliate your feet; start out by doing it three times a week and then once a week will do for the rest of the summer. May I suggest that you continue throughout the winter; your feet will thank you for it, especially if you are standing for a long time during the day. For persistent cracked heels, warm a cup of honey and add in two tablespoons of milk, cut an orange and add in the juice of one half, mix and apply the paste to your heels. Put on soft socks and leave on overnight. Regular use will completely eliminate hard rough skin because honey is a humectant, which means that it traps and seals in moisture, which helps to relieve dryness and heal the cracks. The Vitamin A in milk also helps to repair and rebuild the skin. If you have a special occasion and want to have 'alive and youthful looking skin', mix some honey with organic dry coffee grounds, this mixture is full of anti-oxi-

dants and gives a much-needed boost to tired skin when used as an exfoliator. Why not take a screenshot of these practical and essential recipes and share with your friends, they will thank you for it.

You won't find me recommending any expensive skin creams when the raw ingredients are available in your kitchen, beautiful skin does NOT need an extravagant price tag.

For any teenagers with problem skin, a honey and lemon juice paste works wonders on blackheads. This can left on for an hour or so and then washed off; a lot of teenagers have sensitive skin so many topical creams can cause a reaction as easily as cure the problem! For health enthusiasts, here is a list of what honey is rich in – Vitamin B6, Riboflavin, Calcium, Copper, Iron, Magnesium, Phosphorus, Potassium, Sodium and Zinc so buy 'good local honey' always. Make being kind to your body a priority this summer, smother it with lots of honey and lots of love – it will thank you most kindly.

Make this summer the best summer yet; connect with everyone that you care about and stop putting it off; grab every opportunity that falls into your lap. Have bbq's, cook lots of dinners for friends, make reservations in every single local restaurant and wine bar, have lots of giggles over many tipples, wear those shorts, forget about the extra pounds and take note of who might be vulnerable and need some help or just some company. We are social beings, an interdependent species that has a dynamic network of relationships with other people, connection is crucial.

'Courage. Kindness. Friendship. Character. These are the qualities that define us as human beings and propel us, on occasion, to Greatness.' R.J. Palacio

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## Top tips when getting back into the salon chair

Hair salons around West Cork have now reopened and while it's an exciting time for many, clients should also be aware that salons will be adhering to new rules and safety regulations for the foreseeable future.

Great Lengths Ireland hair extensions educator and salon owner, Edwina Hayes, has some advice:

- Give your stylist a good recent history of your hair and desired look when booking your appointment to cut down

on consultation time. Have you done a box dye to cover greys? Have you chopped off the ends yourself?

- Arrive with hair freshly washed from the night before to show the exact colour. It's harder to see colour if the hair is on day three and full of dry shampoo!
- Wear a mask. It protects your stylist and it protects you.
- Be responsible. If you feel sick or you have a cough, don't attend your appointment.
- Be patient. Stylist's will be getting used to the new regu-

- lations and safety measures in place so things may take longer than usual. Extra cleaning and specialised rotas will be in place. Many stylists are also extending working days and hours to accommodate their clients so be mindful of that.
- Leave coats and bags at home or in the car when you can.
- Bring your own tea, coffee or water as most salons are advised not to offer refreshments.
- Bring a good book, your own magazine or download an audiobook or podcast. Magazines

won't be available in salons any longer.

- Don't be late. Or early. Salons are under massive pressure to get through a backlog of clients so keep to your timeslot. You may have to wait outside if you're early as there may be a limit on numbers allowed in the salon.
- Be prepared to use card payments – avoiding cash payments is best for the time being.
- Enjoy yourself! It's been three months since you sat in the salon chair!

## people Health &amp; Lifestyle

## Skibbereen innovates to support local businesses and jobs

Following three months of eerily quiet streets, Skibbereen town is now bustling again, with almost all its businesses able to open their doors each morning to grateful customers. The Skibbereen & District Chamber of Commerce is looking forward to the time when all businesses, particularly bars and small eateries, are fully back in business.

During this crisis the Skibbereen Chamber has been supporting businesses in whatever way it can. The Chamber has been working alongside Cork County Council and the local community groups and representatives who form Project Act, with the aim of encouraging people back into the town.

Skibbereen is a town that has always sought to innovate and new initiatives such as live open air music events – which take place twice a week to lift people's spirits – are being welcomed by all. The musical acts are sponsored by local businesses, the Skibbereen Chamber and Cork County Council.

Other measures are currently

being put in place to ensure a safe environment for people coming into town to shop, and for those wishing to visit local attractions such as the beaches that are so plentiful in this beautiful part of West Cork. Discussions around 'age friendly' parking, outdoor seating for cafes and restaurants, social distancing measures and cover for open shared spaces are currently in progress with Cork County Council.

Skibbereen Tidy Towns has put a huge effort into giving the town a 'facelift' and the organisation has been very grateful for the assistance given in this endeavour by the community, both by individuals and by groups such as the local GAA.

Skibbereen Chamber is now focusing on a 'shop local' campaign, in conjunction with Cork County Council, which includes promotion by print media, radio, social media, signage and posters.

The Chamber is responsible for running the town's Tourist Office and is also now concentrating on the promotion of local places of interest as well

as cafés, restaurants, accommodation and activity providers to highlight that Skibbereen is a safe and wonderful place to visit. This is being done virtually at the moment but the Chamber looks forward to reopening the Tourist Office in the coming weeks.

Social media is playing an even bigger part in our lives now and the Chamber is very grateful to the Skibbereen branches of Access Credit Union and Bank of Ireland for producing promotional videos for local businesses and community groups; the Chamber, with the support of Access Credit Union, is also putting together a new promotional video of Skibbereen town focusing on the area, tourism, business and the community.

If you live in or around Skibbereen, why not make a point of visiting this month to show your support. Business owners will very much appreciate both your custom and any feedback you have on how they are doing. Shop local, shop Skibbereen.

## Parents urged not to worry about 'curriculum catch-up'

A leading Irish education expert has recommended the priority focus be on 're-settling' children back to both early years services and primary schools when they reopen, rather than playing 'catch-up' on the education curriculum.

With Primary Schools due to open in Late August / September, Professor Noirin Hayes of the Trinity College Dublin School of Education urged parents not to fret about children needing to 'catch up'.

"Children's learning will not have stopped during COVID-19, but many will need some help to transition back to school life. Our early years educators and teachers are skilled in making children feel safe and connected and should be given time to focus on those skills in particular.

"Children will have been learning lots of new things and different skills during the pandemic period. They may also have had stresses to deal with. The emphasis should be on an enjoyable re-start with opportunities given and time taken to re-establish familiarity with school, with friends and with teachers."

Professor Hayes was speaking

at an education webinar Supporting Successful Transitions for Early Years & Primary School Children taking place today organised by the Prevention and Early Intervention Network (PEIN).

"This message is particularly important for children who may have had difficult experiences during the lockdown and are receiving additional schooling supports over the summer. The emphasis should be on nurturing their relationship with learning, rather than catching up on homework," Professor Hayes said.

Sharing recent experiences from England where schools have re-opened in recent weeks, the Headteacher at a Primary School in Dorset, Veronica Woodward, said most children adapted well and that parents needed reassurance.

"We have gradually welcomed back children, with staggered starts, and social distancing being applied. Some parents were very anxious about the return, and initially some did not agree to their children returning. However, the children have been fantastic – they settled in, even though the classrooms look different. We have worked

closely with parents too."

National Parents Council (NPC) Early Years Services Manager, Clare Downey said parents have been worried that their children may have missed out on important learning and development opportunities.

"Parents are concerned about how the shutdown period will have impacted their children when they return to pre-school and school. To support parents we are answering calls and emails on our helpline, and we have produced a video with information for parents to help with their child's transition for Primary School."

PEIN Chairperson Marian Quinn said the webinar was attended by almost 200 national and local organisations and experts to discuss how professionals working with children can respond to the re-opening and best support children.

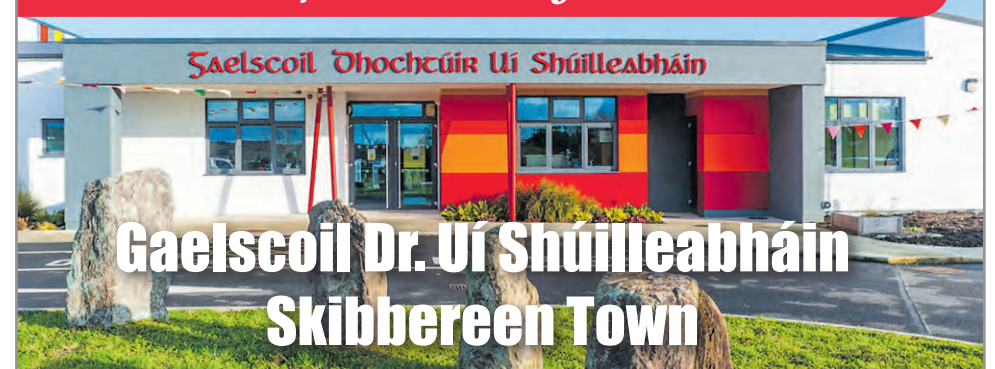
Prevention is defined as 'providing a protective layer of support to stop problems from arising in the first place or from getting worse'; early intervention is defined as 'providing support at the earliest possible stages when problems occur'.

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## people Health & Lifestyle



### HEALTH

Hannah Dare  
Organico Bantry

Well, that was a pretty intense few months! I don't know how you have been, but things got pretty frantic in Organico for a while. We didn't close, because we are very aware that we are a source of essential food and medicines, but we did restructure our days and hours. For a while we closed on Mondays

## Let celery work its magic

but we are back to six days again now. We are opening later in the morning and closing earlier in the evening than before Covid though, to allow us to perform our new cleaning routine while the doors are closed.

Even though it does feel like life is beginning to return to normal, it seems to me that there's a lot of residual anxiety and uncertainty around. Most of us really want to get back to our lives as they were, but at the same time we are aware that so much has changed, and we can't help wondering about how it all will work out in the future.

On the health front, we are so lucky it's summer and we have an abundance of fresh fruit and veg around, not to mention all the salads we are all growing in our back gardens, so it's a really good time to nourish yourself

and your family with fresh, healthy food. And I don't know about you, but I have certainly been comfort eating for the last few months! And don't mention wine. So for me it's time to take a break from a few things and make a few positive changes.

This is all a way of explaining why I've been drinking freshly juiced organic celery juice every morning for the past month! This might seem a bit strange, but stay with me.

The #celeryjuice craze is something that started in the US, like so many trends do, and it's driven primarily by the work of an author called Anthony Williams. Williams is not a GP, and I'm really not sure of the basis of some of the claims he makes in his books (the list of ailments celery juice is meant to cure is very long). However, I didn't decide to try this because of anything he wrote, in fact I hadn't even heard of him at all when I started juicing it. What got me started was actually all the customers and some of my friends who were coming in and asking for whole boxes of celery for juicing, week after week. Out of curiosity I asked what they were up to, and the reports of how they were feeling were so positive I thought I would give it a try.

You will need one head of organic celery per person, a juicer (ideally a masticating juicer, which does not destroy the enzymes, but use whatever you have) and about 20 minutes to make your juice and clean up afterward. First wash and

trim the celery (just trip off the bare minimum, you want to juice almost all of it), then break the stalks off and juice them. Sip the juice slowly on an empty stomach first thing in the morning, and then wait 30 minutes before having breakfast. At first I juiced even the green leaves – often our celery in Organico has a lot of green leaves – but they make the juice a little bitter, so more recently I am adding them into meals or making pesto with them, and just juicing the stalks.

Here's some quotes from Williams on the benefits of drinking celery juice (he is so enthusiastic I had to quote him somewhere):

"Drinking celery juice is the simplest of measures, so simple that people often write it off as too easy to make a difference in how they feel....While green juice blends can be very healing, there is nothing that equals the simple power of pure celery juice. It is as healing, transfor-

mational, and life-changing as it gets – and that's due to its complex nutritional makeup, which needs to be left undisturbed to work its magic."

"Fresh celery juice is one of the most powerful and healing juices one can drink. Just 16 oz of fresh celery juice a day can transform your health and digestion in as little as one week. Celery juice is an alkalizing, enzyme-rich, electrolyte-enhancing, liver-repairing, blood-sugar-balancing, antiseptic, strongly alkaline and anti-inflammatory drink."

Personally, I find it hugely invigorating, I'm feeling lighter, more energetic and have way less sugar cravings during the day. I've given up drinking wine, as the lockdown evening glass had become too close to a daily habit for me, and I've also drastically reduced sugar in my diet, and I am finding this much easier than I expected to.

While researching the phenomenon online I found that celery is part of the Apiaceae family, which includes carrots, parsnips, parsley, and celeriac. The fibre in celery can benefit the digestive and cardiovascular systems, and celery contains antioxidants that may play a role in preventing disease. Celery also contains a plant compound called apigenin, which plays a role in traditional Chinese medicine as an anti-inflammatory, antibacterial, antiviral, and antioxidant agent.

According to Williams, the benefits of celery juice are in the sodium cluster salts that are naturally present in the juice.

He reassures sufferers of high blood sugar that these salts are not harmful to them, and in one of his blog posts he describes how the juice (containing these salts) clean and detoxify their way through you, from the mouth onwards, in effect cleaning as they go. It's a vivid picture.

One thing to be aware of, should you wish to try celery juice, is that it is pretty strong on the stomach the first few times you drink it. You might even think you have a dodgy stomach, so perhaps try it first on a day you are working from home! I'm not sure why, but this effect can sometimes occur a few days in – the first day or two can be fine. So perhaps if you have a delicate stomach, start with half a glass or even quarter of a glass first and work up to the large 16oz glass Williams recommends over a week or 10 days.

While Williams is completely OTT and I'm not sure about the science behind his claims, I think it's important to not throw the baby out with the bathwater! I like to keep an open mind and all I can say is, I feel better every day I drink this juice, and so do other people I'm talking to. So for now I'm keeping it up, because it seems a very easy way of feeling better!

Have a great summer everyone.

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### DOCTOR'S ORDERS

Dr Jeff Featherstone

Dr Featherstone is a highly experienced medic and award-winning doctor who works in a busy GP practice in West Cork, as well as at Mercy University Hospital and Cork University Hospital, as an A&E doctor.

## The story with Covid

So, I have a lot of catching up to do. For those of you who missed the 'electronic' edition of West Cork People, I will just give you some thoughts on where we are with Covid-19 and what it has been like in A&E.

On March 19, I shifted from being a GP to working full-time in A&E at the Mercy. More help was needed and Armageddon expected. A Covid epidemic seemed imminent and we were all soon subject to 'lockdown'. Ouch, it has been very tough.

This worked! well done. A credit to you all. The Community spirit and co-operation was wonderful.

Meanwhile in our A&E Units, they went from being packed out to being almost empty. Trolleys disappeared and staff were able to prepare

for an expected 'surge'. It was still very tense and we all wondered what had happened to all our regulars. It was quite amazing.

Due to strict adherence to all the Covid measures the surge never happened, but we were prepared and ready to do our best.

One weekend in late March, a huge tent appeared outside the A&E Department and the builders created isolation units within A&E (working flat out over a Saturday), which has reduced our bed capacity by 50 per cent. We are just about coping at the moment, as our regulars have reappeared and things are getting tight again.

Our GP colleagues, teams, and pharmacists have done a great job in continuing to provide safe appropriate Primary Care delivered in a very

different way.

So where are we now? I think this is a very dangerous time. We are all missing normality and people are frustrated and angry. Revolution is in the air. We have to be careful.

I will distill some of the advice that has been given. Wear a face mask where close contact is unavoidable. I do all the time in the hospital. If you have any Covid symptoms, get tested and follow the well publicised guidelines.

The bottom line as well is, be sensible. I saw a small outbreak of Covid in a group of lads who had sneaked into a pub 'lock-in' for a night of abandoned drinking. They all got Covid. Two ended up on ventilators and an innocent elderly family contact died.

Back to my 50 per cent reduction in beds...this is not

good news for the ordinary flu season. Get your flu jab this year, particularly if you're a nurse

Get to know your illness if you suffer from one. If you attend A&E this winter, ALWAYS bring your medication, or at least a copy of your prescription and, now we are all IT-savvy, a photo of same on your phone.

Your GP will have a summary of your medical history on his computer. It is your history, why not get a copy of it, just to keep for emergencies and times when you have to visit South Doc. How sensible is that? Many patients I see know more about their car and service history than they do about their own health!

OK rant over. Delighted to see bicycle shops doing a roaring trade and more joggers

out and about. We live in the most beautiful part of the World, get out and enjoy it. We have passed mid-summer's day already.

As has been said, we are being nicer to one another – we are appreciating more and expecting less.

Now, the most important message this month is that my local hairdresser is operating a triage service; you send a photo in by email of your bonnet and depending on how unkempt and neglected your hair looks... this determines your place in the queue. As I look like a Robinson Crusoe castaway at the moment, I can't wait for my early slot! Stay well and be kind.

## people Health &amp; Lifestyle

## Overcoming childhood trauma will set you free



Amanda Roe

Trauma therapist  
& Mind coach

**T**raumatic experiences in childhood can have a profound and long-lasting effect on your health and habits through life. Causes of childhood trauma may include; neglect, abuse, divorce, illness, bullying, being forced to speak in public, witnessing an accident, death of a loved one, a dear friend moving away, misunderstanding something that has been seen or said, or even watching a horror movie.

The stress response activates the body's sympathetic nervous system reducing cognitive function and depending on which fight-flight-freeze response is strongest may cause mood swings, irritability, aggression, anxiety, feelings of fear or being trapped, a desire to get away, panic or even procrastination. This can be overwhelming and the strange intensity of emotions difficult

to deal with. Many people who experience this feel alone and have difficulty understanding or dealing with these emotions. Some choose to withdraw into themselves or suppress emotions deep inside.

We hope, as children, to find someone we can talk to. As learning how to manage stress and healing our emotions will help us to access the resilience and strength within ourselves. When that happens we can bring our focus back into the present feeling more confident about ourselves and our future and gives us the opportunity to enjoy life more.

Unfortunately if that does not happen in childhood the stress of childhood trauma can affect our health and the ability to care for ourselves and others. The reason is because all forms of stress including past, present, work-related and nutritional stress have an accumulative effect on the body, exhausting the adrenal glands and depleting nutritional reserves and causing hormonal imbalance.

It is common for long term emotional stress to cause heart palpitations, raised blood pressure, chest oppression, asthma, dizziness, tinnitus, confusion, blurred vision, anxiety, depression, chronic fatigue, insomnia, bad dreams, irritable bowel, loss of appetite, frequent urination, skin conditions, thyroid problems, absent menstruation, excessive menstrual bleeding,

reduced fertility, panic attacks, headaches, unexplained aches and pains and other stress-related illnesses like fibromyalgia.

Unhealthy ways of coping with stress are smoking, drinking too much, comfort eating, using pills or drugs to relax, sleeping too much, avoiding or withdrawing from friends or taking out your stress on others i.e. angry outbursts or physical violence, which ultimately cause more problems.

Working on the conscious, subconscious, emotional and nutritional levels at the same time will help you to take back control of your health more quickly...

To improve your health it is important to remove or learn to manage all stress in your life whether it is from the past or present. Working on the conscious, subconscious, emotional and nutritional levels at the same time will help you to take back control of your health more quickly and then introducing daily or weekly stress management activities like belly breathing, eating a healthy, taking supplements,

practicing yoga, self-hypnosis, meditation, walking outdoors or meeting up with friends will help you to stay well.

It is possible to heal trauma, overcome life's challenges and build a happier, healthier and more successful life. If you are curious about how you can take back control of your health and transform chronic mental, emotional or nutritional stress into health and vitality, then get in touch, I am looking forward to hearing from you.

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Emma Gould,  
CNM Naturopathic  
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**W**hat attracted me to CNM was its flexibility around lectures, its proximity to where

I live and the fact that my uncle used to be a lecturer. I especially loved the people I met at CNM. I made so many great, similar-minded friends and the lecturers were extremely knowledgeable about all aspects of nutrition and wellbeing. CNM has completely changed my life; I feel like I'm now fulfilling my purpose in life.

I was medically diagnosed with psoriasis in 2011. At first, the recommended steroid creams seemed to work but soon my skin got used to these and I needed more to get any relief. Eventually their effect stopped working altogether and I was just getting worse and worse. Seeing no improvement and increasingly disheartened, I decided to change my diet and lifestyle, to see if these changes



helped.

It was in 2015 when I discovered a book called 'Healing Psoriasis' by Dr Pagano. In



it he explains his techniques in using diet and lifestyle interventions to heal psoriasis. I strictly followed his protocol

from June to October 2015. My skin completely cleared after four months! Prior to this I was around 50 per cent covered. I still get some spots if I've not been taking care of myself, but as soon as I implement nutrition and lifestyle measures, it's fairly instant, I clear up again. Now I support my psoriasis using only natural therapies.

Now I have qualified, I hope to be able to help others in similar situations. I love sharing the knowledge of everything I have learnt with others and, even better, watching them improve with my help.

*Emma is pictured with the psoriasis on her legs at its worst and then completely healed.*



**Do something**  
**life-changing.**  
**Gain new skills.**  
**Change career.**  
**Help others.**

CNM has a 22-year track record training successful health professionals online and in class. Attend the next FREE CNM Online Open Event. Call: 01 878 8060 or book: naturopathy.ie

## people Health & Lifestyle

### A huge thank you to our local customers.

Schull business owners have noticed a great community spirit re-emerge since the lockdown began. More and more people are shopping locally, which is playing a huge role in the village's recovery. With the cancellation of Fastnet Film Festival, Schull Regatta and now Calves Week, local customers are more important to Schull than ever and very much appreciated by business owners. It's great to see more doors opening daily. Shop local, support local.



## Every end is a new beginning

After 15 great years in Clonakilty, winning awards along the way from the National Best Shop Front to the Irish Times Best Small Shops and Irish Makers Award, Etain Hickey Collections has closed the doors of its shop in Clonakilty to move forward in a new direction.

"We have enjoyed serving all the people of Clonakilty, West Cork and visitors from Ireland and all over the world alike," commented Etain "but in the current climate, it is impossible to hold our annual exhibitions in the space we have, so we have decided to restructure the business."

"Although taking a break from doing things as we did in the past, we will be developing in a different direction."

Etain would like to say thank you to all her wonderful and loyal customers – many who have become friends – who have made working in the shop such a pleasure over the years.

Keep an eye on [www.facebook.com/EtainHickeycollections](https://www.facebook.com/EtainHickeycollections) and Instagram: [etainhickeyclonakilty](https://www.instagram.com/etainhickeyclonakilty) for upcoming news and information



## Courtmacsherry Hotel reopens with safety a priority

Courtmacsherry Hotel, with its award-winning restaurant and pub, The Cork Tree Restaurant, has now reopened. With a sensational view overlooking the bay and serving locally sourced delights including signature dishes such as the 16oz T-Bone steak, Billy's Beer Battered Fresh Haddock and Chips and the Thai Chicken Curry – this is a great setting to unwind and enjoy a taste of West Cork.

In an effort to ensure that visitors can taste Courtmacsherry when they visit, the hotel team began a Covid-project called 'The Tunnel – Don't stop Be-Leafin'. The tunnel was a therapeutic outlet throughout lockdown. As the saying goes, when life gives you lemons, make lemonade... when life throws you a pandemic,

grow your own food. The team has an array of food growing in the tunnel; radishes, edible flowers, tomatoes, peppers, chillies, courgette, rocket, mizuna and a mixture of herbs, to name but a few.

In preparation for reopening on June 29, the Courtmacsherry Hotel team created a set of measures to maintain the safety of guests and staff alike such as a screened reception desk and the use of PPE. All staff are trained in the Failte Ireland approved Covid19 safety stamp programme and receiving regular updates from the HSE for the best procedures.

The team has made changes throughout the hotel to ensure social distancing is maintained; all tables on the front lawn are three metres apart and inside the hotel

the tables are two metres apart.

So relax, enjoy and feel safe in your visit to Courtmacsherry this summer.



## Moving well without pain

We all want to keep moving fit and healthy throughout our lives whether we are keen sportsmen or just want to be able to get outside and enjoy the fresh air or move easily

without pain.

Human movement is a complex system and when we start to look at how this really works, we begin to realise that a small imbalance in this complex system can cause

pain and discomfort or lack of performance.

This system needs a huge amount of information from sensors in our eyes, ears, skin, muscles, tendons, joints and our reflexes to be working properly.

It turns out that very little of our movement is under conscious control. After the initial signal from your brain, even apparently simple movements like walking or picking up a cup of tea are reliant on your senses and reflexes.

By assessing if your reflexes are working properly with a thorough and systematic assessment to identify any weakness, we can, with appropriate treatment, help you to become stronger and more robust.

Three of the most important factors in your ability to move well are:

The Myotactic reflex, which is often called the knee jerk reflex and will be familiar to anyone who has sat in a doctors office and had their knee tapped with a hammer and noticed how their foot involuntarily flies forward.

The Withdrawal Reflex protects us from standing on sharp objects or touching something hot by causing us to pull away



Eoin Roe  
Chiropractic

from the damaging sensory input. It is also the reflex that is in action when we are being tickled.

The Law of Reciprocal Inhibition recognises the body's innate ability to contract one muscle group, whilst extending the opposing muscle.

The easiest muscles to use as an example are the biceps and triceps, the muscles that move the elbow. Whenever we bend our elbow, the bicep contracts.

As the bicep is contracting, messages are sent to the opposing tricep muscle to temporarily reduce its tone. The bicep is said to be facilitated, the tricep inhibited.

There are a number of things that can impair this system whether it be previous injury, misalignments in your spine, nutritional deficiency or even jewellery and dental work.

In my clinic, I spend time assessing the responsiveness of your reflexes and looking for muscle inhibition because we can then use this knowledge to reverse engineer a solution and help you make better choices with sports, exercise or your daily life.

Due to the recent Covid-19 situation, I am available in Skibbereen only, and I have appointments available on Tuesday mornings, Thursday evenings and Saturday mornings, please call 087 958 2362.

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## people Health &amp; Lifestyle

## 'Heal all' – a plant deserving of its title

HERBAL  
HEALING

Dr. Rosari Kingston

Dr. Rosari Kingston PhD, M.Sc (Herbal medicine) is a medical herbalist practising in Dr. O'Reilly's integrative clinical practice in Clonakilty, Co. Cork as well as Church Cross, Skibbereen. Dr. Kingston's area of research are the healing modalities present in Irish vernacular medicine and she incorporates them, where possible, into her clinical practice. In her clinical practise she specialises in infertility and digestive issues.

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

**P***runella vulgaris*, also known as self-heal or heal all, and 'Duán ceann-chosach' in Irish, is familiar to almost everyone, even if they do not know the name. Those who wish for perfect lawns dislike this plant as it invades their velvet sward: If left to its own devices and not mown into the ground it will reach a height of 5-30 cm. For those interested in its family tree, it is a member of the mint family. Its health benefits are many and it rightly deserves the name, 'Heal all'.

This 'weed' is edible and can be used in salads, soups, stews, and boiled as a pot herb. Some Native American peoples

cooked and ate the young leaves or drank a cold infusion of the whole plant. This use is not surprising as the plant contains vitamin A, C, and K, as well as flavonoids and rutin.

To make a cold infusion, simply add a loose fistful of this herb to a non-metal tea pot (china or clay pottery). Let water come to the boil and then let it cool for about two minutes before pouring over the herb in the teapot. Let herb infuse in water for ten minutes and then strain. When cooled sufficiently, place in fridge and enjoy, when fully chilled.

Perhaps its use in the treatment of Herpes simplex 1 or 'cold sores' is what will be of interest to many people who are plagued with this viral infection. There is a particular carbohydrate in *Prunella vulgaris* that stops the replication of HSV cells, or at least that is what they found in laboratory research even though any person half versed in the use of 'weeds' could have told them. It even helps the kind that are resistant to Acyclovir the usual product recommended to treat the Herpes virus. *Prunella* will also help to reduce the severity of genital herpes but is not as good here as with HSV1.

The next question is how to use it. Traditionally, Irish indigenous healers gave it as a posset, which means they infused the herb in cream, brought it to the boil, strained it, and then let it set. Interestingly, they did not give it for Herpes simplex, but for fevers and respiratory complaints and this is where the fat in cream is useful, but more about that in a future article. However, this herb was also simply boiled as Miss Smith, from Ferrybank in Arklow tells us,

'If you are anxious to get rid



of a cough, go out to the field and gather some little purple plants called 'Self-Heal'. Put them into water and boil them. Then drink the juice, which has boiled out.'

Another way to use it is to make a very strong infusion and bathe the cold sore with it. A strong infusion would be a fistful of fresh herb infused in 50 ml of boiling water for 10 minutes. Let cool and bathe the affected area with it. I know some people simply bruise the herb until some juice is extracted and they put this on the sore. As *Prunella* does not grow in the winter, the best way to keep it, is to either dry it and store in a warm, dry environment or freeze it in small quantities.

Interestingly, vernacular medicine in China used for it fever and respiratory complaints as well, but they also used it for healing wounds (staunching bleeding and accelerating wound healing). This is one area where Irish indigenous healers are not recorded as having used it frequently, even though another common name for it, in these islands, is 'woundwort'.

*Prunella* is also useful in the treatment of halitosis, (Bad odour to breath) and sore throats. An infusion is the best way to treat these also.

Traditionally, in Ireland, it was also used as heart reme-

dy but was not used for this purpose in England, Scotland or Wales. It appears in records as Cailleach's tea and ceann de dohosaig.

Another use, in Ireland, was for back pain and in this instance, it was boiled with a little water and the water was then drunk.

Modern research is also viewing *Prunella* as being useful in lowering blood sugar levels for people with diabetes and some of its compounds are being investigated as a treatment for cancer as it causes cancer cell death and prevents these cells reproducing.

In traditional Chinese medicine it was, and is, considered very valuable as both an anti-viral and anti-bacterial herb. Traditional healers in China, still use it for circulatory troubles and in using it this way, they echo the uses recorded in Ireland. Nowadays, in China, it is only the spikes of the herb are harvested and not the whole herb whereas here in the West, the whole herb (all parts above the ground) is used.

Finally, the next time the lawn is being mown, look out for this very useful plant and, perhaps, leave a little patch of them to grow to full maturity where you can marvel at how much it gives, if we choose to learn its many therapeutic properties.

Business Lessons Learned:  
Don't be afraid to ask  
for help when starting a  
business

Over the past year, West Cork Life and Business Coach **Anna Healy** embarked on a personal journey to interview women in business in West Cork, hearing their stories and learning from what they shared about their businesses. In the process, she learned a lot about herself in her business too. In her series of Women in Business articles, Anna will share some of these learnings with you.



**M**y first interview with Aoife McNerney last year reminded me of when I started my business. Aoife described when you own a business 'you are it!' – you are responsible for everything in your business. And that can be a daunting thought. But fear not, while the business is ultimately your responsibility, you do not have to go it alone, you have full permission to receive the support from others along the way to your success. There are many reasons to make this part of your regular practice.

One of the main reasons is that it is impossible to know everything about building a business when you start out, a business requires so many aspects that need to be continually managed. Having a support network around you will give you access to people with different expertise to advise you on your difficult and tedious tasks.

It is always good practice to test your ideas with others as they may see things that you might not notice and they could also open your mind to other possibilities.

We all have blindspots in life and business, where we just may not see the wood from the trees or we may not be able to get past a certain obstacle or thought pattern that is holding us back. Having an outside coach or mentor can help you see past the obstacles and build your confidence.

When I decided to start my own business, I knew I didn't know all the details on how to run a successful business. The first action that I took was to look for some advice, so I attended a 'Start your own

Business' course with the Local Enterprise Office, which helps you set up a strong foundation for your business plan and structure. Interestingly enough, all of the business women that I interviewed did the same thing. The Local Enterprise Office is funded by the Government to provide practical supports to business in the form of courses, mentoring and grants.

Caroline Murphy of West Cork Eggs in her interview advised us to reach out and ask for help. She reassured us that most people are only delighted to help you and be a part of your success. It can be a simple thing of going for a cuppa with someone, brainstorming some ideas or challenges.

Over the years of being in business, I have built a support network of people who have helped me build my business. But it doesn't have to be a one-way street of support, you too have skills that you can share with your colleagues. You too have experiences and knowledge and insight that can be helpful to others. And sometimes it is just a listening ear is all that is required. Building your business will bring its own challenges and rewards, but you do not have to do it alone.

Anna Healy is a Mindset and Confidence Coach for Life, Business and Career based in West Cork. You can hear the "Women in Business in West Cork" series on West Cork FM and her podcast Anna Healy Coaching.

## 'We Are Cork' Youth Challenge launched

**W**ith summer 2020 in Ireland being a very different experience, a unique challenge has been put to the young people of Cork to encourage them to engage in focused, positive and fun activities, which will reward them for achieving personal goals and developing new skills.

Cork Education and Training Board (CETB), in partnership with Cork City Council and Cork County Council, is piloting the 'We Are Cork Youth Challenge' for Summer 2020 to give young people and teenagers an opportunity to jump into a fresh skill or develop existing talents.

Some 30 challenges across music, arts, society, environ-

ment, sport and technology have been set, with registered participants asked to complete 20 tasks over the summer months and record their experiences for others to see. A special commemorative County Mayor's medal will be given to each successful participant, who reside in Cork County, with IT prizes also up for grabs for the most creative and exciting challenges.

We Are Cork Youth Challenge kicked off from June 22 and aims to provide young participants with opportunities to focus their energies on positive activities through the summer.

The Mayor of the County of Cork, Cllr. Ian Doyle explained that the 30 challenges set for

young people are inclusive and non-gender-specific and stressed that this is not a competition. "The overall aim is participation, engagement and fun, lots of fun," he said. "The challenges should be kept simple and could be anything from completing a 3km run, compiling a music list, cooking a meal traditional to another country or composing a rap or song or writing a poem. Be sure and visit [www.corkcoco.ie](http://www.corkcoco.ie) and get those entries in," he explained.

CETB devised the 'We Are Cork Youth Challenge' in partnership with Cork City Council, Cork County Council, Music Generation, Cork Sports Partnerships and others, in response to

the Covid-19 crisis. It is hoped that thousands of Cork teenagers will get involved and focus their energies and have some fun in the process. CETB funds over 14 organisations to provide youth services throughout Cork city and county, as well as allocating grants to voluntary youth clubs and organisations, with the aim of achieving better outcomes and brighter futures for children.

For more information on the 'We Are Cork Youth Challenge', contact: Clare Creedon, Cork ETB, on (086) 3816662 / [clare.creedon@corketb.ie](mailto:clare.creedon@corketb.ie) [youthchallenge@corketb.ie](mailto:youthchallenge@corketb.ie)

## people Health & Lifestyle

In the third of the series, Diana looks at the first six weeks.



### DO WE UNDERSTAND OUR CHILD?

Diana Radeva  
Child and Adolescent  
Psychotherapist

In this series of articles Diana Radeva sets out to consider the emotional life of children from birth onwards; and how relationships between children and parents evolve over time. It is a view of human growth, which recognises the importance of strong feelings experienced at each stage of development; thus offering ways that parents might find helpful when wanting to better understand their children's growth.

This is the extraordinary story of the 'ordinary development' as seen and experienced by a parent and a child psychotherapist.

For most parents – and for most babies as well, the first six weeks are the hardest. After the intense emotions around labour and post-natal care suddenly being alone with a baby could be a daunting experience. It is particularly hard that the times the babies are most frightened and vulnerable, the first few weeks of their lives, is the time when parents are most vulnerable too, at times feeling uncertain whether their baby will really survive and flourish.

A new baby fills up our minds and becomes our whole world. When things are going well, the pride and pleasure are indescribable. When things are difficult, it can feel like the end of the world. It is worth remembering that for most parents these first weeks are extremely hard work, and the ups and downs usually become less extreme as the time passes and the baby becomes more relaxed and easier to understand.

#### Chaos versus routine

One of the most demanding aspects of a newborn baby is the way in which their life has no structure or predictability. But our ordered world must seem like a chaos to the newborn – new sensations, new smells and atmosphere, and a whole array of new sound and sights. It takes time, and for some babies more time than others before they gradually get used to their new lives and adapt to the expectations we put on them.

Some parents find the lack of routine relatively manageable;

while others find it helpful to lead their baby towards a more routine pattern of behaviour during the first weeks. However, it is vital that we remain open to what our babies are communicating to us, and need us to understand. They 'will' be feeling bewildered and lost much of the time, and life will sometimes feel chaotic, frightening and without boundaries. In this situation we must be careful not to lose sight of our own need for stability and time to ourselves as adults.

But of course during these early weeks there are intense moments of pleasure – seeing our babies putting on weight as skinny limbs become soft and round, the warmth of a well-fed baby, early glimpses of smiles. Perhaps most reassuring of all, there are moments when we do get it right, realising with exhilaration that our presence and comfort are exactly what our baby needs.

#### How the babies' moods affect the parents

Babies are powerful little creatures with strong personalities, and their own intense emotional states strongly affect the feelings and moods of those caring for them.

The extreme states of mind that the baby has to cope with are not far away from the feelings a mother can be facing alongside her baby. As first-time parents we can often feel that we have been plunged into an alien and rather terrifying world, where we have to learn our way around with amaz-



ing speed in order not to get lost. Babies bring turbulence with them and the urgency of their terror can be so powerful that we can feel that we have lost our bearings completely. Strong childlike feelings about our own parents can make a surprise reappearance when we become parents ourselves. Such states are not only inevitable but part of what we are going through – they can also make us particularly well placed to empathise with our babies and remain in touch with their intense emotions and neediness.

#### Coping with dependency

As new parents we often gripped by a fear that our baby's crying, sleeplessness, colic or absolute dependency are never going to stop. Over time we discover that things do get easier.

But how does a newborn baby know – and how do first-time parents really know – that each phase will not last forever? Often in the first six weeks we might feel a rather strong anxiety about letting small babies become too dependent on a certain thing – sleeping in the parents' bed, feeding on demand, dummies, being picked up each time they cry, or being allowed to fall asleep at breast or bottle – in case such things get set in stone. This kind of anxiety stems from a belief that the babies' needs are endless and will never change. In fact this is not true. The baby might believe it and feel it so strongly, that they can even convince us at times. But we can help them learn otherwise, if we work hard at keeping our adult perspective.

If a baby gets their reassur-

ance from a particular thing – letting them have that as much as you reasonably can, helps them see that the world is a safe enough place, where comfort generally comes when you need it. With enough of these good experiences a baby will begin to feel more comfortable inside and stronger in their own skin.

Although it is not always easy to stay in touch with such neediness, it is important that we keep trying, and not to lose sight of how tiny and vulnerable a baby is. Through responding to the urgency of their needs when they are most helpless, we are paving the way for them to learn gradually enjoy a bit more variety in life and cope with small doses of frustration.

By the end of the first six weeks, the utter helplessness of the newborn has usually been replaced by a more robust baby, more aware of its surrounding and more able to relax and enjoy. Most mothers are feeling a bit more ready to venture out in the world; the chaos is beginning to take some shape.

Once the baby has begun to hold his head up a little, can recognise his parents and feeding time, enjoying both the food and the company, knowing that they belong to him and that he belongs to the world – then for many parents the joy and excitement of getting to know and love this growing baby, and being known and loved in return, really begin.

## Masses return to West Cork

Praying together as a community is an important part of life for many people. With the restrictions of the past months many parishes in West Cork were forced to become more creative, with Mass and other liturgies broadcast on radio or streamed over the internet. As places of worship can now open 'with precautions', the Irish Bishops' Conference has prepared a Framework Document for the return to the public celebration of Mass and the sacraments, to support parishes and faith communities in reopening.

When publishing the document to clergy and people of the diocese, Bishop Fintan, noted that this is a framework document and, "of its nature, is general as it takes account of 26 dioceses.

"We will need to supplement it ourselves to answer local questions. These include

attending to plans for the celebration of First Holy Communion, Confirmations, baptisms, small weddings and memorial Masses."

It is most important that people who are vulnerable or unwell, and especially those with any symptoms that might suggest Covid-19 infection, should stay at home and, if possible, participate, as now, via webcam, social media, television, or radio. The same applies to those who have been in recent contact with someone who has the virus, in accordance with public health advice.

The dispensation from the Sunday and Holy Day obligation is extended for the time being so perhaps people could consider a quieter weekday Mass instead.

Under the guidelines are recommendations that will change the norms of Mass slightly such as no traditional Sign of



Peace, with the sign maybe offered in a manner which avoids any physical contact. Holy water fonts are closed and there is no collection tray.

Great care will be taken to avoid contamination of the hosts and the procession for people approaching for Holy Communion will be carefully planned, with stewards to assist if required. For the time being, it is recommended that Communion should be

received in the hand. Priests and Extraordinary Ministers of Holy Communion should visibly sanitise their hands both before and after the distribution of Communion and should wear a face-covering while distributing Communion.

Most important of all is that each of us takes personal responsibility for:

- hand-washing on leaving home and returning
- hand-sanitising on entry to church and exit
- social distancing at all times in church
- wearing a face cover if appropriate

We all need to be calm, careful, and patient as we begin to gather again around the altar. Volunteers will be working to ensure matters work smoothly and in safety. Give them a smile and your full co-operation.

**Why do we sometimes find it hard to understand children?**

**When we struggle with our child's emotional distress or behavioural problems what can we do or what can help us?**

Child psychotherapy practice is a proven and reliable method of addressing and treating a number of issues including:

- **Pre-school children:** difficulties within mother-infant relationship, eating, sleeping, and toileting, separation and developmental difficulties.
- **School-age children:** social difficulties, difficult behaviours such as defiance and aggression, ADHD, ASD, learning and attention problems, emotional problems such as anxiety and fears, family breakdown issues and relationships at home and at school.
- **Adolescents and young people (up to 27):** trauma, anxieties, worries, depression, low self-esteem, peer and family relationships problems, gender identity difficulties.

**DIANA RADEVA** BPsych (Hons) MPsych Clin Mpsych psych  
Child and Adolescent Psychotherapist  
Over 15 years of experience. ICP Registered, MACP  
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# Ten SPF's for acne prone skin



## INSIDE OUT BEAUTY

Sherna Malone

Skincare and beauty expert Sherna Malone shares her knowledge and expertise of all things beauty – from skin care do's and don'ts to the latest products out there.

By now, we all should know the importance of incorporating a facial sunscreen into our skincare routine whatever the weather. However, for those who have acne/blemish prone skin, finding an SPF that keeps skin protected, sits well under makeup and won't clog pores or bring about breakouts is easier said than done, especially during the summer months, when the hot weather can cause an increase in sebum and spots. Thankfully though, SPF formulations have come a long way, and instead of thick, heavy, irritating greasy creams we now have sheer, light, expertly crafted formulations that can ward off those UV rays while calming inflammation and absorbing excess oil.

A few simple things to remember when it comes to choosing the right one for you, is to look for those that advertise themselves as being lightweight, non-comedogenic (non-pore clogging) or oil-free.

Worth mentioning, while many brands now include SPF in their foundations, primers, tinted moisturisers etc., to give

your skin the best protection possible from the ageing UVA ray and the harmful UVB (burning) rays, it should be applied in a separate layer underneath your makeup. Also, be sure to cleanse your sunscreen off thoroughly at the end of the day, I always advise a double cleanse in the evening, so all traces of SPF are removed.

From mists to creams and gels, here is my edit of facial SPF's for acne prone skin that are blemish limiting...

### Heliocare 360 Gel Oil Free

Loved by dermatologists, this ultra-light, mattifying gel melts quickly into the skin leaving it hydrated but dry to touch. The formula combines powerful antioxidants, ferulic acid and vitamins C and E to fight ageing and prevent sun damage along with anti-bacterial, anti-microbial and sebum controlling technology. Great for all skin types but especially those with oily or combination skin, €36, available online from cosmeticdoctor.ie

### Eucerin Sun Oil Control Gel-Cream Dry Touch SPF50

Eucerin's oil control gel-cream ticks every box! With its high broad-spectrum SPF and oil control ingredients, the lovely light textured formula, is non-greasy, non-sticky and non-comedogenic. Sebum-regulating oil control technology and absorbing micro-particles gives skin an immediate dry touch finish and a long-lasting anti-shine effect of up to eight hours. It also contains Glycyrrhetic Acid which supports skin's own DNA repair mechanism, €21, available in selected pharmacies nationwide.

### La Roche-Posay Anthelios Anti-Shine Sun Protection Invisible Fresh Mist SPF50

Suitable for oily and blemish-prone skin and skin that is prone to sensitivity, sun-intolerance or prickly-heat, this is a lightweight, but high SPF mist that fully protects and hydrates the skin without leaving behind

any greasy or visible residue. The spray is easy to apply, quickly absorbed and delivers a double anti-shine action with an ultra-dry finish. It can be worn under or on-top of make-up and can be re-applied throughout the day, €14, available in selected pharmacies nationwide.

### Dr Sam Bunting Flawless Daily Sunscreen SPF50

Dr Sam Bunting's range of skincare focuses on products for acne-prone skin, formulated without scents and possible irritants. This weightless daily shield for your skin is ideal for blemish-prone skin and with a soft-focus primer-like finish sits beautifully under make-up and won't clog pores. It offers powerful protection against harmful UVA and UVB rays and is fortified with five per cent Niacinamide, so it brightens and boosts skin whilst helping keep pores clear and skin calm. Think of it as a serum in a sunscreen, €29, available online from drsambunting.com

### Avène Cleanance Very High Protection Mattifying Sunscreen SPF50

Developed specifically for oily and blemish-prone skin, this cream offers broad spectrum protection whilst actively working to battle breakouts. A mix of potent antioxidants renews and protects skin cells, while the brand's own thermal spring water soothes the skin. It also contains Monolaurin, a sebum-regulating, mattifying ingredient, which combats blemishes and breakouts by targeting the cells that produce it. It gives a no-shine finish, leaving skin clear, healthy, and protected, €19.99, available in selected pharmacies nationwide.

### Skngredients Skin Shield

The Skin Nerd's broad-spectrum SPF and primer has a mineral formulation which can be more easily tolerated by oily or spot-prone skin. Featuring niacinamide (vitamin B3) and vitamin E for antioxidant

## CROWLEY'S 7 DAY PHARMACY

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## REVIVE ACTIVE

A super supplement with a unique formulation of vitamins and minerals combined with other nutrients such as CoQ10 and L-Arginine, Revive Active was created to help you get the most from your busy, active lifestyle.

Recommended for:

- ✓ Busy Lifestyles
- ✓ Athletes
- ✓ The Active Ageing

RECEIVE A 10% DISCOUNT off the entire Revive range with this advert. T&Cs apply

protection, it's oil-free and non-comedogenic, meaning it won't sit in your pores and block them. With a lovely peachy universal tint, to even out your skin tone, it dries to leave a dewy finish and doesn't leave your skin feeling greasy. It also protects against HEV/blue light, €42, available in selected pharmacies nationwide and online from theskinnerd.com.

### Bioderma Photoderm Akn Mat Fluide SPF30

With its broad-spectrum protection and anti-blemish action, this mattifying lotion for combination, oily and acne prone skin has an ingredient called Fluidactiv that prevents the clogging of your pores and development of blemishes (which is often made worse after periods of sun exposure). As well as being hypo-allergenic and non-pore clogging, it also contains anti-ageing ingredients to keep the lines and wrinkles at bay. The fluid is colourless, spreading easily onto the skin leaving no oily film or white markings, €17, available in selected pharmacies nationwide.

### NeoStrata Sheer Physical Protection SPF50

A lightweight translucent fluid offering physical (mineral)

broad-spectrum UVA/UVB protection along with anti-ageing benefits. A PHA/Bionic complex preserves collagen and protects and strengthens skin while antioxidants by way of vitamin E and green tea extract combat the effects of free radical. Sheer and mattifying, this has a universal tint to even out discolouration and redness while providing a smooth base for make-up. Ideal for everyone, but especially those prone to redness, congestion, and sensitivity, €37 available online from neostrata.ie and in selected pharmacies nationwide.

### REN Clean Screen Mineral SPF30 Mattifying Broad Spectrum Face Sunscreen 50

REN's mattifying facial sunscreen is a non-comedogenic silicone-free formula composed

of naturally derived ingredients, that offers broad-spectrum UVA/UVB and blue light defence. Enriched with yellow passionfruit seed extract and soothing rice extract to alleviate reddened skin, it combats shine and excess oil, leaving you with a matte and fresh complexion that acts as a perfect base for makeup, €34, available from cloud10beauty.com and selected pharmacies nationwide.

### Murad Blemish Control Oil and Pore Control Mattifier Broad Spectrum SPF 45

An oil-free, non-comedogenic lightweight broad-spectrum SPF that instantly minimises the appearance of pores by 54 per cent and delivers 10 hours of oil, shine and pore control. Oil-trapping microspheres mattify, smooth and blur imperfections, while avocado and African yellow wood bark extracts visibly reduce pore size and excess oil over time as hydrators prevent dryness, €38 available from cloud10beauty.com

All details of my facial treatments, skincare consultations and classes are on shernamalone.ie. You can also follow me on Instagram and Facebook @shernamalone.ie.



## people Health & Lifestyle



### MENTAL HEALTH & MINDFULNESS

Susan O'Regan

Susan O'Regan teaches mindfulness and self-compassion courses and workshops throughout West Cork. For more information contact: [susanoreganmindfulness@gmail.com](mailto:susanoreganmindfulness@gmail.com) Mob: 087 2700572.

Are things feeling a little steadier this month or am I just picking up on a sense of things being so? The lifting of many lockdown measures has certainly created a lift in our collective spirits,

## Weaving a mindful life

even if it is presenting a new set of challenges for us to navigate moving forward. Things might even be moving a little too fast for some of us, and I include myself in this. One-step-at-a-time is the approach that I usually favour, even if that means sometimes taking longer to process new events. My whole sense since the onset of the pandemic has been to pause, wait, move slowly and steadily.

Mindfulness as a skill, has taught me to step back and hold steady, instead of rushing right in, trying to force some preferred outcome I would like to see or to 'fix' things for others. Prior to discovering mindfulness a decade ago, this pattern of trying to 'fix' would have been a lifelong pattern of mine. Nowadays I usually tend towards an attitude of allowing, letting things unfold in their own space and time. This attitude seems to have infiltrated my work ethic as a mindfulness teacher.

I have been a community worker and worked in adult ed-

ucation most of my life, before making the move to teaching mindfulness as a fulltime career in 2017. Mindfulness really 'fits' with community work and I continue to teach mindfulness in many community-based and adult education settings as well as the private sector. I am so grateful that I love what I do for a living and see no great difference between how I behave in my work or home life. They seem to weave together more and more as I make intentional lifestyle choices.

Lockdown for me presented an opportunity to deepen my own practice by participating in online trainings with many world leaders in the mindfulness arena. I have a keen interest in mindful leadership and recently participated in an online conference, the mindfulness and compassion summit. This summit gathered together many guest speakers presenting on various topics related to compassion-based mindfulness, including the topic of mindful leadership. My

community work background has sometimes created a tension within me between business and community, and, at times I have struggled with merging the two effectively yet equitably. Listening to Tami Simon of Sounds True at the summit helped me resolve this. Tami spoke of living by "the promptings of your own heart" and suggested taking a "deathbed perspective", which means reflecting on your life as if it's the end of your life. She invited us to reflect on how we would like to look back on our lives.

Mindfulness can really help us to align with all aspects of ourselves so that there is a sense of flow in our lives, between personal and professional, between mindfulness meditation and mindfulness in daily life. Perhaps beginning as a skill, mindfulness has the potential to grow into a trait or a quality in us and in our organisations and work practices. The good news is that we all have an innate capacity to be mindful. Mindfulness is an attentional

skill that can be cultivated, even if it has waned in us. We learn to pay attention to how we are living and working. So, instead of there being a constant tension between profit vs non-profit, we can make intentional choices about how we conduct our business and lead with compassion and vulnerability within our chosen fields, no matter the sector.

I recently named my 'business' Mindhaven and did this for several reasons; haven literally means "a place of safety or refuge" or "an inlet providing shelter for ships or boats; a harbour or small port". As well as giving a nod to two local areas that I really love, Castlehaven where I grew up, and Baltimore where I now live, I am also aware that mindfulness can help make our minds safe havens of health, strength and resilience.

My service continues to grow and evolve in an organic and natural way, I tend not to force things or use a 'hard sell' approach, however, this year my work has, like so many

others, adapted to change and taken a giant technological leap forward. As well as developing a social media presence earlier in Spring, with a new facebook page, I am so delighted to be launching my new website this Summer, Mindhaven.ie where you can find out a little more about the benefits of mindfulness and the type of supports and training on offer.

Plans for July, August and September will include online mindfulness, as well as outdoor workshops and nature-based wellbeing practices. Online mindfulness sessions continue to run on Monday, Wednesday and Friday evenings at 8pm. These 45-minute drop-in sessions have been running since late March with extremely positive feedback. Keep an eye on my facebook page or visit my upcoming website for more information.

Email: [susanoreganmindfulness@gmail.com](mailto:susanoreganmindfulness@gmail.com) or Tel: 087 2700572 Facebook: [susanoreganmindfulness](https://www.facebook.com/susanoreganmindfulness)

## Specsavers Bandon – open with you in mind

Specsavers has reopened after operating an emergency service to the people of Bandon and West Cork throughout the COVID-19 restrictions.

The store has introduced a series of hygiene and personal protection measures to create a safe and comfortable experience in store for customer and staff. These include restrictions on the number of customers allowed in store at any one-time, strict social distancing rules and bank card instead of cash payments, where possible. Keeping in line with HSE recommendations, Specsavers staff will use personal protective equipment (PPE) and all testing equipment and frames will be thoroughly sanitised before and after each use.

Speaking about the store reopening, store director Marie Burke says: 'We are delighted that our store has reopened and we want to assure everyone that our number one priority is the safety and wellbeing of our customers and colleagues, both in the test rooms and in the rest of the store.'

"It was tough to have to suspend routine tests and consultations, however, it was the right decision for us to take in order to protect our communities during the outbreak. We have

missed our loyal customers and we have enjoyed welcoming them back to store over the past few weeks. Throughout the pandemic, we continued to offer an emergency service to the community and were proud to support those in the Bandon and West Cork communities who needed us during such a difficult time. We now look forward to continuing the same level of support and expertise to all of our customers," Marie adds.

The reopening means that the store can now offer a full breadth of optical and audiology services, including eye and hearing tests, contact lens consultations, frame repairs and the sale of glasses, contact lenses, hearing aids, and other products.

Customers are being asked to request an appointment in advance by phone or online through the Specsavers website to help manage social distancing.

Customers who are unable to attend a store can still access care and support through Specsavers new RemoteCare, a free video and telephone consultation service. Delivered through a secure platform, RemoteCare is open to everyone, whether or not they are currently a Specsavers customer,



and can be accessed from any digital device. If a customer is unable to use video, they will be able to get expert advice over the phone. Specsavers has introduced the RemoteCare service to ensure that everyone can be catered to as the needs of customers evolve. "We plan to continue for the long-term to ensure that everyone – especially those who are particularly vulnerable – can access the care and support that they need," says Marie.

Specsavers also continues to offer an extensive range of optical and audiology products online at [Specsavers.ie](https://www.specsavers.ie), which are available for purchase and delivery to your home. In addition, a wealth of information for customers regarding the newly adjusted customer journey as well as detailed information on eye and audiology care can be found online.

To make an appointment or speak to your local Specsavers expert team call Specsavers Bandon on 023 882 0382 or visit [Specsavers.ie/stores/bandon](https://www.specsavers.ie/stores/bandon).

## Clonakilty pupil and school claim overall prizes in the Stories of the Revolution Schools' Folklore project



Mayor of Cork, Ian Doyle, presenting the overall student's winning prize (in a socially distanced way) of this year's Stories of the Revolution Schools' project to Lily O'Donnell Bradley. Also in the photo are Lily's mother, Éadaín O'Donnell, her sister, Rossi, and her grandmother Mary Jordan.

Clonakilty school and pupil were this year's overall winners in the Stories of the Revolution Schools' Folklore project, which records stories from the 1916-1923 revolutionary period.

A story about her great-great grandmother, Áine Heron, a Cuman na mBan member who ended up as a judge, garnered Lily O'Donnell Bradley the overall winning pupil prize, while her school, Gaelscoil Mhíchíl Uí Choileáin, picked up the school prize. Both prizes were kindly sponsored by Cork

County Council.

The Stories of the Revolution is a project run by Skibbereen Heritage Centre, with the support of the Cork County Council Centenary Fund, which started in 2016. Since then, over 800 local children have participated, many recording multiple stories about this turbulent time in world history.

This valuable archive of material will be shared online on Skibbereen Heritage Centre's website on completion of the project, and the physical essays will be kept for posterity at City and County Archives.

Presenting the prizes to the winners, Mayor of Cork county, Ian Doyle, said he was "delighted to see such a worthwhile project preserving and recording our heritage for future generations".

Project leader, Terri Kearney of Skibbereen Heritage Centre said that "collecting these local accounts is hugely important as, in another generation, this information may well be lost."

The project will be collecting stories from schools in the greater Bantry area over the coming year.

## people Arts &amp; Entertainment

## West Cork Campus holds digital exhibitions through social media

For West Cork Campus' Art students the main event in their academic calendar is the Annual Exhibition. During the college year, each student is given the opportunity to develop new skills and a confidence in their artistic talent, so that they can progress to Higher Education in the field of art or choose to work as a professional artist. The show provides students with an opportunity to select their best work to proudly show the public what they have achieved.

Unfortunately, this year it was not possible to hold this event that is so fondly and religiously supported by local artists, past students and avid art followers. Instead the works are on show through the Campus's social media channels.

The students had to work from home from mid-March to complete their coursework remotely, with online supervision and support from their teachers. The students did a superb job, continuing to engage with teachers and developing their talents under these unusual circumstances.

Gerard O'Callaghan (QQI Level 5 Professional Arts Practice 2020), encourages anybody thinking of doing this course to go for it: "Having just completed

Exceptional attention to detail in this sculpture by Dara Simpson (QQI Level 5 Art).



the Level 6 Professional Arts Practice course at the West Cork

Campus, I cannot recommend it strongly or loudly enough to

anyone interested in studying Art.

"Both level 5 and 6 Art courses will not only introduce you to a wide range of exciting and interesting disciplines, the courses will take you on an artistic and creative journey of your own making, encouraged and supported throughout by professional tutors and college staff.

"As well as studying the basic foundations of drawing and painting, the Art course introduces you to other techniques and media including printing, ceramics, weaving, sculpture and design. This approach not only gives the student the opportunity to try new skills and crafts but it more importantly enables the art student to develop a much more confident and diverse range of artistic knowledge and know how to move forward on their artistic journey. Very worthwhile courses delivered by professional and engaging tutors in a friendly and community minded college!"



'Remember When' by Gerard O'Callaghan (QQI Level 6 Professional Arts Practice). This reflective piece draws on the collective universal response to the images of empty or worn shoes. @gerardocallaghanart




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# KEEPING IRELAND CONNECTED

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**Let's all play our part**



**#HOLDFIRM**








## ASTROLOGY

Kate Arbon

Kate Arbon is an astrologer, writer and spiritual teacher. Living in West Cork for over 20 years she gives personal consultations locally and internationally using traditional natal and Horary astrology.  
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www.katearbon.com

# July Sun Signs

The Sun in Cancer season marks the second half of the calendar year and it is no less intense and dynamic than the first half of 2020. July brings a culmination and also a beginning to some of this year's themes. Saturn, currently in retrograde slips backwards into Capricorn from July 2 and will remain there until it turns forward again in late September. This is like a return to face some of the issues of the last two to three years and a final reminder of what we need to address when it comes to building a foundation from which we can not only survive but also thrive and excel. We can expect existing government and established patterns of order and control to attempt to assert themselves again even though the time for systemic change is just around the corner.

With Mars now in its own sign of Aries and close to the

earth, this planet is paying a leading role in everything that happens for the next six months. Mars provides energy for action. It represents our desire and will to exist and survive as an individual. Mars will use force to attack or defend if access to having what's needed is obstructed. This dynamic is also a strong feature beginning now and continuing for the remainder of the year.

Through July, Mars is in a challenging position to Mercury, the planet of communication and connections. So be aware that anything said or done can easily be misunderstood and taken personally or perceived as an attack. You may see this happening around you in the world or you may become caught up in angry retorts and arguments in your personal or work life. This Mars energy can be used positively though. Asserting ones position

in the world without resorting to aggression is possible. The 'force' of Mars can be utilised to create a strong presence and determination that cannot be undermined by attempts to attack individual identity or persona. But this takes maturity and focus and a conscious choice. Mars is also the strength behind martial arts and disciplined meditative practices and self mastery can be achieved where the personal will is fully engaged.

The Full Moon and Lunar eclipse on July 5 is not as powerful as the recent Solar eclipse on June 20 but will still be an important event. It's one of six eclipses happening this year and also marks the culmination of the last two years since the July eclipse of 2018. With the themes of Cancer and Capricorn being so strong in recent times this is something we have become accustomed to working with.

This is a 'letting go' phase that will enable the 'moving on' to take place. The questions worth asking yourself are about your routines and habits in life and how they are limiting or enabling you. Cancer is all about care and nurture and getting the social and emotional needs met. Capricorn is about the basic material foundations for physical growth, the systems or organisations that support our lives. So this is a time to look at how well your routine or everyday life-style is providing you with what you need to thrive, emotionally, physically and spiritually.

July 27 also brings us the second of three Jupiter to Neptune events of this year. The first was on February 20 and the last is on October 12. This combination has a more pleasant and gentle feel to it than many of our other transits this year. Jupiter is the bringer of oppor-

tunity, expansion and goodwill but at worst it brings too much or an excess of something as it exaggerates whatever it connects with. Neptune is about the dissolving of what we can define or the merging of one thing into another. So Neptune can be elusive and illusory. It's a perfect energy for dreams, creativity and imagination. At worst it can bring confusion, deception and mirages. So dream big and reach into your most mystical recesses to conjure up a vision for your future but be wary of anything that seems too good to be true or looks like an attempt to convince you of something with promises and falsehoods.

**The July Full Moon and eclipse is at 14 degrees Cancer on July 5 at 5.44am and the New Moon is at 29 degrees Cancer on July 20 at 6.32pm**



**Aries:** Your inward focus and quiet time since the Solar eclipse is paying off now. A new energy directs you towards achieving something of value and puts you back in the full flow of life events. The Full Moon eclipse marks the end of an anxious time. Now you can

see what was holding you back. You're able to secure your position, know what the limits are, and move forward. You've created a firm foundation to build on so now decide how you can make it work to your benefit. Injured pride and misunderstandings are a result of people taking themselves too seriously, so try not to be one of them.



**Taurus:** This month's Full Moon eclipse is the culmination of energies from the past two weeks, so now you can push on toward whatever goals you have in mind. Whilst you have this current mood compelling you, it's a good time to reach for something different and exciting. You want to improve your position and are willing to take advice or seek extra knowledge. There maybe additional details, communications or travelling to attend to but keep your focus on the bigger picture. Backed up by so much strong energy you are likely to feel an incredible drive to accomplish and achieve in life.



**Gemini:** During this month you'll have the impulse to do something quite liberating. Having considered what is worth keeping and what's just a drain on your resources you'll want to make some space in your life. This Full Moon eclipse gets you thinking about your own needs in all your relationships. New thoughts inspire you and send you off in a different direction. Consider how much your physical needs and personal assets are tied up with others. Ensure there is a balance so no one feels overly indebted. This burst of freedom will do you good and make it easier to keep things in perspective.



**Cancer:** With the Full Moon eclipse focus on your house of relationships and the Sun in your sign, it's no surprise that you want to take a close look at your personal associations. You're tempted to let go of anything you believe to be holding you back or simply uninspiring. You may also be torn between your individual or personal concerns in favour of a more active social life. Doubts fade into the background as a new sense of self, a more assertive personal style and a more dynamic approach to life emerges now. Your relationships need to reflect this energy and those that don't may suffer.



**Leo:** The July Full Moon eclipse will prompt you to focus your attention on the everyday demands of life. Dealing with the mundane aspects of your daily routine will be fully rewarded later. You'll have an increased ability to make your dreams a reality if you put the work in over the next few weeks. Any effort on your part to improve your health, diet, and physical condition will pay off. Your practical sense is enhanced and you can now make difficult decisions affecting your material welfare. Being of service to others or taking on extra responsibilities will prove to have been an investment in your own future in the long run.



**Virgo:** You want to fully realise your dreams and this Full Moon eclipse starts you on a new journey. Any attempt to put into practice your hopes and ambitions will pay dividends. Your tendency to compromise and settle for less than you are capable of can be a problem.

Tension results when you ignore your own desires for achievement or acknowledgement. This is a very creative phase so allow yourself time to be playful with any new ideas and inspiration you experience. You'll find that despite everything you are actually on course, and making the right moves for getting to where you want to be.



**Libra:** The Full Moon shines on your home and private life, which can be very satisfying right now. Your feelings and need for security may find you seeking seclusion for a while or losing yourself in past memories. Events make it difficult to reach clear decisions concerning career and life direction. With this eclipse you'll begin to gather your resources around you so you can reach new levels. Circumstances may urge you on to make a greater effort. But don't overdo things or try to go too far too fast. Despite appearances things are working with, rather than against, you so don't get overwhelmed. Let things take their natural course.



**Scorpio:** This Full Moon is the perfect time to act on any impulse to improve your self and status. The eclipse may find you making plans to take up some study or make a journey. Even just mixing with people who are culturally different to you or exploring new ideas will prove worthwhile. A career opportunity or the chance to impress someone of importance is likely during this phase. Giving extra attention to details and keeping up with everyday business could be time consuming but you can make the small things add up to contribute to the larger plan. Feeling good about yourself and what you are doing with your time enhances your sense of wellbeing.



**Sagittarius:** The July Full Moon eclipse is a time for getting on with important business. It's a good time to put the past behind you, as you're likely to be less sentimental during the next weeks. Keep moving onwards, concentrating on the things that matter. Strip away and discard non-essential items, memories and old habits. The drive to improve your finances and material security is strong. The desire for autonomy makes you reconsider areas where dependence on others may no longer serve the original purpose. You could find some welcome inspiration for a new direction or opportunity you hadn't previously considered.



**Capricorn:** A strong desire to express your unique personality becomes a priority. Relationships are meant to be a two-way flow but this Full Moon eclipse will find you wanting the ball firmly back in your court.

Your basic energy and drive are strong so if you can avoid being directly confrontational you will soon manage to charm even the most obstinate. How you respond now could largely shape the direction of an important relationship. If you achieve a new

intimacy or understanding, enjoy it. It's hard to keep that level of focus going but the message underneath is sincere and needs to be taken seriously.



**Aquarius:** You're sifting through the experiences of the last several months, in preparation for making a new start in some area of your life as you move forwards after this Full Moon eclipse. Discrimination and self-examination show you that living the ordinary life is not the whole story for you now. You want to contribute something worthwhile and you're happy to take on extra responsibilities. Additional support will be offered by friends or your community if they see your true intention is sincere. Taking care of your needs both spiritually and physically is a balancing act that you strive to achieve now.



**Pisces:** You can always bring an unexpected twist or insight to anything you set your mind to. This Full Moon eclipse brings the opportunity to improve or make the best out of a current situation. Your recent creativity and increased sense of enjoyment is enhanced by a sincere appreciation coming from others. You can reap the rewards from past efforts whilst there's strong support for your ambitions and goals. Remember though that not everyone is ready to make those moves at exactly the same time as you. Your vision is probably far reaching and others may not see the bigger picture exactly as you do.

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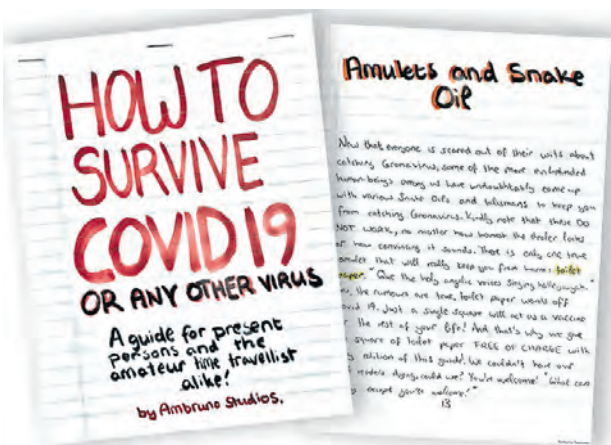
www.katearbon.com astro@katearbon.com

## Model student presents 'How to survive COVID-19'

Dunmanway Model School student, Amber Bryan, was set the task of writing a COVID-19 survival guide. But what sixth class teacher, Mr. Quin received was far more than a simple piece of homework. The 15-page guide arrived by post as the 'first instalment' of a weekly subscription, filled with strategies and resources needed to survive lockdown.

Amber's witty words keep the reader entertained and wanting more. Under the title 'acquiring that which is of short supply', Amber mentions that "you could, as I suggested earlier, borrow it (toilet roll) from your neighbour. Just wait for a hot summer's day when they leave a window open and nip in to get some much-needed supplies. Or you could pitch a tent next to Aldi and wait for new stocks to come rolling in".

Amber continues with home-made solutions and substitutes for many of the shortages faced during the pandemic, including soap and yeast. She states "it is



indeed possible to make your own yeast and it is relatively easy to make DIY soap and hand sanitiser". She includes recipes for these in her article.

In 'How to cut your own hair' Amber writes; "Coronavirus may have descended upon humanity like a dark cloud, but that doesn't mean we aren't allowed to keep our dignity, right? Raise your hand if you want to be the best groomed member of your group when you emerge from lockdown! Nobody wants to look like Rapunzel when COVID-19 ends!"

Additionally, Amber advises

'How to pick locks' in circumstances, such as "borrowing" toilet paper from your neighbour when you've none left and you can't wait for your next shop. (Mr. Quin's weekly subscription should have included a complimentary square of toilet roll but the postman apparently kept it for himself. This is one of many inspiring pieces of work by an aspiring writer-illustrator – one to watch for on Ireland's future bestseller lists!

## Network Ireland West Cork launches Book Club with local writer

The West Cork branch of Network Ireland has introduced a novel way of staying connected with it's members. The inaugural virtual 'Network Book Club' was launched on June 18 by West Cork author Caragh Bell. The Network are passionate about supporting local women and it was out of a suggestion to support a local writer from Skibbereen that the book club idea was born. Caragh, who also teaches English and French at Sacred Heart Secondary School in Clonakilty, launched the 'Network Book Club' with her one of her recent books 'Gabriella'. Caragh's writing career started when she self-published the first in a trilogy featuring the love story of Lydia and Luca but was soon snapped up by Poolbeg for a six-book deal and has since become a household name.

Caragh says she enjoys writing romantic fiction, as it offers escapism in a world saturated

with bad news – her books are light, funny and addictive. When asked how she comes up with the characters, she said "Many are similar to people I know and each of the places in my books, are places I have visited myself. I'm a visual writer and can visualise each location and each character in that location." Caragh finds writing first thing in the morning is the best time for her and smiled when she said "I can hear my two-year-old singing away in the next room. I'm most productive in the morning but coffee helps a lot".

To have the author of the book join the book club is an honour, to be able to describe to the readers how the storylines comes to life is a real treat, Caroline Murphy president of Network Ireland West Cork said "Caragh was so lovely and real and engaging, it was really fun. It is so important for us as a branch to stay connected with our members to support them



socially for health and well being and the book club was a really fun way of doing this."

Network Ireland West Cork is passionate about engaging with its members and encouraging them to keep talking and sharing both for business and socially. Caroline encourages all members to join the next book club on Thursday, July 16 (registration details on Eventbrite), saying "I was delighted with the turnout for our first book club and I'm looking forward to next month's book, author and discussion."

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## people Arts &amp; Entertainment

## COMPETITION

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Reopening on July 13, the 4 star award winning Cork International Hotel is always a treat. The hotel is consistently ranked in the top two hotels on TripAdvisor in Cork. With its proximity and easy access to Cork's key tourist attractions including Fota Wildlife Park, the Titanic Experience at Cobh and more, Cork International Hotel is the perfect family getaway hotel. Summer packages are available for only €299 for three nights Bed & Breakfast for a family of four. Visit [www.corkinternationalhotel.com](http://www.corkinternationalhotel.com) for more details.

To celebrate our freedom to explore our beautiful county once again, Cork International Hotel has given West Cork People a fabulous prize for a lucky reader: Two nights Bed & Breakfast with dinner on one evening for two adults and two children sharing.

To be in with a chance of winning email your name, address and phone number to [info@westcorkpeople.ie](mailto:info@westcorkpeople.ie) before July 14. Please put 'Cork International Hotel Competition' in the subject line.

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## Clonakilty School of Painting reopening

Clonakilty School of Painting will be welcoming students back in the first week of August, all spruced up and ready to facilitate the creation of all those prints, paintings and drawings you've been dreaming of!

In order to facilitate physical distancing the school is capping class numbers at six students. This means there will be an extra class for the Junior Program (Wed, Thurs and Fri 4-6pm). The Adult Program remains the same (Wed 11-2pm and Fri 7-9pm), with both programs providing optional modules in oil painting, print making and drawing.

As class numbers are now capped, students and parents are encouraged to book online at: [paintingschool.jameswaller.org](http://paintingschool.jameswaller.org). Class passes may be booked for specific dates and classes under the 'enrolment' tab. Please contact the school directly if you have any difficulties or if you have passes that are still current.

With programs catering for

junior and senior cycle students, homeschoolers, professional and amateur artists, hobbyists and retirees, Clonakilty School of painting has something for all levels and ages. The school is now also offering online learning options, including video tutorials and online coaching via Zoom. This is ideal for anyone cocooning or who simply can't make it to the studio. The school will work with you to formu-

late an individual learning plan that best suits your needs and objectives. So if lockdown has inspired your creative side, and you'd like to learn more, then now's the time!

The school is determined to continue to offer classes that are safe, accessible, exciting and enjoyable. CSOP is working closely with the Clonakilty Community Art Centre to ensure that the facilities maintain all of

the prescribed Covid-19 safety protocols. The school director is confident that after months of education in hygiene measures, teacher and students can successfully work together in a safe, physically distanced learning environment. Enrol today and let the creating begin!

Enrolments: visit [paintingschool.jameswaller.org](http://paintingschool.jameswaller.org), call 087 7184399 or email [admin@paintingschool.jameswaller.org](mailto:admin@paintingschool.jameswaller.org)



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Clonakilty Community Arts Centre

**CLASSES RESUME EARLY AUGUST**

Class numbers capped to observe social distancing so booking is essential.

## Crawford Gallery

Crawford Art Gallery reopened its doors to visitors June 29. The Board and staff are extremely excited to welcome visitors back to enjoy newly installed Exhibi-

tions and to enjoy international exhibitions installed in March which have yet to be seen by the public. The health and safety of visitors and staff is a top priority for the team of Crawford Art Gallery and new measures have been implemented to ensure

the public enjoy their visit in a safe, welcoming and relaxed environment.

The Gallery introduced a new visitor route and some additional safety measures to ensure that visitors continue to enjoy the peace and tranquillity of this city

centre attraction. The Crawford website has a full list of what to expect before a member of the public visits.

The Crawford Garden Café will open on July 10 to facilitate alfresco dining and The Gallery Café opens July 17.

## people Home &amp; Garden

## How to create a bedroom that will age with your child



## INTERIORS

## Maura Mackey

Maura Mackey is a Cork-based interior and retail display designer. A professional with an eye for detail and interior styling, she thrives on giving any home the 'showhouse feel' when up for sale or rental from a home staging point of view. On the other hand, if you are looking to give your home a makeover or restyling, 'Maura Mackey Design' will help you achieve the home of your dreams. P: 087-7699714. [maura@mauramackeydesign.ie](mailto:maura@mauramackeydesign.ie)

Most of us have probably done a few DIY projects while on lockdown: perhaps you repainted your hall, kitchen, bedroom or even decided to give your young kids a 'new look bedroom' but if you didn't get around to that job yet, then the following design tips may be of help. As a rule, I advise people to design a young child's bedroom so that it ages with the child – what I mean by this is that if you design it right you should get about four or five years out of it. This way your child's bedroom will age with your child.

Firstly, choose a washable matt paint (a good neutral paint is Colourtrend paint Temperance).

Stay neutral with the walls using ivory, white or grey tones or add an accent wall in a bold colour. Going with a neutral colour palette and adding in bold colours with your textiles, as in cushions, throws and rugs, will mean the bedroom will last you a few years. Use blankets with different knits in complementary colours to add extra softness to a room. Texture is a great way to add a lush feeling to a neutral room. Even in cooler colours, texture can make a room feel cosy and comfortable. The layers of blankets on the bed help add texture to a bedroom.

A few options for child's play in the room:

- Use some chalkboard paint for a wall in the bedroom, your child can then draw on this wall to their hearts content and it can be rubbed off easily (if your child is an asthmatic then leave this out).
- Put some decal stickers on the wall – lovely and big – for example the moon, stars, various Disney characters, which can all be peeled off at a later stage.
- A small table and two chairs can be placed in the corner of the room – this can be used for writing, colouring, LEGO masterpieces or any other activities.
- Put up a tepee tent and then your child can play 'house' with his furry friends and siblings – All these playful toys and fun in the bedroom can be used to stimulate a child's imagination.
- Bunting can be put up across the room in neutral colours – this gives a great impact.
- Also add a little area for books – reading is a great way to entertain kids in their bedrooms.

**Floor options:** You could put a lovely soft carpet in the room – this will make the room really cosy but avoid once again if the



child has any asthma or allergies. A laminate floor is a great choice for a child's bedroom – this is easily cleaned and, if anything is spilt, it can be easily mopped up. Laminate floors could last for years in regards to durability. **Blinds or curtains?** I'd recommend a Roman blind or curtains, making sure that whatever option you go for has black-out lining to ensure your child gets the best sleep possible.

**Lighting:** Put a good pendant light in the centre of the ceiling – you can pick up some very reasonable pendant lights for kid's bedrooms in your local lighting store. You can also put a lamp on the desk – this will illuminate the desk completely. If you want to add another light option in the room, go with fairy lights or LED lights. Oftentimes

a comfort light is plugged in.

**Beds:** If your child wants a 'fairy princess' or other themed headboard, then buy a normal divan bed and add the princess headboard to the bed, as this can be taken off at a later date and a more suitable one added as the child grows. If your child is a toddler there are 'toddler bed options', which can be extended out to a certain length. Psychologists say to always encourage your child to get in or out of bed.

When your child is older, you can buy a 4ft or 4-6ft double bed. Normally a nine, ten or 11-year-old child would love a double bed at this stage. There are also raised bed options – these beds are great for underneath storage – we all need that extra bit of storage when it comes to kids. Another big thing

to consider is a waterproof mattress – or a mattress cover – this will protect the mattress and you will get longer out of it. If you have two kids sharing, then have the two beds facing the door (Feng Shui).

**Storage options:** Shelves are a must in any kids bedroom. Another method of storage is your wardrobe – try and get a wardrobe with shelves if possible.

Bedside lockers are another useful form of storage – most bedside lockers would have pull out drawers. If you have old furniture then just give it a prime and paint it then.

If your style is a mix and

match of furniture then paint the furniture you have in a mixture of colours.

A chest of drawers is another storage option – this can be used for a child's underwear or PJs.

I hope this article has helped you in some way...so key points, keep the colour palette neutral and add in pops of colour, this means you can change the colour scheme as often as you like when kids get too big for princes and princesses and dinosaurs and dragons without breaking the bank!

*Maura Mackey Design on Instagram / Facebook.*



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## Taking responsibility for our actions

By Mags Riordan, Bumblebee Farm

It feels good to be getting back to a normality of sorts. It still all feels very surreal, however how nature has bounced back in such a short time gives me great hope for a sustainable future...but it won't happen without our help!

Returning to instant gratification, cheap fashion and cheap food will only fuel our own demise because these are the very things that 'cost the Earth'.

We are pretty much self-sufficient here on the farm regarding our flowers and foliage so because of this we were largely unaffected from a production point of view. Our daily life continued as normal. To us,

being a sustainable business means we provide food for the wildlife that lives with us, while generating an income from these crops. Our criteria are different in so far that we only grow flowers that support biodiversity, provide nectar and pollen for our pollinators and safe habitats and shelter for all our wildlife. Our business model is circular with every action thought through to cause as little disturbance as possible, working in harmony with nature.

I'm an eternal optimist and hope we will all take responsibility for our actions and be more mindful of our surroundings and changing perspective.

I love seeing 'weeds' flourish because these are the best food

sources for our pollinators and birdlife, from the humble dandelion as a nectar source for our bumblebees, to the nutritious seeds for our Goldfinches.

Willow herb is another favourite of mine, especially the greater willow herb, which is beautifully architectural in its own right, but for me it's the preferred food of the Elephant Hawk moth caterpillar, one of our favourite residents.

Ragwort is another crop we wouldn't be without, as the Cinabar Moth feeds almost exclusively on this and its eradication is driving its extinction. I realise that if it makes its way into cattle's winter food, it is poisonous, therefore care needs to be taken in its planting. It's all about

finding solutions that benefit all life, protecting the biodiversity needed to sustain all of us.

We are working on the educational, supportive side of our business, with online and limited on farm programmes. We have



Cinabar moth caterpillars



Common carder bumblebee



Elephant hawk moth

a series of open day workshops scheduled for August 15 and 16, catering for smaller groups to ensure the safety of our patrons.

Pre-booking through our website [www.bumblebeeflowerfarm.ie](http://www.bumblebeeflowerfarm.ie) will be essential.

We look forward to welcoming you to the farm again and sharing with you the knowledge we have amassed over the years on sustainable, organic wildlife gardening and flower farming.

Stay safe and bee kind

## people Home &amp; Garden



## A COTTAGE GARDEN PROJECT

Jean Perry

Over the coming months Jean Perry of Glebe Gardens will share the ongoing successes and failures of growing a small cottage garden using no-dig and organic principles to see just how much food she can get out of such a plot. Join her on this journey...

In the last couple of days we have seen a considerable amount of rainfall. It was quite a relief. Watering is very time-consuming and, although we have our own well, it is

## Timing is everything

something we try to avoid once small plants have settled in. Our sandy soil drains very quickly, but in a dry spring it is harder to get plants to establish a good root system, so recently we've spent a lot of time watering by hand is that you have time to notice problems or jobs that need doing before it is too late. Timing is everything when you are trying to squeeze lots of produce from a small area. Our main task over the next week or so will be mulching between plants before the soil dries out again. We use lawn mowings in small layers. This has the added benefit of keeping the weeds down and eventually the mulch breaks down in the soil which in turn improves the humus content.

Despite the dry weather most things are thriving, and some crops have come and gone already. We are interplanting so that the beds are rarely empty, with trays of seedlings and young plants waiting to take their turn. We are trying

to be more efficient with space but again, that comes down to keeping the soil as healthy as possible. Meanwhile, the compost making goes on. Our aim is to put a good thick layer of compost over the garden in the autumn, which will make our work so much easier next year.

The edible lupins are just coming into flower. I haven't got enough plants to really try them out in the kitchen, so I think we will concentrate on saving the seed and building a bigger stock of plants for next year. We'll definitely have one

meal though, to try them out. There is no point in growing things you don't want to eat. The flowers are beautiful and really add to the beauty of the garden. The green lentils are also very interesting. So far they are a low growing, sprawling sort of plant, and I think you would need to grow quite a big patch to get much sustenance through the winter months.

One experiment I am very pleased with is the companion planting of kale and white cosmos. The idea is that the white flowers will fool the

cabbage white butterflies into thinking the patch is already occupied, so they bypass it. It has no scientific reasoning whatsoever, but it does make the kale bed really pretty and so far the plants are clean. This is more likely to be due to the fact that the first hatching of cabbage white butterflies happened earlier in the spring and there hasn't been many about recently. But time will tell and kale plants are very resilient and will recover, as long as they don't get too much damage. All our other brassicas are safely

covered over with insect netting, which is working really well. It is relatively expensive but with care the nets can last for many years. Not only does the netting keep the butterflies and cabbage root fly out but also gives some weather protection. The broccoli we have covered looks amazing, and we will be harvesting it in the next couple of weeks with the happy knowledge that we won't be eating caterpillars with our greens.



## Gardening in July

It's high summer and hopefully your garden is thriving and blossoming. Many of you will have taken up gardening and indeed growing your own vegetables and fruit during the recent lockdown. Now that lockdown is over and people are returning to work, it would be a shame to see all that hard work in the garden wasted so please do keep the following in mind.

## Top Jobs for the Month

Keep hanging baskets, window boxes and containers well watered. Feed at weekly intervals with a liquid, seaweed-based fertiliser. Ensure chains are in good condition and remove faded blooms and dead leaves as they appear.

If you are going on holidays make provision to get your plants watered well before you leave. Long, sunny days and plants in full growth will require a thorough watering at least on a daily basis. Watch out too for days with very drying winds, which can be even more drying than long hours of bright, intense sunshine. Water thoroughly all recently planted trees, shrubs, roses and fruit trees, keeping water off the foliage and directly onto the roots. After watering, mulch heavily to conserve the moisture. Mulches include well-rotten farmyard or stable manure, Gee-up or bark mulch. Put on a generous layer for best effect in both conserving moisture and suppressing

weeds. If using manure make sure it doesn't contain roots of troublesome perennial weeds such as nettles, docks, bindweed, scutch grass or nettles.

## Flower Garden

Autumn flowering bulbs such as Autumn Crocus, Sternbergia, Amaryllis, Cyclamen and Nerine can be planted now. These are all a terrific addition to your autumn borders and rock garden/alpine areas.

Cut back Delphiniums and hardy Geraniums after flowering. This will encourage a second flush of flowering. Feed after cutting them back.

Deadhead flower borders regularly. Deadhead Roses but leave roses that produce attractive hips. Keep an eye out for blackspot, mildew and rust on roses. Rust often manifests itself on the undersides of the rose leaves. Remove suckers originating from the base. Trace them back to the source of origin and make a clean cut. Divide clumps of bearded Iris.

Plants with a carpet-like growth habit, for example some alpines can become patchy with central areas dying off. These patches can be in-filled with gritty compost to encourage re-growth.

Re-pot snowdrops if growing in containers. Pinks and carnations that have become leggy can be trimmed to remove woody growth and restore



## GARDENING

John Hosford

The Weekend Garden Centre

vigour and a better shape to the plant.

Keep tall perennials such as lupins, delphiniums, gladioli well and securely staked. Sudden, unexpected storms or gales can wreak havoc. Use stakes appropriate to the plant.

Deal with perennial weeds during the summer where they can be detected and identified while in a full flush of growth.

Watch out for small holes and tears on new foliage of ornamental plants such as Caryopteris, Fuchsia and Dahlia-capsid bug are frequently the culprit.

## Vegetable Garden

Sow spring cabbage between July 21 to August 15. Varieties include Durham Early, Ellam's Early, Flower of Spring. Check your soil ph before sowing/

planting Cabbages/Brassicas. Take precautions against flea beetles and cabbage root fly. Sow late sowings of carrots, turnips, lettuce, chicory, fennel, radishes, runner beans and french beans. Plant out leeks and brassicas for winter maturity. Late sowings of beetroot may also be made before mid-July. Keep all newly planted vegetables well watered until established.

## Lawns

Keep mowing regularly except during drought. In hot weather, set the mower at a slightly higher level than normal for early summer. This can prevent the lawn drying in hot weather.

Apply a liquid summer lawn feed if a spring feed was not given. Don't worry about brown patches on the lawn – they will recover quickly when the autumn rain arrives.

If a completely green lawn is necessary, then use a sprinkler once a week. Place an open jam-jar on the lawn and leave the sprinkler running for 13mm. (0.5") of water to collect in the bottom of the jar. This is the optimum amount to avoid wasting water while still wetting the roots sufficiently.

New areas of grass either sown or turfed in the spring, will need extra watering to keep them going through their first summer.

Lawn growth slows down in



late summer. Raise the cutting height slightly as the month progresses, to help the grass better resist the wear it suffers in summer.

## Fruit Garden

Pick strawberries, gooseberries, currants, blueberries, blackberries, raspberries, cherries and peaches.

Complete thinning of apples, supporting heavily laden branches. Irrigate if necessary especially if you have light, very free draining soil.

Begin summer pruning of all trained forms of fruit at the end of the month.

Prop up heavily laden branches of plums and damsons.

Complete training of fan-trained plums and cherries. Complete pruning of cherry trees.

Immediately after raspberries have fruited, cut old canes and tie in new ones.

Remove unwanted suckers and control weeds.

Immediately after summer-fruited strawberries have fruited, cut off the leaves and remove surplus runners and all weeds. Dispose of the debris off site.

Control slugs on strawberries.

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## THE NATURAL GARDENER

Noah Chase

Noah studied horticulture at the Eden Project in Cornwall, England. He now co-manages a family run nursery, Deelish Garden Centre in Skibbereen, specialising in rare, unusual and edible plants. His passion is sustainable gardening, useful plants and care of the environment.

Firstly, congratulations to all the West Cork People team on going back to print. I know lots of people, myself included, missed having this great paper to read over the last few months.

Here at Deelish Garden Centre, we have had a roller-coaster of a year so far: From closing our gates to the public, preparing contactless collections to setting up an honesty stall, being flooded with online orders, reopening the gates with restrictions in place and a spring rush of customers from all over Co. Cork, which has extended into summer. Record numbers of people seem to have taken up gardening overnight! The demand for various garden centre items has never been higher and many of our suppliers are struggling to meet this huge increase in supply. Luckily we grow lots of our own plants, so this has not been such an issue for us. We have also supplied record numbers of fruit, vegetable plants and seeds to gardeners over the last few months and for this month's article, I thought it would be a good idea to look at the important issue of aftercare once these plants are in the ground and what else can be sown now that we have passed summer solstice.

Regular watering is the most important issue once you have planted out seedlings or potted plants. In dry weather, this is vital. The majority of a plant's strength comes from its water content, and water is essential for nutrient uptake, as plants drink their food through their roots. Once a plant goes short of water, it stops growing, and some vegetables will go to seed prematurely (called bolting) as a result or simply wilt and die.

# Natural plant care

For healthy, strong growth and the highest yields of the best-flavoured, quality crops, your plants will need a constant water supply. Plants growing in containers are almost totally dependent on you to supply water and you may have to water some container crops once or even twice a day in summer to prevent them from drying out.

The aim should be to keep the soil or compost evenly moist – soaking dry soil can result in some crops, such as tomatoes, splitting and becoming unusable. Try to collect as much rainwater as possible, as most plants prefer this to the mains water, which contains chlorine and other chemicals, which can have a negative effect on growth.

To get the most from your plants they will also need a constant supply of nutrients. Adding compost and even well-rotted manure to the soil adds little in the way of nutrients – they are used to improve soil structure and to hold water and nutrients in the soil.

Even if you added a feed to the soil when you sowed seeds or planted out young plants, most crops benefit from additional feeds throughout the growing season using a liquid feed. For leafy crops, this should be a balanced feed containing equal amounts of all the major nutrients. For fruiting crops, you should use one that is higher in potash to improve the quantity, quality and flavour of the fruit. We find 'Top mix' an excellent organic pellet fertiliser with just the right balance of potash.

Plants growing in containers will be totally dependent on you to supply nutrients and you should feed weekly to fortnightly with a liquid feed. Never apply feeds to dry soil, as this can burn the plants' roots. Make the soil moist by adding water before feeding.

Try to 'feed the soil, not the plants' a great saying and practice to follow. Plants are not independent organisms. They are highly dependent on many other living organisms in the soil: fungi, bacteria, nematodes, micro arthropods, protozoans, insects, worms... the list goes on. We have barely begun to understand all the relationships between plants and these other life forms. The vast majority of microscopic life that lives in a spoon of your garden soil remains unidentified. What we do know is they are vital to the overall health (including nutrient and water uptake) of the plants you are trying to grow. A healthy soil will have plenty of these naturally occurring in the

soil but if you have planted into bagged compost or soil, it will have been sterilised to prevent weeds, which also destroys the soil organisms. Try to establish these soil organisms as quickly as possible by adding fresh homemade compost, and or some of your own soil. We also stock a fantastic product called 'soil renew', which will quickly create healthy soil for your plants to thrive in.

The aim should be to keep the soil or compost evenly moist – soaking dry soil can result in some crops, such as tomatoes, splitting and becoming unusable. Try to collect as much rainwater as possible, as most plants prefer this to the mains water, which contains chlorine and other chemicals, which can have a negative effect on growth.

If plants are regularly watered and fed, pests and disease are unlikely to be an issue. However, incorrect watering can lead to disease problems. This is particularly true for powdery mildew disease, a white coating on the leaves. This is always worse when the soil is dry and the plant is under stress but is encouraged when the foliage is wet; I know it sounds a bit odd! It is most common on courgettes, marrows and other cucurbits. When watering these crops, it is important to give plenty of water regularly at the roots, but aim to keep the foliage dry.

Continue to take side shoots (which can easily be turned into new plants by potting on) off upright (cordon) Tomatoes. Once you see flowers on Tomatoes and Cucumbers, feed every 7-10 days with an organic liquid fertiliser to get a great harvest. Also try to remove any cut or damaged foliage away from

plants, as blight on Potatoes and Tomatoes can be an issue from July. I find the best preventative solution is to keep the plants healthy with regular feeding of seaweed extracts (try to source cold pressed, and Irish if possible) and silica extract in the form of Horsetail extract. As a cure to mildew and blight, a spray of one part milk to two parts water works wonders! Try to encourage natural predators such as ladybugs for aphids, birds and hedgehogs for slugs and snails. If you do decide to spray or use pellets, please use only natural or homemade remedies. When applying these remedies, be careful not to harm any natural predators, which in a healthy garden will keep a healthy balance. See my previous articles for lots more natural solutions to everyday gardening issues including pests and disease on plants.

Many people ask what crops can be sown from mid-summer, thinking they are too late to grow any more seeds. You may even find yourself with a free space in your garden after harvesting a crop grown earlier in the year. There are lots of options, just make sure you like to eat what you decide to grow and remember not to plant too many if space is limited.

With our mild winters our options are huge. Some of my favourites include winter hardy vegetables; varieties of Kale, Chard, Beets, Broccoli, Kohlrabi, Brussel sprouts, Turnips and Spinach to name a few.

Quick maturing crops such as Lettuce, Carrots, Radish, Basil, Cress, Mustard greens and many peas and beans can easily be grown before the first frost in autumn. If you are lucky enough to be able to grow under plastic or glass you will be able

to grow a huge range of edibles throughout the year. If you plant new potatoes in the autumn you could have them for your Christmas dinner!

So to all the gardeners (old and new), I wish you all the best with this season's growing

and hope to see you at Deelish Garden Centre in the near future to hear all about your growing adventures this season. Remember gardening doesn't have to cost the earth!

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## people Sport &amp; Fitness

## Shredding the Corona kilos



## DIY FITNESS

Tania Presutti

Danish freelance journalist and fitness professional Tania Presutti, who now resides in Clonakilty, delivers a series of efficient DIY fitness exercises you can do at home.

I'm so excited to be back in print. I hope this column finds you and yours well.

While we can't know what the future will bring, the new precaution measures makes it easier to get out of the house and fortunately the season is with us. It's time to get active

again, eat 'lighter' food and get a good dose of that elusive D-Vitamins.

If you did put on some weight during the lockdown, you're not alone. Not only due to confinement restrictions, but perhaps you've also experienced a higher stress level, due to all the uncertainty? It's no secret that stress, especially stress caused by the hormone cortisol can lead to rapid weight gain, and as we all know, weight gain can be difficult to shed, even after the stress has disappeared.

I put together a little guide to inspire you to shed those extra unwanted Corona kilos.

**1.** Go out every day! Being outside, getting fresh air and a glimpse of the sun is one of the best weapons against stress and stress eating, and while it does sound like a contradiction, getting active and go for a run or jog, doesn't add to the cortisol stress. On the contrary, it will lower your stress levels and you will be more energised and in a much better mood afterwards.

**2.** If you took up running during the lockdown or are thinking of taking it up now there are a few things that can help you stay injury free and become a better runner:

**3. A)** Start slow, with two to three short runs per week. Let your legs get used to the work, before you start running longer and more frequently.

**B)** Get good shoes. Preferably visit a sports shop, where you can get professional guidance. Proper running shoes can help over or under-pronators. Be sure you're not running in a pair of 'cardboards', as the repeated shock through your limbs (ankles, knees and hips) of hitting the ground, can lead to injuries. A good pair of shoes will remedy the shock.

**C)** Running is not only about running. A good runner also does a couple of strength sessions a week. The best thing is, we're only talking about five minutes of your time. To run injury-free and with good form, you need core and leg strength. At the end of this column, I will give an example of a five-minute 'Core for runners' guide.

**4.** Eat sensibly. Make sure your diet is varied: Add plenty of vegetables to your proteins and fats. Weight loss isn't just about cutting down on sweets, fats and sugars. Healthy weight loss comes from healthy eating habits, which entails getting your vitamins, minerals, pro-

teins, carbs and fat from your food.

**5.** Best weight loss advices that are not diets:

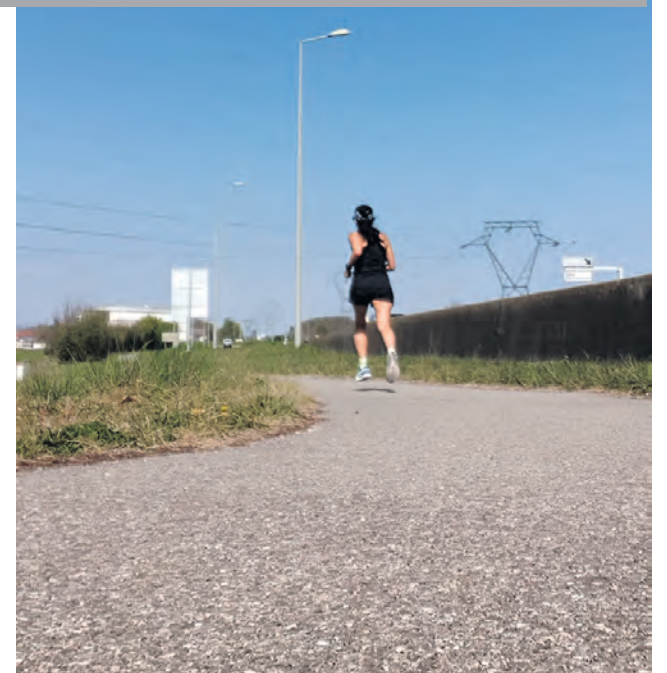
**A)** Eat slowly and either only have one serving, or two small ones at your meals.

**B)** If you're having difficulty with getting full from one serving, try and drink a glass of water before your meal. It will help fill up your stomach and make you feel full. After some days, your stomach will be used to eating smaller portions and you will naturally feel full.

**C)** Replace juice, cordials, sodas and alcohol with water. Save the caloric drinks for special occasions. It will be a larger calorie cut than you expect. Finally water is good for you and will help make your skin look better.

**6.** Get active. If you don't like running, biking, swimming or any other outdoor activity, find something that you do like. A friend of mine was in almost four months strict lockdown in Italy, even barred from going outside for one hour/1 km radius a day. She kept her spirit up and weight down by dancing every day for 30 minutes – and she got really good at it too.

While your activity doesn't



have to be something that takes place every day, finding something that makes your body move, your heart beat faster and gets the endorphins flowing, will help you shed unwanted weight and lift your spirit.

## Home-training session:

Core for runners  
30 seconds front plank  
30 seconds backwards lunges  
30 seconds side plank  
30 seconds other side plank  
30 seconds hip thrusts/ bridge

30 seconds back plank

Perform two sets: Going from exercise to exercise without breaks in between. That's six minutes to a strong core.

Comments, questions and so on are always appreciated and welcome. Please send to: [taniaskitchenfitness@gmail.com](mailto:taniaskitchenfitness@gmail.com)

You are also welcome to follow me on instagram: [@trainwithadane](http://www.instagram.com/trainwithadane) where I share home training programs, exercise tips and breakdowns.

## Talented Kinsale golfer wins coveted Byron Nelson Award for 2020

Cork golfer **John Murphy** talks to John Bohane about his recent win, the prestigious Byron Nelson Award for 2020, following a very successful season operating in the US College circuit.

As a result of capturing the Byron Nelson Award, John will gain a PGA Tour start in the AT&T Bryon Nelson Classic, which will be held in Dallas next May. This will represent a huge moment in his golf career and reinforces his status as one of the most promising young talents currently playing his trade in the US at present. The talented golfer, currently back in Kinsale for the summer, also plans to return to Louisville for another year of college golf when the US colleges re-open this autumn. The Byron Nelson Award is based on the candidate's academic and sporting stats over the college year. It also places huge significant on the integrity and character of the nominee. John excelled in all categories and deservedly

captured the award.

John has easily established himself as one of the most promising players in the US College circuit following a series of outstanding displays over recent months. The Kinsale man chose to study Marketing in the University of Louisville on a full sports scholarship. John quickly settled after moving over to the States. He relished his time in Kentucky. "It was undoubtedly the best decision I ever made. The numerous student-athletes all working collectively towards a common goal makes for an incredible atmosphere," revealed the golf star.

John quickly learned to balance most effectively his academic and sports requirements. Participating in golf tournaments throughout the States requires a lot of travelling. John managed to excel at both thankfully, as he revealed. "It was quite challenging trying to balance studies with time spent in the gym, travelling and going to the golf course. We are very lucky with the help we get and the resources that we have to make it all possible. The overall facilities of the university are super."

The Cork golf ace who enjoyed a brilliant underage career on the Irish golf circuit had an array of US Universities lining up in a quest to secure his much coveted signature. John is thrilled he chose to link up with the Louisville Cardinals. "I was talking to a few other universities, but the assistant coach at the time, Aaron O'Callaghan of Douglas, was exceptional with the recruiting process. He gave me the opportunity to compete here and worked extremely hard to make sure I was eligible to play in time. I have really enjoyed living here. The culture is quite different. I live with two Irish friends, which helps. There's also Mairead Martin from Kanturk on the women's team who just finished her second year here. The city of Louisville doesn't really have any sports teams, so the fan base of Louisville is essentially based around university athletics which is pretty cool."

Since making the move to Kentucky on a full-time basis three years ago, John is very positive that his golf game has improved substantially since he made the brave move. "The facilities are second to none and they have certainly led to the



improvement of my game. I've felt great about my game the last couple of years. I was disappointed with how I had been playing last summer, but I managed to put that behind me. Since I returned to Louisville, I have enjoyed a season that I was very happy with. I have been putting in a lot of work with my coach, Ian Stafford who I have been with since I started playing golf. Getting advice from Ian and other coaches Paul Kiely and Neil Manchip has really helped my golf game. It has made me realise

the importance of surrounding yourself with a good team."

The proud Cork man loves travelling home when he can at summer and Christmas time. His busy schedule ensures he doesn't suffer from too much homesickness. John is grateful to his family for their supportive role. "Even though I love Kinsale and Cork so much, everything was almost moving too quickly for me to miss it initially. Every semester flew by. There were certainly times where I would love some of my parents cooking or to meet up

with my friends, but you can't have everything. My family are incredibly supportive and would follow me everywhere if they could. I owe everything to them. My sister, Faye, has also had to sacrifice a lot for the benefit of my golf, which is something I am very grateful for. Growing up in an area like Kinsale, I didn't quite realise how lucky I was until I got the opportunity to travel more. It's an amazing place and community. I'm glad I can always call it home."

John was made an honorary member of Kinsale Golf Club in 2018, a huge honour for the proud Kinsale man. He loves representing his beloved golf club. "I owe a lot to the club and the work that they do to allow juniors to develop. The junior section in Kinsale is exceptional. Ger Cullinane was my junior officer when I first became a member there and the work he did for us was exceptional. We had so many opportunities because of him. I love coming back and getting to play in Kinsale. It also enables me to see a lot of people. Becoming a life member there was a great honour and is something I will never forget."

# Exciting times ahead in Irish football



## SPORT

John Bohane

Bandon coaching supremo Niall O'Regan, formerly Coach Education Manager of the FAI, was recently appointed as Head of Coach Education with the FAI. He talks to **John Bohane** about his appointment and hopes for the future of Irish football.

“I wish my appointment had happened in better circumstances with the current ongoing crisis but I am very proud to continue my progression within the FAI. It has been an amazing eight years since I first started in the role of the Academy Coordinator of the FAI/ETB Programme in Carrigaline,” revealed the soccer enthusiast.

During his many years spent playing before advancing to coaching, Niall received great support from his family. He pursued his coaching commitments while also studying academically. Paying tribute to his wife Stacey for her support he said, “To be appointed Head of Coach Education is a real privilege for me and those closest to me. Football has been my life. It is great to be involved in the FAI especially during such a transitional and changing period. I believe there are very exciting times ahead for Irish football. 2020 has been a strange but memorable year. My wife and I welcomed our second son Joshua James O'Regan on January 16 and both mum and baby are doing great. We have two boys now, with Joshua joining Jack who is three-and-a-half, so the house is busy. Stacey has been phenomenal with us all. I am very lucky to have such a supportive partner who supports my ambitions to work in football, which can see me working away a lot of the time.”

In February, Niall graduated

with MEd from UCC after studying part-time for four years on research titled ‘Identifying the features of a Learner-centred coach education programme for football’.

After serving as Coach Education Manager for four years, he leaves this role having fulfilled a number of key objectives during his tenure. He is looking forward to beginning in his new job. “It is great to be given additional responsibilities in terms of heading the department. My new role will see me building on the implementation of the UEFA Adult Learning Principles, specifically Reality Based Learning and, within the new governance structures, it will see me having additional responsibilities. I am very grateful for the continued support of High Performance Director Ruud Dokter. We will work closely together to implement the changes expected in the 2020 UEFA Coaching Convention. It was a very exciting time when I entered the role in 2016, as the focus was really on continuing the excellent work within the department by my predecessors. The focus for me was aligning the coach education pathway with the player development pathway and ensuring to implement all of the requirements of the UEFA Coaching Convention.”

During the recent Covid-19 pandemic, Niall was fortunate that he was able to continue working from home. “It was a scary time for everyone and it put everything into perspective. The important thing for us all now is to follow the guidelines and ensure we take the opportunity to take stock on how lucky we are to have acted the way we have.”

From home, Niall was able to engage with the coaches through Microsoft Teams, Skype and Zoom. “The one positive from the whole situation is that we have all had to engage more with the opportunities of online interaction and online resources. I have certainly gained from being forced into using the online options. It is something that will become a significant part of our work lives moving forward. In terms of coach education we are working away with our coaches who are currently on courses and working to provide feedback on theory assignments and working with new groups to get all of the theory aspects of the courses completed. When we return to active interaction, we will then focus on the practical aspects of the course. It is an extremely busy time for us



UEFA HQ lecture: Front row – Jim Magilton; Middle row – Benny McCarthy; Back row – Niall is pictured on left beside Hermann Hereidesan and Andy Smith.

all in the organisation with the implementation of the governance review and the direction the new board and interim CEO is taking the organisation, so thankfully there is significant work to be done. This is giving us the time required to ensure it is completed thoroughly and we look forward to returning as soon as possible. You only realise how important sport is when it is taken away from you.”

Bandon AFC was due to celebrate its 50th anniversary this season. An array of events had been organised to coincide with the prestigious anniversary. Niall, who played and coached with his beloved local soccer club, is very confident the club possess a very bright future. “The club had an excellent launch night to launch the events for the year and they really identified some excellent events from the club dinner dance, the Cathal Murphy Memorial game to the golf classic. I know they had worked tirelessly behind the scenes to have an excellent year, but worst-case scenario, they will celebrate the 51st year rather than the 50th.

The club has a phenomenal number of teams competing at all levels of the game and Niall says he's delighted to see a former player of his, Sean Holland, now serving as player manager. “Sean has been a fabulous stalwart for the club and it is great to see the club giving him the opportunity. A key to this is having a strong backroom team and he is really blessed with the supports he has. One signature appointment he made was that of Jimmy

Cullinane, who has a lifetime experience playing for the club. It is great to see him back and giving his knowledge and experience to the players”

The club is working hard fundraising for the next stage in their continuous development and it won't be long before they have an astro pitch to deal with the volume of training sessions with the significant number of players playing within the club. “The club has been great for me and gave me an excellent education into football, as a player, coach and manager. Without them I would never be working in the game I love today,” says Niall.

A number of West Cork players have represented the various Republic of Ireland international sides in recent years at all levels. Fellow Bandon man Conor Hourihane continues to impress in the Premier League with Aston Villa. Niall is thrilled with the progress of the many West Cork soccer players. He paid tribute to their clubs for providing great coaching. “For me it is always great to see West Cork players doing so well and this is a credit to the coaches, clubs and leagues within grassroots football. I am confident that the structures being implemented at grassroots and the elite levels will allow for all of our players to thrive and reach the levels their talent has them destined for. All the local clubs and their coaches deserve huge credit. It shows the phenomenal work being done across all levels of the game when you see so many underage internationals and players continuing to

progress.”

Niall travels extensively around the world studying various coaching techniques, which he then interprets and brings home to Irish coaches currently studying for their coaching badges. He is positive the current coaching procedures established by the FAI

“One of the most important aspects of our roles in High Performance is to ensure we ask ourselves the question, when we do anything, how will it benefit Irish football? It is fabulous to see all aspects of football enhancing and this is never more evident that with the success of our underage international teams, our League of Ireland and women's national league structures and the continuous development of player development and grassroots football.”

will greatly benefit Irish soccer going forward. “One of the most important aspects of our roles in High Performance is to ensure we ask ourselves the question, when we do anything, how will it benefit Irish

football? It is fabulous to see all aspects of football enhancing and this is never more evident that with the success of our underage international teams, our League of Ireland and women's national league structures and the continuous development of player development and grassroots football. I believe the structural changes which are currently being designed and the strategies being created will continue to help grow the game and continue developing Irish football at all levels. We have over 12,000 coaches completing formal courses annually. We have more UEFA Licence holders than ever before.”

Niall's most recent coaching protégées Keith Andrews and Damien Duff were recently announced as coaching assistants with new Republic of Ireland manager Stephen Kenny. Niall is confident the former international soccer players will prove a resounding success. “I think this is a very exciting time for Irish football. I believe the next decade will be one in which we see ourselves competing at the highest levels in all categories of the game. Equally with Vera Pauw at the helm with the women's team it could be a year to remember as the senior ladies are in a great position to qualify for a major championship.”

“Stephen has done brilliantly with the U21's and they have a great chance of qualifying for a major international tournament for the first time. His knowledge of the game is outstanding and his ability to get the best out of individuals is something rarely seen. It is always great to see our senior internationals returning to coach the teams. We have Damien and Keith supporting Stephen, John O'Shea assisting Jim Crawford in the U21's, and Andy Reid managing the U18 team. This presents a phenomenal opportunity for our players to learn from players who have competed at the top level over a significant period of time. I have had the pleasure to work with all four, with John on his UEFA A, and Keith, Andy and Damien on the current Pro Licence group and their work ethic, knowledge, willingness to learn is outstanding. They are a credit to themselves. It is very exciting to see how they implement all of their respective knowledge into their new roles. I believe we are in very good hands.”

## people Motoring

CAR  
REVIEWS

Sean Creedon

## Riding high in the Peugeot 2008

GT-Line version of the 2008 from the brand with the famous Lion logo.

The 2008 was first launched in 2013 and this new version certainly has a more rugged SUV look around the front of the car. Seven years ago Peugeot said they were moving upmarket with what they described as their first 'world car.' The 2008 was based on the award-winning 208, which was voted Irish Small Car of the Year in 2013.

This is a good looking motor with neat styling touches like its bigger brothers, including a new bonnet and grille and the eye-catching front and rear-light clusters, as well as the 'lion claw' LED strip, which runs into the front bumper.

The new 2008 is full of technology such as the 3D instrumentation, the i-Cockpit, carbon-effect dashboard and panel finishes. You will love the neat sporty-looking steering wheel.

The controls on the dash are tilted slightly towards the

driver which is always a good idea. It's a bit like a piano on the dash with seven buttons for various controls and just behind them are other buttons for radio controls etc.

Black is the dominant interior colour and my GT-Line version had a nice touch of green stitching on the doors and seats which helped to brighten the decor.

I really liked the high driving position and after spending a lot of time indoors since March, I felt like a 'King of the Road' once again last week.

The seats are very comfortable and there is a decent-sized console that separates the driver and front seat passenger. The console has holder for bottles etc. The handbrake is electronic, but if you fail to apply it when leaving the car you will hear a loud warning noise. In the back seat there is plenty of head and leg room for three adults.

My test model, a 1.2-litre manual petrol, was pearl white with a black roof and externally



it looked great.

The current trend among car manufacturers is to reduce weight and lower CO2 emissions by providing those dreaded repair kits in the boot. But Peugeot know what Irish people like and so they provide a proper spare wheel, albeit a mini one.

Prices start at €23,900 and

naturally the price will increase if you want extras. The GT-Line version I drove had 130 brake horse power, so I wasn't left floundering at the traffic lights.

I really enjoyed my time in the Peugeot 2008 and here is an interesting snippet regarding the car. The 2008 is built in three different countries,

France, Spain and China. My test car was probably built in Peugeot's Mulhouse plant in France, but it nice to know that some good things do come out of Wuhan!

## No compromise in boot size with the cool new Mini Electric

BMW Ireland chose the Belfield campus to launch their new Mini Electric. Normally car previews are held in hotels, but as this was a static launch there was no need to drive the car.

The Mini Electric is the brand's first fully battery electric vehicle based on the iconic three-door hatchback.

A 32.6 kWh battery gives the new electric Mini a range of up to 233 kilometres. 50 kW fast charging gives an 80 per charge in 36 minutes while the new Mini can get a full charge at home in 4 hours and 20 minutes using AC 7.4 kW charging.

The electric motor provides

184 brake horse power and 270 Nm of torque. Acceleration is a brisk 0-60 km/h in 3.9 seconds and 0-100 km/h in 7.3 seconds. Mini promises a fun to drive character, with none of the fun the car is famous for lost in this electric iteration.

New suspension technology designed for this model helps retain and enhance the Mini's famed go-kart driving dynamics. At a weight of 1,365 kg, the Mini Electric is just 145 kgs heavier than the current Mini Cooper S 3-Door with automatic transmission.

The Mini Electric is based on the same body shell as the 3-Door Hatch, with a number

of specific differences. An embossed Mini Electric logo appears on car's side scuttles, as well as on the tailgate and front radiator grille.

The front grille features the hallmark hexagonal shape but is closed, as the car requires less cooling. This also contributes to excellent aerodynamics, as do the enclosed undercarriage, the rear apron and the special 17-inch Mini Electric corona spoke two-tone wheels, which are optional. The rear bumper is filled in as there is no need for an exhaust.

The charging plug is located above the right-hand rear wheel, where the petrol fuelling point would normally be. Boot volume can be compromised in electric cars but the Mini Electric retains the full Mini Hatch 211 litres, expanding to 731 litres when the rear backrests are folded down.

The Mini Electric will be distinguished visually by an embossed logo on the car's side scuttles, as well as on the tailgate and front radiator grille.

The front grille features the hallmark hexagonal shape of the Mini but is closed for the electric model as the car requires less cooling. According to Mini, there have been no restrictions in terms of the size of the luggage compartment, which remains at 211 litres.

This electric model will be

available in three trim lines in Ireland with prices starting at €27,764 for level One. There will also be a Level 2 and Level 3 version where the prices increase according to the goodies included.

The electric Mini will compete against new electric cars from other companies including the Corsa-e, Honda-e, Peugeot e-208, Renault Zoe and Volkswagen ID.3. PCP offers will be available from €313 per month.

The static launch in UCD was held prior to the Coronavirus Lockdown and it may take

a few weeks to get the electric Mini into Irish car showrooms now that the Lockdown is over.



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