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Contact Ian Carey



Justin Grounds, Clonakilty Bicycle Festival (pictured front) at a recent family fun cycle in Clonakilty, as part of the multi-location launch of the Vision for Cycling in Rural Ireland. Over 70 bicycle lovers, young and old, turned out to launch the Vision.  
Pic: Anna Groniecka

## Carbery Housing Association saves families from repossession and fuel poverty

Carbery Housing Association (CHA) continues its work of rescuing families from repossession by buying five more properties in County Cork as of June 2020. These properties are mostly rural, but some are in larger towns. CHA has also received the good news that two of their properties have been accepted by Sustainable Energy Authority of Ireland (SEAI) for a full energy retrofit, as part of the NCE Insulation Better Energy

Communities Scheme for 2020. These retrofits will benefit current CHA tenants that have been identified as 'fuel poor' and will provide air-to-water heat pumps, attic insulation and external wall insulation, bringing the properties' BER ratings to a B2 standard.

CHA aims to get all of their tenants' homes retrofitted to a higher standard of energy efficiency in partnership with local and national initiatives, as well as through

European projects, such as RED WoLF, in which CHA is a Partner. As part of the Irish pilot project, several CHA properties will receive a brand new, cutting-edge, 'smart' solar heating and power system. Ana Ospina, Operations Manager of Carbery Housing Association and Board Member of Green Skibbereen stated: "CHA's mission is not only to provide housing for families in need, but also to combat climate change and energy poverty. Through these

small steps we are moving towards this objective."

CHA is a Sustainable Energy Community working with the Green Skibbereen group in promoting sustainable energy in West Cork. CHA will be holding their rescheduled 2020 AGM on Wednesday September 2 at 7pm at O'Donovan's Hotel, Clonakilty. For more information on the AGM, the RED WoLF project and CHA's other work, visit the website at www.carberyhousing.eu



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# 120 years of one family's service to Ballinascarthy comes to an end with retirement of Eily O'Sullivan

McCarthy's shop in Ballinascarthy, run by three generations of the same family for over 120 years, closed recently to the great sadness of the local community. Located in the heart of the village, this shop has given tremendous service to the people of Ballinascarthy and surrounds down through the years. The shop's owners witnessed great change and historical events during this time; both World Wars, the War of Independence and tough times endured by so many people, especially during the Emergency years and before Ireland joined the Common Market. They also observed the rise of the motor car and the subsequent demise of horse power, and the life-changing benefits of electricity, which came to the village in the 1950s.

Eily O'Sullivan operated the shop with her aunt Anne and uncle John until 1999, and has continued running it on her own until its' closure this year. Eily reflects with **Conor Nyhan** on the history of the shop and the changes she has seen during her tenure.

Eily dealt with not one but two currency changes in her time; the introduction of decimalisation in 1971 and the Euro in 2002. A review of the original shop ledger provides fascinating insights into what life was like during the 'Emergency', which was declared after the outbreak of WW2. Basic provisions such as tea, flour, sugar, cigarettes and cloth were rationed. Unlike the UK, eggs and meat were

not rationed in Ireland, as most people kept own hens, pigs and so on to provide food for the home. The ledger record shows us that many families paid in part for their provisions with eggs – 'egg money'. The war might have ended in 1945, but John and Anne, who were running the business by this time, would have to persevere under the restrictions for another six years until rationing finally ceased in 1951.

The story of the shop begins in 1900 when Michael McCarthy from Droumgariffe leased the property from its owner Joseph Bennett. It was a prime location, on the road out of Ballinascarthy to Shannonvale, where business bustled due to the presence of the flour mill, and of course the railway, which continued on to Clonakilty and Courtmacsherry. Michael is noted as being a bootmaker at the premises in



*Ted Holland's Zephyr car parked in front of their own shop premises. McCarthy's Shop is next door with the roadway continuing to the railway crossing.*

1901.

The original ledger recording shop transactions still survives; the first grocery entries begin in 1901, with Michael commencing paper sales in 1904. A paper was a luxury and unaffordable for many families so sharing the news was common practice, with neighbours leaving their paper in designated locations


for others to pick up and read.

A copy of the paper might start its life in Droumgariffe but, by the end of the week, find itself in Granishal. This was especially important when gatherings for thrashings and stations took place; people would inform themselves of the happenings locally and around the world so they could be part

of debates and conversations at these events.

Michael was one of at least 12 children and his parents were James and Anne Cahalane. A Joseph Cahalane and Jim McCarthy still live at their ancestral homes. In 1905 he married Annie McCarthy from

*Continued on next page...*



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... Cont'd from previous page

Barryscove, in the townland of Donaghmore, which is located across from Ballinglanna bay. Annie was one of four children and her parents were William McCarthy and Mary Hayes. She was a seamstress, as were her mother and sister, and her eye for dressmaking was renowned; she often took the train to Cork to observe the latest ladies fashion on display and returned with material with which she could create an exact replica of the shop display garment.

Michael and Annie had three children, John, Mary-Ellen (Eily's mother) and Anne. Anne and John took up the mantle of running the shop when their



Eily O'Sullivan

father passed away in 1933. Their niece Eily joined them as soon as she was old enough.

The McCarthy family as a whole had a real presence in

Ballinascahy village with Michael's sister, another Annie, operating the village's public house, the present day Henry Ford Tavern, before marrying James Forde, a sailor in the navy from Kinsale. The pub was later run by her daughter, another Eily, who would go on to marry Jerry Holland, parents of Ger and Aidan, who are well known today in the area.

The entire of the Ballinascahy community wish Eily all the best in her retirement and thank her, and preceding generations, for their 120 years of continuous service to the community.



McCarthy's Shop in the mid-1950s with a young Sean Dineen walking on the footpath.

## Network Ireland West Cork going for three-in-a-row

Network Ireland's West Cork branch has gone from strength to strength, becoming the fastest growing branch nationally in 2019 and can boast of two National Business Woman of the Year Award Winners, which is an incredible achievement for such a newly formed group.

The West Cork branch are hoping to make 2020 the year of three-in-a-row.

Caroline Murphy was the first West Cork member to win a National Award in September 2018 in the 'Emerging New Business' category for her company West Cork Eggs. Katherine O'Sullivan, General Manager of O'Donnell Furniture won the 2019 Employee Shining Star award at the Network Ireland awards ceremony held at Celtic Ross Hotel, Rosscarbery last September.

AIB are official partners of Network Ireland and sponsors of the Business Woman of the Year Awards. The categories of the 2020 awards are designed to reflect the vastly altered working world in which we all find ourselves in. 2020 has become a time for reflection, drawing on the power within ourselves to



Network Ireland Business Woman of the Year Award winners, Caroline Murphy of West Cork Eggs (2018 National Award for Emerging New Business) and Katherine O'Sullivan of O'Donnell Furniture (Network Ireland Award for Shining Star Employee 2019)

transform and create a new way forward. The new categories are: Online Business Transformation, Business Innovation, Emerging Business, Solo Businesswoman, Transforming Employee and The Power Within Champion. The award for the Power Within Champion is designed to recognise survival and the strength it takes to survive in business in this challenging year. The branch winners will be announced on Thursday, August



27, 2020 at Network Ireland West Cork's Awards ceremony. Proceeds from this event will go to branch president Caroline's chosen charity, which is Féileacáin, a not-for-profit organisation providing support to families affected by the death of a baby. Each regional category winner will go forward for the national interviews held in September and will represent the West Cork branch at the national awards which will be held in October.

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# My summer hols



## A WEST CORK LIFE

Tina Pisco

# Letter from the Editor

Dear Readers,

Welcome to the September issue of West Cork People.

As usual our paper highlights all that’s good with news of lots of positive initiatives taking place in West Cork and beyond. In celebration of Cork Craft Month, our West Cork Creative section this month features some of West Cork’s hugely talented makers and creators. We also pay tribute to Heritage Week in August with a special History and Heritage spread.

With West Cork enjoying a surge of domestic visitors, it’s wonderful to see local businesses enjoying a busy trade in what’s left of the holiday season.

However, as phase four of Ireland’s reopening is delayed again, we really feel for those businesses prevented from opening their doors. We can only hope these sacrifices are not in vain and will prevent a return to lockdown.

One of the most disheartening issues post-lockdown has been the massive increase in litter everywhere, in particular marring our beautiful beaches. Where I live, it mainly appears to be empty bottles and cans left behind after beach parties by people who have no respect for our environment or for our health. If you see someone dumping illegally, please report the matter to Cork County Council (email antilitterunit@corkcoco.ie or phone 021 4285518).

Also very worrying for pet owners is the huge increase in dog thefts all over the country. Gardaí are appealing to the public to take extra crime prevention measures when it comes to caring for your pet (more information on garda.ie). If your dog is stolen, it’s important to act quickly. Immediately report the theft to Gardaí. Report the loss to your local authority and your vet and spread the word on social media. At the moment the theft of a family pet is treated the same as if it were the theft of property as menial as a deckchair. This law needs to be changed so the perpetrators are properly brought to justice. Contact your local representatives to add your voice to this call.

I hope you enjoy the read,  
Mary



Mary O'Brien  
Editor



Sheila Mullins  
Creative Director



Ronan Ryan  
Sales Consultant

# Public invited to name Glengarriff eagle chick



**West Cork People**  
Old Town Hall,  
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www.westcorkpeople.ie

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# World Refugee Day marked by Community Garda in Kinsale



To mark World Refugee Day in June, Damian White, Community Garda in Bandon paid a visit to Kinsale to meet with a Syrian family who arrived to the town last December under the Road To Kinsale project.

Road To Kinsale was set up to offer a helping hand to those displaced from the Syrian civil

war with the aim of bringing a family into the town so they can become integrated into Kinsale's vibrant community.

This programme was developed by the Irish government in co-operation with the Global Refugee Sponsorship Initiative (GSRI), the Irish Red Cross, NASC, Irish Refugee Council and the UNHCR.

Since arriving in Kinsale, the family have settled in well and thanks to the support of the community, they feel incredibly welcome and importantly safe and happy in their new home.

Garda White brought along some Garda activity books, and Garda colouring books, as well as some High Visibility jackets for the family. He also gave

them some crime prevention leaflets, and a booklet on the Garda service, translated into Arabic.

*Garda White is pictured with the Syrian family, along with Road To Kinsale committee members Maureen Judge and Susie Elliott Travers.*

## West Cork Development Partnership CLG one of six Cork groups to benefit from Bank of Ireland Begin Together Fund

A total of €500,000 in funding has been announced by the bank for 116 projects and organisations across the island of Ireland

West Cork Development Partnership CLG, Cork Samaritans, Helpful Steps, The Down Syndrome Centre Cork, The Kabin Studio and Together-Razem Centre are among the 116 projects to receive support from Bank of Ireland's Begin Together Fund. The financial support will help local community groups and non-profit organisations continue to serve their communities through the COVID-19 pandemic.

The six Cork grantees will each receive up to €5,000 to

support a range of projects and initiatives spanning financial wellbeing, mental wellbeing and physical wellbeing.

Bank of Ireland is working with The Community Foundation for Ireland, which is administering the fund, and a number of expert partners – the Society of St Vincent de Paul, Sport Ireland, Action Mental Health and Sport NI – who assisted in developing the fund's focus and social impact objectives.

Commenting on the announcement, Liam Sheedy, Bank of Ireland Provincial Director for Munster said "The aim of the Begin Together Fund, launched back in Feb-

ruary, which seems a lifetime ago now, is to support charities and community organisations that are making a real difference to the financial, physical and mental wellbeing of their communities. As society begins to open up again it's important to remember that charities and community groups have seen their income severely impacted by COVID-19 but the work they do is more important than ever. For that reason I'm delighted that the Begin Together Fund is providing this timely support for these Cork projects."

Denise Charlton, Chief Executive of the Community Foundation for Ireland, said:

"The COVID-19 Pandemic, its economic impact and recovery is causing great uncertainty for people, families and communities across the country. Bank of Ireland's Begin Together Fund, administered by The Community Foundation for Ireland, is a perfect example of partnership which can deliver real supports for people who have seen their home and work lives severely impacted by COVID-19. While this is a period of huge challenge, The Community Foundation for Ireland remains absolutely committed to working with its partners for a fair, caring and vibrant Ireland with thriving communities."

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## Begin Together Awards 2020 are now open for applications

Bank of Ireland's Begin Together Awards recognise the spirit of enterprise and resilience in towns and cities across the island of Ireland.

This year the awards in a new 'Rising Star' category will recognise those businesses and communities who came together to support and continue to support local recovery and rebuilding in response to Covid-19.

To help support your entry for the Begin Together Awards 2020, Bank of Ireland is running two webinars via Zoom on

August 11 and 12 at 5pm on both evenings.

These webinars will outline what a quality submission requires and address any questions you may have.

Previous winners, Carndonagh and Kinsale will attend both sessions. Deirdre Bradley Business owner and Head of Carndonagh Traders Association and Ciaran Fitzgerald Managing Director of Blue Haven Collection Kinsale will share their top tips on the application process.

Attendees just need to register in advance below for whichever webinar is most convenient:

<https://events.bizzabo.com/233085> - August 11

<https://events.bizzabo.com/233125> - August 12

If you have any questions contact Maire McCarthy, Bank of Ireland Bank Manager, Bantry, Skibbereen and Clonakilty on 087 2354353.



# Bandon Girl Guide ‘virtually’ summits Carrauntoohil



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A local Girl Guide successfully completed a virtual summit of Carrauntoohil - Ireland's highest mountain – during lockdown.

Laura McSweeney (25) from Bandon, a graduate of University College Cork who is currently studying forensic science, had been considering climbing Carrauntoohil the past few years. She hadn't got around to it but, when she saw a virtual climb of the mountain was one of the challenges during Irish Girl Guides (IGG)'s recent virtual camp, Camp Echo, she didn't think twice about signing up to the challenge.

Laura, who is a member of Bandon Senior Branch (Senior Branch is IGG's branch for 14-30-year-olds), reckoned the best place to undertake the virtual climb would be the steps of St Patrick's Church in Bandon. She worked out that she would need to run up and down the steps (there's 95 in total) 371 times in order to summit Carrauntoohil, which stands at 1,038 metres.

"I set out at 8am on Saturday morning to try and complete it before the heat of the day," said Laura. "I'd set little goals for myself. I knew if I could get to 100 flights, I'd be able to keep going. Carrauntoohil is about eight pitches vertically so it's a long day.

"The most challenging part I found was that sometimes I'd walk up but my Fitbit would either not count it correctly, or not count it at all, which got really frustrating! The distance to climb to the summit and back is 12 kilometres. I ended up walking about 18 in total up and down the flights of steps."

It took Laura seven hours to complete the challenge. "Celebrating sub goals along the way kept me committed to completing the challenge," she said. "Once completed, I was naturally exhausted. There wasn't much celebrating as it was straight into completing other challenges for the virtual camp."

Around 130 Senior Branchers from around Ireland took part in Camp Echo – one of several Camps At Home that IGG ran during lockdown. There was a range of activities and challenges, most of which had a sustainability theme. Participants undertook litter picks, tie-dyed T-shirts, turned old T-shirts into tote bags and devised ways to cut down on the use of energy and single-use plastics.

Everyone made party hats out of recycled materials before taking part in an online birthday bash on the final evening to mark the 100th birthday of Senior Branch.

"Most importantly, Camp Echo got us out exploring the environment around us," said Laura. "The entire weekend was packed with different types

of challenges so everyone got an opportunity to take part. The use of zoom meant we are all able to come together and take part while staying at home and having fun."

Laura, who first joined IGG as a Ladybird when she was five, said she enjoyed the fact that, as a Senior Brancher, she could take ownership of her Guiding experiences – what she wanted to achieve and what footprints she would like to leave behind. "It has given me the opportunity to try new things and meet new people along the way," she said.

"Throughout my time in IGG I have learnt to be who I am. I have learnt leadership skills, community responsibility, teamwork, diversity and inclusion. One of the most important things I've learned from working with girls through IGG is that being a leader doesn't always mean being that person at the front of the room, or even the loudest, but, more importantly, it's about being a friend, which we all can be – celebrating each other's accomplishments, no matter how small, and realising that everything's better when we all shine in our own individual ways together."

Laura said IGG was the most influential organisation she had been involved in. "After many camps and adventures, Guiding has taught me many skills," she said. "Not only traditional camping skills, but social skills too. As a 10-year-old Guide, if you'd



have asked me to stand up and give a speech in front of a couple of people, I'd have panicked and hid in the corner. Yet 15 years on, Guiding has given me confidence to be able to undertake things I'd never thought I'd do while becoming more independent and more trusting in myself."

She has no hesitation recommending IGG to other girls and women. "IGG gives a safe place for girls to learn self-development at their own pace without pressures that they otherwise may face in society," she said. "Everyone is encouraged to become the individual they want to become while also becoming a strong and independent woman."

Irish Girl Guides welcomes youth members from age five-plus and adult volunteers from age 18-plus. No previous Guiding experience is necessary to be a volunteer and ongoing training and support is provided. For further information, see [www.irishgirlguides.ie](http://www.irishgirlguides.ie) or tel: 01 6683898.

## The rewards of taking the time to look up

For the past month the bright light of a comet could be seen in the night skies of West Cork. No binoculars or telescopes were needed...just a naked eye and the patience to wait until the summer night reached its darkest point.

That was what Patricia Andrade, a Chilean photographer living in West Cork, did; and her patience was rewarded with the spectacular photograph of the Neowise Comet featured on this page. Patricia speaks to West Cork People about her astronomical adventure.

It was only in October last year that Patricia, who has lived in West Cork for 10 years, decided to take up her camera again and start her own business, Flash Photography Studio in Dunmanway. "I know, great time to start a business isn't it?" she says laughing, "but photography is an experience and what a better one that try to capture this object that is only around every 6,800 years!"

"I packed my camera and tripod in my car and off I went looking for the Neowise Comet. I drove all along the coast, from Rossbarbery to Bantry, trying to also capture some of our country roads in the photograph,

to put this comet in a West Cork setting. It was just over the hills of West Cork that he showed up in all his glory.

"Just like that, a different world opened for me, the one where no one else is around and the only light you have is from the stars. We are living in very different times, where everything is a bit messy and nothing feels secure anymore. Yet in all this uncertainty something is for sure...we are part of the Universe, and this always surprises us!"

"We probably won't see this comet again; it was at its closest point to Earth in the last week of July and from now on will lose

its luminosity and disappear but there will be new events – comets, shooting stars, eclipses – and it's up to us to allow ourselves to be amazed, to go outside, to

look up."

Patricia's picture was taken with a Fujifilm camera, with an aperture of 2.5 and about 10 secs of exposure.

"To all those who didn't see it, didn't know, or didn't want to stay until 2, 3 or 4am, I hope you like it," says Patricia.

Patricia Andrade  
Flash Photography Studio  
#neowise #neowiseinireland  
#neowiseinwestcork #studioflashphotography





# Clonakilty initiative encourages the community to reconnect more intimately with nature through cycling

Training Wheels, an initiative delivered by Clonakilty-based Ulick O'Beirne, is one of seven new Cork social enterprises to graduate from the prestigious Irish Social Business Campus (ISBC) 'Business for Social Impact' programme.

The free programme, designed specifically to create and develop sustainable businesses that make a positive social impact was run in cooperation with SECAD in Middleton, Co. Cork.

The 2020 incubator has seen nine new initiatives advance through the five-month programme with seven of these enterprises from Cork and the other two from Limerick and Kerry.

Training Wheels works with children, people with disabilities and migrants on their social mobility and confidence. They

are working on creating a forest school with a focus on nature immersion, allowing people to reconnect more intimately with nature through cycling. Ulick also does cycling coaching in schools and community groups.

With a long background in environmental responsibility, Ulick has developed and delivered a range of initiatives based on cycling. He has delivered, for a number of years, cycling programmes to schools and has been instrumental in a number of community initiatives to create the equivalent of a men's shed around cycle repairs. His new venture is one that is trying to draw together both his love for engagement with the natural environment with his equal love for cycling, allowing people to reconnect more intimately with nature through cycling.

He said, "I aim to facilitate a wide culture of cycling in West Cork; with community, solidarity, and sustainable resilience at its heart."

Eamon Ryan, CEO of ISBC



Ulick O'Beirne

said; "Covid 19 has proven how the wellbeing of our communities is dependent on people who step beyond the norm in addressing unmet demand for critical services. We all owe an increasing debt to those socially motivated people, as exemplified by our participants, who simply want to contribute positively to the benefit of us all."

Participants came from throughout Munster and in keeping with the communities they serve, demonstrated great resilience in adapting mid pro-

gramme to an 'on-line' delivery. Indeed, some also adapted their delivery in direct response to Covid 19 within the programme.

The range of challenges tackled in the 2020 Programme is very diverse. The seven Cork enterprises range from creativity and wellness in young children, enhancing fitness in the older generations to a community centric arts hub and much more.

The other Cork enterprises are Greywood Arts, an organisation that links the creative arts with local community, AltCamp which connects people who want to camp with landowners, Weplay who aim restore a sense of fun to children that comes with physical activity, An Segan who are developing a thematic community museum of Irish language and Gaelic revival in Ballygeary Co Cork, LionHeart Gateway which is a meditation adventure game for young people and FittStick which is a wellness system that uses the walking stick.

## West Cork sisters stage gigs in parents' back garden to raise funds for charities

Ella, Mary Jo and Angela Ryan, three sisters who are all musicians from just outside Bandon, have been performing on Facebook live every Thursday night for the last three months and have recently started raising funds for Marymount Hospice and Cancer Connect.

It all started when Ella eventually arrived home to West Cork having been stranded onboard the Sea Princess cruise ship for 10 weeks at the start of the coronavirus pandemic. Ella, also a qualified secondary school teacher, was working as a musician for Princess Cruises when the cruising industry came to a halt in the middle of March this year. Guests onboard her ship were disembarked on March 18, but crew remained onboard while the various companies made necessary arrangements in order to repatriate their crew home. Very quickly, cruise line companies were turned away from ports all around the world which led to Ella being stranded onboard for 10 weeks and not getting to touch dry land until May 21 in the Philippines.

Upon landing back home, Ella quarantined in a caravan in her parents' garden for two weeks. She decided to 'go live' on Facebook and play some music as a



Ella, Angela and Mary Jo Ryan

way of saying thank you to all those who had wished her well and sent her messages of support whilst she was stuck on the ship. The first two 'lives' were from the caravan and were quite a success for Ella, with people tuning in from all over the world. She decided to keep them going and invited her sisters Mary Jo and Angela to join her. The three sisters have continued to perform every Thursday evening and invited other local musicians to join them also. Last week they decided to set up an iDonate page in order to raise funds for two very worthy charities.

Marymount Hospice and Cancer Connect were selected as the chosen charities for the girls' iDonate page with the target set at €1,000. They were overwhelmed with support and

reached the target in less than 24 hours.

"A lot of people have been tuning in to our Thursday night lives over the last number of weeks and we'd received so many lovely messages of support that we decided the iDonate page would be a nice way of paying it forward. People are really missing live music at the moment, and we really miss our work. We know that it'll be quite some time before we're able to be back gigging again," commented Ella.

"I've been volunteering with Cancer Connect over the last couple of weeks and I think it's such a wonderful service to be able to provide for people who need it most, that we felt it appropriate to donate to them. And as we know, the people at Marymount do such wonderful work that we felt

strongly about raising funds for them also."

The target has now been changed to €2,000 with the current amount raised standing at €1,145. The three sisters are continuing with the Facebook live shows every Thursday for the rest of August and they'll be joined each week by a special guest musician also.

You can watch the gigs on Ella's Facebook page 'Ella Ryan Music'.

To find out more about the chosen charities, search for Ella Ryan Music on idonate.ie.

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**Essential Criteria**

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**HOLLY CAIRNS TD**

**Cork South West**

Progress | Equality | Democracy | Sustainability

My constituency offices in Bandon and Skibbereen are closed during the pandemic but please get in touch if there's anything I can do to help you.

086 3615830

[holly.cairns@socialdemocrats.ie](mailto:holly.cairns@socialdemocrats.ie)

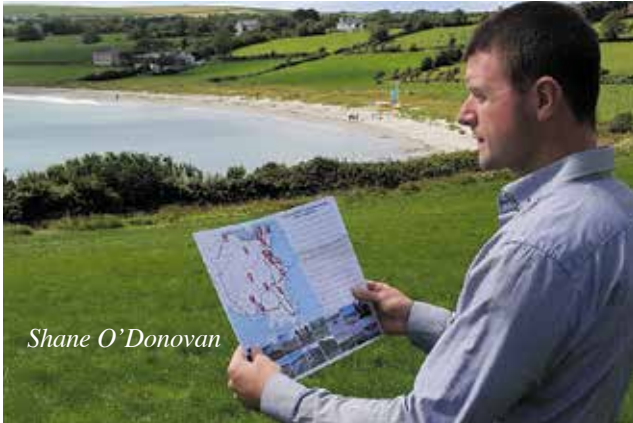
@HollyCairnsTD

Holly Cairns TD

**Social Democrats**



## Viewpoints highlighted on Seven Heads map



Shane O'Donovan

Courtmacsherry native Shane O'Donovan has recently launched a fun activity map for locals and visitors to the area. The mini treasure trail displays 16 viewpoints in the Seven Heads region just waiting to be discovered by map users with a selection of fun and interesting facts also included. For example, did you know that the oldest Cork tree in Ireland lives in Courtmacherry? The

back of the map lists a number of activities and services in the area. "I wanted to create a map that would highlight what a great place Courtmacsherry and surrounds is to live and to visit," says Shane. The map is available to pick up at Timoleague and Barryroe post offices, Courtmacsherry Community Shop, and accommodation providers in the area. You can also download it from courtmacsherry.ie.

## Heroes or traitors

By Clonakilty Amnesty Group

Most of us have been in awe at the marvellous work ethic and the caring for others that our frontline hospital workers have demonstrated – not only the most visible doctors and nurses but also the cleaners, porters and other ancillary staff. Of course there are many other essential workers who also deserve our gratitude and praise but today we are concentrating on the particular difficulties of hospital staff in countries where they are under attack by their governments. Yes, attack by their governments – it seems unbelievable, doesn't it?

Take the case of Anastasia Vasilyeva, a Russian doctor and leader of a medical workers union who exposed weaknesses in the health system's preparedness for fighting COVID-19. She was arrested while bringing

masks and other PPE to a hospital in Novgorod, reportedly choked by police, hit in the abdomen, passing out as a result. A lawyer was denied access to her for six hours. Vasilyeva spent the night in police detention and is set to face trial on charges of 'disobeying a police officer'.

"By keeping her behind bars they expose their true motive – they are willing to punish health professionals who dare contradict the official Russian narrative and expose flaws in the public health system."

Tatyana Revva is a doctor from Volgograd region in southern Russia who is facing disciplinary proceedings that may result in dismissal, following her complaints of the shortage of personal protective equipment



and other problems in her hospital in the context of the COVID-19 pandemic.

Russia is not the only country, which appears to treat its healthcare workers with suspicion and threats for any criticism of the state.

Amnesty International has recently brought out a new wide-ranging report on countries where health workers who raise safety concerns in the context of the COVID-19 response have faced retaliation, ranging from arrest and detention to threats and dismissal. It says, "Governments must be held accountable for the deaths of health and essential workers who they have failed to protect from COVID-19."

"In 31 of the countries we surveyed, researchers found healthcare workers having to go

on strike or protest because of unsafe conditions. Many of them face government reprisals for doing so.

In Egypt, health workers have been charged with 'terrorism' for speaking out. In Malaysia, police broke up a peaceful protest by hospital cleaners."

You can read more of the reports on other countries online.

The organisation's analysis of available data has revealed that more than 3000 health workers are known to have died from COVID-19 worldwide – a figure, which is likely to be a significant underestimate.

Meetings at 3.30pm in O'Donovan's Hotel on second Monday of the month will resume in the autumn – watch this space! For more information phone Sue on 023 8845056 or Mary 086 8559199.

## O'Sullivan calls for elimination of obstacles stopping self-employed people from applying for income supports

Cork South West Deputy Christopher O'Sullivan has called on Minister for Social Protection Heather Humphreys to amend the criteria for income supports to make it easier for workers such as musicians and events staff to get help.

Currently two schemes – the Back To Work Enterprise Allowance (BTWEA) and the Job Seekers Benefit for Self Employed (JBSE) – have obstacles in the qualifying criteria which automatically eliminates people whose self-employment has been severely impacted by the COVID-19 pandemic.

"As a result, there are self-employed people on the Pandemic Unemployment Payment (PUP) who are being forced to refuse one off gigs/events because they would have to close their PUP and possibly be left without financial support," deputy O'Sullivan said.

"I propose that that there be a sub-category for both these schemes, changing them to 'BTWEA COVID related' and 'JBSE COVID related', where the criteria is adjusted to accommodate arts and events workers."

In the July Stimulus it was announced the BTWEA would be extended to people currently in receipt of the PUP.

But in order to qualify for BTWEA, a person must be setting up as self-employed in

a new business that has been approved in writing by a DEASP Case Officer.

"The fact that it must be a new business will eliminate self-employed persons currently on the PUP who could possibly reopen with ongoing support," Deputy O'Sullivan said.

"I've asked the minister to clarify if the scheme will be tweaked to accommodate these people such as musicians and those in the events industry."

The second scheme open to self-employed people who have ceased trading is the Job Seekers Benefit for Self Employed (JBSE).

In order to qualify for JBSE, a person must no longer be self-employed. They must have lost their self-employment involuntarily, and not because of a temporary shut down or seasonal closure.

"It appears that you'd have to be deregistered with revenue to avail of this scheme," Deputy O'Sullivan said.

"I strongly feel that self-employed people coming off PUP should be allowed to avail of this scheme. The requirement to de-register would have to be waived.

"Both schemes have obstacles in the qualifying criteria which eliminates those people whose self-employment has been severely impacted by COVID from qualifying."

## OUT & ABOUT IN WEST CORK



€500 donation by Bank Of Ireland to Dunmanway Community Hospital; l-r: Siobhan Calnan, Moira Deasy, Hazel O'Connell (Bank of Ireland), Kerry Burchill



Kilbree Minor Hurlers started their season in the best possible fashion with a win over Ahan Gaels on July 22 with Kilbree dominating for much of the match and a final score of Kilbree 4-16 Ahan Gaels 1-11

Send your pictures of people events in West Cork to West Cork People's Out and About page:  
email: [info@westcorkpeople.ie](mailto:info@westcorkpeople.ie)



# Skibbereen’s Ludgate announces appointment of CEO

The Ludgate Hub Skibbereen is delighted to announce the appointment of Grainne O’Keeffe as their CEO. Grainne, a Skibbereen native, took up the role in July 2020. Grainne brings over 20 years of international financial and innovation experience to the position. She has previously worked in the financial services sector across London, Tokyo and New York and more recently as Head of Innovation at Skibbereen based Spearline.

In 2017, Ludgate became Ireland’s first Gigabit Hub, powered by Vodafone /SIRO gigabit broadband connectivity. It currently supports 21 businesses and approx 130 direct and indirect roles from a myriad of industries including tech, bio-economy, aviation services, and media production. Ludgate has been recognised as an ‘exemplar project’ by the European Commission and is on

course to create 500 jobs over the next five years in West Cork. Skibbereen has enjoyed an economic revival over the past decade resulting from initiatives like the Ludgate and the growth and expansion of the Fresh Fish Deli, the West Cork Distillery, Spearline, O’Donnell Furniture.

Chairman of Ludgate Mr John Field has said, “The Ludgate community extends a warm welcome to Grainne as CEO of the Ludgate Hub. Grainne symbolizes what Ludgate set out to achieve - the return to her home town in rural Ireland which can now offer career opportunities and resources on a par with anywhere else in the country. Ludgate is a vital resource to the local community, facilitating job and business creation and development in the Skibbereen and greater West Cork area.

Businessman and Director of Ludgate Sean O’Driscoll said:



“We are delighted that Grainne is taking on the leadership of Ludgate at this pivotal and exciting time in its continued development. The Covid-19 pandemic, has accelerated the move to rural and remote working, by a decade. Ludgate will also accelerate its national leadership in the development of this new working experience in an area of Ireland which offers

an outstanding quality of life.”

Speaking about her appointment, Grainne O’Keeffe said: Ludgate has become an important pillar of the West Cork economy creating exciting and challenging work opportunities in a rural setting. Ludgate is an international success story in terms of modelling how remote working, with high speed broadband connectivity, can support the creation and migration of high-value businesses and jobs to any location. This in turn acts as a stimulus for regional towns and villages while relieving pressure on urban areas.

Remote working also supports global challenges such as the environment, cost of living, health, lifestyle and diversity. These opportunities will ensure we create a sustainable future for our children and future generations and I am thrilled to be part of that journey.”

CHRISTOPHER  
**O’SULLIVAN T.D.**

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

**NEW CONSTITUENCY OFFICE:**

**16 Ashe Street, Clonakilty.**

(Closed to the public until Covid-19 restrictions are lifted)

christopher.osullivan@oireachtas.ie

087 716 1730

**FIANNA FÁIL**  
THE REPUBLICAN PARTY

# National Rural Cycling Vision launched by West Cork groups

Pic: Anna Groneicka





## We all share the same environment

### WALKING IN MY SHOES

Elizabeth Walsh

Elizabeth Walsh is a founding member of Clonakilty Access Group and current Chair. She fosters the idea that there is a whole range of business opportunities being lost as a result of lack of accessibility; people with disabilities, their friends and family, will give patronage where they can access. Out of this 'Clonability' was born, an initiative between Clonakilty Access Group and Clonakilty Chamber of Commerce, whereby, simple steps are laid out to enhance business opportunity through providing access to customers/visitors, encouraging tourism.

Each and every day our lives impact on each person's life whose path we cross, metaphorically and physically, positively or negatively!

Our challenged and altered world is beginning to re-emerge, as an altered environment, a changed landscape, with altered social norms, which will enable everybody to continue to keep safe, to function in safety and for society as a whole to recover.

The altered environment in terms of social spacing, if practised, may be more welcoming for people with disability (PWD), however the positioning of street furniture may pose hazards. If a footpath is blocked, a guide dog may not lead a visually impaired individual into the road. Similarly, a guide dog does not understand the concept

of social distancing, people need to social distance away from ALL visually impaired people. They cannot see you. As a courtesy and demonstrating good old-fashioned manners and decency, giving social distance to visually impaired individuals will give safety, whether they are long cane users or guide dog owners, and should be the accepted norm.

Similarly, while PWD of course can social distance, however, if an individual is using a walking aid or a wheelchair, they may not be in a position to do it very quickly. Therefore, again, people need to recognise this and as above, treat PWD with courtesy and respect. This column has noted previously the difficulties or hazards of people or children not giving space to PWD or even bumping into them causing possible falls.

It has been noted that some businesses are now using solid barriers to denote furniture space, a move warmly welcomed by local Access Groups who have requested these for many years, as such solid barriers provide safety for those who are visually impaired and contain trip hazards. Another example of how COVID-19 has rendered what was impossible pre-2020 now viable.

We all share the same environment however we use it differently. For PWD it is and will remain more challenging. With courtesy, thought and respect, lives can be enhanced, indeed altered for the better. As our area of the world now reopens, will you hear what it is to 'walk in my shoes' and automatically think of me as you plan ahead?

Stay safe.

## Holly Cairns highlights incredibly low rates of wildlife crime prosecutions

Cork South West TD, Holly Cairns has called on the government to properly resource the National Parks and Wildlife Service and to establish a specialised Garda unit to deal with wildlife crime. The number of successful prosecutions for wildlife crimes in recent years range from 5 in 2014 to 21 last year.

Holly said: "I get reports of wildlife crimes and habitat destruction on a regular basis from across West Cork and beyond. When I contact the National Parks and Wildlife Service the response is that an investigation will be carried out but very few investigations result in prosecutions. The low rates of prosecutions for these crimes are not a deterrent to people who illegally hunt, poison raptors, and damage habitats. I am working with communities and people who are reporting crimes, but it is deeply frustrating when

nothing happens. The government only intends to review funding for the National Parks and Wildlife Service but it desperately needs to go further. The service needs to be properly resourced and there needs to be a specialised Garda unit to deal with wildlife crime.

"Horrific acts such as the criminal poisoning of 23 buzzards in Cork late last year are widely reported, but every week I receive messages about habitat destruction, dumping, and other acts. Beach and sand dunes, such as Long Strand and Barleycove, are being damaged by irresponsible camping and littering."

"The true extent of wildlife crimes is not clear. We need greater transparency and deterrents. These crimes are not only contributing to our biodiversity crisis they are putting our tourism sector at risk."



# Attract visitors to your business with a listing on the reimagined and relaunched Explore West Cork website

Where would you find detailed information on the history, attractions and businesses of seven towns, 19 villages, seven Islands, 21 walking routes, two cycling ways and three peninsulas including Ireland's most southern point? Where else but the newly relaunched [www.explorewestcork.ie](http://www.explorewestcork.ie) website.



With over 13,000 unique visitors in the past month and a listing in the top-five 'West Cork' searches on Google, [explorewestcork.ie](http://explorewestcork.ie) is the most comprehensive resource for information, listings, and photographs of everything that West Cork has to offer.

West Cork People, with help from the Local Enterprise Office and the work of local Marketing and IT Consultant, Brendan McCormack, have just reimagined and redesigned the website throughout. It now offers a full and comprehensive listing service to all businesses in tourism and retail. Whether you have a

hotel or a B&B, a craft shop, or an outdoor adventure centre – this is the website for you. There are three categories of listings, Gold, Bronze and Silver – and each provides the perfect way to attach your business to your town or village and to the overall region of West Cork.

In this Covid-19 crisis, many Irish holiday makers are discovering West Cork for the first time. The Explore West Cork site offers them a place to discover, a place to spend different nights in, a place to wander from town to village, to find walking routes over the hills and along the coast, to find islands to sail out to. Each town and

village has its own local listing for places to sleep and eat, for shops, and for activity centres.

Not only does the website provide a way for tourists to organise their visit, but it also offers the potential for more visits in the future. By bringing all of the places, with their history and stories, into one site, there is no doubt that Explore West Cork will bring more visitors here this year and in the years to come as the site's listings and internet presence grows through online marketing throughout all of Ireland and internationally.

Each town has its own detailed description, a section on its history, and a section

on 'things to do'. Users can navigate from towns to villages, from walking routes to islands, with ease. The site is illustrated with photographs of all the places, with many contributed by some of West Cork's best landscape photographers. With the detailed content and the listing service, this will become the website for anyone visiting West Cork. In fact, last year, before it's redesign and without any promotion – besides its high listing on Google – the site welcomed over 100,000 visitors.

There is so much to West Cork that you could spend years travelling here and still not find all the treasures we have to of-

fer. From the people to the sea, from the villages to the walks, West Cork is unlike anywhere else in Ireland. It is hoped this site brings our wonderful place to thousands of people who have never come here, and who in truth, are really missing out. Ireland's southernmost region has the potential to grow and develop despite the challenges we now face.

If you want to add your listing, go to [www.explorewestcork.ie/add-my-business/](http://www.explorewestcork.ie/add-my-business/) and add your listing in the category

that works best for you (Gold, Bronze or Silver). Let people know who you are and where you are. There are thousands every month looking online. Make sure you are there to be found.

For all enquiries, please email [advertising@explorewestcork.ie](mailto:advertising@explorewestcork.ie).

For enquiries on IT or Marketing services for your business, contact Brendan. [mccormack@gmail.com](mailto:mccormack@gmail.com)

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**Bandon** 086 8101795

**Kinsale** 086 6007964

**Clonakilty** 086 8395058 and 086 6031335



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## people Farming

## The wildness of the farming vernacular

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



I don't know if it's just me but it's hard to believe it's August already. What is

proving to be one of the strangest years of our lifetime seems to be progressing at speed. At home, the majority of the silage is cut at this stage and the breeding season is coming to a close. The cows that received AI were scanned recently with positive results. March 2021 will certainly be busy.

Milk price has got a small lift and beef prices are starting to creep up a little for the first time in a long time. The live cattle trade has been strong for most of the year too. Attention now turns to the grain harvest. Some winter crops have been cut but the weather doesn't seem to be playing ball so hopefully grain farmers will catch a break this harvest.

You wouldn't want to have been at silage or any other tractor work with a beach on your route in West Cork earlier in July. I haven't seen so many cars parked at local beaches in a long time. West Cork is proving to be a popular destination and we're lucky to live where we do. I'm not a great fan of the word staycation, maybe I'm becoming set in my thinking, but for all intents and purposes, staycations appear to be what



Cows queuing up for an evening move above Sandscope

were referred to in the 80s as holidays.

Back then they were far less exotic and hearing of families boarding a flight to head off on a sun holiday was a rarity. Holidays for myself weren't overly exotic. While there would be a few weeks spent at home in Ballinascorthy, they normally consisted of a few weeks in Ardfield with a fortnight or so

spent with my grandparents in Mayo in-between.

The fact that I never spent the full 52 weeks of the year in Cork gave me an awareness at a young age of the different vocabulary used around the country. I was reminded of this at a Macra na Feirme impromptu public speaking final years ago when a Meath man declared.

"Where I live, no one has an accent, but as soon as I go five mile down the road, people start having accents."

The line was a good summation of the variety of accents and words we have on this island. You can tell it wasn't a West Corkonian who said it because we'd say miles when it's plural, not mile.

These peculiarities of language may stem from our native tongue, a language that has three ways of saying two and two ways of saying three.

Anyway back to my holidays in far off Mayo. There I'd be referred to as a young buck instead of a young fella.

Moving cattle with my grandfather, I'd be told to: "Stand in by the whin bush."

I'd be looking around clueless as to what he was referring to. "The what?" "No. The whin," he'd say, gesturing to the thorny yellow-flowered bush behind me.

"Oh, the furze bush. Do you know it's called gorse too?"

Returning to Cork, my grandfather in Ardfield would greet me with: "Warra now?"

He had condensed the greeting, "Hello, how are you getting on?"

For a man not afraid of using words, I always found it funny that he kept his greetings short.

If you asked my grandmother how she was getting on you'd often get the answer: "Yerra, I'm strawkhauling away."

You'd get blank looks if you said that to someone from outside the county. There's a similar reaction if you tell someone from outside of Cork that you're haunted. You have to explain to them that it means lucky.

You can tell that I've been power washing lately and have no headphones for the phone. It's given me time to think on what other words and phrases we use.

Words like "arra", "erra", "musha", "yarra" and "yerrah" have somehow found their way into the start of sentences. At the opposite side, "like" or "hai" have filled the gap between what you want to say and the full stop.

In some parts of the country you climb a ditch, while in others you have to climb out of them. Ration, meal, nuts are used to describe milled animal feed and you'll hear some refer to it as cake too.

"M'on", "m'up", "m'out" are examples of what you might overhear in marts and yards from those driving cattle.

On a related note, while farmers talk about bullocks they are paid for steers. Maybe the

etymology of the words stems from the fact that, steer is just a way for people wearing suits to talk about bullocks without the risk of sounding rude.

The four-pronged implement found in livestock yards has a variety of titles. Fork is used in some parts, sprong seems to be popular east of country Cork, while if you head north and west it is known as a grape.

In my view, you could eat a grape, with a fork, while conducting a fruitless search in a dictionary for the word sprong, but you would pike silage.

Dad recalled a story from the first year of his farm apprenticeship in Clogheen in Tipperary.

Fresh from north Mayo, he was picking stones in a field when an older man said he had a sprong at home that would make the job easier.

Dad waited in anticipation for this new stone-picking machine to arrive only to be greeted by a four-pronged pike. I bet if he told the story closer to when it happened it would have been a grape he referred to. In Cork, he discovered the potato grape was known as a beet pike.

There's a kind of wildness about the farming vernacular and I hope the corporate blandness of farming language doesn't ruin it too much.

Now I better go back power washing and contemplate who'll sweep the sheds or pick the low-hanging fruit going forward.



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For further information Tel: 023-8832500  
Email: [clonakilty.college@teagasc.ie](mailto:clonakilty.college@teagasc.ie)






WWW.TEAGASC.IE

## Who will be the 2020 FBD Young Farmer of the Year?

The search is on for the 22nd FBD Macra na Feirme Young Farmer of the Year. Farmers involved in sectors such as Dairy, Drystock (beef and sheep), Land Mobility and Other Enterprises (including horticulture, pigs, poultry, tillage) are invited to enter and the winner of each sector will compete to be crowned the 2020 FBD Young Farmer of the Year.

The overall winner will receive a travel bursary of €3000 and each category winner will receive €500. All county winners will also receive an award for their accomplishment.

You can nominate a young farmer for one of the categories or you can enter yourself by visiting [www.macra.ie](http://www.macra.ie). The closing date for applications is August 25, 2020.



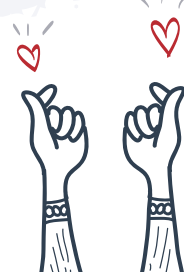
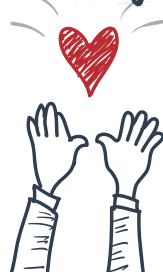


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*thank you*

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 first responders ♥ mail carriers ♥ grocery workers  
 pharmacy workers ♥ utility workers ♥ delivery drivers  
 journalists ♥ farmers ♥ truckers ♥ hospital staff  
 teachers ♥ carers ♥ special needs assistants  
 and especially all our own Bandon Co-op staff members for  
 keeping things going during these challenging times.

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## people Farming

# Impact of COVID-19 on farm incomes in 2020 now likely to be more limited

At present, fears of a sharp COVID-19 related drop in Irish farm incomes in 2020, seem to have been averted following a gradual recovery in commodity prices and the provision of additional supports to the sector, according to Mid Year Outlook for 2020 produced by Teagasc economists.

Like other sectors of the economy in 2020, the Irish agri-food sector has been grappling with the impact of COVID-19. Farmers are relatively powerless in the face of market disruption and as the extent of COVID-19 emerged in the spring of 2020, it appeared that the impact on the agricultural incomes could be quite severe.

Given the challenges presented to the sector by the virus, assistance for the beef sector has come through additional government supports and in the dairy sector via price stabilising payments from milk processors.

Fears about the extent of commodity price reductions have abated in recent weeks, with a recovery in dairy and beef prices taking place more quickly than had been anticipated. There has been a more rapid emergence from the strict lockdown in Europe, though the risk of a resurgence of the virus and possible return to restrictions on economic activity in Europe remains. Were a second wave of the virus to occur, then commodity prices could again come under pressure.

For pasture based systems, a protracted period of dry weather through May and into June,

had an adverse impact on grass growth in many areas in Ireland. Soil moisture deficits were widespread, but were eventually addressed through higher rainfall levels over the summer.

On a positive note, relative to 2019 input prices movements have been favourable from a farmer perspective in 2020. Feed, fertiliser and energy are all cheaper than was the case in 2019.

For dairy, cattle and sheep farms, input usage should be relatively normal in 2020 and costs are likely to fall slightly due to lower input prices. For tillage farmers, input usage is likely to be down due to the large decrease in winter cereal plantings and an increase in spring plantings, with a demand for lower input usage. Hence, tillage farmers will benefit from volume and price reductions on the input side.

The dairy cow population has continued to increase in 2020, and a further increase in Irish milk production of about three to four per cent is likely if normal weather persists through the rest of the season.

While cattle prices have staged a recovery, 2020 will remain a challenging year and the additional support provided to the sector via announced pandemic support payments will provide support to cattle incomes.

Sheep prices in 2020 have been stronger than in 2019, with prices forecast to be more than five per cent higher than in 2019. Lower UK exports to key continental EU markets, reduced

imports from New Zealand and a contraction in EU production combined to leave EU and Irish prices higher despite the disruption to demand caused by COVID-19. With lower direct costs of production on Irish sheep farms due to lower feed, fertiliser and energy prices, margins and incomes for Irish sheep farmers are forecast to grow strongly in 2020.

For cereals, adverse winter weather meant that there has been an increase in the area allocated to, typically lower yielding, spring crops in 2020. Due to adverse weather at a critical stage in plant development, expectations are that yields for cereals in 2020 will be down on those achieved in 2019.

Given international supply and demand dynamics, cereal prices are expected to increase slightly at harvest 2020 for wheat, but very little change in feed barley price is expected. Forward contract prices on offer at present will not be sufficient to offset the significant reduction in cereal volumes that are expected this harvest. While straw prices are expected to increase in 2020, much reduced straw volumes will also likely result in a decrease in straw output value on tillage farms.

Whilst there will be some relief from lower input expenditure and slightly higher wheat prices in 2020, these factors will be insufficient to balance out the projected volume decline in cereals. A large drop in cereal margins and incomes in 2020 is expected, with the average tillage farmer struggling to make

an income of €30,000.

While a portion of the peak milk delivery season remains, if weather conditions remain favourable and milk prices hold, then the average income on dairy farms in 2020 could be close to the €67,000 achieved in 2019.

The additional COVID-19 related support to be provided to cattle farmers should offset some of the negative impact on farm incomes of lower cattle prices. The average income on Cattle Rearing farms is forecast to increase by five per cent (€9,700) in 2020, while incomes on Cattle Other farms are forecast to contract by four per cent (€13,300).

Incomes on sheep farms are set to be up by over 15 per cent in 2020, to more than €17,000, due to growth in output value, stable direct payments and lower total costs of production.

Overall, while the worst case impact of COVID-19 on the agricultural sector in Ireland would appear to have been avoided, farm incomes in 2020 are still likely to be lower than would have been anticipated at the outset of the year.

Teagasc has also released its Farm Enterprise Factsheets for 2019 based on the Teagasc National Farm Survey, which provide a detailed breakdown on the financial and technical performance of the main enterprises in Irish agriculture for 2019.

The Mid Year Outlook for 2020 and the Enterprise factsheets can be downloaded at [www.teagasc.ie](http://www.teagasc.ie).

## Impact of Teagasc research highlighted in publication

Teagasc has highlighted the impact of some of its research in a new publication -Teagasc Research Impact Highlights in 2019, which is now available on its website. These examples of impact build on the excellent peer reviewed publication record of Teagasc researchers with over 600 articles published in 2019, and result from the many competitively-funded projects that Teagasc wins to complement its own funded programme. In any given year, the impact of Teagasc research is a combination of the continuing impact of past research, and the new impact of recent research.

The highlights are drawn from the four research programme areas in Teagasc: Animal and Grassland Research and Innovation programme; Crops, Environment and Land Use programme; Food programme; Rural Economy and Development programme.

"This publication highlights some of the new impacts achieved in 2019. The examples selected are from across our programme from soils to our gut", said Professor Frank O'Mara, Director of Research in Teagasc. "As an organisation that conducts mainly applied research, we work hard to ensure our research programmes will have impact and are relevant to the Irish agricultural and food sectors", he added.

One of the 20 examples included in the publication is outlined below.

### Using white clover to reduce Nitrogen fertiliser input

White clover is well suited as a sward species in grazed grassland. White clover can fix atmospheric nitrogen (N) and



make it available for plants growing in the sward. Additionally, white clover is known to have greater nutritive value for animal production, particularly when grass quality declines during the reproductive phase in the summer. A project by Dr Deirdre Hennessy and colleagues at Teagasc Moorepark, comparing the productivity of grass-only swards receiving 250kg Nitrogen per hectare (N/ha) per year with grass-white clover swards receiving 150kg N/ha per year in dairy cow milk production systems has shown that herbage production is the same between the two sward types, and milk production per cow is greater in the grass-white clover system (+30 kg milk solids/cow per year). Additionally, the farm gate N balance is improved as 100 kg N/ha less is applied on the grass-clover system and the N exported in milk solids is greater. Based on results like these, all grassland farmers applying for derogation from the Nitrates Directive from 2020 onwards have to include a minimum rate of 1.5kg naked clover seed per ha in the seed mix for all reseeds.

The full document can be viewed at [www.teagasc.ie](http://www.teagasc.ie).

## Farm Life: Adrian Levis, Skibbereen based dairy farmer and contractor

Interview by Tommy Moyles

### Tell us about the farm?

"I'm running a dairy herd outside of Skibbereen. My father had a pedigree Charolais herd and we converted to dairy in 2019 supplying Drinagh co-op. The herd is made up of 100 New Zealand Friesians and I operate a grass based spring calving system. I do some contracting work in summer too."

### How is it going for you?

"It's a dream. It's easier than beef cattle in one way but it is more tiring. You can't just get in the car and head away at the drop of a hat. They're going through the yard twice a day so you spot things with them faster too."



### Have you noticed a difference in the workload between the beef and dairy cattle?

"Yes, calving and breeding is way easier because you're not trying to get calves to suck cows and generally they are very easy to catch bulling. Hav-

ing one bunch of cattle rotating around the farm keep sit simple too."

### Why did you change farm systems?

"My father was coming to pension age and I was working part

time and had a young family. I couldn't support my wife and family on the farming system my father had, so I looked at alternatives and dairy was a good fit."

### How did the conversion go for you?

"I was lucky, all the buildings were there but I had to replace a few bits like the cubicles. My father used to milk cows up until 2001 but I was young and had little interest at the time. The old eight unit milking parlour building was still there so we put in an eight unit double up parlour."

We had a lot of dry cattle so we were used to the numbers and they were a great help because we able to finance a lot of the conversion through

selling those.

I bought 66 bulling heifers in May 2018 and I bought the balance, 24 in calf heifers in the fall of that year and 10 in calf cows. So I had 100 going into the winter."

### Tell us about your contracting work.

"It's just baling around the greater area of Skibbereen really, we try to keep it fairly local. There's a regular customer base. We cover the islands as well."

### How has the silage season gone so far?

"Weather hasn't affected us this year. The first cut was early and we had exceptional weather. The second cut was early too and most of it is wrapped up

now. I'd say that it will be mainly third cut or tidying up paddocks from now on. Some contractors tell me bale numbers are down but we seem to be on target with other years."

### How do you manage balancing the contracting and milking during the summer?

"I've a relief milker, Molly, a local secondary school student. She asked me could she go milking and has great interest so she milks four evenings a week for the summer and it's perfect. My father does the odd milking too."

That's a big help to me, as I can keep baling and catch up on other jobs around the farm."







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# A history of political corruption in Ireland



in office. One hundred years later, do we have to reset the bar again? Is that what Micheál Martin was doing in his first week in office?

The Brian Cowen sacking has left public opinion divided. In one sense, it was harsh, given that the incident happened four years ago and he did pay the penalty. Who hasn't made mistakes and it is one's reaction and behaviour afterwards surely that is the real litmus test? On the other hand, are we right to have higher expectations of the public representatives who run our country? I was truly sympathetic on a human level for Cowen, but the emergence of a media story (which he denies), about his alleged 'U-Turn' on approach to a Garda checkpoint, deepened the damage. What further inflated this combustible situation was his refusal to take questions on it. Whether Cowen realised it or not, this action was a throw-back to the days of the Bertie Ahern and Charles Haughey era, when politicians acted with impunity, as if they were somehow above the rules that govern the rest of us. Martin, a veteran of that era of politics, and conscious of building a new FF, acted decisively and severely, but was he correct?

Fianna Fáil's spectacular collapse as 'the natural party



of government' in 2011 wasn't just a backlash of their poor handling of the recession that followed the economic recovery. It was as much about the political corruption that dogged them for decades. Society is always complicit, since that we have the power to reward or punish politicians with our vote. It seems that in the good old days of the 'Celtic Tiger' when the country was awash with money, we could all turn a blind eye to the odd 'auld' political scandal. When the downturn began and the money ran out, the electorate was not so forgiving, as FF found to their cost.

Cowen's crime seems paltry when one considers the lengthy list of political corruption that

Fianna Fáil was particularly involved in, as well as others. If Martin wants to tailor a new FF then he must steer it away from scandals, no matter how small, and throw off the cloak that has linked the party with the gold circle, dodgy tribunals and, to use the old hackney phrase – brown envelopes. Political corruption is not a Twenty-first Century phenomenon, nor is it particular to Fianna Fáil. For anyone with a deep interest in this topic, I would urge them (and every TD) to study Elaine Byrne's excellent book, 'Political Corruption in Ireland 1922-2010'. Another great read on political corruption is the satirically named 'This Great Little Nation' by Gene Kerrigan and Pat Brennan. For more assessments of the failings of our politicians, look no further than Fintan O'Toole and Matt Coopers' books on corruption in our political system. It's all on record and there is plenty out there to educate yourself. Don't just take my word on it. So let's examine some of the most galling examples of political arrogance and corruption.

When the Free State came into political existence, there were only two politicians in the new Dáil who had parliamentary experience, gained in Westminster where Irish MP's previously sat. The exuberance of youth blended with and the enthusiasm of nation building meant the state was largely free of the type of controversies that were to become second nature form the 1970s.

Meritocracy rather than political patronage was the order of the day and political dynasties and their stench of nepotism were decades away. Fast-forward to the 1970s to an even faster Charles Haughey and it seems like another galaxy let alone another country. Haughey, in his capacity as Taoiseach, was earning £14,717 in 1979, yet his overdraft was 77 times his wage amounting to £6,618,054 in 2020 standard. He misused his political power to get hundreds of thousands of pounds he owed banks, written off. The Moriarty Tribunal established to investigate political donations and corruption found that 'beyond doubt, a sizeable amount of money [£130,000] collected for his gravely sick friend Brian Lenihan, was misappropriated for his 'personal self'. If this was not enough, he misappropriated state funds, intended for Fianna Fáil, for personal use amounting to £598,208. The Moriarty Tribunal also found he received at

least a whopping nine million pounds in 'donations' [about 50 million euro today]. The popular leader told the country during the continuous recession in the 1980s, to tighten their belts, while he was indulging a lavish lifestyle and holidaying on his own privately bought island off Kerry. Not bad for a fella earning £15,000 pounds a year – officially.

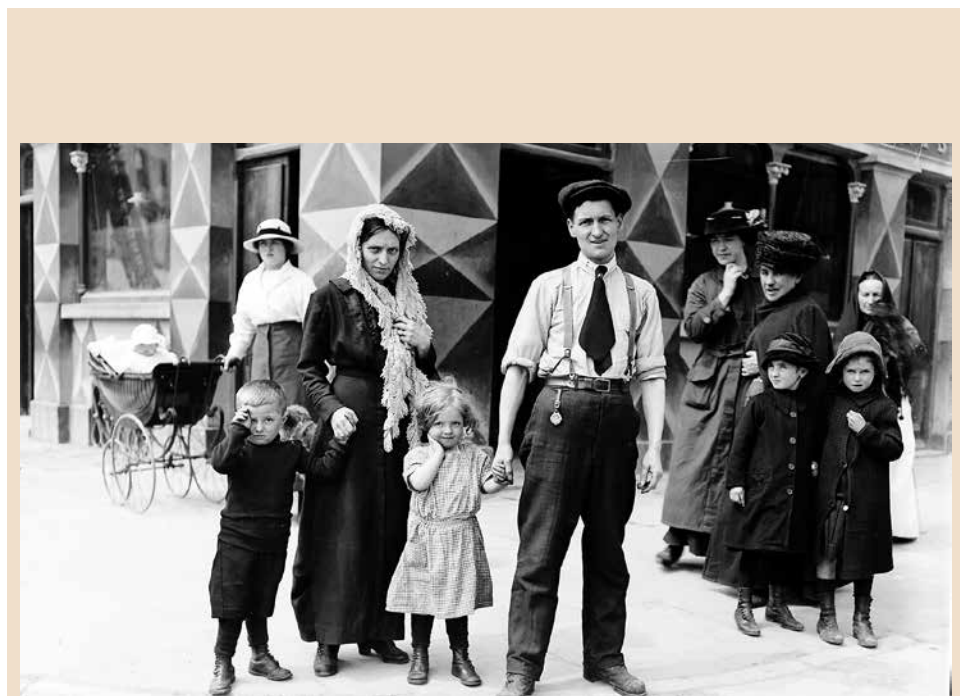
For younger readers who balk at Donald Trump's conflict of interest between his 'job' as President and his business interests, look a little closer to home at Ray Burke and Liam Lawlor, Fianna Fáil TDs in the 1980s/90s. Ray Burke began life as a councillor with Dublin City Council. One of his main roles was dealing with applications for land rezoning. His daytime job – wait for it – was an auctioneer. Amongst other things, he was found by the Flood Tribunal, to have accepted two 'gifts' from JMSE construction of £30,000 pounds – that found his way into his personal account. He decided to resign from the Dáil in 1997. His more brazen contemporary, the afore-mentioned, was Liam Lawlor. As a Fianna Fáil councillor in the late 80s, he and his FF-dominated council were responsible for rezoning cheap agricultural land that developers had bought, so that it could be used to build house, hotels, and so on – for huge profits. This was not illegal, but Lawlor and his councillors rezoned land 185 times despite city planners objecting [and failing] to 137 of the rezoning applications. Money was to be made on the back of this rezoning and corruption followed. Tribunals were brought in by 'politicians' to examine 'politicians', so unsurprisingly, many tribunals remained toothless and powerless. That said, Lawlor, who was an elected TD by then, was imprisoned on three occasions for contempt of court and continuous failure to co-operate with the tribunals. What they did flush out was Goodman Food Industries [Lawlor was also a director in this company that sought to buy Irish Sugar, a Semi-State owned body, from the government] advanced Lawlor £600,000, which he only repaid £350,000. Get the picture?

Another Fianna Fáil TD from that era, Padraig Flynn, shocked the nation when Gay Byrne famously set the bait on the Late Late Show, about his finances. Flynn replied, he "only" earned £140,000 a year and 'out of that, I have to run a

house in Dublin, Castlebar and Brussels. I have to tell you, try it sometime...the cars, three homes and a few housekeepers." He had spent the previous decade denying that he received £50,000 from property developer, Tom Gilmartin, who maintained it was a donation for the party. Fianna Fáil never got it. Which one of them was lying? That one we never found out, but Flynn's political career nose-dived afterwards. One of the most sickening of all cases is the former Fine Gael Minister Michael Lowry, who still trades as an Independent TD today. Sickening because even after the McCracken Tribunal found his relationship to business man Ben Dunne as, 'an unhealthy business relationship in view as his position as a public representative and ultimately a cabinet Minister' the good people of Tipperary north have found it in their hearts to re-elect him on five occasions, presumably because he brings back the 'goodies' locally. All in all, the McCracken Tribunal found Lowry received approximately £745,000 from Ben Dunne. Lowry's company, Streamline Enterprises, supplied and maintained all refrigeration in Dunnes Stores and claimed [only when it came out] it was linked to that connection, yet all the money went into his personal accounts and it was not declared for taxation. The Moriarty Tribunal went further and stated that beyond doubt he was a 'tax evader'. Yet sadly, we are complicit in this merry-go-round. We misuse the chance to really exercise our votes because tradition, it seems, always trumps ethics when the time comes to tick the box. It also seems that our TDs forget they are national parliamentarians and should leave local issues to local councillors. Yet once again, as the people of Mayo reminded us, in demanding a Minister for the west, it reduces our highest positions in government to the level of localism – and that's fertile ground for trouble.

Poor old Barry Cowen's crime is more 1920s than 21st century, but if we want our politicians to act ethically, and openly for the people of this land, we must demand from them the highest standards. Clearly Martin, a qualified historian himself, has learned this lesson. The next lesson he must learn quickly is survival. The knives are out. I wish you luck – you'll need it.

One of the earliest 'Scandals' in Ireland in the 1920s centred around a demand by the then Minister of Finance, Ernest Blythe. He pursued other government ministers to reimburse the government the paltry sum of four pounds, nine shillings and 6d. The politicians in question were forced to use public money to pay for their meals because they were stuck inside government buildings under military guard. A little matter of the Irish Civil War was raging beyond their doors. None-the-less, it was public money and it was a case of maintaining ethical standards in the new state. Two years after that incident, Blythe squeezed those pennies from the 'offenders'. The bar had been set for politicians' accountability while





A long lost personal effect of Michael Collins was found during lockdown research at Michael Collins House and will go on display soon at the museum.

Michael Collins' personal copy of his mother's memorial card was found at Michael Collins House during research into a collection of artefacts and papers on loan to the museum from the Collins Family. Staff members at the museum were in the process of cataloguing the collection when a small white envelope fell from in-between the pages of one of Collins' books. Upon opening, it was found to be a memorial card to Marianne O'Brien, Michael Collins' mother. Interestingly her age at her death '54' was incorrect and underneath someone had written 52. This struck a chord with the staff of Michael Collins House when they realised this card was the one described in the Michael Collins biography by Tim Pat Coogan. The numbers '52' had been written by an 'ever sentimental, ever meticulous', 17-year-old Michael Collins. The memorial card was kept in the envelope along with a small newspaper clipping of a poem printed in the 'West Cork Peo-

ple' in memory of Marianne. Interestingly she had provided funds for the establishment of that newspaper, which was owned by her son-in-law, Patrick O'Driscoll.

Both the memorial card and newspaper clipping, along with their envelope, and all in surprisingly good condition, will go on display at Michael Collins House in the coming weeks. Discussing the finding of this artefact, Manager of Michael Collins House, Jamie Murphy said; "We are delighted to have uncovered such a valued and prized possession of Collins' and be able to display it for others to see. It's something that has possibly remained locked away and forgotten since Coogan uncovered it in his research in the 1980s. We try to give a thorough depiction of Collins in the museum, not just the legendary figure that many are aware of but the other sides to Collins too. This little envelope that he held so dear certainly shows a more fragile side to Collins. Then just a teenager who had just lost his mother, and indeed both his parents at this point, while he attempted to begin a new life in London."

As well as this wonderful new artefact on display, the regular house tours of the museum continue, as does the Irish War of Independence Exhibition, at the museum until December

2020. The only exhibition of its kind in Cork and set in the hearth of the 'Rebel County' in West Cork, this exhibition gives an in-depth local and national look at the war and its participants. It features important artefacts never displayed in West Cork before, from important revolutionary figures such as Tom Barry, Tom Hales and of course, Michael Collins.

Since reopening, the museum is now operating on a pre-booking system. This allows for limited numbers to ensure the safety of staff and visitors alike but it does mean advanced booking is necessary, as the museum is regularly booked out. Without the ability to give guided tours, the museum has further developed its audiovisual guide. In addition to information boards, artefacts and audio-visuals, the guide adds another dimension to your tour, as it leads you around the museum. The guide, which is available through your own mobile device, also has lots of added extras to bring home after your tour including articles, podcasts, documentary videos and more.

Michael Collins House is now operating on revised opening times of 10am to 5pm Tuesday to Saturday. Book your visit by phone on 023-8858676 or email [info@michaelcollins-house.ie](mailto:info@michaelcollins-house.ie). For more information visit [michaelcollinshouse.ie](http://michaelcollinshouse.ie).





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## 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.

*"Time me gentlemen."*

– Robert Liston

In the 19th century if you needed surgery, the pace at which the surgery could be performed was paramount to the patient. The reason being, anaesthetic, antibiotics and antiseptics had all not yet been invented. Therefore, if you needed an operation such as, amputation, mastectomy, lithotomy and so on, the speed at which the operation could be performed was the single greatest prerequisite for the patient. Surgeons that could perfume surgeries the quickest were the most popular, as this meant the patient was under the knife for

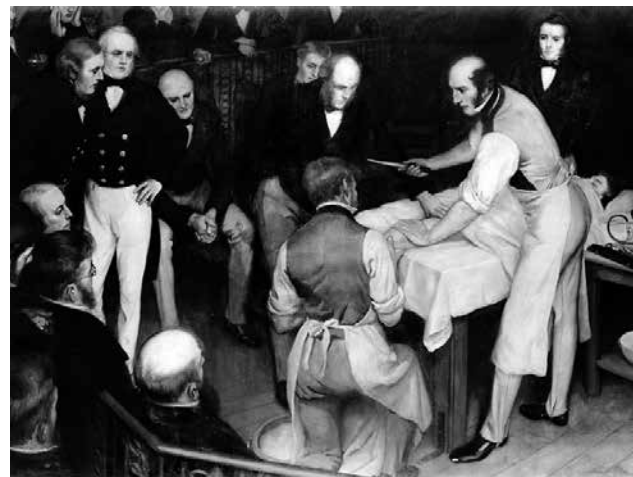
least amount of time without anaesthetic as possible.

Obviously, mortality rates were appalling and even if the patient made it through the initial procedure, they usually died from complications post-surgery. Gangrene, infection and sepsis were all common, as not only was there no anaesthetic for the surgeries, there was also no education or knowledge of germ theory. The same knives, saws and blades that were used on one patient would be used on the next patient, without disinfectant, as this had also not been invented yet. It was also common for surgeons when swapping surgical tools to hold the bloody ones in their mouths while transition equipment. Infections were rampant and hospitals were disgusting. So much so that in the Victorian era, the hospital bug catcher that would try rid the hospital of the visible insects and maggots was paid considerably more than the surgeon.

In the Victorian era, hospitals were for the poor. If you were very wealthy or middle class and needed an operation, you paid extra for the surgeon to perform that specific operation in your home. There are records of women receiving mastectomies and people having limbs amputated in their kitchen and dining rooms from Victorian records. As strange as this sounds it was considerably

more hygienic than having your operation performed in the hospital.

In a previous article I spoke about 'The Fastest Knife in the West End' – Robert Liston. He was able to perform an amputation in 30 seconds. Other surgeons could take as long as 90 minutes. Robert Liston became so popular that he began to charge an entry fee to his operations and would fill the room with spectators. It is also recorded that he had queues of people outside his operation theatre to see him; many would wait in line for days and weeks. This was more preferential than getting seen by an inept surgeon immediately but being under the knife for an hour or longer without anaesthetic. Makes sense. When he would walk into the operating theatre he would shout to the audience "Time me gentlemen...!" and the audience would time the operation on their pocket watches as a sport. The audience would sit and watch while he performed amputations on a conveyor belt of patients for hours. It wasn't until 1876 that a British surgeon named Joseph Lister came to the United States and spoke about the idea of germs playing a part in people dying post-surgery, that hygiene during surgery and post-surgery became a common topic. He was the first person to realise there was an invisible element affecting the



wounds of people and it was Mr. Lister who proposed this idea to one of his audiences.

One of the spectators in his audience became fascinated with this topic and he was the first person to invent anti-septic. It was created in 1879. His name was Joseph Lawrence and he was an American chemist. He named his product 'Listerine' after Joseph Lister. This product changed the course of surgery, and items began to be disinfected and wounds were treated better etcetera. Meaning the mortality rate of Victorian surgery plummeted. But prior to 1879 there was none of the above. A speedy surgery became the single most important aspect of surgery and therefore, the fastest surgeons became celebrities and the best and sharpest tools became incredibly expensive and in

demand. This is how the Victorian Amputation Saw came to prominence. However, despite the best efforts of the inventor it was a huge failure.

The Victorian Amputation Saw or The Clockwork Saw, as it is sometimes known, was a circular saw that had a crank that you would wind. Once the saw was wound up to maximum you would release it and the blade would spin. The idea was that this would make the operation faster but it was a complete disaster. It was invented in the 19th century by a man named WHB Winchester, a surgeon and fixated on reducing his surgery time. All surgeons at this time were, as it was a matter of life and death for the patient. Winchester wanted to make an instrument that would speed up the process of the taking of a human leg and he created the

Victorian Amputation saw.

The main pitfall of the Clockwork saw was, what Winchester gained in speed, he lost in precision. It was an extremely difficult tool to manoeuvre after the crank was wound up and left go. He had trouble handling the saw. The first and only time it was used by Winchester, he accidentally took off his assistant's fingers. It was such a failure that it never made it out of prototype phase. The only Clockwork Saw in existence is on display at the Huntarian Museum at the Royal College of Surgeons in London.

It wasn't just Winchester who was unlucky in his exploits, and it wasn't all glory, for Joseph Liston had his fair share of failure as well. Once during an operation, he removed a person's testicle whilst attempting to remove his leg. In a separate surgery, Liston accidentally sliced off one of his assistant's fingers and while changing instruments during the same operation he slashed the jacket of a spectator that got too close to the procedure. As a result, the patient died of post-operative infection, the assistant died of gangrene from the severed finger and the spectator died of a heart attack from the shock of his jacket being cut. It is the only surgical case in history that has a 300 per cent mortality rate.

## Battle for survival and Independence starts again 100 years on in Independence Museum Kilmurphy

By Michael John O'Mahony, Kilmurphy Historical and Archaeological Association

Due to these unprecedented times the battle for survival begins for many organisations within Ireland. Independence Museum Kilmurphy's (IMK) life has been turned upside down in recent months. Now begins a new way in which organisations have to learn, adapt and react. For many organisations like Independence Museum Kilmurphy, the main source of revenue pre Covid-19 was from gatherings of people i.e. fundraising concerts, evening classes and lectures. These were the main fundraising events that were to the core of running and maintaining the museum and community room within IMK. With the outbreak of Covid 19, these events ceased

due to the restrictions on public gatherings. A museum might not be the top of the list of peoples priorities at the start of the pandemic. But now begins the battle for survival.

So the Museum at Kilmurphy begins to make tiny steps into the light and hopefully return to some sort of normality.

Firstly, a vintage car run is planned on August 16, starting in Kilmurphy village and visiting historic landmarks Crossbarry, Upton, Dripsey, Inchigeela. If that is well attended, another interesting field trip will take place in September. In August, the Museum will host an exhibition on the 100th anniversary of Lissarda ambush in which local Irish Volunteer Michael Galvin was fatally wounded. There will also be a book launch, which Mary O'Mahony has worked tirelessly to put together with the help of a hard working committee. In October,



the committee hopes to host the 100th anniversary of Terence MacSwiney's death, where he died on hunger strike in search for Irish freedom and Independence. There will also be a hunger strike exhibition honouring the hunger strikers who went on hunger strike during the struggle for Independence.

As an organisation, the main goal of the Kilmurphy museum is to preserve and protect historical and archaeological sites and artefacts. A large range of items are held in the collection at the museum. The committee hopes to start a journal on the historical sites and place names in Kilmurphy parish.

The above events will hope to honour our fallen heroes, who fought so bravely for Irish Independence. And when we look to the countries to the right and left of us during Covid-19, we thank our lucky stars that we gained independence 100 years ago. So please keep this museum in the middle of Rebel Cork in your

hearts and thoughts in the weeks and months ahead.

Independence Museum Kilmurphy is open Thursday-Sunday, 2pm-5pm and the community room can be booked for classes like yoga, pilates and art etc. All events will be advertised on Facebook and on [www.kilmurphy-museum.ie](http://www.kilmurphy-museum.ie). The museum showcases the revolutionary period, it covers materials from Kilmichael ambush, Beal Na Blath, Lissarda ambush and Terence MacSwiney. The Atlas of the Irish Revolution is currently on display at Independence Museum Kilmurphy.

Public safety is of the utmost importance, so the museum reopens with careful adherence to government Covid 19 guidelines. Accordingly, stringent social distancing and sanitisation measures will be in place to ensure the safest environment possible for visitors.



# Famous Irish famine letter with links to two Hollywood movie stars and a princess comes home to Skibbereen

A letter written in late 1846, which had a profound effect on the outcome of the Great Famine, is now returned to Skibbereen, the epicentre of that crisis, thanks to the family of the late Hollywood actress Rita Hayworth.

The open letter to the Duke of Wellington was written by Nicholas Cummins in December 1846 after a visit to Skibbereen and vividly described the horrors he witnessed: "At Skibbereen, the Dispensary Doctor found seven wretches lying unable to move under the same cloak. One had been dead many hours, but the others were unable to move either themselves or the corpse

The letter was published in 'The Times of London' on Christmas Eve 1846, and went on to be reprinted in many newspapers across Ireland, Britain and America and was



Princess Yasmin Aga Khan, Rita Hayworth and Vinton Hayworth

widely used during Famine fundraising appeals.

Cummins' appeal to the Duke is probably the most frequently-quoted and important letter of the Famine era, and it undoubtedly helped to raise significant sums of money for relief in Ireland.

A handwritten copy of this letter made its way to America



with Patrick Aloysius O'Hare and his mother when they emigrated from Cork just after the Famine. It was held as a precious possession in the family until it was sent to the Mayor of Cork in 1963 by O'Hare's grandson, Vinton Hayworth because, he said, 'it would please grandpa' to see it returning to Cork.



Vinton Hayworth was the uncle of the actress Rita Hayworth and also uncle (by marriage) of Ginger Rogers. He was also an actor who appeared in over 90 Hollywood films as well as numerous TV series, including 'I Dream of Jeannie'.

The letter is held by Cork Public Museum and is on loan this year to Skibbereen Heritage

Centre to celebrate the Centre's 20th anniversary of opening. After some research, staff at Skibbereen Heritage Centre were able to verify that this was an original copy of this famous Famine letter, written by Cummins or his clerk.

"We were so excited to be able to authenticate this letter and wanted to get in touch with the Hayworth family to make them aware of it," said Terri Kearney, Manager of Skibbereen Heritage Centre, "and so, after some effort, we were delighted to get in contact with Princess Yasmin Aga Khan, Rita Hayworth's daughter, to tell her of the letter's significance and her ancestor's role in preserving it".

Princess Yasmin Aga Khan is a philanthropist and the half-sister of His Highness the Aga Khan, the business magnate who is well known in Ireland as

a race horse owner and breeder. She found the whole story "fascinating" and said "it means so much to me to discover the story of this important letter and how my maternal ancestors managed to save it for posterity. I very much approve of its return to Ireland and, I hope, some day, that I might get to see it in person. Meanwhile, I will certainly learn more about this crisis of the Great Hunger to find out about what my great-great-grandfather and his mother would have experienced before they emigrated. I am so proud of the role my mother's family played in saving this important letter and the fact that it will be on display at Skibbereen Heritage Centre."

The letter will form part of the Skibbereen Famine Story Exhibition at Skibbereen Heritage Centre from August onwards.

## The Brinny Bridge Ambush

On the centenary of the first death of a member of the West Cork IRA in the War of Independence, amateur historian Pauline Murphy outlines the events that led up to the shooting of Lt Timothy Fitzgerald at Brinny, near Bandon, on August 29, 1920.

One hundred years ago this month, the first member of the IRA's 3rd West Cork Brigade was killed in action; 18-year-old Lieutenant Timothy Fitzgerald was shot dead by the Essex Regiment at the Brinny Bridge Ambush on August 29, 1920.

Timothy Fitzgerald came from Killowen, a townland midway between Enniskane and Bandon, and was the only son in the family of Michael and Mary Fitzgerald. He worked at the Killowen Creamery Co-Op where the manager was Charles O'Donoghue, Quartermaster of Bandon's IRA battalion.

Fitzgerald joined the IRA in 1918 and became Lieutenant of the Tinkers Cross Battalion.

In May 1920, Quartermaster O'Donoghue and other Volunteers were gathered at a roadside near Bandon when an RIC cycle patrol came upon them. Upon arriving at the scene on his bicycle, Fitzgerald observed the RIC men questioning his comrades and cycled straight into them to cause distraction. He then ditched his bicycle and ran off through the fields with O'Donoghue and the others.



Fitzgerald's grave in the Old Kilbrogan Cemetery

The athletic Fitzgerald managed to make a clean getaway but O'Donoghue was caught and sent to Wormwood Scrubs in London. Whilst O'Donoghue was serving his time Fitzgerald took on the position of creamery manager at Killowen.

On Sunday morning, August 29, 1920, a small ambush party, composed of Fitzgerald and men from Crosspound, Kilbrittain and Kilpatrick Companies, led by Sean Hales, went to the narrow Brinny Bridge to lie in wait for the passing of a lorry-full of British soldiers. The dreaded Essex Regiment often used that route, but on this occasion an informer had tipped them off about the intended attack.

The ambushers were armed

and ready with a small number of rifles and shotguns. At approximately 3pm they heard the sound of a crossley tender lorry coming from the Cork direction. Suddenly the sound of the engine was cut. The Essex Regiment soldiers, knowing of the ambush, alighted from their vehicle and crossed the fields on foot to flank the ambush party and surprise them. The regiment then unleashed a hail of bullets on the IRA party, one of which felled Fitzgerald.

Lt Fitzgerald's body was picked up from the verge of the R589, at a spot which is today marked by an iron cross set in stone. His body was taken to Bandon Barracks, where he was identified the following morning.

The funeral of Lt Timothy Fitzgerald was a large event in Bandon town; businesses closed for the day and a local newspaper reported that "the large funeral procession reached Kilbrogan Cemetery before the end left St Patrick's Church".

Fitzgerald was buried at the old Kilbrogan cemetery with full military honours, his coffin carried by IRA volunteers and the procession containing members of Cumann na mBan and trade unions. Charlie Hurley, who would later die at the Battle of Crossbarry in 1921, delivered the graveside oration and a firing party, under the direction of Adjutant Jim O'Mahony, fired three

volleys over the grave. After the funeral Cumann na mBan

members filed past the many floral wreaths at the graveside

and each took a flower for their lapels.

## Skibbereen

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# How a Scot accidentally discovered his West Cork heritage

I knew very little about West Cork, or my links to it, until I was an adult. My dad had mentioned our family coming from there but didn't say much more than that. Instead, my personal relationship with West Cork started by accident, in the summer of 1988 on holiday in Spain of all places, where we befriended some chaps from Cork City writes **Paul O'Neill**.

As our holiday in Spain drew to an end, one of the Cork chaps jotted down his address and insisted that we visit him. My friend Iain and I had been talking for some time about visiting Ireland and this was the spur we needed; so in September of that year we set off in my ancient yellow Opel car for a week's holiday in Ireland.

After a night in Dublin, we headed southwest, sleeping in the car due to lack of funds. We stopped off at Carrick-on-Suir in Tipperary to visit the hometown of our biggest hero, cyclist Sean Kelly, and then made our way on to Cork City, where we ended up getting lost trying to find our new friend's house, so instead we headed straight for Dunmanway.

At this point in my tale however, we have to back up a few years, rather a lot of years in fact, to 1882. That was the year in which my paternal grandfather Paul O'Neill, after whom I was named, was born into a farming family in Reenroe, near Clonakilty, West Cork. I never knew him, as he died in 1956, more than a decade before I was born. Paul had moved to Scotland around the turn of the 20th century, working in the mining industry in the Glasgow area, becoming a slag-crushing plant foreman and then manager. He cuts an impressive figure, always immaculately well-dressed – every photograph shows him wearing a suit and tie, even in one where he's relaxing at home. He must have also been tough and smart though – being an Irish Catholic immigrant in the west of Scotland back then may not have been easy; and he might well have faced a

measure of prejudice, but must have gained the respect of both his colleagues and superiors in order to achieve such a position of authority. He married my Scottish grandmother quite late in life for those days (aged 42) and they had four children. My father Dennis, the only boy, was born in Glasgow in 1925.

Meanwhile, our West Cork family appears to have drifted towards Dunmanway, with several of them living and working in the town. There were still very strong family links between my immediate family in Glasgow and our relations in West Cork when, in 1946, my dad, with a few friends and fellow members of St. Christopher's Cycling Club pedalled all the way from Glasgow to Dunmanway. This might seem to most of us now like a monumental feat, but trips of this nature were quite commonplace back then. Driven by a sense of adventure, many people spent their holidays cycling and youth hostelling around the UK and Ireland. Dad's trip was strategically planned to allow him to visit family, but when we were planning our trip 42 years later, he couldn't tell me anything about his remaining West Cork family, having lost contact many years since.

They used the waiting/reception area as the pub, and to get to the toilet, you went through a curtain and down some steps, into the showroom where the coffins were displayed. They were empty (I assume) but that didn't much diminish the eeriness. As you supped your beer in the waiting area, it felt like you were waiting to occupy one of those boxes.

He seemed keen for us to go, and thought it possible that there would be some of our relations in or around Dunmanway but had no useful information. Although disheartened by our Cork City shenanigans, Iain and I were curious, and at a loss for anything else to do, we motored west.

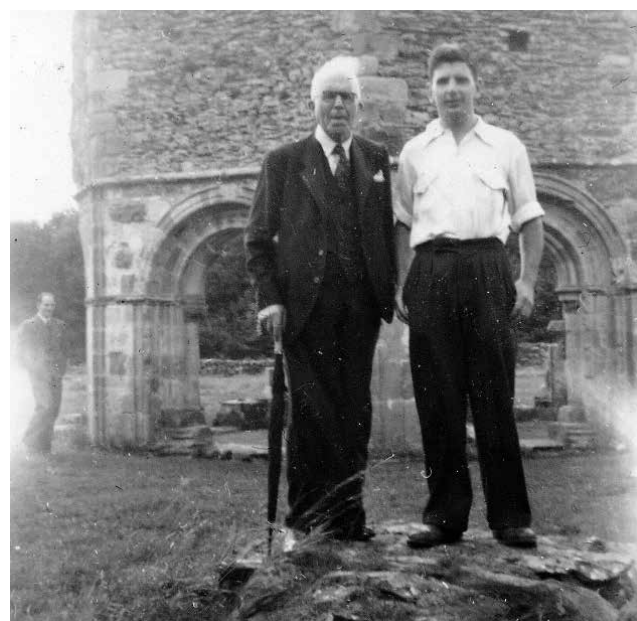


*Paul's father (left) arriving in Dunmanway in 1946*

Dunmanway then was much more like a sleepy village than the busy town it has since become, and it didn't take very long to explore. We started at the east end of Main Street, looking for evidence of O'Neills and found an encouraging number of businesses operating under that name. The shops had all shut for the day, but O'Neill's Pub/Undertakers was open and we stopped in for a pint and to ask if they were 'our O'Neills'.

Family businesses that became pubs in the evening seemed to be quite common in Ireland back then, but this was a particularly odd setup. They used the waiting/reception area as the pub, and to get to the toilet, you went through a curtain and down some steps, into the showroom where the coffins were displayed. They were empty (I assume) but that didn't much diminish the eeriness. As you supped your beer in the waiting area, it felt like you were waiting to occupy one of those boxes. Anyway, it turned out that those O'Neills were not related to us, so we left and carried on along Main St.

In The Square, we came across D. O'Neill's pub on the corner (later Nealums). By this time, I was getting weary of asking about my family, as we had managed to confuse quite a few people without actually learning anything and I was ready just to enjoy my beer without interrogating the locals. Iain was on a mission though and, frustrated by my reticence, marched up to the lady who was serving and related my tale while I tried to hide in the corner. The lady (Margaret) lis-



*Paul's grandfather and father*



*Paul with Margaret and Denis in 1988*

tened politely and then, without speaking, turned and went into the back. We were concerned at this point that we'd done something wrong and imagined being forcibly ejected by a hefty staff member. Instead, she emerged a few minutes later with an elderly gentleman, her father Denis O'Neill, who turned out to be my Dad's first cousin. He remembered Dad

and the cycling club visit and had known my grandfather. Thank heavens for Iain and his big mouth.

Instantaneously, we went from being strangers in a far-away place to being welcomed like long-lost family, which I was, but Iain's welcome was just as warm. The other five or six customers were treated to a free drink in our honour, which

made us very popular.

The night thereafter is a bit hazy now, what with the passage of time and so much to take in (not to mention all the beer). The only customer I remember with any clarity was big Tim, a giant of a farmer, with hands like steam shovels and a hydraulic handshake. He smoked Capstan Full Strength cigarettes, forced one on Iain and laughed uproariously at the inevitable coughing fit that ensued – I was spared thankfully, as I don't smoke. Tim's habitual way of relaxing was to prop himself on a barstool several feet away from the bar and lean – more-or-less horizontally – across the sizeable gap, with just the tip of his elbow resting on the bar for support, forming a sort of bridge between stool and bar. An impressive feat of human engineering!

We had a wonderful evening and were not allowed to pay for any drinks, though we had absolutely no idea how much we consumed as they just kept topping up our glasses. We left in a somewhat wobbly state, but I will never forget the lovely Irish welcome and the kindness and hospitality of Margaret and Denis. However, they were not finished with us and invited us back for lunch the next day.

Not a little hungover, we arrived at the allotted time and were treated to a mountain of roast beef, potatoes and vegetables with creamy Guinness to wash it all down. Welcome fare for two impoverished and hungry travellers. Denis then took us out and about. Our first stop was Michael Collins' TV and bike shop, back along Main Street. From there, Michael, being another of my Dad's cousins, joined us for the next leg. As we headed for the car, Iain and I walked as slowly as we could manage but still had to stop often and wait a very long time for Denis and Michael to catch up. It wasn't that they were frail; it was more that they lived life at a much slower pace than us city types. They also stopped to chat with absolutely everyone they met. It was a remarkable and delightful snapshot of Dunmanway from a bygone era.

*In the next issue Paul continues his journey on to Reenroe, Clonakilty....*



## Special Feature CREATIVE WEST CORK #madelocal

# Cork Craft Month returns this August with over 70 events

Over 100 Cork makers will celebrate the importance of contemporary Irish craft as part of Cork Craft Month this August. There are over 70 events and workshops planned across the month — 80 per cent of which are online. The festival, run by Ireland's largest social enterprise for craftspeople, Cork Craft & Design, kicked off last weekend. Full details of all events — 90 per cent are free — are available at [corkcraftanddesign.com](http://corkcraftanddesign.com).

Sustainability in craft and design will be explored at Cork Craft Month's showcase exhibition in Ballydehob, featuring the work of 19 makers, including mosaic artist Margaret Twomey of Purpose Mosaic and Alison Ospina of Green Wood Chairs. The 2020 Cork Craft & Design Showcase Exhibition, which launched last Friday, is dedicated to sustainability and environmentally conscious thinking.

Maeve Murphy, Operations Manager of Cork Craft Month said: "One of the biggest conversations happening at the moment in the craft world is around sustainability — what makers can do to minimise their impact on the planet. Consumers are more conscious of what they are buying, and they are actively seeking out locally made craft products that celebrate heritage craft making skills, which have low impact on the environment. "Our makers involved in the

Cork Craft & Design Showcase Exhibition use everything from locally sourced salvaged wood to recycled clay to repurposed ebony from uilleann pipes. They will create a visual dialogue on the importance of sustainability and environmental consciousness, and those interested in finding out more are encouraged to pop into the Working Artist Studios on Main Street, Ballydehob during the month."

Among the online events for the 11th annual Cork Craft Month will be a virtual Taste for Craft collaboration between Cork Craft & Design members and English Market traders. The Chocolate Shop and woodturner Tony Farrell participated in the first collaboration on August 1, examining the synchronicities between both craft industries.

The annual West Cork Creates will also go online this year with a virtual gallery and shop running from August 8

until September 14 in Skibberreen. Thirty-seven artists and craftspeople have been invited to work to the theme of 'Harvest', inspired by Theo Dorgan's poem 'Harvest Moon'. The Cork-born award-winning poet will officially open the exhibition online at 1pm on August 8.

Further virtual highlights include Barbara Hubert's free 'A Day in the Life of a Bookbinder' on August 10; an insight into ceramic processes from Charlie Mahon on August 23; while Gavin Buckley of Uillinn: West Cork Arts Centre is interviewing textile artist Anne Harrington Rees on the qualities of material and form in her work. This is one of four interviews with makers that Gavin will conduct during the month of August.

A series of trails will take place across Cork Craft Month including Clonakilty Makers Trail, a self-guided walk of artists' studios, chocolate makers, upholsterers and craft studios throughout Clonakilty. Cork Flower Studio on Douglas Street will also have a Pure Local Like window exhibition throughout the month, displaying the work of local makers.

Physical workshops and demos will run in adherence to public health guidelines.

Speaking on the exhibitions for Cork Craft Month,

Maeve Murphy added: "We are particularly delighted to have the Emerge exhibition running from August 6 at No. 46 Grand Parade. This will celebrate and showcase the work of graduating makers of Crawford College of Art & Design, Coláiste Stiofáin Naofa and St. John's Central College and embrace them as part of the community of Irish craft and design.

"The Society of Cork Potters will also celebrate its 40th anniversary this year, and the Lavit Gallery is hosting an exhibition showcasing the variety of work made by this group from August 7 to September 22. The Society will be presenting their anniversary book, published to mark this momentous occasion, and will be available during the run of the exhibition."

The programme for Cork Craft Month is available at [corkcraftanddesign.com](http://corkcraftanddesign.com). Follow Cork Craft on Facebook at [@corkcraftmonth](https://www.facebook.com/corkcraftmonth) and Instagram at [@corkcraftmonth](https://www.instagram.com/corkcraftmonth). #corkcraftmonth20

Cork Craft Month is supported by Local Enterprise Office, Design & Crafts Council Ireland, Cork County Council, Cork City Council, Fáilte Ireland, the Creative Ireland programme /Clár Éire Ildánach, Cork Education and Training Board, Crawford College of Art & Design and The Gallery at No. 46 Grand Parade.



Top: Ceramicist Charlie Mahon who will give a live free demo of his ceramic processes on 23 August. Bottom: Margaret Twomey of Purpose Mosaic, who is one of 19 makers involved in the Showcase Exhibition at the Working Artist Studios on Main Street, Ballydehob. Pics: Darragh Kane

## Annual art exhibition opens on Sherkin Island

Despite the challenges of Covid-19, Sherkin Island's community is holding its annual art exhibition from now until August 23.

The exhibition will be in the Community Hall on Sherkin Island and will open on Fridays, Saturdays and Sundays throughout that period, from 12 noon until 5:30pm. It will operate to strict Covid-19 guidelines including the use hand sanitisers, face coverings for all visitors and a one-way system in line with social distancing requirements.

Curated by Sherkin Island artist and graduate of the Crawford College of Art and Design in Cork, Jordyn Lynch, the exhibition will include all mediums including drawings,

paintings, writing, sculpture, photography, textiles and ceramics.

Jordyn Lynch said: "I'm delighted to be able to put this exhibition together. It is a little different to other years due to Covid-19 but it's a fabulous showcase of island talent and a great boost for all of the community as old and young have submitted work."

This year the exhibition will produce a small radio segment in conjunction with Oileain FM. This will highlight some pieces in the exhibition and why the artists chose them.

Postcard-sized original incognito artworks will also be on sale for €10 each to raise funds for the Sherkin Island Ceramics Group.

Known as 'island of the arts', Sherkin Island has attracted a population of creative individuals including professional and non-professional artists, musicians, writers and photographers.

Aisling Moran, project coordinator with Sherkin Island Development Society (SIDS) said: "After the challenges that Covid19 has brought to this small community and island life, it is great to see our annual exhibition going ahead, albeit with restrictions in place to reflect this 'new norm'. As always, we are grateful to Cork County Council for their support."

For ferry times see: [www.sherkinisland.eu/ferry](http://www.sherkinisland.eu/ferry)



Sherkin artist and curator, Jordyn Lynch, is seen here at the Sherkin Island community art exhibition. Pic: Robbie Murphy



## Special Feature CREATIVE WEST CORK #madelocal

# West Cork Creates Exhibition 2020 'Harvest' celebrates its tenth year

'Harvest' is the theme for this year's West Cork Creates Exhibition, which in its tenth year will not be found at its usual Skibbereen venue, in the O'Driscoll Building, Levis' Quay, but instead will take place via an online 3D Exhibition, gallery and shop.

At the beginning of the year an 'Open Call' was made to local artists and craftspeople to submit proposals for the exhibition, based on the 'Harvest' theme and with inspiration from Cork poet Theo Dorgan's poem 'Harvest Moon' penned to commemorate the second anniversary of the death of Seamus Heaney.

Artwork selected for this year's show is of the high standard, which audiences have come to expect from the annual 'West Cork Creates' Show. The work of thirty-two artists can be seen in the exhibition, many of whom are well known to local art-lovers and collectors, and this year some exciting new names have been added, such as the talented Luka Scannell, a young knifemaker from Schull.

Each year one artist is invited from outside of Cork County to participate. The Invited Artist for 2020 is ceramicist Marcus O'Mahony, whose large, textured and lidded vessels conjure up visions of abundant harvests and winter storerooms.

West Cork Creates Exhibition 2020 'Harvest' will be officially opened by Theo Dorgan on Saturday, August 8 at 1pm, Live and online. 'Like' the West Cork Creates Facebook page for details on how to join.

The exhibition opening usually has upwards of 100 people attending, with local collectors making certain they get in early to ensure first pick of the wonderful, unique artworks on offer. It is hoped to see similar numbers raising a glass and celebrating the opening this year, making the online experience equally exciting!

The WCC exhibition has been curated by Alison Ospina for the last six years and is a part of the Taste of West Cork Food Festival. It runs online until Sunday, September 13.



Barbara Becker, artist



Michael Duerden Silver/Goldsmith

## List of participants West Cork Creates 2020 'Harvest'

1. Jo Ashby - fine art
2. Barbara Becker - fine art
3. Sinead Barrett - fine art and installation
4. Katherine Boucher Beug - fine art
5. Sonia Caldwell - sculpture, stone carving
6. Diane Carton - basket maker
7. Johanna Connor - fine art
8. Deirdre Cairns - stained glass
9. Michael Duerden - silver/goldsmith
10. Margaret Dukeman - fine artist
11. Angela Fewer - fine art
12. Geoff Greenham - photography
13. Sarah Hodson - fine art
14. Kathleen Holland - silver/goldsmith
15. 15. Etain Hickey - ceramics
16. Susanne Leutenegger - fine art
17. Marcus O'Mahony - ceramics invited artist
18. Janet Murran - fine art
19. Hilary Nunan - mixed media wall pieces
20. Helen O'Keeffe - fine art
21. Noel O'Callaghan - fine art
22. Alison Ospina - chairs and footstools
23. Fiona Power - fine art
24. Dee Pieters - fine art
25. Luka Scannell - knife maker
26. Harriet Selka - fine art
27. Angie Shanahan - fine art
28. Jim Turner - ceramics
29. Christine Thery - fine art
30. Jules Thomas - fine art
31. Helen Walsh - sculpture
32. Claire Halliday - fine art

## Made Local will support local makers and retailers of Irish craft in Cork

An Tánaiste and Minister for Trade, Enterprise and Employment, Leo Varadkar, TD and actor and writer Amy Huberman last week joined with Design & Crafts Council Ireland (DCCI) Chair Breege O'Donoghue in launching #MADELOCAL. The Made Local campaign, developed by DCCI, is a nationwide initiative to boost sales and drive revenue for both makers and retailers.

The Irish craft and design industry is a significant contributor to regional economies. DCCI has over 3,000 registered client enterprises and engages with over 150 retailers across the country who specialise in authentic Irish products.

Commenting on the support for local makers, Jennifer Ahern, Ceramifique, Cork, said, "As craft makers we are delighted that craft and design industry in Ireland is being recognised and supported during what has been a very difficult time. Craftspeople play a vital

role in the Irish economy and as part of that community, we feel that the Made Local campaign could not have come at a more important time. We hope this campaign encourages consumers to shop local and consider the beautiful Irish-crafted, high-quality products that we and other Irish designers and makers create, while in turn helping to keep the craft industry in Ireland alive."

Recent research conducted by DCCI has indicated that nine in 10 consumers feel an affinity to Irish craft and design. DCCI's ambition is that the Made Local campaign will remind consumers taking staycations this year of the high-quality, unique products available from Irish makers and designers across the country. Consumers will see the newly designed Made Local symbol in participating retailers when shopping for gifts and keepsakes during their holidays. This will be featured on Irish-made craft and design in these shops across the

country from today.

The research also reveals that 43 per cent of Irish consumers will continue to shop online even as restrictions ease. DCCI is calling on consumers to choose these local businesses when shopping online for gifts, homewares or fashion.

Announcing the launch of the campaign, An Tánaiste and Minister for Trade, Enterprise and Employment, Leo Varadkar TD, said: "Ireland is renowned for its exceptionally talented designers and craftspeople who create beautiful work, which is exported around the world. These makers and the retailers make a significant contribution to the Irish economy and provide sustainable employment. The Government's July Jobs Stimulus will help businesses to reopen and rehire or retain staff, through an enhanced Restart Grant and an extension to the wage subsidy scheme. We can all play our part; by backing the Made Local campaign, we can help our vibrant Irish

design and craft sector to return to prosperity and growth."

Commenting on the importance of Irish craft and design, Breege O'Donoghue, Chair, DCCI, said, "There is an abundance of unique and beautiful products created throughout this country. It is reflective of our rich culture and history and is intrinsic to who we are. This is evident in our research which shows the value Irish consumers place on authentic Irish design. We know that consumers want to buy products made by local designers and makers. As the economy begins to re-open, we're calling on these consumers to shop local and consider the breadth of Irish-crafted, high-quality products available here. This will, in turn, help us revitalise our wonderful craft industry."

Commenting on the Made Local campaign, Actor and Writer Amy Huberman, said, "I am so delighted to support the Made Local campaign. Following a very difficult few



Artist Jean-Philippe Levillain, Mary Palmer board member DCCI, Artist Jennifer Ahern and Brian McGee, Business Development Director at DCCI, Cork Craft and Design launching #MADELOCAL.

months due to COVID-19, it is important to make a conscious effort to help local craft businesses in Ireland. Our country is full of some of the most talented designers and craftspeople in the world and we are so lucky to have such beautiful produce right here on this island. We would like to encourage consumers to think before they shop and give our local makers a chance to thrive

over the coming months."

The Made Local campaign will run throughout the summer with 100 retailers involved in the campaign, supporting the work of DCCI's 3,000 registered clients.

For more information on Irish craft and design and where to shop products that are Made Local, please visit: [www.dcci.ie](http://www.dcci.ie) or join the conversation by following #MADELOCAL.



## Special Feature CREATIVE WEST CORK #madelocal

## Trailblazing Clon makers open their studios and workshops

Clonakilty, with its vibrant creative scene, is home to many makers, artists and craftspeople. This August, as part of Cork Craft Month 2020, the people at Green Dot - Irish Design Makers have put together a self-guided walking trail to give visitors, and locals, the chance to 'meet the maker' in their workshop or studio and to get a proper feel for their work. Call into Green Dot on Ashe Street to pick up your trail map and discover more about the makers involved, and the times and days that they are available to welcome you.

Green Dot is also the starting point of your tour. This lovely shop, with an in-house craft studio, is a hub for beautiful, ethically-made Irish craft and design. Upstairs you will find the second stop on the trail – Anna Groniecka Photography. Anna's portfolio of work focuses mainly on people, relationships and helping people show their best sides.

Across the road is Stone Valley Coffee Roasters where small batches of high quality, single origin coffees are roasted in their on-site micro-roastery, and Studio 43, home to artist Kieran Bennett who works in various media such as oils, pastels, inks acrylics and watercolours to depict seascapes, streetscapes, architecture and social commentary pieces. Tucked away on the street behind

is Triskel Tattoo, where Maria draws inspiration from Celtic mythology and traditional artwork from all over the world.

It might be time now for refreshment now so pop across to Clonakilty Distillery, located at the waterfront, where they make the very best Single Pot Still Irish whiskey. After this pitstop it's time to learn about upholstery at Elle Aime on Casement Street, where Laure Mouniamy uses traditional French upholstery techniques to rejuvenate much loved sofas, dining chairs and more.

Circling around to Astna Square brings you to four new trail spots. First climb the stairs to visit Clonakilty Community Arts Centre, established in 2012 with the vision of creating a supportive network of artists by providing

a friendly environment for them to work, meet and exhibit their work.

Above the Arts Centre gallery you will find two more makers: Thady Trá Photography is in the in-house darkroom – Thady uses traditional and more modern techniques in his photography and his love for, and interest in, people and life shines through in his work; and the Clonakilty School of Painting is where artist James Waller offers a range of courses for children and adults in classical painting, drawing and printmaking. James has a wide ranging practice encompassing Baroque, Byzantine and Modernist approaches to art making.

Back outdoors, you will see The Store Room Gallery & Studio of artist Aidan O'Regan who has established a reputation

as a colourist of immense ability. Another artist is located at The Hill Gallery on McCurtain Hill; Pauline Walsh, who's landscapes are inspired by the beautiful nature of this area. At the top of this hill you'll also find Europe's smallest Fairtrade chocolate factory – Exploding Tree. Learn how chocolate is made with bean-to-bar chocolate maker Allison and taste the results!

Any artists following the trail will appreciate The Loft Gallery & Frames, opposite the RC Church, where local artists go to get a top quality, bespoke framing service from Kate and her team. Frames are crafted here by hand, using traditional techniques, and the gallery is also a revolving exhibition space for local artists and creatives.

Next is an unusual venue – The Bike Circus is a community-run bicycle workshop that exists to educate and empower local members to learn to mend and build their own bicycles, making use of the workshop's tool bank, spare parts library and facilitators' training and help.

Moving on to Spiller's Lane you come to Hot Knickers Linerie, a bespoke service by Irish designer Ali Wheeler for clients who desire garments that flatter and fit to perfection.

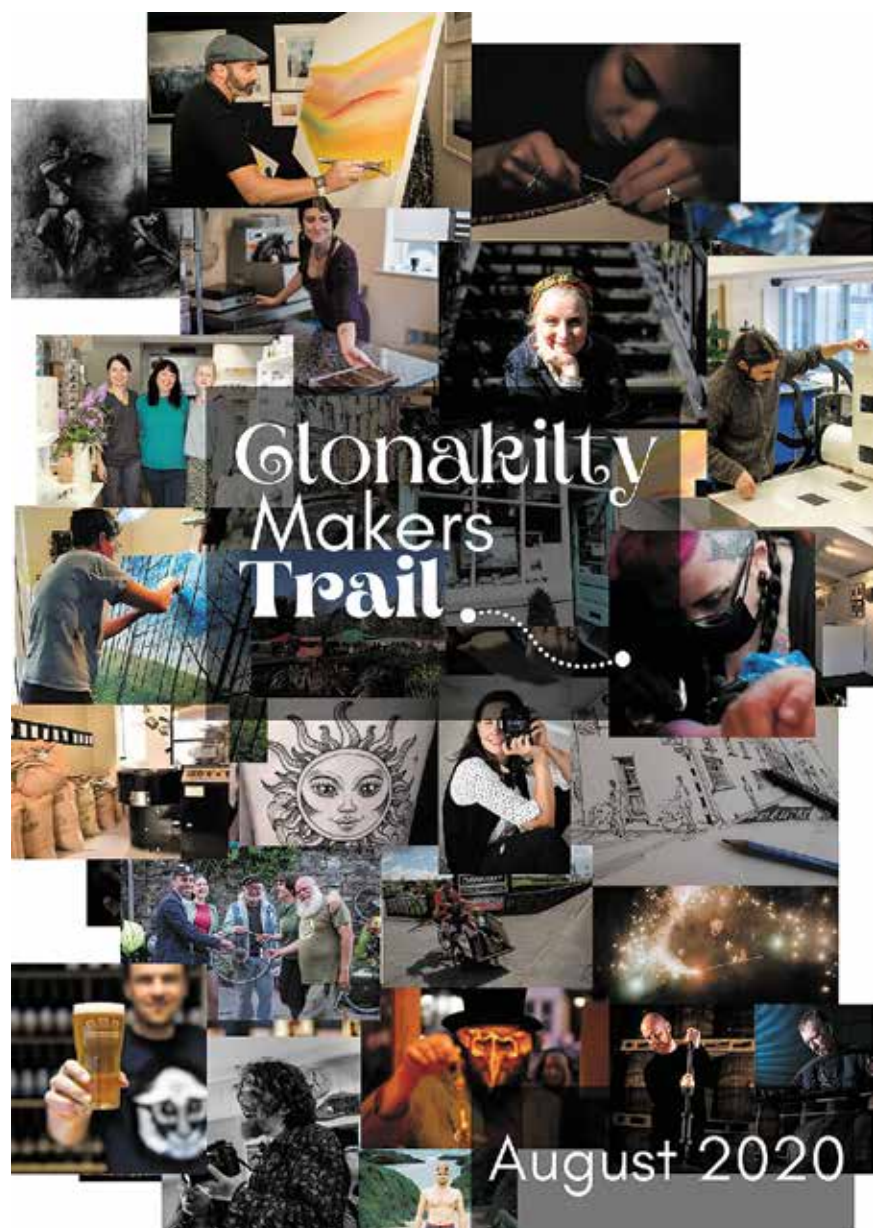
You might be in need of more sustenance at this stage so, luckily, the next stop is Clonakilty Farmers Market, held every Friday from 9am-2pm in Emmett Square. There is a selection of crafts from local makers and creatives as well as hot food stalls,

fresh local produce, home-baking and much more.

And to wash all that down, the final stop on the trail is Clonakilty Brewing Company, where head brewer Frank is passionate about making beer with no compromise, brewing small batches with big personality. Using locally sourced grains, the best hops and water from their own well, the beers are handcrafted with care.

You can also find the trail brochure online at [www.greendotdesignshop.com/pages/clonakilty-makers-trail](http://www.greendotdesignshop.com/pages/clonakilty-makers-trail).

Please respect the rules around COVID 19 and any practices that have been put in place by an individual maker or venue to help this be an enjoyable and safe experience for all involved!



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GREEN DOT  
IRISH DESIGN MAKERS



# Special Feature CREATIVE WEST CORK #madelocal

## Steel sculptures of stature and a barrel-top wagon



L-R: Noel Molloy 'Moz' and Nigel Towse



There are all types of talented creative spirits quietly working away in the many nooks and crannies of West Cork. Where else would you find a welder-pipefitter-turned-sculptor and a retired traditional boat builder collaborating on a project to breathe new life into a traditional barrel-top wagon?



Noel Molloy, or Moz, as he's better known as, is making his mark as a sculptor in West Cork. A spider in Baltimore, a whale and dolphin in Union Hall, an elephant in Skibbereen – it's anyone's guess where his next larger-than-life metal sculpture will land. Originally from Preston in Lancashire, a holiday to his blacksmith grandfather's native Galway brought the welder to Ireland 25 years ago. Moz decided to stay: He moved to Cork, found some work and now lives just outside Skibbereen. In recent years, what Moz calls his bread and butter work – gates, stairs, railings and so on – is being outpaced by commissions for his impressive steel sculptures, which more-often-than-not tend to gain in stature as they're being built. "The spider was only supposed to be a few feet in width and it just doubled in size," says Moz laughing. "I can't help it!"

Moz is also part of an ambitious ongoing restoration project on Castle Pook, a five-story Norman tower house, which stands on a five-acre rocky outcrop at the foot of the Ballyhoura Mountains in North Cork. The front door when completed

weighed in at an impressive 240kg. "The bolts were a few tonnes in themselves," says Moz. Some of the more fun features include a bath in the shape of a Viking boat and a sword towel holder.

"I have an idea and it just grows from there," he says. A design might be drawn on the back of a cigarette packet for example. "I mark the dimensions of the sculpture out on the floor, do some research, look at photographs, that kind of thing, and then just go with it."

The big pile of scrap metal outside the door is never there for long... a Velociraptor for Moz's eight-year-old son Art will soon be resurrected out of the mountain of steel.

A rusty old gearing system off a trawler is being revived in the shape of a fire pit. "A friend of mine asked me to do it for his new house," says Moz, "I'll make a mushroom canopy for over it."

Inside a dragon wraps his tail around a dusty stove.

Moz is also a modest inventor and working on making his own laser plasma cutting machines. "Yeah I have a few prototypes out there, a few things in the pipeline," he says casually.

Right now he is really enjoy-



ing working with retired boat builder Nigel Towse. Nigel, 76, lives on Sherkin, and has just ventured off the island for the first time since lockdown ended. "I am a bit nervous," he admits, but soon relaxes, as he starts to speak passionately about the restoration project.



as a prop in her work."

Nigel's interest in traditional music – he plays the accordion – drew him to West Cork almost 30 years and, as it happened, the barrel top eventually followed him. "The photographer didn't end up using it very much so I bought it back off her at the request of a guy in Baltimore," explains Nigel. "Someone mentioned that I had made one to someone else in one of the pubs in Baltimore... you know the way it happens in West Cork."

Nigel's background is in boats and seafaring. He fished for a few years off Baltimore, ran a mussel farm on Sherkin, and tested his skill as a boat builder for the first time in West Cork; restoring a traditional mackerel yawl An Rún (The Secret). An Rún and her sister ship Shamrock II owned by traditional boat builder Liam Hegarty (Hegarty's Boatyard near Baltimore) are exact replicas of the style of boat traditionally used by fisherman from Long Island off Schull.

After it's relocation to West Cork, sitting at the top of a hill over Baltimore, the salt in the air over time got the better of the barrel top, hence the current restoration project.

Every single piece of iron has to be replaced with stainless steel to prevent this happening again, which is where Moz comes in. "It should last a lifetime," he says.

"I'm attracted to rust," says Nigel. "And I hate it," says Moz laughing.

And so the creative spark ignites...

Contact Moz of Moz's art Sculptures on 086 2285777.

"I built this barrel top 35 years ago from scratch," explains Nigel. "An English photographer, well-known for her Victorian-style black and white portraits of children, posed in wheelbarrows, that type of thing, commissioned me to make it. She wanted to use it

## Maritime Exhibition opens at Crawford

An exhibition celebrating Ireland's maritime haven has opened at Crawford Art Gallery. Statio Bene draws together over forty artworks describing the traditions and historic views of Cork Harbour. The exhibition features artworks describing Cork's global connectedness, its harbour and river, shipping and leisure, defence, and mobility of people.

Addressing the maritime traditions of Cork and the south of Ireland, Statio Bene considers the concept of a 'safe harbour' as an anchorage in cultural, social, and other terms.

Presented in the Long Room of the city's old Custom House (Crawford Art Gallery), the exhibition is inspired by Cork's motto – Statio Bene Fide Carinis (a safe harbour for ships). The exhibition also coincides with the 300th anniversary of the world's oldest established yacht club – Royal Cork Yacht Club.

Dr Michael Waldron, Assistant Curator of Collections at Crawford Art Gallery, says: "Cork, its city and environs have for centuries benefited from the natural maritime haven that is its harbour. Amongst the largest of its kind in the world, Cork Harbour has been a porous site of settlement, migration, international trade, fortification, and leisure, and holds deep cultural and economic relevance."

For the first time, Crawford Art Gallery will also display a selection of prints from Jamie Murphy's series Albert, Ernest and the Titanic (2012). "Cork Harbour was the last port of call for the Titanic on its maiden voyage in 1912," Waldron also notes. "It underscores the risk of leaving a safe harbour, and Jamie Murphy's arresting images help us to tell that story. The ink the artist used on the label for this portfolio of prints was even made from coal salvaged from Titanic's wreck site."

Drawn from Crawford Art Gallery's own extensive collection, Statio Bene includes works by Willem Van de Velde (1611-1693), Sarah Grace Carr (1794-1837), George Mounsey Wheatley Atkinson (1806-1884), Robert Lowe Stopford (1813-1898), Norah McGuinness (1901-1980), David Lilburn (b.1950), among others.

The exhibition and associated programmes are made possible with the support of O'Leary Insurance Group, Mainport, and Port of Cork.



## Special Feature CREATIVE WEST CORK #madelocal

Helle Helsner



## West Cork artist celebrates the landscape with a #madelocal pop up

West Cork artist Helle Helsner is letting locals and visitors alike know that her work is made locally with a pop-up display in the window of her landmark studio in the former Doswell Gallery in Rosscarbery. The display is part of the Design and Crafts Council of Ireland's #madelocal campaign which was launched this week by Tánaiste Leo Varadkar.

Denmark-born visual artist Helle Helsner who works in sculpture, drawing, jewellery and textiles, has lived in Ireland for half her life, and had plans to mark the auspicious year with a group exhibition featuring artist from both Ireland and Denmark, but this had to be postponed due to Covid-19. On learning about the #madelocal campaign, the entrepreneurial artist took the opportunity to create a unique display.

"As 2020 marks the year where I have spent equal time in my native Denmark and adopted Ireland, arriving in September 1994 to study at Crawford College of Art and Design, I am particularly proud to be part of the Design and Craft Council of Ireland campaign #madelocal which launched on July 29.

I feel blessed to call Ireland my home and I have fallen head over heels in love with its magnificent landscape. This is very much evident in my practice, which takes its cue from the rugged and colourful landscape that surrounds me. The coastline, the wood, flora, and fauna all find its way into the work."

In celebrating #madelocal Helle Helsner has created a pop-up display in her studio window in the former Doswell gallery in Rosscarbery, showing



drucht (dew) 15x20cm Pencil and oil wash

a selection of wearable art in the form of large bespoke hand knitted throws in 100 per cent Donegal wool, and drawings currently exhibiting on the international on-line creator space BabyForest, which has its headquarters in Skibbereen. This exhibition is a collection of small affordable drawings

based on the ancient landscape under the title Tír.

For more information about Helsner's work, which also includes sculpture and bespoke jewellery please visit [www.hellehelsner.com](http://www.hellehelsner.com) and [www.babyforest.co/tir](http://www.babyforest.co/tir)

## Supporting West Cork makers in a vibrant circular economy



Wild Atlantic Designs in Clonakilty is a perfect example of a local business that feeds back into our circular economy. Stocking a huge range of art and craft from Irish makers, with many working in West Cork, owner Lorraine Cahalane takes great pride in her position as the link between local customer and local maker.

"My customers are looking for something out of the ordinary and meaningful. To be able to tell the story behind an item, who handcrafted it and where in Ireland it comes from, adds immense value," says Lorraine. "The quality of what is produced in Ireland, but especially in West Cork, is outstanding and these are gifts that will be cherished by the recipient, as each sale is

cherished by the maker."

Wild Atlantic Designs has a unique collection of jewellery, ceramics, art, soaps, candles and more on show that customers are welcome to take their time to browse through. Bringing it altogether has been a project that has inspired Lorraine, who has always had an eye for design, as she deals with some of Ireland's most interesting up and coming designers.

"I meet so many interesting people. There is a real surge of creativity in Ireland and that is what I wanted to bring together under one roof. By allowing people to see, touch and purchase the work, I hope I am making my contribution to sustain an industry that is so important to rural Ireland. Our towns and villages wouldn't be

as vibrant as they are without our artists and craftspeople and we need to ensure they can thrive here."

Lorraine has travelled the country in search of great craftsmanship. From Galway, there are ceramics crafted by Rachel Webb; from Dublin are pieces by Maureen Lynch, a jeweller inspired by the Atlantic; from Northern Ireland is a display of Nuala Lynch contemporary jewellery; from Wicklow is Hairy Fruit Art by Helen Magee.

But in pride of place are the artists and makers from our own area – atmospheric landscape photography by Stephen Hayes of Clonakilty; hand-pulled lino prints in shimmering gold by Aoife McLoughlin of Inchydoney; soaps, candles and salts by Amber Therapies of Clonakilty; delicate crochet wire jewellery by Wild Wire in Bandon; West Cork photography books by Norman McCluskey and Giles Norman; handcarved kitchen accessories by Wild Atlantic Wood of Skibbereen; print, calendar and painting by Sarah Hodson of Reenascreena...the rollcall of talent goes on and on. Call in this month to find your favourite.

Wild Atlantic Designs – Pearse Street, Clonakilty Tel: 087 4519512.

## Supporting local makers

Jewellery, ceramics, candles, cards, paintings, prints & more...

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# CREATIVE WEST CORK: DESIGNS FOR LIFE

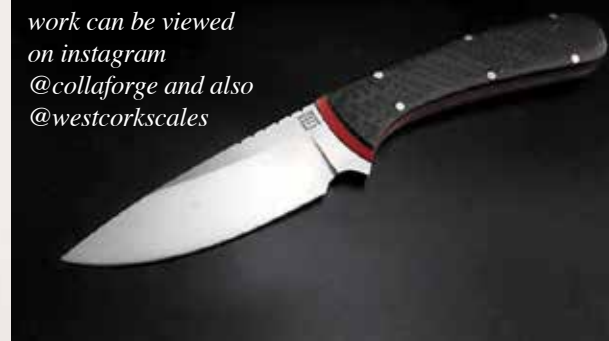


Danu Ceramics creates these stunning fern dishes, suitable for jewellery or wall hang, finished off in a wonderful 22k gold lustre. From €25 at **Forest & Flock, Bantry**

Sterling silver butterfly pendant on a 3 bell silver chain by Kathleen Holland.  
[kathleenhollanddesigns.com](http://kathleenhollanddesigns.com)



Handmade knives by Luka Scannell whose work can be viewed on instagram @collaforge and also @westcorkscals



Hand crafted mosaic glass lamps at **East meets West, Schull**



Etain Hickey Spring Hare wall dish.  
instagram:etainhickeyclonakilty  
email: etainhickey@gmail.com



These bright Baltimore Beacon image tea towels by Petal to Petal are available from **West Cork Crafts, Skibbereen**

This unusual garden chair was crafted in Skibbereen by Noel Malloy of Moz'art Sculptures, 086 228577



Bring the West Cork coastline into your home with these unique prints by Aoife McLaughlin, available from **Wild Atlantic Designs in Clonakilty**



This print of the Fastnet lighthouse at the tip of West Cork is part of Bert, the Designer of Things, new collection for 2020 at **Green Dot, Clonakilty**

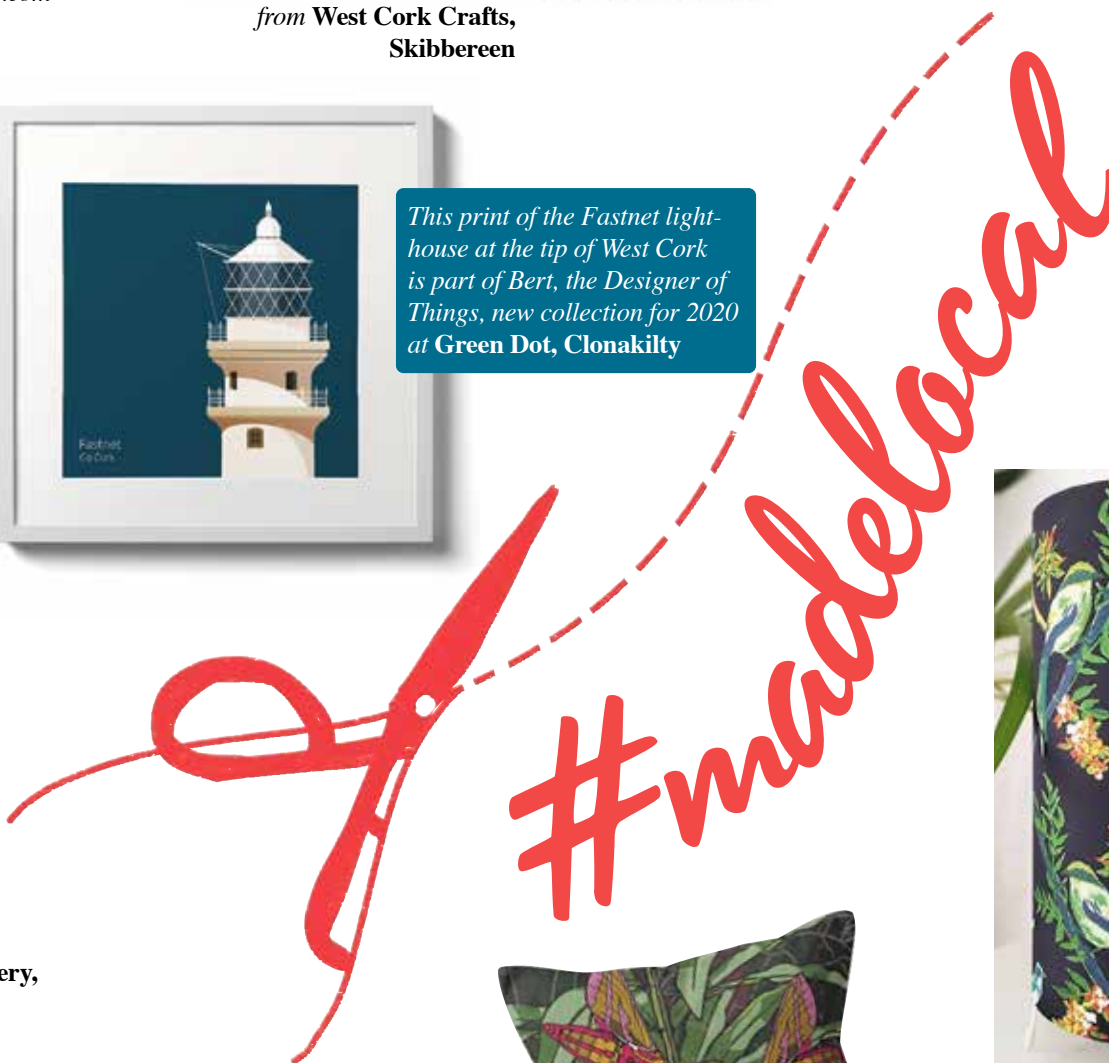


Faded Glory 1 by Melanie Black at **Blue House Gallery, Schull**

This Willowherb Moths cushion cover features a hand-drawn motif of the elephant hawk moth on a rosebay willowherb and is by designer Anne Harrington Rees [anneharringtonreesdesigns.ie](http://anneharringtonreesdesigns.ie)



This lamp by Mr Kite Designs gives off a lovely glow through the fabric shade. No base needed, just add a bulb and plug in. from **Courtyard Crafts, Schull**





## Special Feature CREATIVE WEST CORK #madelocal

## Geraldine O'Sullivan's experience of the West Cork landscape during lockdown reflected in a series of work on show this August

2020 would have been the 15th anniversary of West Cork artist Geraldine O'Sullivan's summer exhibition. This year, due to the current restrictions on public events, the two-day event has changed to private viewings during the month of August. Geraldine's latest work will be shown in the artist's home gallery and viewings may be arranged by appointment.

This is not the first time adverse events has forced the artist to quickly respond to 'save the day'! In previous years Geraldine had regularly exhibited in the light-house buildings of the Galley Head Lighthouse, by invitation of the Irish Landmark Trust, where her event was becoming a much-loved highlight of the summer. Unfortunately, 15 years ago and just two days before her exhibition was due to open, the Galley Head venue became unavailable. Unwilling to cancel the event, which had been widely advertised and to which hundreds of invitations had been sent, Geraldine decided to relocate the show to her home in Ballylibert, near Castlefreke.

2020 sees the show return to this first 'pop-up' show format. Geraldine's work can now be seen by appointment in a beautiful, vine-filled outbuilding and a small studio-gallery. O'Sullivan's art has evolved in style and content over the past 15 years, but her original premise, that her art must instil in one a "Sense of Place and

Belonging", still remains.

After the many weeks of isolation and uncertainty we have all endured, Geraldine feels that people are searching for art which "portrays that which is recognisable, familiar and reassuring; images of places visited, lived in, of faces and objects which are identifiable and precious."

There is a common theme running through the 2020 collection; Geraldine has painted a series of paintings featuring still water with mirror reflection. One beautiful example is 'Kayaking near Carrighilly', painted after lockdown when a relaxation in the travel restrictions allowed Geraldine to put her kayak back in the water.

April and May were full of bright light and this is reflected in the paintings, the longer early summer evenings are captured in the panoramic 'Old Coastguard Station, Rosscarbery'.

Artists reflect current moods in their work and this is evident in the two paintings which feature pathways and roadways, devoid of human presence. 'Our townland' is the title to a very calming landscape that captures perfectly an early summer West Cork boreen.

The familiar landscape and coastline were reassuring in a time of such great uncertainty. "Nature was my constant companion," says Geraldine. "So much of my time I spent alone, walking every boreen and coastal path within my restricted zone; the ebb and flow of the tides were so reassuring, as was the comforting light of the Galley Head lighthouse that sweeps past my bedroom window, as if whispering 'this too will pass, all will be well'".



Title kayaking near Carrighilly Union Hall.  
Acrylic on watercolour paper



Go the distance. Acrylic on watercolour paper

Over the years Geraldine has seen how her art has stimulated conversations, dialogues and interchanges. Her art seems to give people the permission to share thoughts, feelings, ideas and impressions that they might ordinarily not share. There is a painting entitled 'Go the distance' which sums up the ethos of O'Sullivan's artworks.

This year's viewing by appointment exhibit will run for all of August and each viewing is limited to four people. Masks are to be worn please.

Book a viewing by telephoning Geraldine directly on 087 6831751.



Geraldine's home gallery near Castlefreke

## Project aims to unlock cultural heritage of five ports in Ireland and Wales through creative commissions

These recent months have been very hard on the Arts in Ireland and Wales, and so the Ports Past and Present Project is delighted to announce the awarding of twelve commissions of £5,000 each (or equivalent in euro) to creative practitioners based in these two countries.

The Ports, Past and Present project – funded by the European Regional Development Fund through the Ireland Wales Co-operation Programme – is unlocking the cultural heritage of five ports in both countries: Dublin, Rosslare, Fishguard, Pembroke Dock and Holyhead.

The four-year project is a joint

initiative with University College Cork (UCC) and Wexford County Council in Ireland, and with Aberystwyth University and the Centre for Advanced Welsh and Celtic Studies at the University of Wales Trinity Saint David.

Creative Connections commissions will develop work that reflects the rich cultural and historic heritage of the port communities around Dublin Port, Holyhead, Fishguard, Rosslare and Pembroke Dock, along with the journeys taken across the Irish Sea between these places. The proposed work covers a wide range of media, from sound pieces and film to sculpture, postcards, poetry, photography and

nature writing. Each commission will be produced in close conversation with the port communities and be supported by the wider work of Ports, Past and Present.

Information on the Creative Connections recipients and their projects can be found on the website: [portspastpresent.eu/](http://portspastpresent.eu/)

Ports Past and Present seeks to investigate the heritage of these ports and the Irish Sea crossings, and create common understanding between these communities. The project team and the artists involved are interested in hearing from anyone with a story to share. You can email the project at [ports@ucc.ie](mailto:ports@ucc.ie).

# GERALDINE O'SULLIVAN

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CLONAKILTY, WEST CORK

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TEL: 0876831751

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



## Special Feature CREATIVE WEST CORK #madelocal

## Handball alleys, U-boats and the Holy Grail of painting



Michael McSwiney in his studio. Pics: James Waller

With a mature painting language and an award-winning art career spanning 30 years, Michael McSwiney is in his prime, unfazed by life's challenges and as passionate as ever about his craft. He discusses art, life and the creative spark at his home and studio in Ardfield, near Clonakilty with fellow artist and writer **James Waller**.

Michael McSwiney's studio, which he built himself, overlooks the sea, the very same ocean that lapped at his imagination growing up near the docks in Glenbrook in Cork Harbour. Inside the studio other liquids are in the process of drying, both water based and oil based, some drying into each other, forming minute craters, like the surface of the moon.

Protagonists lie about the place: spatulas, tins of paint, spray bottles and spray cans, along with their various fields of battle: large and small canvases both propped and lying flat, on the equally splattered floor.

Surfaces, textures and their attendant histories are the

leitmotifs of McSwiney's career, fed by an unusually heightened visual awareness. From dry-dock walls to ship facades, handball alleys, ski jumps and war bunkers McSwiney has, throughout his life, been moved by the residue, the stain, the abandoned structure. The artist explains that his fascination for these elements developed from childhood:

"You don't get to choose where you grow up, and what I saw growing up was the tide, coming in with metallic silver hues and out with mud greys. The stains left by the tide on the dock walls is what I've been painting my whole life."

In the studio, metallic shimmers and pooling water beads glance off surfaces. Mike points out a "copper feel" in one of his pieces, resonant of "certain kinds of light you get in the sky here." He talks about his processes and what drives him as a painter, explaining that it's really a constant experiment, completely intuitive and these days completely abstract.

"For me they're completely abstract works, or not even that...it's not a landscape, a seascape, an abstract. It just is what it is. The horizontal band just appears automatically and always at the bottom, like it's weighting the painting. When the painting is finished, I can reflect then...it might remind me of a dry-dock wall growing up..."

It might be surprising for people to learn that there is actually no intention to create an abstracted seascape, a fact seemingly contradicted by how McSwiney titles his paintings. The titles come after the fact, however, drawn from an ever-growing list of one-liners gleaned from music, reading, conversing and playing with words. As Mike says, he only titles them to avoid calling them 'Untitled'. One suspects, however, there is a little more to it – a



Michael (here and below) with his sculptures.

poetic association and a love of language that sings with his visual world. Titles like 'Manna' (bread from heaven) were picked up in church as a child and McSwiney clearly loves its metaphoric resonance. Unlike Manna, however, McSwiney's paintings did not simply fall out of the sky, so he talks about his origins and his development as an artist.

McSwiney explains that he came "from a big family and nowhere was there anything, anything to do with the arts." There was, however, construction (from an early age he was digging foundations for houses and learning to build), painting boats, and shovelling coal (his father was a coal distributor).

It is surprising to learn that as late as Fifth Year in school McSwiney had no idea what an art college was, that he got into the Crawford by "the skin of his teeth", and that up until then he had had "a terrible education." He loved foundation year at the Crawford and tried everything, graduating five years later with a B.A. from NCAD, having specialised in woodblock printing.

The industrial nature of his childhood proved both formative and restrictive. As the artist himself says of his studio practice, "the way I work is the way an untrained boat painter would work". At the same time he couldn't wait to leave. Attitudes in Ireland were largely negative about being an artist, so McSwiney packed up and moved to Copenhagen.

"It was a new sensation to go to Scandinavia; you'd say you're an artist, and they'd ask if you went through a college and they'd be like 'wow' – from Dublin where people would say if you're an artist you 'just draw the dole' – it was such a downer."

It was in Copenhagen that he really started painting and exhibiting, through a combination



of good luck and fearlessness, picking up odd jobs along the way.

"I wasn't aiming to be a great painter or anything, but I knew I wasn't going to be mild on my expression or my application. I was going to go for it."

Back in the studio Mike shares some of his sculptures made during lockdown. He produces a spiked bomb-like form, made from a cylinder found on the beach, wound with string and poured over with gallons of paint. He talks about the U-boats from WW1, and that these mines still occasionally wash up. Talking about sculptures and remnants, he fishes out an older sculpture of a handball alley. He first started painting handball alleys in Sligo, having returned to Ireland after three years in Scandinavia.

"I did a spell in Sligo that was involving abandoned architecture. I was doing (painting) ball alleys and all that, you know. And then when I went to Norway I was doing abandoned ski jumps."

McSwiney returned to Norway for eight years where he painted, taught and exhibited. During that time he recalls being "under the umbrella of Edvard Munch", and how this forced him to really strive to be the best he could be: "The standard of Munch's art is so high, you can't go any higher. He was

capable of putting into visuals the collective consciousness of a country."

At the same time he was heading further and further towards abstraction, gradually covering up all figurative elements until there was nothing recognisable left. But the paint itself was speaking, and the resonances and associations, then, as now, remain. "The paint has a language", he says, "you're searching, you're excavating..." And what it brings up could be "the texture of a childhood memory, the feeling of a ship-side or a pier. It's a draw back to your childhood. In a way you're searching into the future and into the past at the same time." Responding to the question of what drives him, he says, "it's an energy, I'm after, like the Holy Grail...but just like a hologram, your hand goes through it. You're making work to get to a place that you can never quite get to."

It is this striving "to make paintings people haven't seen before" that gives McSwiney's work its edge. Of artists who have influenced him past and present he cites the Die Brücke artists, Anselm Kiefer and Munch. But the one he feels the most affinity with is the American artist Sterling Ruby, who also rebelled against a labouring background to make his way in art.

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## Special Feature CREATIVE WEST CORK #madelocal

## For the love of chairs

**Alison Ospina**, curator of the West Cork Creates exhibition, talks about life and work in West Cork and what drew her to her chair making craft.

“José and I came to West Cork with our three children in 1996, looking for adventure and somewhere beautiful to live,” she explains.

West Cork offered plenty of both and 24 years later Alison is still making her beautiful ‘Green Wood Chairs’ at her home in the heart of the West Cork countryside surrounded by trees, birds and nature. Her husband’s office is right next door to her workshop.

“I like the balance of my life,” says Alison. “Teaching, making chairs, writing books and reading.”

Alison teaches one day per week at West Cork Campus during term, allowing her time to make chairs and stools at home the rest of the week, although in the winter months she admits that she does spend less time in the workshop and more time writing and reading.

In the summer, she continues making chairs (mainly for exhibitions) and teaches one and three day courses from her own workshop, taking a maximum of three students per course.

In August, she curates and organises (with the help of a dedicated committee) the West Cork Creates Exhibition in Skibbereen.

Alison hasn’t always been a creator. She trained as a psychiatric nurse and worked in psychiatric hospitals for seven years before moving to Colombia with her husband José, a Colombian. “At the time I loved working in psychiatry but I didn’t really want to go back to it once I had my own children to look after,” she says. “I’m not sure where the woodwork enthusiasm or rather obsession came from; I started attending Adult Ed classes part time when the children were small and we lived in London and it just grew from there.”

A series of coincidences led her to make her first chair using unseasoned hazel shortly after arriving in West Cork; she hasn’t stopped designing and making green wood chairs since.

A self-taught chair maker, Alison has gradually developed her own unique approach and techniques in her business Green Wood Chairs.

Using mostly locally coppiced unseasoned (green) hazel wood for making her chairs and



stools, she sources most of her hazel from Tony Scannell who has a woodland in KInsale.

“I have also used birch, alder, ash and rowan but my absolute favourite wood is hazel. It grows as if nature intended it for chair making,” she says passionately.

“I don’t really separate my life from my work,” admits Alison. “I am a chair maker first and foremost. Our children have grown up and have their own homes and lives. I love making chairs and I am at my best in the workshop, physically, mentally, emotionally, creatively. I can’t imagine a time when I no longer want to make chairs!”

In 2011, Alison published ‘West Cork Inspires’, a book about the history of the craft movement in West Cork and one of the highlights in her career. “I hadn’t realised when I set out to write the book that it was such an interesting story and an important one to tell,” she explains. The book was launched in Ireland at Farmleigh House in Phoenix Park and Alison invited West Cork artist Etain Hickey to curate an exhibition of art and craft works made by the book’s featured artists in the Gallery at Farmleigh. “By pure chance, it coincided with the Queen’s visit to Ireland and she was presented with a copy of the book and Michael D. Higgins officially launched the book and exhibition. It was so exciting and such a proud moment!”

In recent years, Alison has discovered the joy of working in collaboration with a variety of textile designers to produce original limited edition collections of upholstered chairs and footstools.

This year, for the Harvest exhibition, she has teamed up with textile artist and eco printer Nicola Brown and upholsterer Jessica Finken and they have put together ‘Armchairs and Footstools’ with eco printed fabrics. Nicola produces single lengths of fabric per chair, which

Jessica cuts and shapes to cover cushion, seat and footstool. The eco printing is done with leaves, seedpods and flowers.

Alison is also working with artist Sue Gifford who is hand painting/decorating two Green Wood kitchen stools with a ‘Harvest’ theme.

Recognised and supported by the Design and Crafts Council of Ireland and Cork County Arts Office, West Cork Creates is now the one annual event run by the West Cork Craft and Design Guild (WCCDG), a group that was set up in 1997, as a support network for individual craftspeople running businesses in West Cork. For many years, the group, with a membership that fluctuated between 15 and 25 at any one time, met regularly and organised events and exhibitions and produced an annual printed brochure. “The world has changed since those days,” says Alison “printed brochures are too expensive to produce and often get wasted; organising exhibitions far afield did not really pay off in terms of sales and promotion and turned out to be a lot of work and expense for little return.

“Experience has taught me over the last 20-plus years that developing a reputation at home and building on that is more effective when it comes to promoting the work of local artists and craftspeople and facilitating sales.

This is Alison’s sixth year curating the West Cork Creates exhibition, which this year is going online due to the Covid-19 pandemic, making it a rather different curating experience to other years, as Alison explains. “Last week I was in the O’Driscoll Building where the WCC exhibition usually takes place. It was empty, with the plinths we normally use for display all stacked up at the end and I must say I felt a bit sad and nostalgic. I wanted to roll up my sleeves and get started curating the actual physical exhibition there – it is always so exciting! However I think we have made the right call and I hope we will be equally successful, if not more so. I have researched it (online) myself and it seems that the world of online art sales is booming!”

“We show arts and crafts together which makes for an interesting show. Our audience enjoys the fact there is something for all interests. Selection is critical; we only show work of the highest standard. In previous years we have been very successful in selling work, which is money that goes back to the artists and helps them to continue on their chosen path.”

## Schull emporium supports local to local globally



East meets West in Schull is an emporium showcasing the beautiful traditional craftsmanship of Northern India. In keeping with West Cork’s reputation as a haven for unique arts and crafts, the ethos of this mother and daughter team, Amanda and Meg Connell, is to support traditional craftspeople, artisans and small family businesses.

“We travel to Rajasthan and select all the goods personally to ensure that all our products are of high quality and an ethical production line,” explains Amanda. “We buy directly – no warehouses or factories. It’s not the usual business model and has the added bonus of a fostering a lovely relationship with the people we work with. So despite these challenging times at present, we are able to find ways to keep supporting each other from different parts of the world, as the trust is there.”

“Local to local globally!” is a mantra for this fascinating

shop; take your time to wander through teak furniture, hand crafted mosaic glass lamps, traditionally made quilts, block printed table linens, Jaipur Blue pottery, hand woodcrafts, leather goods and paper, and a range of cashmere, wool and cotton scarves and clothing.

All of the teak furniture pieces are ‘one-offs’ – either lovingly restored, original vintage pieces or beautiful new presses and cabinets crafted, using traditional methods, from repurposed old teak. East meets West also stocks tables and chairs made using the traditional style and techniques.

Another must see is the range of Jaipur Blue pottery from Gopal Saini, a master potter who has been honoured in India for restoring this old art form. Each piece is the result of a 42-step process, from grinding the quartz stone to make the clay and natural pigments for glazes, to hand painting in the traditional patterns and slow

firing to produce absolutely individual items.

And don’t overlook the quilts, linens and cushions, which are an assortment of hand-block printed cotton and repurposed vintage saris with traditional Kantha stitching.

For more information check out [www.eastmeetswestschull.com](http://www.eastmeetswestschull.com) or Facebook: East meets West Schull or Instagram@eastmeetswestemporium.



Amanda and Meg are pictured wearing hand block printed cotton face coverings, made in India and available to buy in East meets West.

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## Special Feature CREATIVE WEST CORK #madelocal

# Rolling group show and solo exhibitions maintain the vitality of Blue House Gallery this summer

Blue House Gallery opened its post-pandemic doors on Saturday July 4, having abandoned its 2020 exhibition schedule in favour of a rolling group show, in tandem with small solo exhibitions. Since opening, the Gallery has experienced considerable visitor interest and, even in straitened times, work has been selling off the walls without sales being confined to small and accessible pieces. The intention is to exhibit a range of new work every two weeks across the Gallery group of artists.

The first of the solo exhibitions celebrates a turn in direction for one of West Cork's long-established and popular artists. When Etain Hickey closed her shop in Clonakilty after 15 years in order to devote herself to new directions, this change led to a small solo show of her current decorative and figurative ceramics. Etain combines strong colour and fluent draughtsmanship with wit and observation in her depiction of the human and animal worlds.

The following solo exhibition from August 14 will be Kym Leahy's vibrant small abstracts that challenge the viewer's sense of stability by

their intense movement and deeply emotional colouring. Here the artist is searching in her work for the quiet spaces in life amidst the turmoil of multiple planes and angular perspectives. Small in scale, powerful in their dynamics, the works sing off the wall.

Bringing new artists into the Gallery continues to be essential to maintaining vitality and relevance to the artistic community. With this in mind, names new to Schull will be seen over the August / September period such as three innovative sculptors from the Backwater studios in Cork; Ben Reilly, Luke Sisk and Peter Nash who with local sculptor Ian McNinch celebrate personal visions of what can be done with materials, with movement and with humour. Ben Reilly's 'Bladder Head' in steel and bronze is both enigmatic and provocative.

Photography as an art form does not receive as much attention as other traditional media. The Gallery's photographers, Melanie Black, Richard Bretnach, Geoff Greenham and Orla Lavelle, demonstrate the beauty and originality of contemporary photography.

For colour alone, the painter Ian Humphries takes no prison-



Ayelet Lalor - Yellow Glasses

ers as his small panels exult in such joie de vivre that they fill the Gallery with boundless optimism. More subtle are works by Marina Thomas whose 'The spring that time stood still' evokes present times, while

Ayelet Lalor's 'Yellow Glasses' translates that same topic into personal reflection. [info@bluehousegalleryschull.com](mailto:info@bluehousegalleryschull.com)



Marina Thomas - the Spring that Time stood still



Luke Sisk - Velocity

## BLUE HOUSE GALLERY SCHULL COUNTY CORK

We are pleased to have reopened on 4th July and are open

**EVERY DAY**

**11am - 5pm**

until 7th October

with Solo Exhibitions and

work from our Gallery Artists.

After 7th October we will open on

**Saturday & Sunday**

**11 am - 5 pm**



**More details**

on our website and Facebook page  
[www.bluehousegalleryschull.com](http://www.bluehousegalleryschull.com)



## Working Artist's Studio provides a welcoming space for artists and cultural events

Working Artist Studios is one of the cultural gems of West Cork.

Founded in 2000 by artists, its first 19 years were spent in Skibbereen before moving to better premises on Main St., Ballydehob last year.

The aim of Working Artist Studios is to provide West Cork with high quality art; with welcoming spaces for artists to practice; cultural events, such as poetry readings, music and film events; and a programme of workshops and classes for all ages and levels of ability.

The studio boasts two gallery spaces: a large, bright street-front gallery and a smaller room, and five artist studios – three of these are reserved for artists in residence who come from both the West Cork area and further afield, spending anytime from a week to two months or more. Application for these spaces is made via the website. Visitors to the gallery



are encouraged to pop in to the studios to see how the artists are engaged.

Exhibitions favouring emerging artists change each month. Regular poetry and music nights are held frequently, featuring leading poets from home and abroad and open mic sessions encourage new writers and musicians. Film nights are also a regular feature, showing

a broad range of films, especially those by local directors. Artist talks are given, as well as cultural lectures.

Plans are underway to set up a print room, where print makers can rent the use of the facilities for relief printing and etching for a day, or more. Classes and workshops in the arts are facilitated by artists and a regular Irish class take place

there, too.

An exhibition for Cork Crafts Month is running for the whole month of August, showing the work of 19 varied artists and makers throughout the building and is a fine showcase for the wonderful craftspeople of Cork.

[workingartiststudios@gmail.com](mailto:workingartiststudios@gmail.com)  
[www.workingartiststudios.com](http://www.workingartiststudios.com)



## Special Feature CREATIVE WEST CORK #madelocal

## Nature in art

**Gavin Buckley** works as part of the front of house staff at Uillinn West Cork Arts Centre. He also writes a weekly blog about the latest events happening in and around the Centre. Over the next four weeks, Gavin will be interviewing four West Cork-based makers. All four are long-standing members of the West Cork Arts Centre and have a keen interest in the qualities of material and form in their work. To read Gavin's blog go to [uillinnwestcorkartscentre.blogspot.com](http://uillinnwestcorkartscentre.blogspot.com)

Designer Anne Harrington Rees has been drawing, making and designing since childhood; on paper, in landscaping and in fibre. Her designs, inspired by nature, her love of natural materials and bold, bright patterns, bring the magic of wild Ireland into the home. Over the years, Anne has used her talents to help people of all ages create art: This includes work in primary schools, secondary schools and, as part of the Arts for Health Team, where in the past she worked with the hospital residents of Dunmanway, Clonakilty and elsewhere. Gavin Buckley meets the Rossmore-based designer at the Skibbereen Farmer's Market, where he finds her stall is awash with the vivid colours of her collection.

A selection of tea towels, wall hangings and cushions are neatly displayed on Anne's stand. Besides the notable colours, what stands out are the designs printed upon them. On one item there is an intricate pattern of leaves with a striking flower at their heart. On the next, a multi-layered

and multi-coloured graphic of a moth spread radiantly across the material.

Anne is happy to share her background with crafting. "I've always loved creating. I remember as a child my mother and grandmother taught me how to sew and I used to practice by sewing dresses for my dolls. Ever since then and, as I grew up, I've been making things. I even made my wedding dress for example. But besides crafting, I have always been interested in the environment and the nature we have around us. My passion for both is what has led to this current work."

Anne's story is of a life wholly immersed in both crafting and nature. In terms of education, she has a Higher National Diploma in Design Crafts, as well as a degree in Landscape Horticulture. Some of her earliest professional endeavours involved crafting small coiled hand baskets, which she would later go on to display in her first exhibition. This was only the beginning of her success, as she went on to win several crafting competi-



Anne Harrington Rees pictured at Bloom last year.

tions both in Ireland and the UK. Besides that, she was a horticulture lecturer in the UK for several years and even had her own garden maintenance business for a time.

It's also evident that she cares a great deal about the environment.

She explains how her interest started. "There were many influences. I was brought up in the countryside. I was always out hunting for blackberries or walking the dogs. We used to grow vegetables in the garden, and my dad would always know the names of every plant. Besides that, my husband is an ecologist and he used to work in a nature reserve where I would help him do bird surveys from time to time. Because I was involved in all of these things, I became aware of the problems facing the natural world. Today, I do my best to raise awareness of these issues

because we need to mind what is in the world around us. I think if people don't know about the problems, then they won't know how to protect the environment around them and start doing positive things for it."

Anne primarily focuses on selling at markets these days. She explains the process behind her current work. "It usually starts with me just going for a walk with my dogs and I'll end up spotting things. An insect on a leaf, a budding flower, things like that. I'll take a photo of whatever I find interesting. Later on, I'll layout all the photos I've taken that day or from any day really. From there I'll sketch an image based on patterns that I like in the photos. I'll then scan my sketch into my computer where I add colour using editing software. I also may add further layers on the computer, like the leaf



Fuchsia wallhanging by Anne Harrington Rees.

patterns. Once I'm happy with the completed image I'll save it and send it to an Irish based printing company. I feel it's important to support Irish businesses. They then print my image onto the towels or hangings or whatever I like. It's all fairtrade or organic materials too. Once I get them back I must fold them, package them, and get them ready for display. That's it. They are then ready for selling at the markets."

Anne's passion for nature

and crafting comes across in her work. To see for yourself, you will always find her on a Saturday afternoon in Skibbereen Farmer's Market or alternatively, some of her work is for sale at Green Dot in Clonakilty. All of Anne's work is also available for purchase on her website: [anneharringtonreesdesigns.ie](http://anneharringtonreesdesigns.ie). Follow @anneharringtonrees on Instagram to keep up to date with new designs and market locations.

## West Cork Crafts returns with a warm welcome for all

West Cork Crafts in Skibbereen, a shop window and platform for 35 local crafts people, re-opened its doors on June 8. The shop's customers are once again able to browse the wide selection of unique and individually created pieces – some inspirational, others more practical – displayed within the bright and airy premises.

West Cork Crafts is a collective, which is run voluntarily by crafts people themselves. The lockdown gave the crafters more time to focus on their creative energies; the results are new and innovative pieces, be it art, jewellery, ceramics, glass, copper, candles, soap, woodwork or textiles, all of



which are now on display... the shop is simply bursting with beautiful pieces!

West Cork Crafts celebrated its move to new premises, in the centre of Skibbereen, only two years ago. Since then it has become the 'must go to' shop for gifts suitable for anyone. Customers enjoy knowing they are supporting local crafts



people who are often their neighbours or friends.

Some of the makers are established designers whilst others are fledgling crafters. Visit the [www.westcorkcrafts.ie](http://www.westcorkcrafts.ie) website where items may be shipped worldwide or pop in and support local people the next time you are in Skibbereen. Now is the time your sup-



port is needed more than ever.

For the time being only four customers are allowed in the shop at any one time to comply with social distancing regulations, masks are compulsory and hand sanitiser stations are set around the shop.

West Cork Crafts, 4 Bridge Street, Skibbereen

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## Special Feature CREATIVE WEST CORK #madelocal

# The beauty in art

One of Ireland's leading ceramic artists, Etain Hickey specialises in highly decorated and lustred ceramics and has exhibited both nationally and internationally. Inspired by the richness of her West Cork surroundings, she uses rich glazes and lavish decoration techniques incorporating gold to explore her love of colour, patterns and textures. Her work is also inspired by her love of icons, oriental rugs, block print fabrics, Islamic art and architecture and painters such as Matisse, Chagall, Modigliani and Frieda Kahlo.

Etain shares her creative journey in West Cork; from setting up a Pottery in Rossmore with her husband Jim Turner in the mid-eighties, to opening a shop and gallery in Clonakilty in 2005, which survived flooding, roadworks and a recession before finally closing its door in 2020 following the Covid-19 pandemic. However for every end there is a new beginning as they say, and Etain, a woman of many talents, is looking forward to the next chapter in her career.

Etain nostalgically recalls getting her first wholesale order of red clay strawberry and parsley pots from the late Barry Shanahan Senior of Shanahan's Nurseries and Garden Centre in Clonakilty. Started by Etain and Jim in the mid-eighties, Rossmore Pottery soon spread its wings and took flight. There was a vibrant craft scene in West Cork at the time and although Ireland was in the midst of a recession, high quality arts and crafts, in particular pottery, was very much in demand. "I

remember dropping off our first Christmas order in Cork and as we unpacked the pots people were literally taking them out of our hands," says Etain. In 1985, the couple visited their first trade fair in Dublin and thereafter orders started coming in monthly to the Pottery.

Etain grew up in Dublin and has always had a love of art, however after school she did do a very brief stint as a secretary. "My parents insisted on it," she says laughing "and I hated every minute of it." She went on to study at what is now known as Dún Laoghaire Institute of Art, Design and Technology. On graduating, she wrote to every Pottery in Ireland looking for work and eventually secured a position at the Alderney Pottery in the Channel Islands, which as fate would have it, is where she met her future husband, Cornish man Jim.

The couple worked in various potteries in the 1970s but the dream was always to open their own Pottery together. Hearing a whisper that property was going quite cheaply in West Cork – Etain had spent

a summer as a teenager and loved it – they travelled over to take a look around. "The craft movement had really taken off in West Cork with the likes of Pat Connor, Brian Lalor, Leda May and John Verling in Ballydehob," says Etain "and so we decided this place was for us. We couldn't afford anything down around Ballydehob and Skibbereen, so we went back to Alderney with a stack of property brochures to mull over."

Etain and Jim eventually settled in Rossmore after friends of theirs bought the old convent in the locality. "The property we bought wasn't officially for sale but the real estate agent/auctioneer introduced us to the farmer and the rest is history."

Although it took longer than they hoped for the deal to go through – there was some problem with a will – four years later and Etain and Jim were the very proud owners of a 'ruin' in West Cork. This was 1980, the same year that the Society of Cork Potters was founded, a group that Etain and Jim became central to, organising and hosting most of the annual workshops at Rossmore.

"For the first year, we lived in a caravan on the land, with no electricity or running water, while Jim singlehandedly rebuilt the cottage," recalls Etain. "We had to go to the village daily to collect cans of water from the village pump and bring back home. My daughters are shocked to hear that I had to wash cloth nappies by hand in this water," she says laughing. "...but I was 25 and it was an adventure. Times were very different."

Jim built a workshop and studio on to the cottage and Rossmore Pottery was born. "The wholesale side of the business really took off," says Etain. "Pottery was far more expensive back then but people used to save hard for it. It was



Raku Rossmore 1983 Etain Hickey, Tom Mullaney, Jim Turner, Peter Wolstenholme

a popular wedding gift and an awful lot of dinner sets were also sent off to the States." For over 20 years wholesale tableware was a huge part of the business, with Rossmore Pottery supplying shops around the country such as Kilkenny Design Shop.

"I eventually felt there was a change coming," says Etain, who decided to do a business course run by the Local Enterprise office and open her own shop in 2005. "Nothing happened overnight but we stopped doing wholesale." Around the same time, Jim got a part-time job teaching ceramics at Rossa College "The idea was also to have a small gallery as part of the shop to showcase local crafts," explains Etain who, as a member of the West Cork Craft and Design Guild, Cork Craft and Design and Society of Cork Potters, has always been very involved in organising and curating exhibitions.

Etain's instinct was right – people were moving away from the more expensive handmade pottery and looking for cheaper gifts – so her combination of ethical fairtrade gifts and Irish crafts made for a successful retail business.

For the next 17 years, Etain Hickey Collections in Clonakilty brought together the best of West Cork art, craft and design with the gallery showcasing the wealth of creative talent in the area.

After hanging up her retail hat this summer, Etain has been busy working on the Society of Cork Potters 40th anniversary book, which is being launched as part of Cork Craft Month with an Exhibition in the Lavit Gallery Cork. "People keep asking me am I enjoying my retirement," she says laughing "but I haven't



Jim and Etain at home today.



Muriel Hoey and Etain in 2011 with pieces made at a workshop given by Hungarian ceramic artist Marian Bann in Rossmore Pottery.

had a minute to myself." Etain will be showing at the Blue House Gallery in Schull during Cork Craft Month and she is also participating in the online West Cork Creates exhibition. The husband and wife team also regularly collaborate on projects together.

"We all need something beautiful to look at," says Etain, who promises to continue bringing colour into our lives for many more years to come through her striking hand-decorated ceramic pieces.





## Special Feature CREATIVE WEST CORK #madelocal

## Garden of Expression to open in Dunmanway

Dunmanway Community Council hopes to officially open a new community garden adjacent to the popular lakeside garden at the west side of the town in early August.

Work commenced at the end of June to clear the site of the former Vocational School on Chapel Street, Dunmanway to transform it into a 'Garden of Expression'.

Sarah Cahalane of Dunmanway Community Council said, "At the end of May, we had a group discussion about how we could put this site to better use. We put a proposal to Cork County Council to develop the site as a new amenity for

the community and tourism. In a very short time the idea grew from proposal to site clearing and, within a few weeks, we hope to open this garden to the public. This new garden will be adjacent to the popular lakeside garden and will further enhance the west side area of the town."

The new space will include an interactive and interpretative sculpture garden for everyone to enjoy. The garden will also promote biodiversity with a giant bug hotel built by local man Charlie Horgan and a wild flower garden that will attract bees and butterflies. A number of local sculptures have also come on board with this project including Finn Kearney, Ve-

ronica Twomey Burke, Nathan Solomen, Maura O'Connell and Nigel Connell Bass. A piece created by French sculptor George's OUDOT has been donated by the Quèven community, who have strong links with Dunmanway Twinning Associ-

ation and the family of the late James McCarthy, Dunmanway have generously donated one of James' pieces for display in this new garden.

*Top: This life size piece by West Cork Sculptor, Nigel Connell Bass is modelled on his own dog, mainly constructed from rusty old horseshoes and some JCB chains, weighing in at a hefty 25kg. This piece was originally treated with a linseed based oil and has developed a lovely patina over time.*

*Bottom: Maura O Connell of West Cork Casting Studio with a piece she created entitled 'Human Nature'. Maura said "I'm thrilled to have my art included in this new Sculpture Garden, which is showcasing the amazing talent and level of creativity of the artists that gravitate to West Cork."*



## Award-winning photographer presents a fine art view of West Cork



Stephen Hayes is an award-winning photographer from Clonakilty who says that photography has completely changed his life for the better. Passionate about what he does, Stephen strives to bring that passion out in his work, which is a fine art view of beautiful West Cork.

Stephen's work has been recognised in different photography awards in 2020, winning Honourable Mentions in the Fine Art Photography awards and the Monovisions Photography awards, a Sliver in the Moscow International Foto Awards and First Place in the Siena Creative Photo Awards.

"Winning these awards is amazing but it is not the reason I do what I do," says Stephen. "I love seeing my work come full circle and finding their way to a new home."

Stephen sells his work as limited edition and open edition prints and these can be found on his website, [www.stephenhayes-photography.com](http://www.stephenhayes-photography.com). Framed prints can be purchased on request. He has also recently added beginner photography workshops to his services.

## Bantry's Forest &amp; Flock prepares to re-open in August

Forest & Flock in the heart of Bantry is delighted to be reopening in mid August. Explore this spacious shop promoting unique Irish made craft, art and design, with a joy for all ages, and something special for that occasion gifting.

Forest & Flock is so proud to share the work of all these individual makers and their skills, through the appreciation of the talent and time in such craftsmanship. Treat yourself to some of

its wide range of jewellery design, get creative with the innovative homeware, or take some time in the gallery with stunning original works from West Cork artists Laura Wade, Danny Vincent Smith, Stephen Hayes and Eoin Cassidy.

Stay in touch with @forestandflock on social media for reopening date.





## Special Feature CREATIVE WEST CORK #madelocal

## A jewel of a maker

Kathleen Holland Designs was established in 2002, a year in which Kathleen was also a recipient of the prestigious Golden Fleece award.

A maker since as far back as she can remember, Kathleen works mainly in silver and 9ct gold with some precious stones.

She studied a Diploma in Fine Art at the Crawford College of Art in Cork and also spent a year in Cardonald College in Glasgow studying basic jewellery making skills, later completing a BA in Design and metalwork at the National College of Art and Design, Dublin.

After moving to San Francisco in the late nineties, Kathleen worked with high-end fine jewellery designer and maker Betsy Barron, and later with Laurie Elder, creating a more commercial line of work for artists like the late-musician Prince. “We made the necklace pendant piece that represented his symbol,” says Kathleen, whose work also featured on TV series like ‘The Saint’ and ‘The X-Files’.

Reared in the countryside, Kathleen is from a farming background and so has always been surrounded and influenced by nature.

“My work is constantly evolving and I’m always trying new ideas in my studio and working them into new collec-

tions. I aim to develop one full collection each year.”

Originally from Co. Laois, Kathleen and her family relocated to Clonakilty in 2007 in order to set up her jewellery business and her husband’s Olives West Cork business.

Her current work takes inspiration from her West Cork surroundings “I use castings of nature such as beech mast, acorn shells, twigs and sea potatoes (or as they’re known locally, the ‘Blessed Virgin Mary shell’) which can be found on Inchydoney strand. I then blend these with hand-fabricated techniques to create wearable jewellery,” she explains.

One of the unique highlights of her career has been collaboration with locally based author David Mitchell on a manuscript container made from silver and walnut, to hold his manuscript for ‘The Future Library’ collection in 2015 in Norway. This manuscript has been locked away, not-to-be-revealed until 2114, along with manuscripts from hundreds of other authors. “It was such a privilege to receive such a creative commission from such an interesting concept by Scottish artist Katie Paterson,” says Kathleen.

The current COVID situation has put a temporary hold on Craft fairs and exhibitions, but Kathleen is busy with private commissions. “I’m looking



Kathleen Holland at work in her studio.



forward to taking part in the ‘West Cork Creates’ exhibition, curated by Alison Ospina,” she says.

Kathleen’s organic collection is available on-line at [www.kathleenhollanddesigns.com](http://www.kathleenhollanddesigns.com)

and locally in stores, such as Wilds of Glandore, Forest and Flock in Bantry, and The Loft in Clonakilty. “I would like to thank them all for their contin-

ued support.

“I love working in West Cork, and with our three boys, we truly love Clonakilty and its surroundings with all that it has to offer. There’s such a true

sense of community in our area, which I really appreciate and value.”

## Sharp talent

Seventeen-year-old Luka Scannell is already sure of the path he wants to follow in life. The Schull Community College student, who has set up his studio in an old shipping container at the family home in Colla, west of Schull, is remarkably a highly skilled knifemaker and budding blacksmith. He is also the youngest creator to be invited to take part in this year’s West Cork Creates online exhibition.

“I was about 14 when I became really interested in the process after coming across some knives on Instagram made by Fingal Ferguson of Gubbeen,” explains Luka. Self-taught, Luka learned and ‘sharpened’ his skills watching YouTube videos with a friend who shared his interest in the craft.

It was encouragement and support from Ferguson, who was kind enough to pass on some of his old tools and advice that helped spur the teenager on in following his passion. Other renowned local West Cork artisans who offered encouragement to the young knifemaker

include Sam Dunne (Glengarriff), Rory Conner (Ballylick-ey) and also JJ Bowen from Bowen’s Forge in Schull who introduced him to traditional blacksmithing.

While he started off making kitchen knives for family and friends, Luka has now started gaining recognition for the quality of his work from further afield – including from chefs who appreciate his fine craftsmanship and original designs – and commissions have started to come in via his Instagram page.

He reinvests all the proceeds from his sales back into materials and equipment.

“I love making things with my hands,” he explains. “It’s



Knifemaker Luka Scannell

the little details and time put into each piece that makes each piece so unique.”

For some of the knives, Luka goes so far as to forge the steel blades using a small forge, hammer and anvil in the traditional manner.

But what is particularly unique is that he is now creating his own handles by up-cycling

old pieces of timber from boat wrecks or hedgerows and including other items from native flowers and seaweed to bits of old rope found on the seashore. As well as being highly creative, this is quite a scientific process involving vacuum chambers and resin casting.

Knifemaking is something Luka wants to do full time in



the future so his plan is to do his Leaving Certificate next year and then continue building his skills through an appropriate college course or apprenticeship in a skill such as welding that would complement his craft.

The level of skill, hard graft and determination that Luka’s knives are made with now makes you wonder what he’ll

be capable of in a few years time. His elegant and distinctive knives will no doubt be in huge demand by anyone who favours quality and beauty. It’s some achievement for a teenager working out of a shed in West Cork!

Luka’s work can be viewed on Instagram @collaforge and also @westcorkscales.



## Special Feature CREATIVE WEST CORK #madelocal

## Something special for every home and everybody at Courtyard Crafts in Schull

It's nearly 40 years since Courtyard Crafts first opened its doors in Schull, yet it remains a vibrant presence in the village. In the beginning this lovely shop showcased the impressive work being done by just local craftspeople but it has since broadened its collection to include goods across all areas of craft and design, both local and International.

Browsing through the well stocked shelves you will find beautiful items to enjoy yourself or to gift to others. Here are some ideas:

Any kitchen shelf would find space for cleanline mugs and jugs in solid pastel shades by Arran Street ceramics or fine

bone china cups by Sophie Allport, with their hand-painted mammal, bird and insect motifs.

Any sofa would perk up with the addition of a sheepskin or throw blanket woven with the softest Irish lambswool by McNutts of Donegal;

Brighten up a bedroom with a quirky lampshade from Mr Kite Designs or make a bathroom smell glorious with the scents of Three Hills Soap Company who use skin loving oils, butters, herbs, clays, spices and pure essential oils in their products;

Bring a smile to someone's morning with the arrival of a humorous card or get them writing with a notebook by

Cork-made (and ironically named) Badly Made Books;

Kit the kids out in style with organic cotton dungarees and t-shirts by Dotty Dungarees or wrap them up in a cute hand-knitted cardigan by Julie Dillon;

Or for someone who loves unusual jewellery...surprise them with a necklace or earrings made with an unusual material – Kaiko Studio mixes concrete and brass with stunning results and Rowen Sheen creates amazing



designs in wood.

If you can't visit Courtyard Crafts in person, check out their website [www.courtyardcrafts.ie](http://www.courtyardcrafts.ie), where new items are added every week.

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Image by Anke Eckardt, Tiny Ireland

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## The sum of all parts

It took a long time for Johanna Connor to come to terms with the fact that a successful career as a theatre set designer was over. When ill health brought her home to Schull in 2000, she wasn't expecting that circumstance and opportunity would keep her here. Today Johanna is at the onset of her career as an artist; her work can be seen in the upcoming West Cork Creates exhibition and at the Blue House gallery in Schull. She was also due to fulfill a residency in New York this year, but this, as well as her first solo exhibition, have now been postponed due to the pandemic.



Johanna Connor, portrait by Geoff Greenham.

don, Johanna designed her first show in Dublin's Abbey theatre at the age of 25. "A very proud moment for me," she says.

After almost dying in 2000, Johanna's path changed course but her creative journey continued. "Theatre is a fast-moving industry, which was unable to wait for my slow recovery," she explains.

In 2002, she formed a creative partnership with a fellow West Cork artist, creating beautiful illustrations for a book. She has also worked on a number of commissions and painted animal portraits.

In 2018, she returned to

college and received a master's in Art and Process at The Crawford College of Art and Design.

The daughter of well-known artist Pat Connor, Johanna says that growing up, watching him create, was hugely inspiring.

"Through him I found Giacometti, Egon Schiele and so many of the greats; as my interests developed, I was drawn to a diversity of artists such as MC Escher through to Mark Rothko, and then theatre introduced me to other worlds and other inspirational designers, makers and artists such as Paul Brown, Percy Harris, Alison

Chitty... each turn and aspect in and of my creative career has introduced me to 'more'."

Johanna believes that what inspires us, alters constantly.

"As we grow and as we become more informed, our curiosities deepen and/or change. Our happenings, life experiences and the people we connect with and sometimes don't, can influence us on many levels and when you least expect it. Everywhere you look offers something that has the potential to inspire, the potential to spark your imagination.

"It's important to act on your impulses, 'to do' and in the doing you will eventually find your way..."

"In my work I am exploring ideas of presence and absence. My work aims to create an immersive experience for the viewers allowing them to find their own meaning and attachment to the work," she explains.

For the last few years, Johanna has been nurturing her new-found passion for gardening.

This exploration is also finding its way into her creative work through drawing and painting.

Johanna loves realising the many possibilities and limits that materials have to offer. For her MA, she worked with paper and spray paint on a very large scale, leaning towards drawing and installation rather than painting.

"My favourite part of the day varies from day to day and season to season. Change is our only constant and I think that is why I have always found it

hard to be a person with favourites'. Great moments happen all the time if we're open to them," she says.

Today, Johanna's time is shared between working with horses part-time, working in her studio, working in the garden, and relaxing with family and

close friends in beautiful West Cork.

"These past number of months with the Covid-19 lockdown have helped me realise that here, I can be the sum of my parts," she says. "West Cork is and always has been my home."





## people Environment : Making a difference

# What does the Climate Case Ireland Judgment mean to me?

by Fiona Hayes

Across the world, people, especially young people, are holding their governments to account to protect their own future and that of future generations.

On July 31, 2020, seven Supreme Court Judges in Ireland ruled to quash the Government's plan to mitigate against climate change, stating that the plan did not hold enough detail for a regular person, like you or I, to judge whether it is 'effective and appropriate' for its objectives, to transition Ireland to a low carbon and environmentally sustainable economy by 2050. The court stated that the law requires that the plan be 'Transparent' to any reasonable and interested member of the public.

This ruling in Ireland is the second such landmark decision in Europe.

In December 2019 a Supreme Court Judgment of the Netherlands stated that the Dutch Government has an obligation to actively prevent climate change in order to protect the fundamental human rights of its citizens.

With similar cases pending in France, Belgium, Sweden, Switzerland, Germany, the United States, Canada, Peru

and South Korea, it appears that the people, and especially the young people, have recognised they have a compelling legal argument for enforcing swifter greenhouse gas emissions reductions by national governments, especially if they use existing human rights legislation.

In Ireland the case was brought by Friends of the Irish Environment (FIE) and the court ruled that the government had broken the law by failing to specify how it would achieve climate mitigation, but did not support FIE's claim that the plan violated human rights.

The National Mitigation Plan must now be rewritten; and as the new government has committed to an average seven per cent per annum reduction in overall greenhouse gas emissions from 2021 to 2030, equivalent to a 51 per cent reduction over the decade; and to achieving net zero emissions by 2050, the detailed roadmap of 'how they will achieve this' must be laid out, in a way that is transparent and that the public can understand. Once this has been decided at National level the County Councils will also have to rewrite their plans; also with greater detail.

Net zero emissions means that all man-made greenhouse gas emissions must be removed



In Ireland the case was brought by Friends of the Irish Environment (FIE) and the court ruled that the government had broken the law by failing to specify how it would achieve climate mitigation, but did not support FIE's claim that the plan violated human rights.

(FIE activists pictured above following the ruling)

from the atmosphere through reduction measures, thus reducing the Earth's net climate balance, after removal via natural and artificial sink, to zero. If all countries did this, humankind would become carbon neutral and global temperature would stabilise.

This has implications for the County Development Plan and for Planning Decisions. Administrative decision makers will now have to properly consider

climate change impacts in the approval of largescale projects such as Out of Town Shopping Centres, Incinerators, or the proposed Liquid Natural Gas Terminal that would import fracked gas through Cork Harbour. The Development Plans will also need to more carefully consider and detail infrastructure changes such as are needed for transport or for remote working in order to reduce the volume of traffic. They

will need to consider and detail plans for maintaining peat bogs, flood plains, broad leaved woodland and for protecting Kelp Forests, all of which are natural carbon sinks.

FIE had also made arguments that the substance of the Plan would not be sufficient to combat climate change and thus violated the right of the citizen to a healthy environment; however the Court did not uphold this claim because FIE is a

corporate entity, not a human person, and as such could not claim to enjoy rights to life or bodily integrity that might be infringed by environmental damage. A corporate entity, the judge stated, could not raise these arguments.

The court also declined to recognise a specific right to a healthy environment, stating that this was too vague and it would be too hard to specify what the right might contain or require.

Significantly, and in common with cases in other countries where the plaintiff, often a NGO, has lost a human rights argument, the judgement indicated that had the plaintiff been a named individual, or group of named individuals, whose bodies and lives are affected by environmental issues then there may have been a different outcome.

Recovering from the current pandemic presents an opportunity for countries to completely overhaul political, economic and societal systems, with the potential to be extremely beneficial in mitigating against climate change.

This Landmark Case clearly signposts the public in Ireland towards just how to hold the Government to account in their efforts to build a safer and more sustainable Ireland after the COVID-19 pandemic.

# STOP ECOCIDE

## change the law

## protect the earth



[www.stopECOCIDE.earth](http://www.stopECOCIDE.earth)

@ecocidelaw

## UCC scientists find freshwater animal responsible for surprising source of nanoplastics in our water

Microplastics are widespread in seas and oceans, and their harmful effects on many different marine animals are well known. However, we know relatively little about the microplastics in our freshwater rivers, streams and lakes. We still don't know exactly where they come from, where they end up – and crucially – what damage they can cause if they get into our food chain.

Newly published research from UCC is now showing that microplastics (plastic pieces smaller than 5mm) in our freshwaters are being broken down into even smaller nanoplastics (smaller than 1µm, at least five thousand times smaller in size) by a type of freshwater invertebrate animal, and that this may happen much faster

than previously estimated.

Until now, breakdown of plastics had been thought to occur mainly through very slow processes in the marine environment such as sunlight or wave action, which can take years or decades. But UCC researchers have discovered that a very common invertebrate animal found in Irish freshwater streams is able to rapidly breakdown these microplastics in just hours.

Study leader Dr Alicia Mateos-Cárdenas, of UCC's School of BEES and Environmental Research Institute said, "We have found that the freshwater amphipod, a small crustacean, called Gammarus duebeni is able to fragment microplastics into different shapes and sizes, including nanoplastics, in less than four

days. Whilst this species lives in Irish streams, they belong to a bigger animal group of invertebrates commonly found around the world in freshwaters and oceans. Our finding has substantial consequences for the understanding of the environmental fate of microplastics."

The alarming results of this EPA-funded study, published in Scientific Reports this week, also have consequences in terms of the impacts of plastics. While microplastics can become stuck in the gut of seabirds and fish, current understanding suggests that the smaller nanoplastic particles, could penetrate cells and tissues where their effects could be much harder to predict. The findings that such a common invertebrate animal can rapidly

produce vast numbers of nanoplastics is particularly worrying for researchers. "These invertebrates are very important in ecosystems because they are prey for fish and birds, hence any nanoplastic fragments that they produce may be entering food chains" Dr Alicia Mateos-Cárdenas added, "The data in this study will help us to understand the role of animals in determining the fate of plastics in our waters, but further research is urgently needed to uncover the full impact of these particles."

The Open Access study is published in the journal Scientific Reports. The paper is freely available online at [www.nature.com/articles](http://www.nature.com/articles)





**23** protected Buzzards have been killed, using  
a banned poison, in the Timoleague area.

**“Trust calls for ‘wildlife crime unit’  
after mass buzzard poisoning in Cork”**

*Irish Examiner*

**“Dismay at lethal poisoning  
of 23 buzzards in Cork”**

*Echolive*

**“Conservationists slam ‘horrific and illegal’  
mass poisoning of buzzards in Cork”**

*The Journal*

**“Calls for Garda unit to clamp down  
on wildlife crimes in Ireland”**

*The Times*

**“I was appalled to learn of the massacre of 23 common buzzards in Cork recently.  
This type of act is ignorant and unforgivable. I will be seeking a full investigation  
into this incident.”**

*Christopher O’Sullivan TD Cork South West*



**If you know anything about the Timoleague Buzzard poisonings, we’re offering  
a €5,000 reward for information leading to prosecution.**

**Please call or write in confidence to Buzzard Information:  
PO Box 13212, Kinsale, Co.Cork. Email: [buzzardinformation@gmail.com](mailto:buzzardinformation@gmail.com)**

**PLEASE CALL OUR CONFIDENTIAL HOTLINE ON 087 709 0729**



## people Environment : Making a difference

# What do SOS, Pope Francis, Michael Collins, Northern Ireland and Sister Majella Our Lady of Apostles (OLA) all have in common?



### ENVIRONMENTAL MATTERS

Fiona Hayes

Save Our Skibbereen (SOS) was the successful campaign to stop planning permission for an American Corporate whose operation could have resulted in destruction of many jobs in the shellfish industry by polluting the River Ilen with, amongst other toxins, heavy metals.

However SOS is also the acronym for another environmental campaign; Save Our Sperrins. The secretary of this campaign in County Tyrone is Fidelma O'Kane, whose grandmother was Kathleen Tobin from Mallow, a first cousin of Michael Collins. Kathleen moved North to the Sperrins in 1919 for a teaching post.

Save Our Sperrins is campaigning against a large gold mining operation proposed for the Sperrin Mountains by the Canadian company Dalradian Gold Ltd. The company has applied for planning permission to build a goldmine – with associated waste dump, mercury smelting furnace and ponds for storage of contaminated water in the Sperrins, an Area of Outstanding Natural Beauty.

Fidelma O'Kane went to court and successfully challenged a decision taken by the Department of Agriculture, Environment and Rural Affairs (DAERA) to review and vary the conditions of a water discharge consent issued to Dalradian. She claimed this water discharge consent allowed nine heavy metals to be released into a stream, which flows on to the Owenkillew River near Gortin, a Special Area of Conservation due to the presence of freshwater pearl mussels, salmon spawning and otters. Whilst she won this court battle the company continues pursuing the necessary licences to mine for Gold despite over 38,000 representations from the Public objecting to this planning and less than 4000 in favour.

A big supporter of Save Our Sperrins is Sister Majella, who now lives in County Cork and

**Fiona Hayes** delves deeper into the government's policy to 'promote' mineral exploration and finds that currently 28 per cent of the land in Ireland is under licence for mineral prospecting. In fact most of the land here in West Cork is either 'open for licence', 'open with exploration incentives' or held by a company for certain mineral rights. In County Tyrone, the Save Our Sperrins campaign is taking a stand against a large gold mining operation that inevitably will pollute an Area of Outstanding Natural Beauty in Ireland.

has spent many years of her life supporting environmental causes. On July 28, 2020, Sister Majella, Fidelma O'Kane and Mary O'Leary, Chairperson of Cork Harbour Alliance for a Safe Environment, were just three of the speakers at an online conference on environmental activism hosted by OLA and inspired by Laudato Si, the second encyclical of Pope Francis, which has the subtitle 'on care for our common home'. In this encyclical the pope challenges consumerism and irresponsible development that cause environmental degradation and Climate Change.

The whole conference can be watched at <https://www.facebook.com/OLASisters/videos/3003050709817952>

Whilst zinc and lead remain the principal commodities of exploration interest in the Republic of Ireland, other commodities that are currently being sought here include; gold, silver, barite, copper, PGEs, molybdenum, lithium, antimony and gem minerals.

Indeed, Government policy is to 'promote' mineral exploration

to enable the discovery and development of mineral deposits. Currently 28 per cent of the land in Ireland is under licence for mineral prospecting.

With that in mind, I started to explore West Cork, only to find that most of the land here is either 'open for licence', 'open with exploration incentives' or held by a company for certain mineral rights. Just Four companies hold the 49 prospecting licences in County Cork.

The area numbered 2946 on the map below shows that Adventus Exploration Ltd., a Canadian company based in Toronto, hold the rights to prospect for Base metals, Barytes, Gold and Silver right underneath my house and garden, which my husband and I own freehold and on all the farm land around this area.

Under a 1940 Minerals Development Act this license gives this Canadian Company entitlement to 'enter onto my land' 'and there do all such things as the licensee considers necessary or desirable for the purpose of ascertaining the character, extent, or value of the minerals

lying on or under such land... and take and remove reasonable quantities of any such minerals for the purpose of analysis, test, trial or experiment'.

Indeed ALL the land marked in pink on the map is under such licence and under the 2017 Mineral Development Act could be subject to compulsory acquisition of other rights necessary for efficient development of minerals.

Adventus Exploration Ltd are in the process of selling the rights to prospect on my land, along with all their other holdings in the South West of Ireland to an Australian Company based in Queensland and called BMEx Pty Ltd

Furthermore all works carried out under a Prospecting Licence are classified as exempt development under the Planning and Development Act 2000, however the Licensee is entitled only to prospect for minerals, not to extract commercial quantities of minerals without a Mining Lease or Licence, which requires Planning Permission from the Local Authority and an Integrated Pollution Control

Licence from the Environmental Protection Agency.

So back to the Pope and Our Lady of Apostles and Michael Collins' cousin's granddaughter fighting a Canadian mining company in the North of the Island of Ireland.

Save Our Sperrins campaigners believe this is not just their story, but that International Mining Companies, including but not exclusively Dalradian, are a direct threat to the whole of the island of Ireland. The more planning permissions and licences they are granted, the more they will seek.

With 28 per cent of land in the Republic of Ireland already under licence for prospecting they believe this is an ISLAND WIDE ISSUE, and it is future generations here, on this island who will suffer, as companies based as far away as Canada and Australia will extract the profits and leave the clean up for locals and tax payers.

Save Our Sperrins is asking for people from all over the Island of Ireland to stand in solidarity with them to stop the planning permission for the mining, and the toxic processing plant and waste dump that accompanies it from being granted in this area of outstanding natural beauty.

Pope Francis in his speeches to the United Nations and to environmental activists in 2015 said, "Our common home is being pillaged, laid waste and harmed with impunity. Coward-

ice in defending it is a grave sin. We see with growing disappointment how one international summit after another takes place without any significant result.

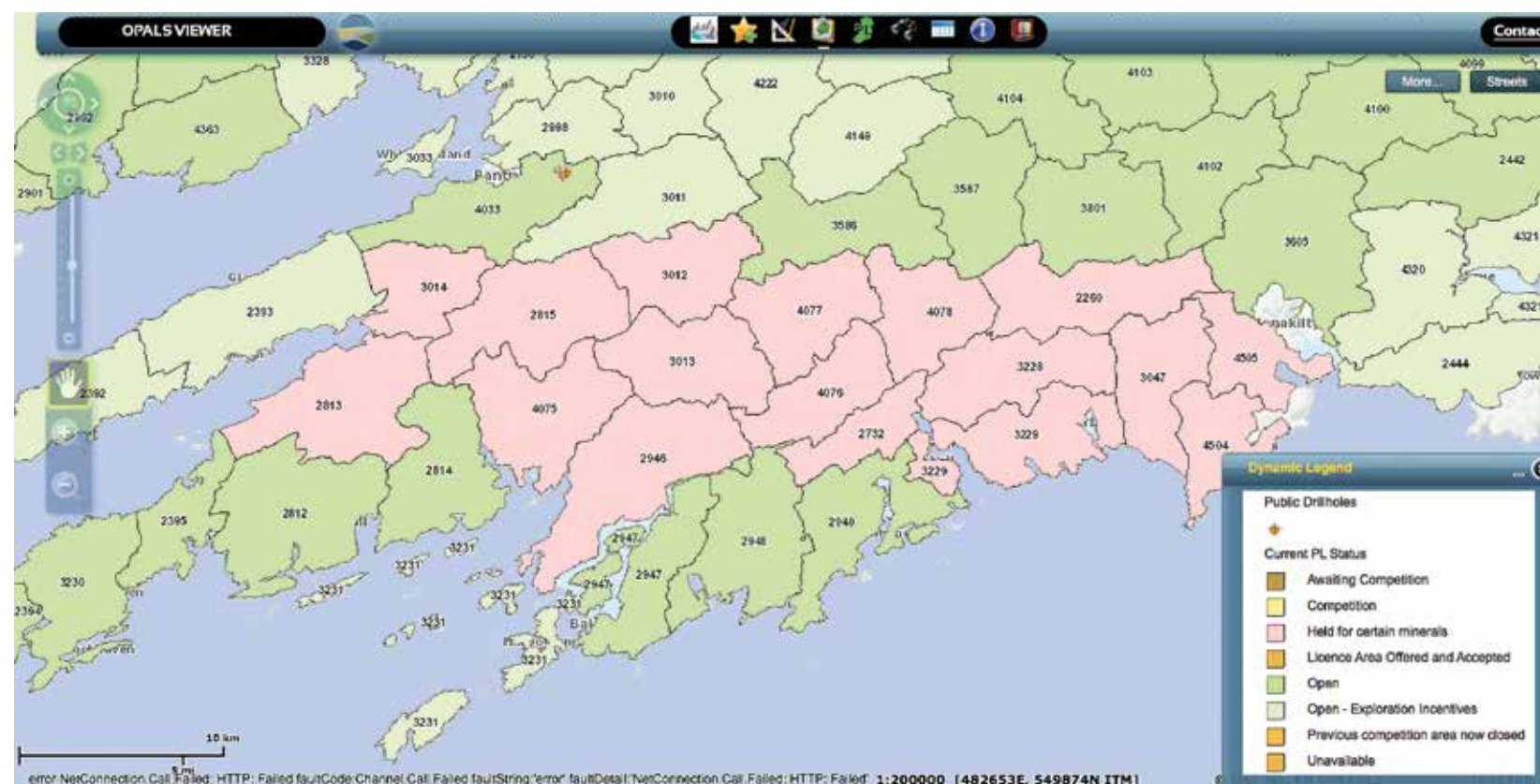
There exists a clear, definite and pressing ethical imperative to implement what has not yet been done. We cannot allow certain interests – interests, which are global but not universal – to take over, to dominate states and international organisations, and to continue destroying creation.

People and their movements are called to cry out, to mobilise and to demand – peacefully, but firmly – that appropriate and urgently-needed measures be taken. I ask you, in the name of God, to defend Mother Earth... the future of humanity does not lie solely in the hands of great leaders, the great powers and the elites. It is fundamentally in the hands of peoples and in their ability to organise. It is in their hands, which can guide with humility and conviction this process of change."

We all need to work together!

You can find more about all the community environmental groups featured on the OLA hosted conference by going to @OLASisters on Facebook and watching the video.

Save Our Sperrins Facebook Page is @SaveOurSperrins Cork Harbour Alliance for a Safe Environment is at [www.chasecorkharbour.com](http://www.chasecorkharbour.com)



Interactive map can be found at <http://spatial.dcenr.gov.ie/ExplorationAndMining/SpatialViewer/index.html>

Find the licences relating to the numbers on the map at [http://spatial.dcenr.gov.ie/EMD\\_DOWNLOAD/May2019/PL\\_Competition\\_Booklet\\_May2019.pdf](http://spatial.dcenr.gov.ie/EMD_DOWNLOAD/May2019/PL_Competition_Booklet_May2019.pdf)



## people Environment : Making a difference

# Irish company VivaGreen launches new Tru Eco™ refillable, eco-friendly household range



**T**ru Eco™, a new range of refillable, eco-friendly laundry and household cleaning products, has launched to the Irish market. Developed by Irish company, VivaGreen, the new range will help keep your house gleaming clean while also protecting you, your family and the environment.

The Tru Eco™ range, which is made from plant-based and biodegradable ingredients, and is free from harsh chemicals, includes an All Purpose Cleaner, Washing-Up Liquid, Non-Bio Laundry Detergent and Fabric Softener. Tru Eco™ bottles are made from 100 per cent recycled plastic, and they are reusable, recyclable and refillable.

Reducing its carbon footprint as low as possible, Tru Eco™ offers a refill solution, which creates a circular economy product and closes the loop on plastic waste. By refilling,

people can reduce their environmental footprint, minimise plastic waste as well as lowering carbon emissions.

VivaGreen plans to roll out refill bottle stations nationwide in the coming months. Dublin based eco-shop, reuzi, will be the first Tru Eco™ refill bottle station, where people can bring their empty bottles to refill.

Russell Walsh, Joint Managing Director, VivaGreen says, "Our new Tru Eco range is for people who are mindful about the environmental and health impacts of cleaning products, and who are seeking a safer and kinder way to clean their homes. By buying our products, consumers are supporting a local, eco-friendly Irish business, and reducing their plastic waste footprint, environmental impact as well as lowering carbon emissions."

VivaGreen has developed the Tru Eco™ range with an Irish-



VivaGreen founders Russell Walsh and Garrett Walsh (l-r)

based, environmental consultant, Dr. Anne Marie Mahon, to ensure sustainable practices using naturally-derived and biodegradable ingredients were central to the product development. The products are guaranteed Irish, vegan friendly, cruelty free and septic tank safe.

Mr. Walsh added, "Our priority has always been to develop an eco-friendly cleaning range at an affordable price without compromising on quality."

The Tru Eco™ range will be available in Dunnes Stores nationwide at the end of August.

For more information visit [www.vivagreen.ie](http://www.vivagreen.ie)

**NEW**

**tru eco** naturally kind products

Guaranteed Irish

PLANT BASED  
VEGAN FRIENDLY  
100% RECYCLED BOTTLE  
CIRCULAR ECONOMY RANGE  
MADE IN IRELAND

## West Cork charter angling vessels to participate in Bluefin Tuna Data Collection Programme

**W**hile there is no sport or commercial fishery for Bluefin tuna in Ireland, authorisations are being granted for 22 charter angling vessels to participate in Tuna CHART (Catch and Release Tagging) a Bluefin Tuna Data Collection Programme. The programme will see 22 authorised skippers catch, tag, measure and release Atlantic Bluefin tuna for data collection purposes off the Irish coast.

The authorised vessels, five of which are located in West Cork, with more in east Cork, Clare, Galway, Sligo and Donegal will support an international scientific programme to increase knowledge of the behaviour and abundance of Bluefin Tuna in Irish waters and across its distribution generally.

The new programme, which has been developed by Inland Fisheries Ireland and the Marine Institute in partnership with the Sea Fisheries Protection Authority, the Department of Agriculture, Food and the Marine and the Department for Communications, Climate Action and Environment, will operate again in 2020 having commenced on a pilot basis in 2019.

Eamon Ryan TD, Minister with

responsibility for inland fisheries said: "The 22 angling vessels authorised by my Department, increased from 15 last year, will contribute substantially to essential Bluefin tuna data collection as they migrate along the Irish coastline. The recreational fisheries sector is crucial in the delivery of this research programme and we look forward to continue working with all the State agencies involved. I want to acknowledge the key role of the authorised charter skippers and their crews who are bringing their unique expertise to bear on providing valuable data for scientific purposes, and the 'citizen scientist' anglers who will catch the fish. The fact that 209 fish were tagged last year with no mortalities is a great achievement by the skippers."

The Sea Fisheries Protection Authority and Inland Fisheries Ireland will undertake inspections and patrols around the coast to ensure this remains a strictly controlled programme. Anglers wishing to engage in this programme must only do so on a sea angling vessel specifically authorised to participate in the pilot programme. A full list of authorised skippers can be found at [fisheriesireland.ie/bluefin](http://fisheriesireland.ie/bluefin).

## Plans for floating offshore wind project south of Kinsale

**A** leading Irish developer of sustainable marine projects is taking the first steps in establishing a floating offshore wind farm that will start to harness the enormous wind potential of the Celtic Sea. The proposed development, Emerald, will allow Ireland to reduce its dependence on foreign fossil fuel imports while helping in the creation of a clean, sustainable future for generations to come. An application has been made to the Department for a license to carry out initial site investigations, in an area off the Kinsale coast. The wind farm will be located in the vicinity of the Kinsale gas field, which is currently being decommissioned and Emerald envisions the transformation of the maritime landscape from fossil fuel production to a clean

renewable energy source.

The developers, Simply Blue Energy, intend that the project be delivered in a phased manner, starting with the deployment of approximately six to seven turbines and building to an overall installation of around 67 turbines upon final completion, which would generate enough electricity to power the equivalent of 803,000 Irish homes. This 'stepping-stone' approach is designed to encourage the growth of the local businesses, bringing as many jobs to the local area as possible, while building the infrastructure necessary to deliver a project of this size in a manner that will benefit the community, local stakeholder groups and the country as a whole.

Floating offshore wind technology allows wind turbines

to be deployed in much deeper waters (greater than 60m) than fixed bottom alternatives freeing them to be situated in otherwise unsuitable areas off the south and west coasts and enabling them to be placed further off shore, thereby reducing visual impacts. The Emerald project will deploy this technology in water depths of around 85 to 90m, over 35km from the coast.

According to Sam Roch-Perks, Managing Director of Simply Blue Energy Ltd. "Ireland has massive unrealised potential for offshore wind energy production, particularly on the south and west coasts, and state of the art floating wind technology is the key to unlocking that potential. With a sea area 10 times that of our land mass, we have a chance to catch and become a leader in offshore

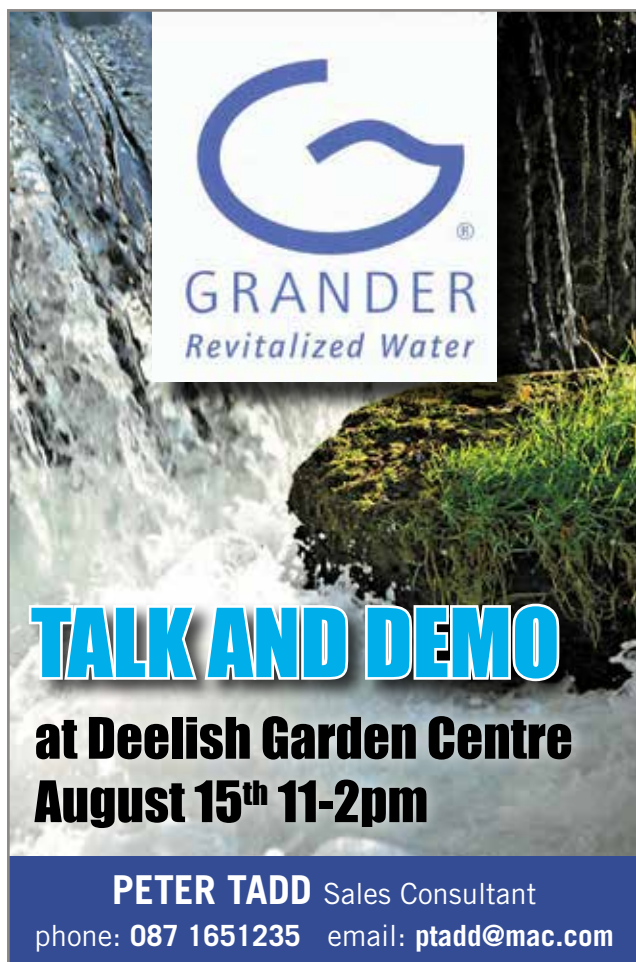


wind energy production both in Europe and globally, allowing us to become the 'Green Gulf' of renewable energy."

Dr. Val Cummins, a leading figure in offshore wind in Ireland, said: "With the new Programme for Government here in Ireland, offshore wind energy production and cuts in greenhouse gas emissions have been given renewed focus. Innovative and ambitious offshore wind energy projects such as this are vital to help us meet our goals and ensure our children benefit from a sustainable future."



## people Environment : Making a difference



**TALK AND DEMO**  
**at Deelish Garden Centre**  
**August 15<sup>th</sup> 11-2pm**

**PETER TADD** Sales Consultant  
 phone: 087 1651235 email: ptadd@mac.com

## It's Grander-like

‘Water is life’ and not just for plants. What makes water so essential is more than its purity and chemical composition. Water molecules vibrate, create and maintain a vital force of energy as found in Nature. The mechanical man-made transport of water reduces waters natural structure and thus bio-availability.

Johann Grander studied water samples from around the world of major rivers and lakes. His years of investigation led him to appreciate that there is a vibrancy seen in water. Interestingly that differs from source to source. This led him to discover how to enhance the powers inherent in water in a unique way. His inventions developed into a commercial enterprise GRANDER™ Water-Re-

vitalisation that spans over 40 years of production with more than a 500,000 units in operation worldwide.

The effects of GRANDER™ Water-Revitalisation technology have been studied and verified by institutes of science and universities, industrial, agricultural and domestic testing. Just how GRANDER™ technology works is difficult to explain but the results are obvious. In the area of horticulture there is repeated evidence of improved seed germination, root development and nutritional uptake. In animal husbandry, animals drink more water their overall health improves bacterial rates drop.

Peter Tadd is a sales consultant in West Cork for GRANDER™ Water-Revitalisation technology. “My



personal experience parallels thousands of testimonials,” he says. “Everything tastes better – food, coffee – my own health issues with asthma have clearly lessened, I have softer skin, better overall wellbeing, softer clothes, and my garden plants are thriving. If your skin feels softer, imagine what is happening inside your body.

“I love drinking Revitalised water. Thus I drink more

of it. Proper hydration is the single biggest factor for health and long life. There is no better investment for your family and our environment.”

Find out more when Peter gives a talk and demonstration at Deelish Garden Centre on August 15, from 11am to 2pm. All welcome.

## Permaculture Principal 7: Design from pattern to detail



### PERMANENT CULTURE

Allison Roberts

This month we look at the seventh principal of permaculture, and the first that takes a ‘top-down’ approach, looking at the big patterns and detail that should be used to guide the detail of design. In classic permaculture design it is the pattern of nature that should dictate the design. Permaculturalists map the sun,

shade, wind, water and soil composition before deciding what to plant.

When looking at a town like Clonakilty, Bandon or Skibberreen, you can see the rivers that run through the centre of town can be used to guide the general flow. The towns are developed in zones, with shops and services at the centre and then residential areas surrounding. When thinking about sustainable design, or the ‘Cool Clon’ initiative we could look at the way the roads and shops are laid out, and determine the best use of public space. A main street is a beautiful thing, and of course something that needs to be the focal point in sustainable town design. The upcoming pedestrianisation of main streets is a great example of how looking at the big picture, ie. the reality that there is too much traffic on our main streets to be able to enjoy them properly, especially with social distancing, led to the

detail – the plan to pedestrianise and all the details that go with it.

The layout of a town, house or garden dictates the flow of people through that space. If we look at Lady’s Cross and The Miles estates (including the 300 houses about to be built in that South-West corner of Clonakilty), we could use permaculture to best design a pattern for traffic to flow, and bike and pedestrian paths so that those estates are well connected to the centre of town. Then, by using landscaping, lighting, traffic calming and so on, the details can make walking or cycling to town an attractive prospect for the people that live there. Another example of designing from pattern to detail is the new roundabout next to the distillery in Clon. Traffic can now much more easily flow around the curves of a roundabout with less congestion from cars backing up when entering the junction from the Inchydoney road. However,



Superkilen Black Market, Copenhagen  
 Pic: archiscapes.wordpress.com

looking at it from a sustainable design perspective, both cyclists and pedestrians were left out of the design, resulting in a new Primary Healthcare Centre, retail complex and parking with no safe pedestrian access connecting it to town. The pattern drove the design, but the detail will determine how we interact

with the space.

In Ireland we already have the Design Manual for Urban and Rural Space or ‘DMURS’. These are a comprehensive set of guidelines that recommend how to layout our streets from ‘Pattern to Detail’. DMURS asks town designers planners and engineers to be “influenced

by the type of place in which the street is located, and balance the needs of all users.” It goes into great detail on how things like road junctions should be laid out to maximise safety and comfort of all road users, always including pedestrians and bicycles. It also suggests simple ways to slow traffic on main streets, as well as how to best integrate car parking into design. Design can make all the difference when it comes to whether or not we feel comfortable walking somewhere at night, whether or not we ‘need’ to get in the car to access local shops, or whether or not we worry about the safety of our children walking to school or the beach. This month, when you’re out and about, consider the elements in your town that make you feel comfortable, the elements that dictate how you interact with public spaces and those elements that, with a small change, could be made more people- and earth-friendly.

## Single-use plastic – How much is too much?

The problem with our current approach to tackling single-use plastic waste? We’re all being told we are generating too much. But how much is too much? And what is an acceptable, sustainable volume of single-use plastic packaging waste for the average household?

Roscommon start-up CUSP take the big global numbers on single-use plastic packaging waste, the ‘millions of tonnes’ we all

keep hearing about and distil these numbers down into micro targets people can more easily relate to; all delivered via CUSP’s user-friendly, free mobile app.

“We don’t just set random targets,” says founder Simon Ruddy. “We’ve aligned CUSP reduction targets to the UN sustainability goal for the elimination of all non-essential single-use plastic packaging by 2030, estimated at 70 per cent of current global con-

sumption – that’s approximately 105m tonnes annually. The remaining 30 per cent, currently deemed ‘essential’ includes single-use plastic used to package medicines, medical devices and sterile infant products for example.”

The CUSP app was piloted with 200 households in the Connaught region during March and February 2020, with participating households achieving average monthly reductions of 2.5kgs.

Irish households are the biggest producers of single-use plastic waste in the EU, averaging 171kgs each per annum, equivalent in weight to 3,000 empty 2ltr single-use plastic drinks bottles for example. This compared to France at 153kgs or Sweden at just 55kgs per household annually.

To achieve 70 per cent reductions by 2030, from 171kgs per annum currently, to 51kgs per annum by 2030, Irish households

need to reduce by an average of 12kgs annually, each year through 2030. That’s just 1kg monthly!

“With our pilot launch achieving average monthly reductions of 2.5kgs per household, all-of-a-sudden, defeating single-use plastic waste doesn’t seem like such an insurmountable task,” assured Simon. “Users simply tap-in their estimated number of units on day one, for 22 of the more common items of single-use plastic packaging listed in the app; then, after 30 days and following CUSP ‘hints and tips for reducing’, users tap-in

their new reduced volumes to see if they’ve hit their monthly reduction target of 1kg. All calculations and conversions-to-kilograms happen automatically!”

All reductions recorded by the CUSP app can be collated locally, regionally and nationally to facilitate monitoring against global reduction targets.

The CUSP app is available to download free – search ‘CUSP: Single-Use Plastic Calc’ (iOS and android).



## people Home &amp; Garden



## 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.

# Watering plants

wet, you probably should go easier on the water. If the soil is dry, you may need to give your plants more water.

For seedlings, delicate plants and cuttings, I try to use warm rainwater, as many types of disease and wilts are caused by using dirty or contaminated water. Simply fill a watering can and leave in a warm spot before watering. If you are having issues with 'damping off' on small seedlings, boil your water first and leave to cool before watering seed trays. A strong brew of chamomile or cinnamon tea is also an effective remedy for 'damping off', simply water and/or mist your seedlings with this tea. Only use fresh clean tap or well water on salads and other crops eaten raw - for obvious reasons.

talking to your plants or adding nutrient-rich fertiliser, there are multitudes of ways people help their plants grow. A great way to ensure healthy plants is to use the right water to nourish them. Water quality can impact your plants in a variety of ways, and this is even more important when it comes to growing fruits and vegetables. The things you grow in your vegetable garden presumably make it into your body. This not only means that clean water impacts your plants' health, but it can have an effect on your own health as well.

What do I mean by water 'quality'? Water quality can refer to chemical, microbial or physical properties. If you have a private well or spring water, you need to be concerned about all three of these, but for

there are two key factors that do not make chlorine a major threat to microorganism populations:

1. Microorganisms reproduce at such a rapid rate that – even if chlorine kills some of the microbes – their populations can easily rebound in a short amount of time if you have healthy soil quality.

2. When chlorine enters the ground, it binds to the surface soil particles and does not travel to the beneficial microorganism colonies that live in the lower soil layers.

While the average chlorine concentration in tap water has not been shown to do lasting damage to plants, chlorine toxicity is still possible. A tell-tale sign that your fruits and veggies may be suffering too much chlorine is if their leaves appear burnt.

**Fluoride:** Some plants are sensitive to fluoride, especially those with long narrow foliage such as Willows, spider plant, Easter lily, peace lily and parlour palm. Over time these plants will show brown tips from excess fluoride.

Flushing the soil with rainwater can reduce the build-up of fluoride. Fluoride can also be removed from water with special treatment, such as reverse osmosis, and water distilling systems. There are more and more options becoming available on the market each year and prices are very reasonable.

**pH:** Plants grow best with a soil pH of 5.0-6.0, so higher pH in mains water, especially for acid loving plants such as Citrus, Rhododendrons and Camellias can be an issue. High pH limits the availability of some nutrients such as iron; plants with iron deficiency are chlorotic and have leaves with green veins and yellow in between. High pH water usually does not affect plants grown in the ground outdoors as there is such a large volume of soil. But in a container, over time water pH can change the soil pH because it's a small volume of soil.

To reduce high pH in water, most water-soluble fertilisers make the water acidic, or you can simply add a few drops of acid such as vinegar or lemon juice to the water (1/4 tsp to four litres). Over-fertilisation can lead to brown leaf tips as well, so using half the recommended strength is a good idea. Be sure never to feed a plant on dry soil, simply water without adding liquid feed first and add the liquid feed once the soil is moist.

If you are concerned about the quality of your own water, there are laboratories that test



I prefer to use a watering can fitted with a fine rose at the end, as it is gentle on young plants and unlikely to disturb roots close to the surface. If using a hose be sure to fit an adjustable nozzle and be careful not to blast the soil around the base of plants as this can expose roots to the surface and cause damage to plants. Where possible try to water the soil and not the leaves, as this can lead to sun scorch (resulting in burn marks on the leaf) or fungal problems.

We talk a lot about when and how to water a plant, but water quality over time can be just as important. Whether it's

gardeners using mains water to grow plants, it is the chemical issues that are a major concern.

**What chemicals in the mains water can affect your plants?** Chlorine, fluoride and pH can all affect your garden plants and vegetables.

**Chlorine:** It evaporates within a few days if you allow the water to stand at room temperature in a wide container. Most plants are not too sensitive to chlorine. Chlorine serves as an effective means of removing pathogens from drinking water, but many gardeners fear that it will also eliminate many of the beneficial microbes in the soil. However,

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water for its suitability to grow plants. These tests are different from those used to determine the suitability of water for household use and human consumption. When water is tested for plant suitability the mineral nutrient content is analysed, as well as the pH, which affects the availability of nutrients for the roots to take up.

Be sure to see Peter Tadd's piece (opposite page) on GRANDER™ Water-Revitalisation and feel free to come to Deelish Garden Centre on August 15, from 11am to 2pm for a talk and demonstration of

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## people Home & Garden

# The many benefits of staging a home for sale

Let me begin by saying that this article is geared towards homeowners and property owners who are thinking about selling their homes and also the estate agents who are selling them. Home-staging is done with a potential

client's style, where the property is located, and the buyer market, all taken into account

When it comes to selling your home or a property, home staging can be one of the most effective ways to maximise its sales potential. Home Staging experts



### 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)

like myself (a member of the Home Staging Association – HSA Ireland) work with property owners and estate agents alike across Ireland's property market to deliver styling solutions that complement each homes' style, features and floor plans. Home staging also de-personalises a property, which is key when selling a house. It gives potential buyers the opportunity to visualise themselves in that property, feel the dream so to speak! Remember you never get a second chance to make a first impression"

Important note for real estate agents: Always ensure you tell potential clients a house has been staged in case they assume that certain furniture/furnishings might be included in sale.

#### Does Home Staging work?

1) A staged property will attract a higher sale price than a non-staged property – you will make more money and your property will sell faster. Staged properties spend, on average, half the time on the market than non-staged homes. This in turn means the seller/estate agent will reap the rewards.

2) First impressions last – You get one chance to make or create an impression on a client; this impression is made within the first 10 seconds of a client entering the property.

3) You will make your money back – Average staging investment is between one and three per cent of the homes' asking price, which generates a ROI of eight to 10 per cent. Generally staged homes sell over eight per

cent above asking price.

4) Your on-line photos will stand out – 90 per cent of buyers search online first. They spend two seconds on an ad without a photo, and 20 seconds on one with a good photo.

5) Guaranteed offers – 77 per cent of property seller agent's stated- home staging made it easier for potential buyers to visualise the property as a future home.

Presenting your home for sale is time-consuming, it's also overwhelming and often the sellers do not know where to begin. So let the professionals do their job, sit back, relax and leave them to it (one less thing to worry about).

You can't make potential buyers get out of the agent's car but you can entice them by staging. If the outside of your house isn't staged, the buyer may think the property is not worth seeing: Kerb appeal is key so cut back the shrubs, put two plant boxes outside the front door, paint the front door and put down a new mat – make the first impression count!

Staging is merchandising, and merchandising the whole property is key.

Check if the roof gutters and downpipes are clean and undamaged. Move garbage cans, discarded wood scraps, and any unwanted materials hanging around; ensure the back garden is presentable. Placing a bistro table and chairs outside is very inviting. People like to do home improvements but at a time that suits them; a few might welcome the challenge but most people do not.

There are three types of home staging:

#### Occupied home staging

This is like viewing an episode of DIY SOS on TV; you have some furniture but it's out-dated or maybe you need a few new pieces of furniture or textiles to make it look more modern and



Staging a vacant property shows a potential client what they are buying. A room that is staged with furniture gives a better idea of space. An empty house shows a lot of flaws!

funky. Perhaps your property needs a deep clean or de-cluttering. The most important rooms in a home to be staged are the kitchen area, dining room and master bedroom. Sometimes a small investment in relation to the value of the property is all you need to make it look presentable to the buyers.

Staging an occupied property shows a home at its best, therefore if you have the time, money and access to qualified help and also rentable furnishings; this is the best option for you. Your house will be ready for market faster; as you're not looking for tradespeople and furniture yourself, the home staging expert will style your house to its truest potential. You can expect a return of two to three times what you invest, so it's a great way to make money. It reduces the time your home spends on the market – a staged home sells faster.

#### Vacant home staging

Vacant properties are difficult to sell. It is very important to stage a vacant home, as people don't buy houses, they buy homes. People like to buy houses that 'feel homely' – they need to feel the warmth of an inviting home.

This is where the client needs everything to fit-out the house. This could be a person who builds a property for resale or

may have inherited it or built it to 'flip' it. More often than not this is a property developer who wants to showcase a new property to its truest potential.

Staging a vacant property shows a potential client what they are buying. It gives clients the idea of space when staged with furniture in it. An empty house shows a lot of flaws to a potential client – their eye is drawn to faults rather than a nice piece of furniture or art. An empty room always looks smaller than it is and an empty house seems cold and lifeless.

#### Virtual home staging

This is perfect for vacant homes or those still under construction, as it gives potential clients an opportunity to envisage what the house looks like virtually. This has emerged as a formidable technological advancement. During the pandemic and once lockdown was lifted, it was an essential tool for estate agents to sell properties.

For all your home staging requirements – Maura Mackey Design. 087 769 9714. Follow on Facebook or Instagram. [www.mauramackey.ie](http://www.mauramackey.ie).

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## people Home &amp; Garden

## Supporting a healthy eco-system



by Mags Riordan

Tortoise shells on scabiosa



It's all go here at Bumblebee Farm preparing for our Open Day on August 16. A full season and cycle have passed since our original planned date of March 29 where we would have been full of hope for a successful season for all our inhabitants!

Nature has been a winner due to Covid and she has responded so well to the quiet. It's been heart-warming to see how involved people have become and all the wonderful supportive things being put into place like eliminating spraying of roadside verges with weeding

and hoeing taking place instead.

Our focus and attention at this time of year is on ensuring enough food for newly emerging Queens to get them ready for hibernation. Although early emerging Bumblebees like our white-tailed and buff-tailed will start a second cycle now, more often than not these two no longer go into hibernation and forage all winter long, which is why a full cycle of nectar-rich food is becoming increasingly necessary.

We love to tread lightly here on the farm, working by hand to cause as little disturbance

to wildlife as we possibly can. This does make our work more labour-intensive, but biodiversity, safe habitats and soil health, are our rewards. We do hope we can show you how some of these ways can easily be implemented in your own gardens and how beautiful wildflowers aka 'weeds' look, feel and support a healthy ecosystem. These we allow to flourish purely to support our wildlife whereas the nectar and pollen rich flowers we grow, as our cut and edible produce, are a stunning example of how diverse and beautiful a polli-

nator-friendly garden can look like. Our aim is to dispel some myths, give sound advice on what works for us in our local area and show you in real time how it all unites to create a rich tapestry teeming with life.

We are booked out for August 16 but if you would like to know more and get a peek into our world then we would love to see you at the last of our Open days on the farm on September 27, where as usual we will have a talk and a tour explaining different habitats and how to make a bug hotel that suits our native species.

Including the most suitable situations. Our focus here will be on getting your garden ready for the winter, what we can do to help our struggling pollinators and creating beautiful supporting habitats and bee corridors to support the wider environment.

As always, we will also provide you with some pollinator-friendly seeds to take home to start your own bumblebee paradise.

For our August 16 date, Eddie Attwell from the Gleggarriff Eccles will be on hand with incredible products using

produce grown on the farm and foraged locally. Eddie's knowledge, passion and creativity are unsurpassed in West Cork!

Eva Milka from Gaelic Escargot will also be in joining us, sharing her incredible journey into snail farming. With some interesting insights about her protein-rich product!

We are still finalising our line up for September 27 so stay tuned! Looking forward to meeting you all.

Bee kind,  
Mags

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## people Home &amp; Garden

## Mixed weather conditions bode well for autumn glut in the 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...

I always dread the first flowers of Crocosmia (sometimes known as Montbretia), not because I don't like the flowers – I do – but for me they herald the gradual winding down of summer. The weather

in July has been unpredictable with some wonderful hot sunny days mixed with torrential rain and even thunderstorms, but great conditions for growing vegetables. We are already planting second crops on many of the beds and are still sowing a few late crops hoping for a balmy autumn to get the most out of the garden.

I am experimenting with a very late sowing of Kuri winter squash; they will be planted out in the tunnel within a week or so. The pumpkins and squash in the garden already have some small fruits so the Kuri are very behind, but I'm hoping that with the protection and extra heat of the tunnel, they will keep growing well into the autumn. I have also planted a few more cucumbers in the tunnel. This is not so much an experiment but more the result of my tardiness. They have been ready to plant out for at least three weeks but there always seems to be something more important to do, and I have only just got around to planting them. The tomatoes have ripened early this year and we have been picking good quantities since the middle of July, even the large beefsteak

varieties which usually take longer. The sweet peppers and chillies are also doing very well – the only real problem in the tunnels has been with the aubergines. I have three varieties, about fifteen plants in all, with beautiful foliage, mostly deep purple with lovely mauve flowers. Then suddenly the odd leaf discolours and curls up. There is no sign of any insects, so I was horrified and baffled. I have done some research and I think it is a fungal disease. I have mulched and fed the plants and I hope that after a garlic spray, this will be enough to keep them going. We have picked a few aubergines already, but they have a lot more to give.

Talking to others, it seems that many people have noticed more biodiversity and wildlife in their gardens or surroundings this year. There could be several reasons; maybe our enforced break from the usual hustle and bustle has allowed us to notice more, or could it be less noise, pollution or traffic that has had an effect. It is hard to tell. We have very much enjoyed the extra wildlife in our garden and are now trying to base all decisions about the



garden and its maintenance on biodiversity and sustainability. To help us plan and monitor the biodiversity in our own garden we are taking part in an exciting biodiversity project in the village, initiated by Baltimore Tidy Towns and with input from many other local organisations such as the National School, Community Council, One Green Village and many local individuals. It involves surveying and recording existing biodiversity, collecting

and sharing data, looking at ways of increasing biodiversity in the local area and creating a Biodiversity Plan for the village and surrounding area. I am very excited about it.

As we haven't had any public events this summer, the meadow hasn't been mown yet, and the grass is tall and beautiful with wildflowers and all the accompanying insects and wildlife. It will be interesting to compare to next year or whenever public events are

held again. Will the moorhens and mallards feel safe enough to nest and will it effect the insect and bird population when the meadow is mowed again? Hopefully with the Biodiversity Project we will be in a better position to make assessments and decisions on the right way forward for us and all the teeming life around us. I'll keep you up to date when there is more information to share.

## Gardening in July

The results and rewards of your gardening efforts will be very much in evidence this month; fruit will be ripening and vegetables cropping profusely now. Roses, especially the freer-flowering, repeat-flowering varieties, will continue to delight in their dazzling array of colours and rich fragrances.

## Roses

Deadhead frequently, cutting off the faded bloom just above

a leaf bud by making a clean cut with sharp secateurs. Protect your Roses against blackspot, mildew and rust.

Practice good plant hygiene and preventative measures and don't allow any of these diseases to take a foothold. It is now too late to feed Roses in the open ground. Do however continue to feed container grown Roses with a liquid Rose or tomato fertiliser. Keep a regular and vigilant eye out for suckers and remove and sever at the

point of origin.

## Wisterias

Cut back the current years growth to five to six leaves. This controls the size of the plant and encourages flower buds to form. It will also prevent growth getting into windows and guttering.

## Watering

Keep containers watered on a regular basis, using grey water where possible. Conserve and store rainwater in water butts: Look out for water butts and rainwater storage systems from Clonakilty-based Carbery Plastics. Store as much as rainwater as you can, as it will pay dividends during dry spells and hosepipe bans. If you are going away on holidays, do arrange to have someone keep an eagle eye on containers and recently planted trees and shrubs. A recently sown lawn will also benefit from regular watering during prolonged dry spells. There is nothing worse than coming home to a parade of dead plants. Place water taps and hose connections at strategic and convenient locations throughout the garden (not forgetting the greenhouse) Beware that drying winds can be every bit as drying as scorching hot sunshine. Mulching is very beneficial to plants in the ground.



## GARDENING

John Hosford

The Weekend Garden Centre

## Arrival of bulbs

The first of the spring-flowering bulbs shall start arriving in the Garden Centres and shops early this month – look out for West Cork grown bulbs this autumn. Daffodils, Narcissi, Crocus and dwarf Iris can all be planted this month. Plant at least at double the depth of the bulb, using an organic, slow-release fertiliser at planting time. Choose a sunny, well-drained position for best results. Early displays indoors can be achieved with some early varieties such as 'Paperwhite'. Hyacinth bulbs usually arrive around August 15 and can be potted up into bowls or terracot-

ta pots for Christmas and early New Year displays. Use bulb fibre if using containers without drainage. Colours include red, blue, pink, white and yellow.

## Summer/Autumn Flowers

Protect Dahlias against slugs, earwigs and capsid bugs. Ensure your Dahlias are adequately and securely staked, as lack of proper support will result in damage in periods of strong winds and gales. Deadhead frequently, picking up petals and composting.

They will benefit from weekly liquid feeds. Container grown Dahlias reward you handsomely with a profusion of continuous flowers until late autumn. Watch out for vine weevil damage especially on Begonias, Strawberries, Fuchsias and Heuchera. Protect by biological control such as nematodes, which are available by mail order from Fruit Hill Farm, Bantry or Mr. Middleton.

Fill missing gaps with colourful Alstromerias, Phlox and Leucanthemum.

## Vegetable Garden

Water vegetables frequently during dry weather, especially recently planted crops.

Keep an eye on potatoes and tomatoes against blight.

Tomatoes, peppers and

melons will benefit from regular liquid feed such as an organic-based seaweed extract. Pick courgettes frequently. Don't allow to exceed 15cm in length. Cut off cleanly with a sharp knife.

## Fruit Garden

Prepare new strawberry beds. Remove persistent, perennial weeds before planting.

Use a fresh site, which hasn't grown strawberries with at least three years. Continue pruning and tying in of raspberries.

Pick strawberries, blackberries, blueberries, blackcurrants, redcurrants, figs, plums, cherries, peaches and apples. Protect fruit against birds.

Prune plums and damsons after fruiting, cutting out any broken branches. Remove dead wood on fan-trained plums. Shorten pinched-back shoots and tie in. Immediately after wall-trained peaches and nectarines have fruited, cut out the shoots, which have borne fruit and dead wood and tie in replacement shoots.

## Lawn Care

This is the last month for feeding with a summer lawn fertiliser. Check out some of the new organic alternatives. Prepare areas for a September seed sowing of new lawns.

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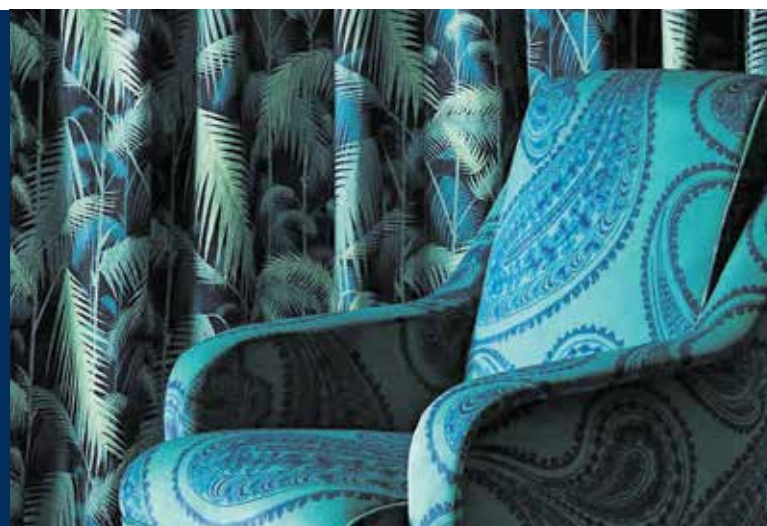
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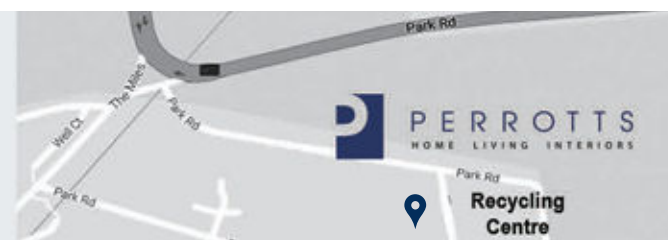
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## people A flavour of West Cork

# A taste of Spain

I have a cameo memory from when I was young of sitting on the back doorstep shucking peas in the sunshine with my mum. Peas were super exciting then, as although peas were available in cans all year round, it was before the frozen pea revolution and canned peas were completely different to fresh peas. Fresh peas were a total treat when they arrived.

We grow peas in our garden. Just for us, not for the shop, because if we were paid to grow, pick and shuck the peas without

a mechanised system they would be like gold. We just grow them to eat like sweets when they first ripen and as the crop ripens we always make risi e bisi (a pea risotto) and summer vegetable pilafs, paelas and salads but after that we begin to scratch our heads and the peas keep coming. It's a real grow-your-own phenomenon, the all-or-nothing syndrome and when the peas ripen they need eating, as it's obvious they should not go into the freezer.

This is a new recipe that



## A FLAVOUR OF WEST CORK RECIPE

Karen Austin

we've enjoyed this summer. It was inspired by a recipe from Spain called Tortillitas de Camarones, which are crispy little fritters made with baby shrimp. Last autumn we visited Sanlúcar de Barrameda in the very south of Spain and I have happy memories of bars where camarones were served as tapas on the terraces, usually with an accompanying glass of chilled manzanilla, the local sherry.

I became addicted to these thin crispy fritters and when I got home I tried to make my own. They weren't quite the same and it wasn't only the lack of sunshine that was missing, so I googled the problem and, after reading many recipes and watching a particularly edifying YouTube tutorial, I cracked it!

You might be wondering at this stage what this has to do with the peas; well I discovered they are an excellent addition to this recipe, either peas and shrimp or peas alone. Both work very well and the peas alone are suitable for vegans, which is always a bonus. In this West Cork version I use fresh prawns instead of baby shrimp.

There are couple of little tricks involved so read the recipe carefully before you begin.

Use a combination of gram flour and white rice flour if you want the fritters to be gluten-free. The water needs to be chilled and sparkling gives the

best results

## Pea fritters - Tortillitas de Guisantes

### Ingredients:

- 200g peas – fresh or defrosted
- 1 small onion
- 90g gram flour
- 40g white flour or rice flour
- Quarter tsp turmeric
- A little lemon zest
- 1 tbs finely chopped parsley
- Chilled sparkling water
- Oil to fry

### Method:

Pod or defrost the peas.

Sift the gram flour and regular flour or cornflour into a bowl. Add half a teaspoon salt and turmeric. Stir to mix.

Peel and finely chop the onion small and finely chop the parsley. Zest a few swipes of lemon for the mix

Put everything except for the water into the bowl and mix well, then start stirring in the chilled water until the batter has a medium pouring consistency, like a crepe pancake mix or pouring cream.

Heat 4cms oil in a frying pan or wide based saucepan and when it is hot add a tablespoon of the fritter mix; spread it a little with the spoon after it goes into the pan, spreading the fritter with the back of the spoon under surface of the oil – it should be bubbling just below the surface. You need to do this quickly. Repeat but don't overcrowd the pan. Cook each side for two to three minutes, until golden. Lift on to kitchen paper, then cook the next batch. It's a good idea to stack the fritters like dishes so the oil drains off both sides.

Serve with lemon wedges

## Tortillitas de Camarones – Prawn Fritters, with Garden peas

### Ingredients:

- 150g raw prawns
- 150g peas – fresh or defrosted
- 1 small onion



- 90g gram flour
- 40g white flour or rice flour
- Quarter tsp turmeric
- 1 tbs finely chopped parsley
- Chilled sparkling water
- Oil to fry

### Method:

Chop the prawns small, into pea-sized pieces.

Sift the gram flour and regular flour or cornflour into a bowl. Add half a teaspoon salt and turmeric.

Peel and finely chop the onion and finely chop the parsley.

Put everything except for the water into the bowl and mix well then start stirring in the chilled water until the batter has a medium pouring consistency, like a crepe pancake mix, like pouring cream. It's quite thin.

Heat 4cms oil in a deep frying pan or wide based saucepan and when it is hot add a tablespoon of the fritter mix, spread it a little with the spoon as soon as it goes in the pan, spreading the fritter with the back of the spoon under the oil, it should be bubbling just below the surface. You need to do this quickly. Repeat but don't overcrowd

the pan. Cook each side for 2-3 minutes, until golden. Lift onto kitchen paper then cook the next batch. It's a good idea to stack the fritters like dishes so the oil drains off both sides.

Serve with lemon wedges.

Moving into August is usually the beginning of the autumn cooking class session but unfortunately due to Covid restrictions they are still on hold. I have thought about doing zoom classes but this is only a conversation that I'm having with myself so far. If you have a voucher for a class and are impatient with waiting for the classes to resume please feel free to spend the voucher in the shop. If you have paid a deposit for a class the same applies. We're also happy to refund deposits. It's all a bit of a mess and a muddle.

Here's hoping for more certain times

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# Bantry mum is a national winner for her banana bread recipe

Heather O'Sullivan from Kealkill, near Bantry, is one of Ireland's best banana bread bakers having been chosen winner of the 'Best Gluten-Free' category award in a recent nationwide competition to find Ireland's Best Banana Bread Recipes conducted by celebrity chef and RTE presenter, Donal Skehan with the support of banana distributors, Fyffes.

Mum to two children, aged

six and eight, Heather graduated in Nursing at UCC and is working as a nurse in Bantry hospital.

An avid baker from a young age, Heather says she always had an interest in food and is 'passionate about nutrition, using wholefoods and making healthy treats for all the family to enjoy' – evident on her Instagram page @heathers.nutrition. photographing.

Commenting on her 'Choc-

olate Banana Bread' winning recipe, Heather says: "I've always had a competitive nature and used to take part in baking competitions at agricultural shows along with my mother and grandmother. When I heard of the Fyffes Great Banana Bread Bake off, it was only natural that I would want to take part".

The overall Best Banana Bread recipe award was won by Gillian Carney from Cobh.



Heather O'Sullivan



Heather's winning banana bread.



## people A flavour of West Cork

# Outdoor eatery with a tropical vibe opens in Clonakilty's oldest family-run hotel



Dena O'Donovan

A stalwart presence at the heart of Clonakilty, the family-run O'Donovan's Hotel is a proud part of the town's history, with-standing two World Wars, a Civil War, recessions, countless other ups and downs and, to cap it all, a pandemic. If walls could talk this family-run hotel would have some story to tell. Sixth generation O'Donovan siblings Tom, Dena and Therese now run the business and have just written a new chapter in the O'Donovan narrative.

“Business is always evolving,” says Dena. “When the café closed, the nightclub opened, when our breakfast room closed, we opened the upstairs dining room, when the nightclub closed, we opened the new bistro and so on and so on. She looks back: “In 1922, the Irish army took over O'Donovan's Hotel and billeted 200 soldiers here for several months. When they left, my gran-aunt Cathy opened it up as a hotel again. It's what you do, you just keep going.” Interestingly gran-aunt Cathy was considered to be ahead of her time. Also unafraid of change she was a keen horse-woman and has been credited as being the first woman in the area to ride western saddle, wear trousers, and smoke, in public.

When the O'Donovan's were forced to close the nightclub in the hotel in December last year due to rising insurance costs, the wheels of change were once again set into motion. Fast forward to March 2020 and despite the Covid-19 crisis and lockdown making it impossible to purchase materials for their renovation project, Dena and Tom continued to drive forward. By the beginning of July they were just about ready to



unveil their new Alley Garden Bistro Bar.

“Tom and myself didn't take a day off in lockdown,” she says. “We painted, decorated, dug out, pulled in, fixed, sorted, lifted...we barely drew breath.” The hotel's huge attic was raided and when wood could not be bought, beds and wardrobes were stripped down. “Most of my upstairs apartment is down here now,” says Dena laughing, as she points to the selection of sofas, lighting and occasional furniture that has been rehomed in the bistro. Anything that wasn't built from scratch or up-cycled was bought locally once local shops were allowed to reopen. Plants from Shanahan's Nurseries lend to the tropical feel of the outdoor eatery, the garden tables are from Hennessy Timber Group, the heaters from West Cork Building Supplies. Like so many others, the O'Donovan's are very conscious of supporting local. “The people of Clonakilty have been fantastic and shown us so much support since we opened the new bistro,” Dena emphasises.

An architect in a past life, Dena knew exactly what she

wanted from the space. The indoor seating area is relaxed and spacious with lots of big comfortable couches and subdued lighting. Step outside and swathes of trailing plants, the steady trickle of a background water feature and twinkly fairy lights offer a little tropical escape in the centre of the town.

Our dad's nickname was ‘mend and make do’, says Dena. “Tom is the same, a DIY aficionado,” she explains, as she points out some of the beautiful red brickwork and seating areas that Tom is responsible for building. The impressive stone arch at the entrance is also Tom's work.

While Covid-19 restrictions are in place, things are being run slightly differently to the original plan. Last orders for food are 9.30 instead of 11pm, the outside bar is being used as a sanitation-wash-up station for the moment, and there is a maximum number allowed per table. But the welcome is still warm and the food is tasty. Using fresh, locally-sourced ingredients where possible, the menu is a selection of stone baked pizzas, burgers, fish and

chips and a hummus, tapenade and olive bread plate; simple but substantial tasty fare.

“Our aim was to create a pub with food but because of Covid everyone who comes through

the door now has to order food,” says Dena “We're keeping one-third of the tables empty at any one time.” The new restrictions mean more work so an extra seven staff have been employed at the hotel.

Local man Keith Kelleher, the manager of our new The Alley Garden Bistro Bar says the new system in the bistro is working well. “You place your order at the bar, get a buzzer to take your table and collect your food when that rings,” he explains.

The Alley Garden Bistro Bar is wheelchair-friendly and dog friendly. “We regularly have humans upset us but we have never had a dog upset us!” says Dena laughing.

“We're very positive going forward,” she says. “The country needs to be open for business and so long as people continue to respect the stages and restrictions, hopefully we'll all remain open.”

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**WILD ATLANTIC WAY**



## people A flavour of West Cork

# Cape Clear Island Distillery wins Silver at 2020 London Spirits Competition

Cape Clear Island Distillery's 3 SQ. MILES gin has won yet another prestigious accolade, this time in London, at this year's

International Spirits Competition. In a crowded field of some 340 gins from all over the world, it's something that the 130 residents of Cape Clear

Island, off the west coast of County Cork, can be proud of. The distillery on the island has been producing gin since November of 2019, and recently

was awarded Silver at the San Francisco International Spirits Competition.

An award at the London Spirits Competition is regarded in the drinks industry as the ultimate seal of approval. In order to receive this distinction, participants need to score highly in three different categories: Quality, Value and Packaging. In contrast to other spirits competitions, where distilling ability and technical expertise sometimes receive primary consideration at the expense of drinkability,

the goal of the London Spirits Competition is to award and celebrate the spirits that drinkers actually want to buy, whether at a retail store or ordering off the menu at a London restaurant.

"We're a bit heartbroken to be just five points off Gold, but to take Silver in an event like

this is just amazing," says Seamus O'Driscoll, founder and director of Cape Clear Island Distillery. "It's an incredible accomplishment, and after all the hard work we've put into this product, it's great to be recognised."

The judging panel consisted of spirits industry experts with commercial buying responsibility. This ensured that all spirits selected as winners in the competition are exactly the types of spirits that are favored by both the spirits trade and the end consumer. Spirits were judged on the basis of the three primary criteria and then scored on a 100-point scale.

The award-winning 3 SQ. MILES gin can be found at a growing number of retailers and pubs. You can find more information about it on the distillery's website [www.capecleardistillery.com](http://www.capecleardistillery.com).

The company also offers engraving on bottles of its 3 SQ. MILES gin. These have proven to be excellent gifts for the most special of occasions. Used for wedding and anniversary gifts, Father's and Mother's day gifts, and more, the bottles can be engraved with a name and/or message of up to 60 characters and can be delivered to your local off-license for €60. And, for a limited time, you can get an additional (non-engraved) bottle of the award-winning 3 SQ. MILES gin for only €30 when purchased together with the engraved bottle. Visit [www.capecleardistillery.com](http://www.capecleardistillery.com) to order.

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## Don's top picks for packing in your picnic basket

West Cork is a destination for both staycationers and adventure seekers who want to embrace a real Irish summer, a season that our older generations speak of fondly, consisting of picnics on the beach and tumble wheeling down sand dunes. Our stunning landscape provides the perfect opportunity to unwind and explore, and that includes taking your tastebuds on a sensational journey of local food.

With an appetite for adventure comes an appetite for good food and picnics are proving to be a real hit this summer. **Don Cullen**, Deli Manager at Scally's SuperValu Clonakilty, food connoisseur and major cheese lover, shares his 'Top 10' food products that you should pack in your picnic basket. So, whether you're exploring the forest trails of Castlefrenke or surfing the waves on Inchydoney, here are Don's snacking essentials:

**1) Dan Hegarty's Farmhouse Cheddar and Durrus Cheese:** A great starting point for aspiring cheese mongers, these locally crafted cheeses will give you a real taste of West Cork. Delicious served on Italian Toast for Cheese with pickles and chutneys, all available at Scally's cheese counter.

**2) Gubbeen Farmhouse**



**Salami and Chorizo:** Add these artisanal meats made by the brilliant Fingal Ferguson in Schull. They are snacking size so a lovely addition to your feast. Slice and eat alone or add a Scally's own Ciabatta base.

**3) Buffalo Mozzarella Bocconini:** These lovely little pearls of mozzarella, produced in Macroom, are ideal for the occasion; drain and serve out

of the bowl. Add some cherry tomato and a little green pesto for a take on a caprese salad.

**4) Bushby's Strawberries:** A real joy and essential part to a West Cork summer. These little berries are loved by all and picked at the peak of freshness, every day, so packed full of flavour – scrumptious.

**5) Clare's Homemade Hum-**

Don Cullen, Deli Manager at Scally's SuperValu Clonakilty



**mus :** Homemade in Union Hall, Clare's hummus is the perfect basket filler. I would recommend grabbing a crusty sourdough from our bakery (our team can slice it for you). Ideal for the perfect bite when heading straight to the beach.

**6) Glenilen Farm Yogurt Pots:** Bringing a cooler box? Then make room for these little glass jars filled with natural yoghurt and fruit compote. From the luscious hills of Dri-moleague, these are a real treat so don't forget your spoon!

**7) Scally's Own Apple Tart:** Leave room on top for this traditional favourite. Made using real Irish butter, this will take you back to your granny's signature recipes and tastes just as good too!

**8) Clonakilty Gluten Free Kitchen:** Visitors are always pleasantly surprised when they stumble upon our own Gluten Free Bakery and Kitchen range. Our certified gluten free bakes and breads give you no excuse to not join in on the picnic fun! Our sliced breads and rolls are perfect for on the go.

**9) Scally's Seafood Platter :** Originally created for a passer-by looking for the best of local seafood, this is a beautiful array of seafood containing some of our favourites like Union Hall Lobster and Smoked Mackerel Pate, Salmon Sensation, Castletown-bere Dressed Crab and Crab Claws along with Ummera Organic Smoked Salmon from Timoleague. Pair with some bubbles and salty sea air in a

good spot on the Red Strand in the for the perfect picnic. (Feeds 4-6, made to order)

**10) Scally's Grazing Board – for sharing:** A charcuterie lover's dream; jam-packed with freshly cut parmesan and pepper coated salamis, local cheeses, condiments, crackers, bread sticks and a tasty selection from 'The Souk' (Scally's spice and nut bar). This board has proven to be a real hit this summer. Boxed up and ready for the road. (Feeds 4-6, made to order.)

All products mentioned above are available at Scally's SuperValu Clonakilty, picnic baskets are also available to order at the deli counter and may be personalised to your own tastes.



## people A flavour of West Cork

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Executive Chef Ronan Boucher

## Clonakilty Park hotel welcomes new Executive Chef Ronan Boucher

The Clonakilty Park Hotel is delighted to welcome esteemed chef Ronan Boucher, who has set about transforming the dining experience at the hotel's recently rebranded Twist Bar & Bistro.

Ronan brings with him over two decades of experience in the hospitality industry. After studying professional cookery in Dublin, he spent five years working in London's Five Star Savoy Hotel, as well as other AA Three Rosette establishments. Following a brief stint at some of the most prestigious kitchens back home in Ireland,

Ronan took to his travels again and spent some time in South Africa. Food continued to be his passion and nurturing and inspiring this in others was a priority; he spent a further four years in a lecturing role at the Culinary Academy in Paarl.

After another four years in Mauritius, where he opened the island's first Irish gastro pub and restaurant, and with his children looking at studying further in Ireland, Ronan decided to return home.

"When the opportunity came to work in this prestigious, food-rich part of West Cork, it

was a great challenge to me," he explains. "Over the past couple of weeks I have worked with Head Chef Noel Collins and the fantastic team of chefs at the Clonakilty Park Hotel, developing exciting menus and sourcing and supporting local producers. We are now focusing and pushing towards Four Stars but I cannot achieve this alone – it is 100 per cent a team effort."

The new menu is a mix of old and new, from classic dishes such as duck confit to chicken kebabs. "We are trying to cater for both locals and

tourists alike," Ronan says.

"A variety of other dishes are available also, from homemade burgers and pastas to steaks and fish and chips. There is a wide enough selection for everyone's palate. All of the salad dressings, pestos and sauces are prepared on the premises also.

"Clonakilty has an amazing community and I hope they will be excited to experience the buzz at the Twist Bar and Bistro, with its fresh new look, and to sample our simple but innovative menus."

## West Cork bar 'One for the Road' makes its debut



With drinking establishments closed from mid March, pub dwellers were bereft of the conversation and warm surroundings that make a trip to the local so special. For many of us in West Cork the pub is a social gathering; a space to converse with friends and neighbours at the end of the week and connect with the community. The lockdown or 'lock-in' period almost sent some crazy with boredom, but for three men from West Cork it acted as

a call to action. Ahiohill locals Stephen O'Mahony, Owen McCarthy and Paudie O'Donovan have spent the last two months handcrafting a fully-functioning mobile bar.

The project, initially just a bit of fun to pass the time and keep sane, quickly turned into a labour of love for the three childhood friends, with each of them spending every waking hour from dawn to dusk, converting a 14ft trailer destined for ruin into a fully-functioning pub aptly named 'One for the



Road'. From the walls to the flooring, the stable door and windows, even down to the cushions, curtains and the bar itself; all are handmade by the trio, with the help of family members and friends called in, as the lockdown began to ease.

The finished interior mirrors

a pub from an era akin to the founding of the state. The end product succeeds in transporting you back to a time away from the pressures and current reality we find ourselves; replicating exactly what is loved about our own local rural bars – a cosy stove, creamy pints



and a snug to gather around and converse with friends.

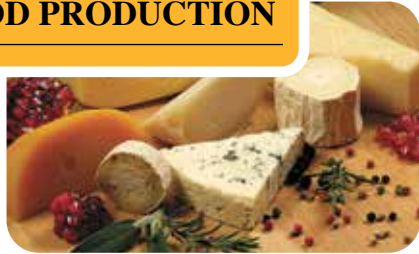
The mobile bar 'One for The Road' is available to hire in the West Cork area. It comes fully-fitted with glasses, sink, beer taps and heating. If you are looking for a space to gather with a couple of friends or cel-

brate a significant milestone at home call 085 260 2409 or search 'One for the Road' Mobile Bar on Instagram/Facebook.





### PART-TIME DIPLOMA IN SPECIALITY FOOD PRODUCTION



#### We are now taking applications for UCC's part-time Diploma in Speciality Food Production.

Be part of the success – many graduates of the diploma have gone on to develop successful small food businesses: *'The diploma was the first step in my journey to realising my dream of diversifying into farmhouse cheese production'* Norma Dinneen, BoRua Cheese.

The diploma starts in October 2020 and will run on a part-time basis until May 2021. The programme is typically delivered every three weeks (Tuesday and Wednesday), and consists of lectures in conjunction with practical's, case studies, site visits and workshops.

The fee for the diploma is €2800 and up to 64% of the fee is available for eligible applicants, through a Department of Agriculture, Food and the Marine bursary scheme.

**An application form and more information can be obtained from Dr Angela Sheehan, Programme Manager, [a.sheehan@ucc.ie](mailto:a.sheehan@ucc.ie) or by visiting [www.ucc.ie/en/fitu](http://www.ucc.ie/en/fitu)**

The closing date is 18<sup>th</sup> September.



## FOCUS ON EDUCATION

# Applications being taken for UCC Diploma In Speciality Food Production

The Food Industry Training Unit, University College Cork is now taking applications for the next cycle of UCC's part-time Diploma in Speciality Food Production.

Past participants have described this course as invaluable and would strongly recommend it to those starting or developing artisan and speciality food businesses. Many graduates have gone on to develop successful food enterprises.

The Diploma starts in October 2020 and will run on a part-time basis until May 2021. The programme is typically delivered over two days, every three weeks, and consists of lectures in conjunction with practical's, case studies, site visits and workshops.

NOTE: Due to current and on-going COVID 19 restrictions, it may be necessary to de-



liver part, or all of the Diploma using a suite of online tools.

The fee for the Diploma is €2,800 and funding (64 per cent of the fee) is available for eligible applicants from the Department of Agriculture, Food and the Marine.

Application forms and further information are available from Dr Angela Sheehan, Programme Manager, [a.sheehan@ucc.ie](mailto:a.sheehan@ucc.ie) or by visiting [www.ucc.ie/en/fitu](http://www.ucc.ie/en/fitu).

## Timoleague NS wins National Prize in Junior Entrepreneur Project



Timoleague National School has won the award of 'Community Champions' in the Junior Entrepreneur Project for their project, Winter Willow Wreaths.

Sixth class in Timoleague NS started early on their journey through the many steps of the JEP; back in September 2019 they brainstormed ideas and decided on 'Winter Willow Wreaths', which got everyone in the class excited. The product was sustainable, recyclable

and biodegradable.

Their first issue was locating a supplier with enough willow rods. Fortunately, class teacher Anne McCarthy was able to make contact with Ciara from Future Forests, who supplied them with freshly cut rods. Next, Justine Sweeney, a parent of a pupil in the class, came to show them how to make a wreath and how to decorate it, using foliage easily found locally.

The pupils made over 100

wreaths, of varying sizes, which they sold in a local Christmas Market and through online orders.

The class business won Merits in a number of categories - Genius Product, Marketing Gurus, Finance Wizards and Star Submission, as well as winning the Community Champions Award. The program provided each child with the opportunity to develop different curricular skills in real-life setting.





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## people FOCUS ON EDUCATION

# Hairy Henry helps children build life skills and emotional resilience



different West Cork towns and villages at the end of August to meet with the community. This is part of her launch of a fundraiser campaign for an indoor therapeutic riding arena – a much-needed addition to Sandra's facility. Wet and windy weather is a major factor Sandra struggles with in order to keep her services open for her clients during the

winter months. More about this exciting project in one of the next issues!

If you want to meet Henry and Sandra on tour in your local town in the last week of August, you will find details on Sandra's fundraiser tour nearer the time on her facebook page: [www.facebook.com/hairyhenryireland](http://www.facebook.com/hairyhenryireland)

Although the gates to the Hairy Henry Care Farm in Ballylickey of course had to remain closed during the lockdown, most of the therapeutic and educational activities and services on the farm are up and running again since the beginning of July. For the first time this year, Sandra Schmid, manager of the Care Farm, is running a group summer scheme, also known as Summer Provision, for children on the Autism Spectrum, which is funded under the Department of Education. In this group, Sandra, alongside two other tutors, engage children in social and educational activities, which get them used to socialising in a bigger group again and prepares them for their return to school.

What has become obvious to Sandra over the last few weeks since re-opening is the increased demand for the sort of service that she offers. Her farm is a safe supportive space for children to build on their social skills, gain social confidence and boost their self-esteem. They get the opportunity to engage at their own pace in group activities with animals and nature on the farm, which are purposeful and rewarding. Sandra uses therapeutic riding, caring for the animals, doing

projects together like building a den or designing a maze and playground for a guinea pig (just to name some of the fun things) to catch children's interest to learn about the world, try something new and enjoy the company of each other.

With the world picking up momentum again after lockdown and so much uncertainty about almost every aspect of our lives, it seems more important than ever to offer children a slow-paced calm environment. Here they can build on their life skills and emotional resilience without pressure and with activities, which are tailored to meet their individual needs and ability levels.

Going into autumn, Sandra will offer a range of group and one-to-one services – educational as well as therapeutic – to children and adults. She hopes that, despite current Covid-19 restrictions, schools and other organisations will be able to make use of her unique service – she can design sessions in such a way that they follow a safe protocol yet are highly beneficial for all clients.

You can find more details on her website [www.hairyhenry.com](http://www.hairyhenry.com) or give Sandra a ring on 087 9389867.

Sandra and her therapy horse Henry will also tour

## Tips for healthy lunchboxes

Back to school is an exciting time for both children and parents. Traditionally it is also a fantastic opportunity to reintroduce healthier eating habits and routine for children after the long summer break. The National Dairy Council asked Registered Dietitian Louise Reynolds for advice: "Don't forget that a school lunch is one of your child's three meals a day, so it's important to ensure they are getting a nutritionally balanced lunch and snacks. However, don't panic – it's the overall day which will make up a healthy and balanced diet so breakfast, after school snacks and dinner too will all be important."

Typically, a packed school

lunch should contain all of the major food groups. For example:

- 1 portion of starchy carbohydrate (e.g. bread, pittas or wraps, rice/pasta)
- 1 portion of protein food (e.g. chicken, fish, egg, pulses)
- 1 portion of dairy (e.g. yogurt, cheese or milk)
- 1(+) portion of vegetables (e.g. carrot sticks, peppers, sweetcorn, lettuce, onion)
- 1(+) portion of fruit (e.g. apple, orange, banana, pear, kiwi)
- A drink of water and/or milk

Discover more lunchbox tips, a sample weekly planner and expert advice from Louise in a new Lunchbox Tips video at: [ndc.ie/nutrition/lunchbox-tips/](http://ndc.ie/nutrition/lunchbox-tips/)

**Sandra Schmid** Qualified Therapeutic Riding Coach  
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## people Health & Lifestyle : FOCUS ON EDUCATION

### The Tuition Centre delivers learning in person and online

The Tuition Centre offers grind and revision courses at secondary level in its centres in Bandon and Wilton. When the government ordered school closures in March, the Centre quickly adapted, delivering online tuition to pupils in Cork and beyond. Within weeks they were teaching students from every county in Ireland, free-of-charge, in an effort to support students and parents during the crisis. The Tuition Centre provided free resources throughout March and April, including online lessons and Pre Exams taken by over 5,000 students.

Going forward, The Tuition Centre will offer both in-person and online lessons, the best of both worlds! In-person lessons will operate in compliance with Covid-19 regulations, meaning a reduction in class sizes and the number of lessons available. Students will also be able to attend Live Online Interactive

Lessons from the comfort of their own homes. With the best teachers, supported by an expert administrative and technical team, The Tuition Centre delivers an online learning experience on a par with their in-person classes.

#### What is currently available?

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From September: Grinds can be conducted face-to-face or Live Online.  
See [www.thetuitioncentre.ie](http://www.thetuitioncentre.ie) for further information.

### Dyslex.ie launches to provide reading support for students and adults in Ireland

A new social enterprise start-up, Dyslex.ie, was officially launched recently in Ireland. The platform, which provides learners with dyslexia with online tools that will help them to maximise reading speed and minimise errors, is now available online and is offering a free ten-week trial for all users.

The innovative platform carries out an initial survey with the user to identify their form of dyslexia and how best to accommodate their needs. The information gathered is then used to tailor the software to best support the user, applying features and alterations, which will support more accurate reading for that person.

According to the Dyslexia Association of Ireland, dyslexia affects approximately one in ten people in this country. It is one of the most common learning difficulties and makes it harder for some people to learn, read, write, or spell. Recognising a lack of online tools to support the dyslexic community, Kevin Cogan, a Computer Science student in Dublin City Uni-

versity came up with the idea of Dyslex.ie.

The start-up has already achieved significant attention and funding after succeeding in securing funding from Enterprise Ireland, the Social Innovation Fund and from winning Citibank's Pathways to Progress programme. Dyslex.ie was also a leading project in Enactus DCU, which placed first at this year's Enactus National Competition. Dyslex.ie, along with Enactus DCU, will go on to represent Ireland at this year's Enactus World Cup in September.

The software is currently available to download as an ad-on to a web-browser for a ten-week free-trial period. The start-up will then offer its services via an annual subscription charge with specific rates available for schools, corporates, and personal use.

Kevin Cogan, CEO and founder of Dyslex.ie said, "Dyslex.ie is more than just a software, instead it is a community helping each other to thrive and prosper while embracing our unique differences. While dyslexia does not get as much attention as other disabilities it can be seriously debilitating for a student and can affect their confidence for later life. Many students and adult learners are too embarrassed to admit they have dyslexia and instead do

not put themselves forward for courses or positions that they deem too language focused".

"After initial research, it became apparent that there was limited resources and material available to support people with dyslexia in Ireland. I wanted to change this so I began looking into how technology could help this group of people. The end result is this intuitive and automatic software that is suitable for all ages and abilities. It includes many easy-to-use features such as changing the size and colour of the page you are reading, the amount of words on a line, the background colour, and it even highlights the line you are reading so you don't lose track of where you are reading from."

"Dyslex.ie has already received great support and endorsements as part of the 2020 winning DCU Enactus team and through Enterprise Ireland and Citibank's start-up programmes and we are currently looking into other avenues for funding and partnerships."

"We are really excited now to be at the stage to officially launch it online as a social enterprise start-up and we look forward to working with organisations such as the Dyslexia Association of Ireland to ensure everyone who requires this service can access it."

Rosie Bissett CEO Dys-



Kevin Cogan, CEO and founder of Dyslex.ie

lexia Association of Ireland said, "Dyslexia is a major challenge for around half a million people in Ireland but with the right support, learners can enhance their reading and writing abilities and achieve their full potential. Developments in technology provide essential support to learners with dyslexia and in a changing educational landscape, it is terrific to see young students working to develop online tools to empower this community and help raise wider awareness of dyslexia."



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## people Health &amp; Lifestyle

## Emotional eating



Amanda Roe

Trauma therapist  
& Mind coach

Have you ever reached for a bar of chocolate when you are having a stressful day at work? Or perhaps you have found yourself craving a large bag of crisps while cramming for an exam?

Emotionally-led eating is a complex issue driven by many factors from culture and behaviour to biochemistry. Often referred to as 'comfort eating', emotional eating is when we eat for reasons other than hunger or nutrition. Perhaps you have found yourself eating

because you are sad, stressed or lonely. Maybe you use food as a reward. Food is wonderful at comforting us for many reasons; it can feel immensely soothing and can distract from what is really bothering you.

Culturally food symbolises love, care and good health. Certain foods can even transport us to happy memories with special people, but eating the wrong types of food can lead to nutritional deficiency, dependency, food cravings and health complications.

Stress is a powerful trigger for emotional eating, especially if it is of a long duration like a stressful job, perhaps a relationship that is going through a difficult patch, if you are caring for a loved one or have just suffered a bereavement. However negative emotions and stress are not the only emotional reasons to eat.

Rewarding ourselves or others, particularly as a child, with convenience food – perhaps an ice cream for being a good boy or girl, a pack of sweets for helping to tidy up or a box of chocolates for passing an exam sets up habits of using food as a reward when we have done well or we did something good. If that is the case there may always be stimulation to over eat and that can become a habit.

Over time, comfort eating can reduce our natural ability to listen to our body and understand when we are truly hungry or thirsty. Nutritional deficiencies can lead to cravings and, if emotion-led eating becomes a frequent behaviour, it can lead to significant health issues such as weight gain, digestive problems, adrenal fatigue, fluctuating blood sugar levels, high blood pressure and hormonal imbalances.



Ask yourself: Do you eat to avoid challenging situations? Do you find yourself eating when you are not hungry or already full? Do you reward yourself with food? Do you eat because you feel bad about yourself? Do you eat to comfort your emotions and feel better? Do your eating habits change depending on the stress levels in your life?

If you answer yes to one or more of these questions you may be an emotion-led eater.

If you find that you regularly lean on food as a means to soothe and/or avoid uncomfortable emotions, then this can have further implications for your mental health and social wellbeing over time. The more developed your emotionally-led eating patterns are, the more

you may be required to address this on mental, emotional and nutritional levels. It is possible to stop emotional eating. I know because I did and I have helped people like you to quit too.

If you are curious about improving your mental, physical and emotional health, I support clients to overcome cravings, addictions, control issues and emotional reasons for eating and not eating through a range of therapies that include Life and Health coaching, Hypnotherapy and Acupuncture. I'm looking forward to hearing from you...so do get in touch.

Contact Amanda on 087 6331898 or email [amanda@marketstclinic.com](mailto:amanda@marketstclinic.com)

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## The confusion around supplements



Eoin Roe

Chiropractic

I wouldn't be surprised if you are confused by which supplements you should be taking, as supplementation is a very complex subject. I am going to focus on B12 for this article. B12 is only available in our diet from animal products so those who are vegetarian and especially vegan will have to supplement with this nutrient.

B12 is an important water-soluble nutrient and is required in every cell in the body. It is

involved in normal nerve function, red blood cell production, as an important co-factor in fatty acid and amino acid metabolism and DNA synthesis. Meaning that if you are deficient in B12 it can lead to some widespread signs and symptoms such as: Pale skin; weakness, fatigue and light-headedness; loss of appetite; Nerve issues like tingling, numbness and muscle weakness; impaired Vision; hormone and mood imbalance; sleep

disturbance; reduced immunity; cognitive impairment; balance problems.

There are four type of B12, two of which are active and two, which are inactive. If you supplement with either of the inactive forms of B12, the body will have to convert it first into an active form before it can be of use.

The two active forms are adenosylcobalamin and methylcobalamin and the inactive forms are cyanocobalamin and hydroxocobalamin. The majority of supplements and medical infusions of B12 available on the market are in the inactive form of cyanocobalamin. Cyanocobalamin has received criticism of late because of the following factors:

1. Potential for toxicity as cyanide can be produced during cyano breakdown – which is of particular concern for those experiencing detoxification issues such as in smokers or patients with liver or renal damage
2. Requires reduction across four metabolic steps before it can be used.

The conversion of cyanocobalamin to active B12 can be prevented by a number of genetic and metabolic abnormalities.

Hydroxocobalamin is also an inactive form but is one of the most predominant forms found in food. While it is also inactive, it does not contain a cyanide molecule and in fact aids the excretion of cyanide in the urine. Interestingly, hydroxocobalamin is commonly used as an antidote in cases of cyanide poisoning (Thompson & Marrs, 2012).

High levels of nitric oxide can contribute to oxidative stress; hydroxocobalamin is able to inhibit nitric oxide above other cobalamin forms (Weinberg et al, 2009). However it is worth noting that during pregnancy nitric oxide aids the control of blood circulation to the foetus so for this reason supplementing with the active forms of B12 during pregnancy is better.

Methylcobalamin is an active form of B12 with a methyl group and is the only form able to cross the blood brain barrier without further metabolism (Okuda et al, 1973). This form is a good option of supplement for the majority of the population due to its distinct neuroprotective effects. It is also recommended for those with certain genetic polymorphisms, which make it hard for them to convert the inactive forms of nutritional B12

provided by our diet.

Adenosylcobalamin is the other active form of B12. It is used by the mitochondria in our cells and is an important cofactor involved in energy production. It is therefore a good option for those experiencing severe fatigue or with certain genetic polymorphisms reducing their ability to synthesise B12 from their food.

Obviously these complexities make picking a supplement off the shelf difficult. For most people taking a combination of the active methylcobalamin, adenosylcobalamin will be of most benefit.

If you are having problems getting hold of the correct form of B12 give me a call. If you would like to learn more, I can be reached on 087 958 2362.

I am no longer running clinics in Douglas and Kinsale and would like to thank all those who have supported me in those locations. I am available in Skibbreen on a Tuesday, Thursday and on Saturday's by appointment only.

Thompson JP and Marrs TC (2012) 'Hydroxocobalamin in cyanide poisoning', Clin Toxicol, 50(10), pp 875-885  
Weinberg JB et al (2009) 'Inhibition of nitric oxide synthase by cobalamins and cobinamides', Free Radic Biol Med, 46(12), pp 1626-1632

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## people Health &amp; Lifestyle



## HEALTH

Hannah Dare  
Organico Bantry

One of the perks of working here in Organico is all the new and wonderful products we get to taste and test. This month, I asked some of the Organico Team what their favourite products are at the moment – here's their tried and tested selection.

## Picking the right product



**SPOONFUL BOTANICAL**  
Eithne says: "My favourite product is Spoonful Botanicals, recently featured on Nationwide, which is a blend of herbs, spices and fermented fruits made in Co Louth. It contains 14 herbs and spices including turmeric, ginger, black pepper. I put it in my porridge every morning, or sometimes have it with eggs. And it tastes great,

with a mix of the sweetness of the raisins and the spices."

**BLACKSEED OIL**  
Santhe says: "My most recent favourite product is Viridian Blackseed Oil, a powerful beauty supplement that helps to support healthy glowing skin and strong healthy hair. You can take it internally for glowing skin and strong hair and nails, and I also use it as a face oil and add a few drops of lavender and rose essential oils."

**JOINT SUPPORT**  
Dee says: "At the moment I'm loving One Nutrition Joint Factor. With super anti-inflammatory Boswellia (ancient precious resin, better known as Frankincense), avocado, nettle and glucosamine, my peri-menopausal joints stay eased and mobile. These lovely ingredients are also really good for my skin, so this is a wonderful all-round supplement, and made by an Irish Company as well."

**SHEA BUTTER**  
Fleur says: "My current favourite DIY Skincare product

is Fushi Organic Handmade Shea butter, which I use all over my body – it's unscented so good for sensitive skin. It's also whipped, so it's easy to apply and very nourishing and hydrating."

**VITAMIN C**  
Hannah says: "I'm currently taking a lot of Vitamin C, both internally and externally. Internally, apart from it's immune boosting powers, vitamin C is a great stress buster – Patrick Holford says that goats, who produce their own vitamin C, make huge amounts of it when they are in stressful situations. So I'm taking either a shot of Liposomal C or 2 grams of powdered Biocare C in my drinking bottle each day."

Externally, I'm loving the Trilogy Vitamin C range, in particular the serum, which is lovely to use and I think it's great to counteract the damage the sun is doing to my skin. It's brightening and moisturising at the same time. The newest additions, the Eye Cream and the Polishing Powder are both delightful to use. For the sum-

mer, I also love Trilogy's Vital Moisturiser with SPF – it's a light yet nourishing cream and my skin just drinks it in."

**RAW SAUERKRAUT**  
Ailbhe says: "My favourite product is The Cultured Food Company's Organic Juniper Berry Raw Sauerkraut. It's crisp and fresh for the summer season and I love to pair it with avocado toast. It has also got super tummy-loving benefits to help keep your gut in check and give you a boost of good bacteria."

**COD LIVER OIL**  
Fleur says: "I like Nordic Naturals Cod Liver Oil – it's light and easy to take, doesn't repeat or taste fishy and has a nice light lemon flavour. And it seems to be very effective – recently I found myself watching TV without my glasses for an hour!"

**NKD ERYTHRITOL**  
(sugar Substitute)  
Christine says: "My favourite product at the moment is NKD Living's Erythritol, which is fabulous for baking and doesn't

affect your blood sugars. It's ideal for diabetics, or anyone who wants to be on a low sugar diet but still wants some sweet treats. I have been checking my blood sugar after eating treats I make with erythritol and it doesn't go up, which is great, and it's healthy too".

Our team includes Eithne, our Office Manager; Santhe, who previously worked in the Cafe and is a wonderful massage therapist; Ailbhe who is studying nutrition and Dee, who is a Somatics Therapist and an advisor in the shop; Fleur, our Shop manager and Senior Advisor; and me.

Organico Shop is open Monday - Saturday from 9.30am - 6pm, closed Sundays and bank Holidays. Our Cafe is currently closed. Our online shop is available on [www.organico.ie](http://www.organico.ie) and you can reach us for queries on [online@organico.ie](mailto:online@organico.ie).

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## "Studying with CNM is one of the greatest experiences you'll ever have."

Kelly Mulhall,  
Nutritional Therapy  
graduate

I worked for many years in events and marketing, which was very stressful. My diet was poor, I lived off ready meals, pastries, crisps and coffee. I had suffered long-term with IBS, eczema and adult acne after coming off the pill for 15 years. I was run down and kept getting ill all the time. After countless trips to the GP and fruitless medical testing to get to the bottom of it all, I was so confused and upset as to why my body was completely out of sync. I'd finally met my tipping point. From then on, I decided to start taking my

health into my own hands and exploring ways to improve my symptoms.

I was sure that my poor diet and prolonged hormonal contraception were not good for my body and wanted to make changes to my diet and lifestyle. Whilst talking to a friend, the topic of nutrition came up and it really resonated with me. There I was, struggling to enjoy full health and stumbling across Naturopathic Nutrition was like an epiphany moment. I could get to the root cause of my symptoms, and improve my health through food; a win-win! I went on to research different functional medicine degrees and realised none of them had any real-life clinical experience. CNM's 200 clinical hours meant I would be confident



in my own practice as soon as I graduated. It was a huge bonus to have so much real life clinical experience rather than just academic learning and case studies.

Nutrition has changed my life in every way possible. I think, feel, look and sleep better and I am constantly rewarded when I am able to help those around me to live a better life. Whether you are interested in learning more about nutrition and health for yourself, to help someone you know, or even to become a practitioner, studying with CNM is one of the greatest experiences you'll ever have. The knowledge you gain is invaluable and the ability to help others is everlasting.



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## people Health &amp; Lifestyle

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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.rosarikingstonphd.com](http://www.rosarikingstonphd.com)

August or Lúghnasa is associated with games, festivals and the start of the grain harvest. August is called Lúghnasa after Lugh, the Irish sun god, and there is no herb that reminds us more of summer sun and languid days as lavender. Lavender perfume is well known and was even used by the Romans to perfume their baths. France is the epicentre of lavender production with over 80,000 kilos being grown and harvested each year. Growing lavender in West Cork can be tricky due to our usual 'soft' weather but I have found poor soil with lots of broken rock and gravel to be perfect for it. It does need the sun, but if you can introduce good drainage in a south-facing patch of the

garden you will be rewarded with its heavenly scent from early July to mid-August. There are different varieties but *Lavandula angustifolia* is the one you need for that wonderful aroma. *Lavandula Stoechas* is easier to grow but its perfume is sharper and more akin to that of rosemary than the *angustifolia* or English variety.

Lavender is easy to dry and is one herb that stores well for the winter, as long as it is kept away from any area with high humidity. Cut the stems and tie in bunches. Hang these in a sunny spot and when dry, not too brittle, rub them together to release the flower heads. Alternatively, just snip the flowers off the plant and spread them out on a sunny windowsill. They will be dry in a day or two. Fortunately, for people who do not have lavender growing, it is an easy herb to purchase, as most health food shops will stock not only the dried herb, but also the essential oil. When acquiring or buying lavender for cooking ensure it is food grade and the same principle applies to the essential oil. Some of the lavender used for pot pourri has a very synthetic and sharp scent and is not suitable for use in the kitchen or for first aid.

Lavender uses are many. Dried lavender can be wrapped in a handkerchief and placed among clothes to help keep away moths but the *stoechas* variety does a better job of this than the more refined *angustifolia*.

One needs to be very careful when using lavender in cooking, especially if it is dried, as it can easily overpower other flavours. Probably the easiest way to use it in sweet dishes is to first make a lavender syrup or glycerite. This will keep and is easily adjusted to suit a recipe. Syrups can be used to flavour sparkling water or sparkling wine and can be poured over dessert or cakes. For savoury



dishes, lavender goes well with oregano, rosemary or thyme but use very sparingly and adjust gradually until you achieve the flavour you want. Again, the easiest way to start using it in savoury dishes and sauces is to make a tea (1oz dried lavender to one pint of water) of it first. Store this in the fridge and use as needed. Make sure it is kept well covered or the aroma will penetrate everything else.

As a home remedy lavender has many benefits. It is used by many people to resolve earache and the easiest and safest way to use it for this purpose is as follows: Soak some cotton wool in hot water and let cool. Add two drops of dilute essential oil of lavender (two drops of essential oil to 10 drops of a carrier oil) to the cotton wool and place loosely in the ear. Leave for a few hours and repeat if necessary.

Lavender is well known as a relaxing herb and heating it in an aromatherapy diffuser in a bedroom may help with insomnia as well as ensuring a better night's sleep for everyone. Used in this way is particularly beneficial as current research is showing its benefits not only in healthy students but also in people suffering from ischaemic heart disease. An oral lavender oil preparation has been shown to reduce anxiety and the insomnia that often accompanies this condition, but a regular massage or reflexology using a good quality lavender essential oil should also help. A warm footbath prepared with a strong tea of lavender or with a few drops of essential oil added

to the water is another way the beneficial effects of lavender may be experienced.

Now that we are all working from home, Koulivand et al have reported that there "is an improvement of emotional state in the work environment following the use of the lavender oil burners. Using lavender oil in burners for a three-month period, nearly 90 per cent of respondents (a total of 66

subjects) believed that there had been an improvement in the work environment following the use of lavender oil."

Even though lavender is considered safe for short-term use, current research is still evaluating long-term effects. Research (human cell line) has shown that lavender has oestrogenic and anti-androgenic activity and some people are actually allergic to it. Therefore,

like anything else, caution and care are needed. If the problem persists, discontinuing the use of lavender is to be recommended and a visit to a member of your health care team a priority.

This article contains general information only and is not intended as medical advice. It does not substitute for advice provided by your doctor or other health care professional.

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over glasses.Over 13,000 junior infants and first year students  
invited to catch-up immunisation clinics

Cork Kerry Community Healthcare is running appointment-only vaccination clinics this summer for children who missed scheduled immunisations due to the Covid-19 school closures.

The closure of schools in mid-March means that the scheduled school immunisation programmes were paused, and there are now 13,000 children and young people who need to receive important vaccinations scheduled under the programme.

Each year, the Cork Kerry Community Healthcare School Immunisation Programme offers: MMR and the 4-in-1 vaccination to all Junior Infants; HPV, Tdap and

MenACWY to all first year students in second-level.

Parents and guardians of children who were in Junior Infants or First year in the 2019/2020 school year and who hadn't received their scheduled vaccinations before the closure of schools will receive a letter with an appointment for their child.

Large venues are being used so that the vaccinations teams can vaccinate many children each day while also allowing for physical distancing. The West Cork clinic will take place at the new Bantry Primary Care Centre.

The clinics are organised and run by experienced school immunisation teams, and team members

include public health nurses, registered general nurses, assistant directors of public health nursing, doctors and administration staff.

The clinics began on July 13 in Cork and will run weekdays during July and August.

Dr Angela O'Leary, Principal Medical Officer with Cork Kerry Community Healthcare said: "It is important the 2019 first year students complete their HPV vaccination programme and receive their meningitis booster vaccination and that the junior infants receive their 4 in 1 and MMR booster vaccinations, as this will protect them from preventable illnesses such as meningitis, mumps and measles."

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# The established baby

In the final article in the series Diana looks at the middle months of baby's first year.



## 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.

Quite a long time has been spent on the earliest weeks – those weeks, which can seem to last an eternity, as well as to have passed in a flash. Now we shall turn to the middle months of the first year. First there will be a look at how far a baby has got by six months; then there will follow some information on the baby from the point of view of mental development along with physical and social progress.

### Three to six months

#### *New skills and new feelings*

Many parents feel that at three months there is a watershed in their baby's development. From about this age, a baby is beginning to feel much more in control. The babies enjoy their bodies more, discovering their hands and feet, reaching out to touch and hold things, experimenting with sounds and facial expressions. At that time they are becoming much more substantial and integrated. No longer helplessly preoccupied with whether or not their needs will be met, babies are ready to explore the world around them. It is wonderful to enjoy a baby becoming more at home in the world, beginning to enjoy the familiar, reliable experiences which are giving shape and pattern to their life.

Babies' individual temperaments and personalities continue to show themselves most vividly in their attitude



towards food and feeding. The feeding relationship could be seen as a foundation for all future relationships, as it had been the baby's first real experience of taking something in – sustenance, love, comfort – from another person. Through the feeding relationship, a baby is taking not only milk, but also life itself, with all the richness it represents. Thus baby is finding out what the world has to offer, and what it means to be so closely involved with another person.

We have seen how much a baby's personality begins to develop and reveal itself in the relationship to breast or bottle-feeding. When it comes to the next step, trying solids for the first time, a whole new range of feeling and responses come to play.

With all new developments in a baby's life, weaning brings joys and losses. Trying something new does mean letting go of the relationship as it was before, and is bound to stir up strong feelings about growth and separation.

But it is an exciting time too. Babies differ to their reactions to this new strange world. For some babies, a bit of encouragement is needed before they can get used to such a new way of doing things and take interest in these new tastes and textures.

As with all new challenges, it is hard to process all the meanings at once, and how we deal with growing up and moving on is a deep part of our personalities.

### Six to twelve months

The second half of a baby's first year is a time of complete transformation. The infant turns into a mobile and adventurous little person with plans and ideas of their own. Many

parents find this period one of the more enjoyable yet. Your baby is beginning to show their appreciation of life in their excited response to all the new skills they are collecting, and a growing capacity to express enjoyment, humour and affection. They can also make very effective protests when something displeases them.

As we saw earlier, in the first stage of a baby's life the parents' and baby's emotions are so closely entwined that it is virtually impossible to be sure whose is whose: each is intensely affected by the other. By this stage, babies have learned a lot more about their own feelings, and are developing the capacity to notice that others have feelings too. They have all along been deeply affected by their parents' states of mind without consciously knowing about them. Now when they have sense of themselves as people, they are beginning slowly to observe, learn and think about other people's moods and behaviour. The stage is being set for much more complex, challenging and rewarding relationships.

At this stage play is absolutely crucial to the developing baby. Many babies during this period enjoy having a box of objects placed in front of them, a 'treasure chest' from which they can draw out bits and pieces that interest them. Just as babies like picking up certain objects, putting them together one inside the other, or crashing them together to see what happens, so, through their play they are picking their way together through different feelings, relationships and interactions, finding out what makes things happen, what produces which response, how it feels when people behave in certain ways. Life is much less frightening

and bewildering when you can digest it bit by bit, in your own time, in ways, which make sense to you. A classic example is the play of peekaboo, which allows a child experiment with the emotive area of partings and reunions in a controlled manageable setting. Other people's absences and returns, loud noises or sudden shouting; a child's face suddenly appearing or disappearing; a family cat who pounces; an unexpected loving kiss – a whole array of experiences which have been confusing and out of his control, are gradually brought into his sphere of investigation as he pores and puzzles over them like a little scientist, just like he is doing with his toys.

### Coping with separation

Some time during the first year, sometimes later, many mothers return to work, and many stop breastfeeding. How the baby reacts to such major changes depends on many things, including their age, how resilient they are temperamentally, how secure they feel in the relationship with their mother and father, and how much ready they are to form genuine attachments to people other than the parents.

Of course, a great deal also depends on the circumstances and personality of the mother. A great deal is asked of a mother at these times. Can she keep her confidence in doing the right thing, while remaining open to the very needy, infantile feelings, which her baby might be communicating to her? Particularly if she is returning to work, is she ready to let go of her baby a bit more, allowing other people to become close to baby and to share the intimate experiences of feeding, cleaning, cuddling and playing with

them?

Transitions as these do involve loss, and will never be achieved without some sadness, anger and anxiety on both sides. However, neither experience needs to be traumatic, as long as they are handled sensitively. If the baby's parents are able to remain in touch with themselves and with their baby, letting baby see that her feelings will be accepted and understood, she will learn that changes and loss a painful but manageable – and that they can yield new opportunities too.

The experience of being fully known and held in mind helps the child to feel integrated, secure and understood as she moves further away from her baby self. In each of these transitions, returning to work or weaning from the breast, we might fear that we are inflicting too much pain on our baby. But just as even the most furious and miserable baby can wake up and give us a beaming smile in the morning; there is usually a sense of pride and elation in all situations where loss and separations have been successfully negotiated. Both mother and baby can find that we have come out the other end with something achieved: the love is still there; the anger, panic and sadness have been survived. Perhaps we, and the baby, are both stronger than we thought.

### Conclusion

By the end of the first year we no longer have that tiny, warm and soft baby in our arms, who is almost an extension of our own body, who will fall asleep on our shoulder or mould their body into ours in such a tender, trusting way. The early phase of such closeness has given way to a more complex and deeper relationship. We are now faced with a little person who can be irresistibly sweet, bossy, tenacious, infuriating, and for whom we can feel overwhelming love, but who is not ours in the same way – someone who is setting out to be a toddler.

Yet while our one-year-old may seem a million miles away from the newborn baby – bombarded by helpless, panicky states or blissful contentment – these more primitive infantile feelings do not disappear entirely. They may occasionally surge up again in early childhood, only receiving further as the child leaves infancy behind. By the time he is an adult, he will very rarely meet these feelings in such a raw form again – perhaps not until he has a baby of his own.



## 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:

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- **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.

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Child and Adolescent Psychotherapist

Over 15 years of experience. ICP Registered, MACP

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## people Health &amp; Lifestyle

#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.

## A place called pause

'Keep things simple' is one clear message that keeps coming to mind these days. Life has a habit of getting quite busy and overcomplicated very quickly. It has been a very tough year for us all, so it is important that we get to know our own limits and return to our version of 'normal' at a pace that suits us. This might involve pausing and noticing when we have become overly busy again and making a conscious decision to pare things back and prioritise. Less can most definitely be more, especially nowadays, when we really need some time to rest and reflect over the past few months.

I don't think any of us can be blamed for wanting to have a good time after months of lockdown and everything else associated with Covid-19. Yet 'packing it all in' on our time off does not necessarily equate to having a good time. I have noticed a recurring habit in myself these last few weeks, as we have been enjoying some wonderful day trips around West Cork. Often on returning home, even after having a gor-

geous day, I have seen an old habit of mine returning, a habit of wanting more, something else to make it even better, a feeling of wanting to pack in more treats. As if the day hasn't already provided enough.

Is it true of us as humans, that we never know when we have enough? Instead of being present and relishing an everyday experience or savouring a moment alone or with friends, for example, eating a meal, having a drink or appreciating a view, does anybody else sometimes notice that habit of moving ahead in our minds to the future, instead of enjoying what's already here, and imagining what we think would make this better, what would round the day off nicely?

One way to make sense of this tendency of wanting more is recognising that we all want to hang on to pleasant experiences and not let them pass, so wanting to stretch as much joy from a single day as possible is totally understandable. Yet if we can 'catch' ourselves doing this and bring ourselves back to the experience at hand and learn to savour it, then enough

can be plenty.

In general, we prefer pleasant experiences to last while we attempt to skim over unpleasant ones. But we may feel less in need of grasping on to pleasant experiences when we pay attention to them 'as we are living them' and really allow them to soak in, rather than flit over them. It is not about denying or minimising negative or challenging experiences in any way, but more about fostering and cultivating good ones.

Psychologist and author Dr Rick Hanson shares a practice called simply 'taking in the good' whereby he recommends pausing to notice the simple things in everyday life that make us feel good. Then bringing a mindful awareness to this ordinary detail of daily life, for example, a friendly encounter, eating an ice cream, spending time with friends, and so on. Deliberately stay with how this positive experience makes you feel, savour the feeling for up to 30 seconds, so you are internalising how the experience 'is making you feel' rather than clinging to the actual experience. Allow the positive



### 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.

feeling to really sink in as your body relaxes and absorbs the associated thoughts, emotions and physical sensations.

'Taking in the good' in this way means we can return to our stored memory and 'felt sense' of our experience at any

time because, not only have we have been present for it, but intentionally allowed it to sink in. The ability to stay in the present moment and to take in the pleasure of an experience as it is happening is a true gift. If we fill our days to capacity or overbook our time, our days simply become 'to do' lists and we have less time to pause and soak in the goodness of the simple pleasures in life. For the remainder of Summer see if you can actively 'take in the good' and, for example, notice the sensations and the scent of the sea on your skin after a day swimming, feel the sand or the grass on your skin if you are outside, pay attention to the temperature of your body, notice the breeze on your face or hands, listen to raindrops falling, listen to who's speaking.

Pay attention to where you are, who you're with, what you're doing and most of all how it makes you feel! Pause to notice the simple stuff and take it in.

Online sessions via zoom will continue through August on Monday, Wednesday and Friday evenings at 8pm. These

45-minute drop-in sessions are a great way to cultivate our ability to pay attention to the present moment, keep up a steady mindfulness practice and provide a way of connecting in with others in a friendly and supportive environment.

Nature and forest bathing experiences provide a unique outdoor opportunity to slow down and connect with ourselves though nature. Tuesday and Sunday evenings, 7-9pm, Glebe Gardens, Baltimore. €30 per person. Advance booking is essential as group numbers are limited.

Look out for an extra special retreat day in Baltimore late August. I will be joining with others and offering a day of rest and nourishment at the lovely Glebe Gardens, including mindfulness, yoga, essential oils, nature and forest bathing, nutritious food and drinks.

Please get in touch directly for more information.

Email: [susanoreganmindfulness@gmail.com](mailto:susanoreganmindfulness@gmail.com) or Tel: 087 2700572

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Contact Susan 087 2700572  
email: [susanoreganmindfulness@gmail.com](mailto:susanoreganmindfulness@gmail.com)  
website: <http://mindhaven.ie>

## Musing on our social distancing challenges



### 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.

Let me take you back to Sunday, July 19. A beautiful day in West Cork. Sea calm and tide full out at 1pm. I grabbed my fishing rod, called my pal Donie and we headed off to try for a bass or two for tea. Good plan but... couldn't get near Inchydoney or the Red Strand, however finally, with some difficulty managed to find a parking spot on the Long Strand.

As we say the beaches were 'jointed'. What was going on?

Donie, who has lived in Clonall his life and is the wrong side of 60, has never seen anything like it!

We had all had enough! We were rebelling. A little oasis in a desert of social distancing and Covid misery. We may have been more careful but there was risk attached to such big gatherings. The trade off was we all felt pretty good on the Monday with a charge of

energy to sustain us during the coming weeks.

We had taken a chance and we all seemed to have gotten away with it. That is life. You look at the facts, take advice and make your own mind up.

Do you fly off to Spain, USA and so on this summer? I won't but some will, and I can understand, given the mixed messages about flying, quarantine and so on. If the clear message were 'don't fly' we would all conform, but when the message is vague, of course some will chance it. We respect Government and HSE advice, but is has to be crystal clear. It is not. The advice comes from no man's land between the two factions, that is, the economy surviving and protecting our health against a deadly virus. Not easy.

I will ride this summer out but will allow myself some sunshine on our lovely beaches.

We are a sociable race, we need our interactions with one another; it is basic human need. I remember from my psychology studies that if a chimp is not allowed 15 or so social interactions a day, it becomes thoroughly depressed. Pass me a banana please, I am cracking up!

Don't start me on social media either, it is not the same at all, and most of our young'uns are up to no good on it as well, and would be better off without it! I will discuss this on another occasion.

Anyway back to Long Strand. Clambered over the rock on the eastern side, just the two of us... Heaven... and a bass to take home for supper! Had a swim on the Galley Head on the way home.

Life was good for one memorable day!



# Vitamin C for brighter glowing 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.

When it comes to vitamin C, more often than not we tend to associate it with boosting our immune system and helping fend off colds and flu but if you didn't know already, it also works wonders for our skin. Loved by pretty much every skincare expert, it's renowned for its brightening and anti-ageing benefits as well as being one of the strongest protective antioxidants out there. Along with vitamin A (retinol) and ceramides, vitamin C is a key player in your skincare line-up.

A natural component of healthy skin, this water-soluble vitamin, is abundant in our skin when we're young but as we age, our levels naturally deplete and unprotected sun exposure (UV damage) and pollution can further accelerate this decline, leading to uneven skin tone, rough texture, fine lines and general dullness. However, the good news is that this skin saving ingredient is incredibly easy to integrate into your skincare regime and will help fight free radical damage caused by the environment, boost collagen (making skin look firmer) fade pigmentation, repair tired, lacklustre skin and will put the glow back in your complexion. And in these unsettling circumstances we're presently in, we could all do with a little brightening up!

For me, a vitamin C serum (serums are made of smaller molecules, so the skin absorbs them quickly and deeply) is a great place to start. Research also shows that high strengths of vitamin C (10 per cent and higher – typically found in targeted treatments or serums) are particularly effective.

When choosing the right one for you, it can be confusing as it comes in lots of different forms, but ascorbic acid is the one to look for (also known as L-ascorbic acid). This is the most stable and effective form of vitamin C in skincare, so if in doubt, that's the one to look for. Also because of its ability to protect your skin from UV damage and environmental aggressors, vitamin C is best used as part of your morning skincare routine; that being said, you can use it at night too (especially higher percentages of vitamin C). If you're new to using vitamin C, you may experience a slight tingling on first using, if this is the case, start slowly, perhaps three times a week and gradually build up to daily use.

It's also worth noting that vitamin C can be a tricky ingredient; keep in mind that it is extremely sensitive to air and light and will break down over time if routinely exposed to them. If you want to get the best possible results from your vitamin C serum it needs to be in an opaque, air-tight container to help ensure the ingredients remain stable; this is why you'll often see vitamin C serums in dark bottles.

Read on for my roundup of vitamin C serums and treatments that will leave your skin feeling happy, bright, and protected....

**Vichy Liftactiv Vitamin C Brightening Skin Corrector**  
This potent treatment from Vichy's powerful anti-ageing Liftactiv Range, is the ideal antidote for transforming tired, dull skin into a brightened, radiant complexion. Powered by a 15 per cent concentration of pure vitamin C combined with vitamin E and hyaluronic acid, this antioxidant-rich and anti-fatigue concentrate will leave skin looking rested, firmer, hydrated and more luminous in just ten days, €32 available from selected pharmacies nationwide.

### The Inkey List Vitamin C Serum

An accessible and affordable skincare brand, The Inkey List focuses on hero ingredients and simple but effective formulations. Their budget friendly vitamin C serum boasts 30 per cent stable L-ascorbic acid in a potent waterless formula and delivers multiple benefits with minimal irritation. Suitable for all skin types, it helps to brighten, even skin tone and reduce the appearance of fine lines to give you a naturally glowing complexion, €11.50 available from selected pharmacies nationwide and online from arnotts.ie



### Pestle & Mortar Vitamin C 2 Phase Serum

Two years in the making, this new serum from Pestle & Mortar is formulated with three types of high-performance vitamin C and natural extracts for dramatically brighter, tighter, smoother looking skin. With its custom packaging and an innovative delivery system to make sure that it stays active, the serum is stored inside the bottle in two phases – an oil phase and a water phase. The pump technology mixes the vitamin c-rich water phase with a super lightweight oil phase to produce one perfect dose of serum. Lightweight and super-absorbent, it's suitable for all skin types to remedy dull skin and a lacklustre complexion, €76 available from selected pharmacies nationwide and online from pestleandmortar.com

### La Roche Posay 10 per cent Pure Vitamin C Serum

An oil-free, noncomedogenic serum that absorbs quickly into skin, releasing a surge of beneficial ingredients to leave your complexion feeling softer, more hydrated and glowing. Pure vitamin C harnesses anti-wrinkle and antioxidant properties and gives radiance and glow, while hyaluronic acid plumps skin with moisture to soften the appearance of fine lines and wrinkles. Deeply hydrating and skin-smoothing, it also contains salicylic acid to gently exfoliate away dead skin for a brighter, more uniform tone and texture. Lastly, its dose of thermal water delivers soothing, restorative, and protective benefits, €38 available from selected pharmacies nationwide.

### Murad Intensive-C Radiance Peel

Not so much a serum but an at-home facial peel designed to restore and brighten your complexion and exfoliate away

any dull, damaged cells, leaving you with seriously radiant skin. In one easy step this extremely effective treatment utilises a powerful combination of glycolic acid, vitamin C, Indian fig and myrtle extract to smooth, hydrate and enhance radiance, while reducing pigmentation to even skin tone and clarity. Apply a layer on to cleansed skin, leave for 10 minutes, and then rinse with warm water and pat dry. Use once or twice weekly, €63 available online from Cloud10beauty.com

### SkinCeuticals CE Ferulic

I can't write about vitamin C serums without mentioning SkinCeuticals multi-award-winning CE Ferulic Serum. A cult favourite, recommended by many dermatologists, thanks to its highly advanced blend of 15 per cent vitamin C, one per cent vitamin E and 0.5 per cent ferulic acid. This impressive serum actively defends the skin cells and collagen stores against damage and destruction while aiding the healthy production of vital proteins within the skin. Used daily, the skin becomes firmer, smoother and more uniform in texture. Suitable for normal to dry skin types, apply a few drops to cleansed skin and massage in until completely absorbed, for best results use every morning, €119 available online from beautyshop.ie (if your complexion is on the oily side, then SkinCeuticals Phloretin CF might be a better option for you).

### Exuviance Vitamin C Serum Capsules

Each mono-dose capsule contains a powerful blend of 20 per cent pure vitamin C and patented AminoFil Amino Acid to stimulate sluggish collagen production within the skin and firm, smooth and brighten while providing the cells with vital protection against environmental

damage. These capsules promise to restore a youthful smoothness and radiance to the skin in just four weeks. Suitable for all skin types, apply the contents of one capsule to cleansed skin every evening for best results. For sensitive skin, use two to three times per week, then increase use as tolerated, up to once daily, €62 available online from exuviance.ie.

### Garden of Wisdom Vitamin C 23 per cent + Ferulic Acid Serum

Garden of Wisdom, or GoW as it's often referred to as, is another skincare brand that falls into the budget friendly skincare realm. A firm favourite of many beauty bloggers, this high strength vitamin C serum

packs quite a punch considering the price tag. It's a blend of 23 per cent pure L-ascorbic acid to brighten and even out skin tone and ferulic acid which helps protect skin against free radical damage. Housed in an airless pump to prevent oxidation, this non-greasy serum is easily absorbed into skin and works to brighten and freshen the complexion along with helping to prevent and treat pigmentation, £10, available online from victoriahealth.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

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## people Health &amp; Lifestyle



## IMAGE

Louise O'Dwyer  
Image Consultant

It's August and I don't know whether to laugh or cry about it. It appears that our transition into a daily life in The Twilight Zone has no intention of leaving us anytime soon. Do not allow anyone to persuade you that this is the 'New Normal'. This is most definitely the most abnormal and confusing of times, even our pets are bothered. They are well and truly sick of all the walks and all the attention that they are getting and recent peculiar events have me wondering if they are cursing this pandemic just as much as we are.

# How are you doing?

It's amazing how differently we all process things – some of us have come through this exactly the same person that we were last February; others have developed a nervous disposition; some have suffered losses but in an unforgiving way – they feel robbed of the usual grieving and comforting process that makes an Irish funeral remarkable. A lot of us have realised that life 'before' was a ridiculous rat race and welcome the opportunity and the time to take stock of what is really important and, as a result perhaps will change our lifestyle accordingly. Whatever category you fall into, be kind and soft and gentle with others. What makes us wonderful is our individuality! Be patient, wait your turn wherever you go and make sure that you take the time to notice if someone else is struggling. If you want to fight for a cause, make sure that it is a worthy one, not something to appease pious thinking and causing unnecessary upset for personal gain. Be extra kind to those in the service industry, in particular, they are the reason why we can continue with some semblance of a decent life. I am a watcher; I am fascinated by human behaviour and neurosci-

ence and my hope is that this 'twilight zone' year will endeavour to unite us, rather than to keep us all apart and isolate us.

TOGETHERNESS is my new word for 2020.

What is the point in going shopping if you can't sit and laugh with your friends about how much money you spent on a handbag or shoes? Is there anything better than sending a screenshot of a new 'to die for' purchase to your 'bestie'? Just got your highlights done... have to meet the girls for some nibbles and a drink to show them off? So you might have gained a bit of weight, who best to console you or take the 'mickey' out of you by insisting that it's all in your head, than 'your crew'? Together we can withstand anything, a dreadful haircut warrants a session, a major fashion faux pas means that you will never stop being reminded of it and the more you are reminded the more you laugh. In a time of separation and division, how about we unite and promote INCLUSION and KINDNESS and CONNECTIVITY, in other words, BE HUMAN.

We can spend a lifetime chasing HAPPINESS or SUCCESS or WRINKLE FREE SKIN or the PERFECT BODY or that OTHER-WORLDLY DRESS, all the while missing the beauty and preciousness of the now. Take that heavy backpack jam-packed rucksack full of

your criticism and judgement of yourself and others off your back and dump it. Expensive taste, an expensive lifestyle, big paycheck and the perfect outfit does not always provide the key ingredients for a happy life. It can be the Penney's dress, the minimum wage job and the 'treat of the week' in Friday night 'take-out' from the chipper. Looking to impress someone by what you are wearing is a futile pastime whereas making the absolute most of how you look for yourself is where you put your brain power. Compliment yourself more regularly and, like the development of any habit, the more you compliment, the more things to compliment you will find.

Image has its roots in the Latin word 'imago' meaning to copy or imitate or likeness. It is all based on how we are and how we wish to be perceived by others. Have you ever thought about that when you are dressing yourself? Is there a bit of a peacock in you? Do you like to put on a big fanfare of attire in the name of attraction? Are we more like some of the animals in David Attenborough's documentaries that we would like to imagine? Isn't it funny? Is that why we have such a fascination with hats and feathers and heels? In wearing them we can make ourselves look bigger and taller and, as a result, have a better shot at being seen? You

are probably wondering why I have taken this approach to why we dress the way we do and the simple answer is to take the 'seriousness' and pressure out of it. Unnecessary pressure leads to a 'stiff' look whereas we all want to look like we have thrown our look together 'effortlessly'. Someone who I think has nailed this perfectly is Jessica Moloney O'Mahony – yes the beautiful new wife of Mr 6 himself, Peter O'Mahony. Part Belgian, this Cork beauty is as natural as they come. Her sense of style is so 'not fussy'. She breathes a calm elegance with added mystique and quirkiness to reveal a true style queen. You might find Jessica anywhere, but Ballgarvan Garden Centre seems to be where herself and Pete spend almost every weekend during the off season. She can throw together a pair of fitted tracksuit pants; a white loose fitted shirt, an animal print scarf draped across her shoulders, some white runners, a baseball hat, and make it look like it should be on a catwalk. Always knowing exactly how to mix ultra comfortable with a chic elegance, you will see from her social media presence that she loves to support local and Irish brands. I've just spotted her in a mid blue pair of skinny denims, a loose white oversized shirt and a cream straw hat with a blue ribbon (the ribbon is mirroring the blue of the jeans)... it's just a

big wow from me.

Do what you can to make yourself feel better every day. Life sideswipes everyone; don't be fooled into thinking that weight or the lack of it will bring you happiness, that a wrinkle free face ensures bliss, that owning a designer bag will make your day but if it does, go for it. Being deprived of something, which recently impacted on every single one of us, causes a shift in our awareness of how we are in the world. Being less busy allows you the time to think, without distraction, about how you want to move forward. Isn't that a wonderful thing? Whether your 'go to' is to let your hair go grey or to block book lots of hair appointments for the next few months, do it. If you want to spend an absolute fortune clothes shopping because you feel like you have missed out, do it. If you want to support local by buying one item a week in each of your local boutiques, then this is simply a must. It always amazes me how few people actually live life, so many just exist. Say yes to everything, go everywhere possible and if it's raining throw in a stylish umbrella. Talk to everybody, smile at everybody, even the people who glare at you, maybe they need that smile more than anybody else.

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**FRI AUG 7 – THURS AUG 13**

## people Entertainment

## Everyman re-opens September 15

The Everyman has announced it will re-open, and welcome theatre-goers again, on September 15 following a six-month closure due to the Covid-19 public health restrictions issued by the government last March.

On March 12, The Everyman closed its doors, cutting short a highly acclaimed run of Beckett's *Watt*, performed by Barry McGovern and directed by Tom Creed. Since then, the auditorium has remained dark.

Although the recent update issued by the government has allowed theatres to re-open from June 29, The Everyman will remain closed until it is ready to implement effective safety measures for audiences, artists, staff, and volunteers. Currently, The Everyman team is reviewing all work practices and procedures. As early as May, patrons were surveyed to understand their concerns about returning to the theatre,

and these findings have influenced the work being done. A wonderful response from the survey has been the outpouring of concern, goodwill, and love from patrons for The Everyman and its programme. Many people are missing live performance and have said they cannot wait to return; the survey revealed that 84 per cent of respondents would consider coming back to The Everyman when it opens again, once the theatre had the necessary social distancing and hygiene measures in place.

Programming will be impacted by the challenges presented by social distancing restrictions and restrictions on capacity – with the current social distancing of two metres the maximum capacity for the theatre's auditorium is 85. Julie Kelleher, Artistic Director of The Everyman remains undaunted by the challenges ahead, "We are determined to bring our patrons a programme

that celebrates live performance and exemplifies The Everyman values of maintaining tradition and breaking new ground."

The theatre is using the current period to finish some very timely upgrades to the building, including a makeover to the public toilets, accomplished through historic grants from the Department of Culture, Heritage and the Gaeltacht and Cork City Council. This will effect an improved, safer, and more comfortable experience for all.

The COVID-19 public health emergency is a serious challenge for The Everyman, given that it generates 92 per cent of its income from ticket sales which disappeared overnight in March. The theatre cancelled *Sea Trilogy*, a major opera production. Another, production, *To the Lighthouse*, will be staged in 2021. A production of *The Lonesome West* was due to be performed in April and it has also been postponed.

Overall, 103 events have had to be postponed, rescheduled, or cancelled.

Sean Kelly, Executive Director of The Everyman remains optimistic and excited about The Everyman's future. "Although the Everyman has faced grave challenges in recent months, we will soon re-open our doors for our audiences to enjoy great nights at this unique theatre. That we are able to do this is thanks to the support of our community and, of course, the resilience and ingenuity of our wonderful staff. Many things about our environment have changed but The Everyman's commitment to serving its public has not and, together, we can look to the future with excitement and optimism."

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## people Entertainment

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Cape Clear International Storytelling  
Festival to go virtual this year

Many festivals in West Cork, and indeed throughout Ireland, have been cancelled and, where feasible, an online offering has been made as a substitute for the real experience.

An international storytelling festival has been held annually on Cape Clear during the first weekend of September since 1994. This boutique festival is a total sellout every year and it ranks in the top three storytelling festivals in the world.

Covid-19 has caused the cancellation of this year's festival but in an effort to satisfy a local and worldwide demand the festival committee has teamed up with Wombat Media to create an online version of the festival which will be accessible to all around the world at no cost, through a new website [www.capeclearstorytelling.com](http://www.capeclearstorytelling.com). This virtual festival, supported by the Arts Council, will be streamed live through the weekend of September 4-6, 2020, with several exciting 'teaser' clips being released over the coming weeks.

The line-up of storytellers is Clare Muireann Murphy (Ire-



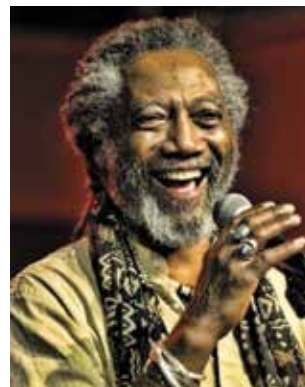
Featured Storyteller Hjörleifur Steffanson tests out filming his stories in the hills of Iceland

land), Len Cabral (USA), Mara Menzies (Kenya/Scotland), Hjörleifur Stefánsson (Iceland), and singers Ger Wolfe and Con O'Driscóil will also perform. The festival's well known and loved MCs will also make their appearance; Liz Weir, Jack Lynch, Diarmuid O'Driscóil, Pat Speight and Paddy O'Brien.

Wombat Media is run by West Cork native Ciara Buckley and her Australian partner David

Slomo. They have already very successfully produced online versions of a number of local festivals – the Taste of West Cork, Baltimore Fiddle Fair and the West Cork Music Festival.

"Running a festival and gathering all the material is a challenge for organisers used to running the real deal. The work has been done, so why not jump on the virtual bandwagon. It brings a taste of the event,

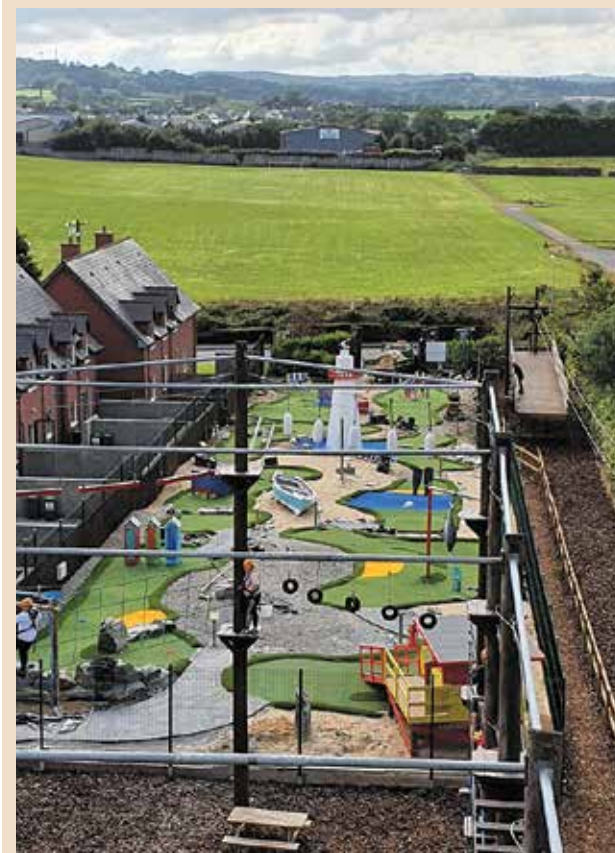


Featured artist Len Cabral

even if it's not the same as being there," says Daphne Babington, director of Cape Clear International Storytelling Festival,

"For storytelling, it will be interesting to see how the screen can bring across the magic."

Full details of the online Cape Clear International Storytelling Festival can be found at [www.capeclearstorytelling.com](http://www.capeclearstorytelling.com). Storytelling clips are being released on this website as well as the festival's youtube channel and facebook page from August 4 until the end of the festival weekend.

Golfing adventures  
for all ages

Located on the Clonakilty Park Hotel Complex, Clonakilty Park Adventure Golf is the latest addition to the Park Cinema and the Clonakilty Park Adventure Centre. This year the Centre is providing even more fun for all the family with a maritime themed 18-hole adventure golf. Sail and surf through sharks, surfboards, lighthouses, boats and more as you golf.

Clonakilty Park Adventure Golf is suitable for all ages and skill levels. Booking can be made 24 hours in advance or on the day, this is recommended to avoid disappointment. Once you have your tee time booked, the Centre will provide the clubs and balls. There are great family rates available from €22, adults and children over 12 are €7 and children under 12 years are €5. Call 023 8834141.

## De Barra's Spoken Word

by PRO Nick Smith

Ó Bhéal's 'Twin Cities Poetry Event', involving exchanges of local poets between Coventry, UK and Cork City, has led to beautiful sessions in Clonakilty in recent years and we are so happy to repeat the experience online.

On Tuesday, August 11, there will be a Zoom meeting that goes live on Facebook and YouTube from around 8.30am onwards and features poets Matt Black and Emilie Lauren Jones from

Coventry, who will have been hosted by Ó Bhéal the evening before.

Ó Bhéal (spearheaded by Paul Casey) was a source of inspiration for De Barra's Spoken Word and, to honour that, there will be a Five Word Challenge at the start (11 minutes) and of course there will be an Open Mic (11 guests max).

The Zoom link will be posted on De Barra's Spoken Word Facebook Page just before it starts. The look for De Barra's Spoken Word on YouTube.

Matt Black lives in Leamington Spa and writes for adults and children. A specialist in commissions, he is a joyful mischief maker, a serious entertainer, a reluctant grown-up and a celebrationist. He was Derbyshire Poet Laureate (2011-2013). His poems are published widely in Journals and his most recent collections for adults are 'Tales from The Leaking Boot' (Iron Press, 2018), and 'Spoon Rebellion' (Smith Doorstop, 2017). His play, 'The Storm Officer' toured in 2020 and his next pub-

lication is 'Sniffing Lamp-posts by Moonlight' (Upside Down, 2020), which features poems inspired by dogs, based on his one-man show 'The Snoopy Question'.

Emilie Lauren Jones has performed at a variety of events and venues across the country from the back rooms of pubs to centuries old castles. She has been previously published in HCE Magazine and 'I am not a silent poet'. Emilie is due to be published in upcoming anthologies with 'Half Moon Books', 'Beau-

tiful Dragons Collaborations' and 'One World Publications' as well as 'Under the Radar Magazine'. In 2019 she was one of the commissioned poets for the UK City of Culture project 'Humans of Cov'. She was the 2019 PGR Slam winner, Stafford Word Slam winner, and a Gorilla

Slam finalist. Emilie has an MA in Creative Writing from the University of Birmingham. She is Poet in Residence for Hillz FM and part of the 2020 cohort for the Nine Arches Press 'Dynamo' scheme. She can be found on [www.emilielaurenjones.co.uk](http://www.emilielaurenjones.co.uk) Everyone welcome.





## 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.  
email: astro@katearbon.com  
www.katearbon.com

# August Sun Signs

This month starts at a hectic pace with several major astrological dynamics kicking in before the Full Moon on August 3. This rapid fire of interplanetary contacts keeps up for the whole of August. It's easier to count the days that have nothing of note this month, Don't expect to feel settled and certain about anything, as situations and events keep evolving. The general tone is not especially difficult or negative but it's changeable and frustrating at the same time. If you're feeling like you should be acting on your plans for the future or that you really must do something to get things moving, then you are in tune with the planets. Unfortunately the planets are also firmly saying that no amount of pushing forward right now is going to pay off well. In fact you may even make mistakes in your haste, or come up against opposition that simply adds further complications. Just accept that you aren't in possession of all the facts or the full story, so you could be 'wasting ammunition by firing at the wrong target'.

This is a theme that we will have to contend with during the coming

months and into the New Year. It's as well to pace your self now rather than burn out from trying too hard. Ensure you have resilience by conserving energy for the longer term.

The important thing to work with in the coming weeks is managing your own energy. Find ways to divert the rising sense of urgency into something that will not tax you or leave you feeling more anger and impotence than before. The advice is to choose your battles wisely, don't assume you know your enemy and only engage when you really must.

Mars is making its presence known this month. It's all about action and asserting the will. Mars wants to get things done and it wants it's own way. Mars is very empowered in its home sign of Aries so we are going to experience a warrior energy and a sense of 'might is right' in many places. On a personal level it's perfect for mustering the willpower. But there is the potential for a clash of wills and this is where the trouble starts. It's as if everyone wants to be right about how things are, and then have the world around them behave

accordingly.

August starts with Mercury, the planet of our thoughts and communication at odds with the slow moving planets in Capricorn. These heavyweights, Pluto and Saturn, are informing us about the restrictions and changes that area taking place globally. Things in our society are being restructured at a rapid rate. The Pluto Saturn combination tells the story of control and restrictions. Pluto is the planet that brings our fears to the surface and Saturn contains us within boundaries. When Mercury is challenging this pair it can cast a new light of understanding onto the situation that's presented to us. There is the chance that we will recognise how we create our own fears by choosing what we believe. The story of Plato's Cave is a good allegory for this dynamic.

Mercury moves to confront Pluto and Saturn at the same time Uranus, the planet of freedom, insight and authenticity, gets involved in a challenging aspect with the Sun Moon combinations at the Full Moon on August 3.

This first week might see some insights and revelations come to

light and these can be the catalyst for making new decisions or changing the course you were on. Then Mars moves to seriously challenge Jupiter on August 4, so this can increase the sense of determination to expand horizons or have a new viewpoint or experience. Mars is then up against Pluto on August 13 and there may be a power struggle or battle of wills. Mars makes this same square aspect to Saturn on August 24. So we are firmly held back from acting on our wants and wishes and our personal will is restricted.

Whilst the practical, productive level of our activity seems to be thwarted or blocked, the month is not lacking movement. There are many shifts and changes and we will see several new dynamics emerge. Venus leaves Gemini, for the first time since early April, and stays in Cancer for a few weeks. This is a nurturing and home loving placement so wanting to enhance the familiar and comfortable aspects of life is going to be uppermost for many. Mercury is really at high speed now and travels in three different signs this month. Shifting

into Leo on August 5 to join exactly with the Sun on August 17. This happens about three times a year and offers a reset moment. It's a time of re-alignment with our more creative self. Our intentions can reconnect with our core or vital energy and reaffirm a sense of purpose. Mercury swiftly moves on through the sign of Leo and enters Virgo on the August 20 just after the New moon of August 19. This is a good day for really sowing the seeds of positive intentions and shifting thought patterns to a new level of expectation. This whole month our external world and the global situation will keep us guessing as to what's next and what's true. Confusion may become normal and uncertainty is here to stay for a while. But the planets are supporting us in uncovering the cause of our fears and giving us the opportunity to take responsibility for our choices and responses, even if we can't seem to do much about the present circumstances.

**The August Full Moon is at 12° Aquarius on August 3 at 4.58pm and the New Moon is at 27° Leo on August 19 at 3.41am**



**Aries:** The role you play in your community or social group is in focus this month. What you have to offer is appreciated and you can reap the rewards of your past contributions. Give yourself the opportunity to meet the right people and the benefits will soon follow. The

phrase "what you put in is what you get out" is the clue. The astral weather is perfect for creativity and you'll find that your imagination flows faster and easier than usual after the 19th. Break out the inner child, drop your seriousness and just have some fun.



**Taurus:** Getting recognition for what you do well takes on extra significance during August. Self-acknowledgment is important but now you need some approval from those you respect. It may seem like constant hard work recently but the New Moon phase mid month will

bring a much-needed chance to relax with loved ones. If things on the home front don't match your expectations you may start to fight for your right to peace and harmony. It's a good time to start new home-related projects as a way to use that extra energy in a constructive manner.



**Gemini:** Be prepared to open your mind to new ideas and lifestyles. Travel, higher learning, study and spiritual matters are on your mind during early August. You've had enough of the 'everyday' in life and you want freedom to explore or invite new experiences into

your life. You'll likely find your attention and energy go into taking care of details and side issues later in the month. Whatever happens, it will be nothing but action by mid month with plenty of options. Don't be too impulsive but just be sure you get your ideas out there in some form whatever it takes.



**Cancer:** Your attention may be drawn to the patterns that create life's ups and downs but you may just be focused on the negative side of a cycle at the expense of the positive. Take time to consider how you're shaping up financially. A couple of slow weeks may not be as

productive as you hoped but don't lose sleep over things that only time can remedy. Pause to consider what is worth keeping and what you can release. Smooth out what doesn't flow well in your life in preparation for a more constructive phase after the New Moon on August 19.



**Leo:** With the Sun in your sign take this favourable opportunity to shine. It's a time of personal beginnings and you may find yourself in the limelight. Interesting and stimulating people may come into your life. You get the boost you need right now so just enjoy the generosity of others. It's time to deal with any relationship issues so find time for intimate encounters or mutual experiences. You're aware of how much you have to give but there needs to be a healthy balance of give and take to feel it's a two-way energy flow.



**Virgo:** During the next weeks your attention will be on the practical demands of life and this can create some stress. You feel that you need to do more. If you invest in yourself now then you can put your best foot forward with confidence later in the month. Any self-improvement effort pays rewards. Regardless of how extrovert and outgoing

you might usually feel, the New Moon on August 19 is a time to withdraw and spend some time alone. You will benefit by taking a few days to rest and recuperate, mentally, emotionally and physically as you revitalise your spirit.



**Libra:** Your creative powers are at a peak. You may be surprised at what you come up with by just playing around with ideas or projects. Your romantic feelings are more intense too. You need to understand what you really want. Try to be emotionally open without

worrying about the outcome. It can be worth risking an upset just so you can share what you feel with those that matter the most later this month. Friends and connections are playing an important role right now but avoid taking things too seriously. New opportunities in the community are around the corner.



**Scorpio:** Home and family matters have taken your attention and will occupy your life for a couple of weeks. Concentrate your energy into ventures that give you a sense of security and wellbeing. Familiar surroundings and intimate company allows you to nurture what's

really important to you. Expect new developments in career matters and a welcome reward with a sense of fulfillment to emerge by mid month. The pressure to produce can be a bit intense but take time to plan ahead before you take on any new commitments. It is as important to listen now as it is to act.



**Sagittarius:** Helping out with neighbours or getting involved in community projects is very rewarding but you will feel restless if you don't find enough to stimulate your mind. Seek out alternative activities or change your daily routines. It's a great time for planning

or rearranging the way you look at things. More opportunities will become available during the next few weeks but avoid hasty commitments. Try to keep both feet on the ground around mid month as your excitement rises. The impulse for new experiences is very strong and emotions may run away with you.



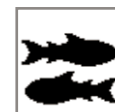
**Capricorn:** August finds you concerned with your material and financial security. It's time to consider if you are making the best of your natural skills and abilities. The New Moon phase on August 19 is a good time to re-evaluate what it is that you really aspire to. It may

turn out that you've changed on a deeper level since you made your plans for the future. Including another person in the next phase may be what's needed. You have opportunities to share your skills and connect with people who reflect your core values.



**Aquarius:** Your need for unique self-expression is priority. Relationships are meant to be a two-way flow but now you want to just be yourself without compromise. Your current mood doesn't make for sharing and you may receive some emotional intensity directed

your way during the next few weeks. Taking things personally can cause misunderstandings. How you respond could largely shape the direction of an important relationship. Being open to a new level of closeness may be a challenge but it will be rewarding.



**Pisces:** You can be very productive this month by just quietly working away behind-the-scenes. Reconnecting with your inner world is important for your sense of equilibrium. Valuable insights and breakthroughs are possible. Enjoy the quiet 'alone time' whilst you can as

the demands of your outer world will encroach again soon enough. It can be easy to get worried about health matters or everyday responsibilities especially during the New Moon phase mid month. Moderation is the key. Make sure you're not expecting too much of yourself. You don't want to run out of steam because you can't keep up with yourself.

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## people Sport &amp; Fitness

## One of Castlehaven's stars shines across the Atlantic

Former Castlehaven and Cork senior football star Colin Crowley is loving life in New Jersey. The talented GAA star is the owner of Benessere Wellness Center and Spa. Covid-19 has posed a huge challenge this year from a business and health perspective, but the sports star is optimistic for the future. **John Bohane** catches up with the ace forward who enjoyed such a successful career for both club and county.



## SPORT

John Bohane

Colin Crowley made the brave decision to move to the States over ten years ago. "Initially the change was difficult and challenging having to establish a new career and lifestyle," he explains. "But the people in New Jersey are hard working and very gracious, so I quickly felt comfortable and wanted to start new roots. I am extremely thankful for the opportunity my move to the US has afforded me. I have also remarried and am lucky enough to be part of a wonderful extended family here now both in New Jersey and California."

The recent global pandemic Covid-19, which ruthlessly swept through every country, has left its mark on the USA in tragic fashion with substantial deaths still being recorded and a trail of destruction left in its wake. New Jersey has suffered immeasurably reveals Colin. "We have been impacted very much so I'm afraid. About three weeks after our first coronavirus infection was discovered here in this region, we accounted for roughly five per cent of global confirmed cases, making it an epicentre of the pandemic, which prompted our governor to take hard action. The social and economic impact has been devastating, but our community is doing its best to support one another. New Jersey continues to be one of the only states in complete lockdown, but we are optimistic that businesses will be allowed to reopen again very soon."

Colin and his family try to return home to Castletownshend to visit family and

friends once a year. He admits that leaving to pursue his goals in the States was the hardest decision he has ever made. "Without a doubt, leaving Castletownshend, Castlehaven, Cork, and Ireland, was the toughest thing that I have ever had to do. It was a life-changing decision in many ways, but once you make a decision like that you have to commit fully to it and make the best of the opportunity ahead. Leaving my father Denis, my mother Frances and my brother Alan was extremely difficult, but they were so supportive and positive about the move. At the time I had been working with An Garda Síochána at Anglesea Street Garda Station in Cork City with an exceptional group of people for about ten years. The decision to leave such a prodigious organisation and a lifelong career wasn't without doubt. We try to get back to Ireland every year, again depending on the demands of the business. At some stage, I would love to return as, at least, a part-time resident."

"Without a doubt, leaving Castletownshend, Castlehaven, Cork, and Ireland, was the toughest thing that I have ever had to do. It was a life-changing decision in many ways, but once you make a decision like that you have to commit fully to it and make the best of the opportunity ahead."

Throughout his sporting days, Colin loved being active, fit and strong and saw a niche in the market for personal health and fitness, establishing his own business in 2013. He is delighted with the initiative thus far. "I really wanted to begin a career that culminated all of my passion, experience and



Colin Crowley (top centre) celebrates with Castlehaven and in action on the field (right)

knowledge gained through my years as a GAA player and my further education in strength and conditioning and corrective exercise. In 2013, I decided to take a leap of faith and created a new business here in Summit, New Jersey, called Benessere Wellness Center. Over the years we have expanded to include over 50 different services ranging from corrective exercise and physical rehabilitation to acupuncture and therapeutic massage, all of which are designed towards creating optimal health and wellness with a holistic approach. Pain management and postural rehabilitation tends to be the largest part of our business. I love the challenge of helping people create healthier lifestyles and all the challenges that come with running a business. We have developed some wonderful clients and friends."

Colin still keeps in regular contact with his former Castlehaven colleagues. He continues to follow their progress from afar. He loved his time playing for his beloved Castlehaven. "I love following the Haven in the club championship and Cork in the All-Ireland championship. I keep in touch with a lot of the lads from the 2003 county winning team. I get regular updates and they keep me up to speed with the club's prospects and fortunes in any given year. I was very lucky to have been given the opportunity to play for both Castlehaven and Cork. I look back with fondness and pride to have been a part of it. My senior club career with

the Haven started when I was 17-years-old. There was a great team there at the time. Niall, Dinny and Fra Cahalane, John, Denis and Edmund Cleary. Larry Tompkins, Dave O'Regan, Mike and John Maguire, Brian Collins, Donal McCarthy and Liam O'Connell. Then you throw youngsters like myself, Alan Crowley, Kevin O'Donovan and Brendan Deasy into the mix and it's a formidable team. Playing on that team, with players that I would have looked up to for years, as a kid, was a very special memory for me. Winning an All-Ireland Sevens in 1995, a Munster Club in 1998 and a county in 2003 were amazing memories for me. Every time I got to put on a Cork jersey in the National League or championship was also a wonderful memory."

Colin enjoyed a very successful club career with Castlehaven. The highlight of his club career came when he helped them defeat Clonakilty to capture the senior county title in 2003. The gifted forward has great memories of that fateful season. "Winning the county final that year was certainly one of the highlights of my football career. It was an important victory because it marked the arrival of a group of successful underage players that now needed to produce the goods on a senior level. It certainly was a fitting end to all of the hard work and dedication that the entire Castlehaven parish put into the preparation and readiness of our senior team that year. Not for just the



players and coaches but for the coaches and management team, the families, former players and, of course, the supporters of Castlehaven all over the world."

"Winning the county final that year was certainly one of the highlights of my football career. It was an important victory because it marked the arrival of a group of successful underage players that now needed to produce the goods on a senior level. It certainly was a fitting end to all of the hard work and dedication that the entire Castlehaven parish put into the preparation and readiness of our senior team that year."

GAA clubs are notorious for having family dynasties backbone a lot of their success. Castlehaven were fortunate to have the two Crowley siblings, Colin and Alan spearhead their quest for glory. Colin enjoyed winning and playing alongside his brother Alan. "Castlehaven have produced some exceptional football players and athletes, the finest in the country. I'm

sure all Castlehaven people who witnessed Alan Crowley in action, believe that he is up there with the very best. Alan also played minor, U21 and senior football for Cork. What a lot of people don't know is that Alan at that time of the 2003 county final he had a degenerative spinal disease and he still made a conscious choice to push his body to the limit. He knew it would take him weeks of agonising back pain after each game just to recover and put himself right back on the field again. I am extremely proud of him. My father Denis sacrificed his life for the GAA to witness Alan making a similar sacrifice. It was very tough for me, but it was also a massive motivational factor for me to produce a level of performance that they would all be proud of."

Colin underlined his star ability, as he produced a Man of the Match performance in the 2003 county final. He recorded a personal tally of 1-4, which enabled his side defeat Clonakilty. The modest star is full of praise for his colleagues. "I have wonderful memories. There were many candidates for that man of the match award on the day and I'm lucky that I was chosen. Our forwards diligently did the job in the first half by pushing us well clear at halftime. Our backs led by Liam Collins weathered the late onslaught and pushed us home for a win in the second half. That was a great win. It was an amazing day for the parish.

Continued on next page...



## people Sport &amp; Fitness

# Strengthening the calf muscles



## 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.

For August, I have a short little treat for legs enthusiasts. We are going back to the specialised home training catalogue and will be looking into strengthening the calf muscles. Besides looking incredibly good, a strong calf can also help you run faster and



lift better – and look like you don't skip leg day. So read on if you want your legs to look gorgeous this autumn.

To optimise the exercises at home, these items can help: a big book/books (that you don't mind being stepped on); a step; and of course if you own any weights: Kettlebells or dumbbells

### 1.Exercise: Heel raises



This is a great beginner drill to this area of the legs. Stand on the floor, feet together and lift heels from the floor and gently lower them to the floor again. You can add weights to hold in your hands to get more out of the exercise.

### 2.Single leg supported Heel raise

Put a stack of books or a step up/box in front of you. Put one



foot on the step up. Lift the other heel from the floor while pushing downwards with your toes. Gently lower yourself to the floor. You can add weights to hold in your hands for this exercise as well.

### 3.Single leg heel raise

Stand on one leg (lift the other leg, bend by the knee in front of you). Hands by hips for balance. Lift the heel from the



floor, while pushing the toes downwards. Gently lower yourself after. As this exercise also targets core, glutes, hamstrings and balance, it is not advised to use weights.

### 4.Single leg bridge heel raise

Lie on your back with knees bend, as to start a hip bridge/hip thrust. Extend your left leg by lifting up your foot. Raise your right heel from the floor

and lower down gently afterwards. Be careful not to drop your hip or use your glutes and quads to lift with. This exercise is about the calf muscles (but you will get benefits in both core and glutes).

One thing about the calf muscles is they are notoriously hard to grow. They are used to being worked every day; every time we take a step, be it walking or running. So to get the most out of these exercises: Don't rush! Count two seconds lifting up the heel. Hold one sec at the top and count two seconds lower down.

Do between 20 and 50 reps two to three times per week. For example, you could do 10-15 of each exercise here a couple of times per week.

I hope you found these exercises useful and the instructions easy to follow.

Comments or questions are as usual welcome at [taniafitnesskitchen@gmail.com](mailto:taniafitnesskitchen@gmail.com)

You are also welcome to follow me on Instagram for more tips and program inspiration and to get a look into my own training and life as a new runner [www.instagram.com/trainwithadane](https://www.instagram.com/trainwithadane)

## One of Castlehaven's stars shines across the Atlantic

...Cont'd from previous page

Winning it on behalf of my parish, coaches and teammates gave me great satisfaction. All you can do is prepare for a game like that the best way that you can to give your team the best opportunity for success. As a team we had trained so hard. So many people in the parish gave everything they had to the cause that year and they deserved that win. It's funny because when I look back at that accolade I don't think of 1-4 scored in the county final, I remember the hard work done during training on the sand dunes at Inchydoney. I remember the sacrifice made by my teammates at every training session. There was an unbelievable philosophy that year both from the coaching staff led by James McCarthy and also by Darren Fitzpatrick who was our strength and conditioning coach. He was instrumental in our success that year. From the very first day that he arrived in Castlehaven to meet us he demanded a change in attitude, a change in mindset. He had a vision of training like a professional team and he made sure that we all bought into that philosophy. I loved that physical stuff. The

man exposed team weaknesses, broke us down and then rebuilt us as a team in a way that was astonishing. Fitzzy created a bond of strength and union in that team that was forged from suffering and pain."

Following on from the 2003 senior county title, Colin was afforded the huge honour of captaining the Cork senior footballers for the 2004 season. He relished his time playing with the Rebels. "I feel very privileged to have been the Cork senior football captain in 2004. Billy Morgan is a Cork legend and was the senior coach at the time, so to be able to work closely with him and learn from him was a real highlight of my career. It was impossible not to listen and learn from him. He commanded respect from his players. I remember Billy having such a strong vision and intensity that had to be matched in each play on the field and if this didn't happen, he would let you know about it. Billy is a great communicator. He had a way of making you feel like you were invincible playing for him. There were some fantastic players on the Cork senior football team at that time. It was an honour to play

alongside them and to have the opportunity to captain them. I also have some great memories of playing for Cork in the late 90s and early 2000s under Larry Tompkins. Growing up, Larry was a huge inspiration to me. He gave me my debut as a Cork senior footballer and I will be forever thankful to him for that and for all the guidance and encouragement he gave me throughout my career. Just having the honour to wear the blood and bandage after guys like Larry, Niall Cahalane, Conor Counihan, Stephen O'Brien, Billy Morgan and so many other fantastic Cork players was a real privilege. A particular game that sticks out in my memory for me was scoring two goals and three points against Kerry in 2003. They were reigning All-Ireland champions and it was the league opener at Pairc Ui Rinn. It was the very first national league game televised under lights, so it was a nice evening to perform well. Beating Kerry in the Munster semi-final and winning a Munster final against Tipperary in 2002 were also great memories."

Colin has no regrets from his gloried playing career. He

followed in the footsteps of his father in playing with great distinction for his local GAA Club. He hopes one day to be involved with Castlehaven GAA Club once again. For a young sports-obsessed teenager from Castletownshend, he has fulfilled all his ambitions from a sporting perspective. He looks back with great pride on his club career. "Having been lucky enough to grow up in Castletownshend, it was a dream come true to play for them. The Castlehaven people are just amazing. Gaelic football courses through the veins of everyone living there. It's in their history. It is in their DNA. It is in their dreams of what the future holds for the next generation. Our foundations in the club were laid by the hard work and endeavours of those who came before us in the 50s, 60s and 70s from Junior A to Intermediate and then our first senior county final in 1979. My father Denis would have played alongside most of those fellas. Unselfishly everybody in the parish is involved in the club. I was well aware of this in my young days. My four heroes at that time were three Castlehaven and Cork stars



Colin Crowley in Castlehaven last summer.

John Cleary, Niall Cahalane, Larry Tompkins and Cork legend Billy Morgan. You would see the Haven senior players in the village on a daily basis and I would beg my mother to take me to watch them train a couple of nights a week. As a kid, I remember waiting for any opportunity to stand behind the goal to gather a loose ball and kick them a pass in hopes that they would notice that you have a decent peg. Luckily I had the opportunity to train with the senior team when I was 16 and then the following year it was a dream come true to line out next to John, Larry, Mike, Niall and the rest of the team. These guys were on a different level, possibly the best footballers in

the country! I will be forever thankful for that opportunity.

"As a player you always have that one coach. For me it was James McCarthy. James had an immense influence on both my underage career and senior career. He was my coach at all the underage grades. We won West Cork championships in all the grades. We won county titles in minor, U21 and senior together. He was responsible for pushing me into the senior spotlight as a youngster, Jim Nolan gave my brother Alan and I the opportunity to go with the senior team and play in the All-Ireland seven-a-side tournament, which we ended up winning. Christy Collins was the first senior coach to give me an opportunity to play with the senior team. I will always be thankful to Christy for that opportunity. He had a passion for integrating youth and experience into a side and making it look seamless.

"There's an old Greek proverb that tells us, "A society grows great when old men plant trees whose shade they will never see". The Gaelic football culture in Castlehaven echoes that philosophy."



## people Sport &amp; Fitness

## Quill brother's have better luck at Dunmanway Trotting



By Tim Kelleher

Seamus Quill repeated the feat of his brother Oisín last week when he drove two winners at the Bank Holiday Monday trotting meeting in Dunmanway.

The Quills, who run a chain of clothing shops, had seen their flagship shop in Kenmare flooded over the weekend and a change in luck was wanted.

Destin De Larre seems to have plenty of ability but has been unlucky in his last few outings; however, he did his job well this time round. Seamus Quill sent him about his business early in the contest and he was always a winner, running out to beat Silvano Bello.

The brace of winners was notched up in the very next race aboard Awesome Dude.

Hail Spartacus was looking to make it four wins on the bounce and it was Fairdays Bret who set the early fractions. Going out on the final circuit Awesome Dude led with Hail Spartacus on his tail. It looked as if Hail Spartacus would prevail but Awesome Dude found more and ran out a winner by a neck.

"We had bad luck with the flood in the shop at home but I'm sure Dad (*Finbarr, owner and trainer of both winners*) will enjoy tonight" added Quill after racing.

In other news from the racing Benny Camden, who was a star

last season, made his belated 2020 debut a winning one in the Grade D & C Pace.

Lets Party won the battle for pole position to the opening corner. The pace here was sedate with no driver committing. Heading out on the final circuit Chris O'Reilly on Rhyds Panache made his move and was followed by Benny Camden. Turning for home Donal Murphy moved wide and swept past Rhyds Panache and won impressively.

Tadhg Murphy, trainer of the winner, told the press briefing afterwards, "This fella had a few minor issues and we think a lot of him and didn't want to rush him, so we are delighted

on how he ran today. He will go for The Red John Memorial in Lyre in two weeks time; he won the low grade heat and final there last year so we be hoping for more of the same." It was a good weekend for the Murphy Bros as on Saturday Bequest, jointly owned by Donal Murphy and Bill Donovan from Florida, took the second leg of the Irish Juvenile series for two year old colts and now boasts two wins from his two starts. Exciting times ahead for the Irish/American partnership.

*Seamus Quill on Awesome Dude. Pic: Lydia Kelleher Shine*

## Playing for the same team



Pictured are Barry Mulcahy, Plant Manager, MSD Brinny alongside Emer Collins (11), Charlie Curtin (10) and Daniel Kiely (10) members of the Castlclack FC.

Pic Daragh Mc Sweeney/Provision

MSD Brinny and local football team, Castle-lack FC, have teamed up to establish a home ground for the club beside the company's site outside Innishannon, Cork. One of Munster's largest employers, the team in MSD Brinny have leased 6 acres of their land to enable Castlelack FC to develop two soccer pitches as the home ground for their growing club, with the support of a Capital Sports Programme grant.

Castlelack FC currently has over 180 registered members, starting with a thriving Saturday Academy for 5 to 9-year-old girls and boys. Academy development teams from under 8 to under 11 age groups play in weekly blitzes. The club has girls and boys playing in competitive leagues from under 12 to under 16 and, under 19, Junior and Masters (over33) teams competing in the West Cork League. In light of the current COVID-19 outbreak, Castlelack FC have implemented all of the FAI COVID-19 proto-

cols including numerous safety measures to ensure that their players can return to training.

Speaking at the announcement, Barry Mulcahy, Plant Manager, MSD Brinny commented "At MSD Brinny team we firmly believe that the most important thing we make is a difference – to patients, to our employees and to the communities we operate in. We are very proud members of our local community and we are committed to supporting many of the very worthy causes around our site. We host an annual volunteering day which sees a significant number of our employees supporting local causes and we actively support initiatives such as Junior Achievement and Teen-Turn in Cork to help support and promote STEM initiatives across the county. We have a long heritage of supporting a number of local clubs and teams and we are delighted to be able to assist Castlelack FC to establish a home ground so that they can

continue to grow and develop the club and the many players who proudly wear the Castlelack jersey. We look forward to cheering on Castlelack FC's teams to even greater success at their new home ground and continuing to play a significant role in the Innishannon and wider Cork community in the years ahead."

Tadhg Curtin, Chairman, Castlelack FC, added, "We at Castlelack FC are delighted to have teamed up with Barry and MSD Brinny and are looking forward to establishing a new home that is essential for the development of all our members. Since 2017 we have worked with MSD to get to where we are today, and the energy and enthusiasm shown by everyone really highlights the level of MSD's commitment to supporting our local community. We are grateful to MSD for giving us the opportunity to establish a new home and secure a long-term future to grow to a club that we can all be proud of."

## Swimming in the sea to reconnect

Taking a dip in the ocean is a popular activity in Ireland. Many are taking the plunge around our coast each day and believe swimming in the sea offers many health benefits. Sea water is known to have benefits for the skin and has been shown to have a positive effect on mental health.

The Marine Institute's Oceans of Learning series explores the link between the ocean and our health and wellbeing, including the benefits of sea swimming. Niall Meehan, a designer and photographer based in Wicklow, is also an avid year-round sea swimmer. Niall shares why sea swimming is so important to him.

"I sometimes wish I listened more. If I did I would have the perfect story to illustrate my relationship with the sea. A few years ago I was at an event where a very learned person was talking. It was evening time in the middle of June — therefore I

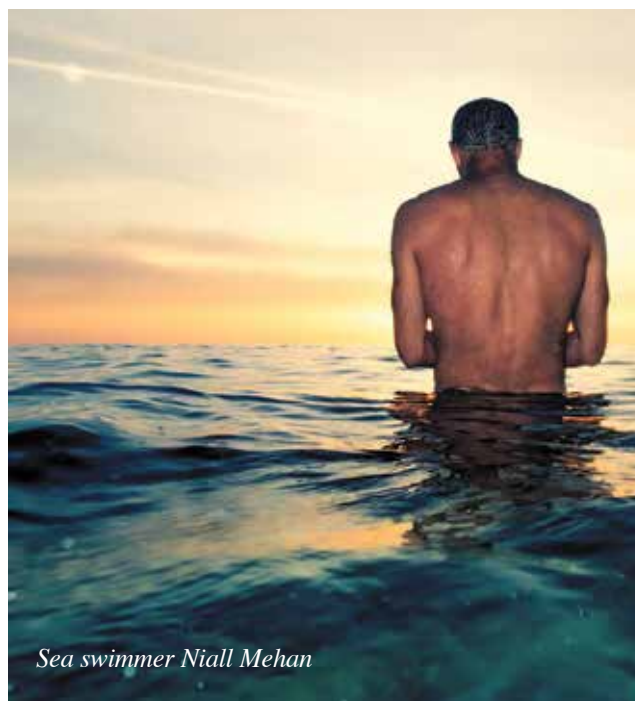
would have been up since about 4:30am for the #swimrise. (Mitigating circumstances right there). Learned Person was describing a concept in 'didn't hear' philosophy where you don't name the bird. If you name the bird its song becomes that name and yields the opportunity for other expression. He may well have said something totally different, but that was what I heard. And it sounded precisely like the sea and me — not precise at all.

"I don't ask or expect. I don't crave the glorious summer sunrises over glassy seas. I don't spurn the freezing February mornings with their numbing north-easterlies. I am happy to take what it gives. As our relationship has flourished I have come to the realisation that I don't need to put a label on this bird. I have realised the symbiotic relationship between fragile human and the might of the sea doesn't need to be any more complex than acceptance

and giving. (By the way I bags #swimbionic). I accept I am not a fish, a seal or even a humble barnacle — I am a visitor in this briny world and I play by the rules. Love and respect for the sea in equal measure.

"I know there are some who describe their relationship with the sea in spiritual terms and I get that. However for me it evokes visceral feelings. It connects me to the natural world in a very immediate and instinctive way. It makes me feel alive. So while my swim buddy on any given day may be having a spiritual experience, I on the other hand will be wearing my here and now t-shirt. We are though, connected by our shared experience.

"A fundamental aspect of my sea swimming experience is the connection that I have with the people I swim with. We are connected through friendship and the will to support and accept each other in a community.



Sea swimmer Niall Mehan

I have no doubt that our group — based in Greystones, Co. Wicklow — is no different to any of the many similar groups dotted around the country. In fact I know it, as I have met

many of them. When I am floating about in my little patch of water I know they are doing the same in their water, and we are connected. Similarly the sea connects me — digitally — to

swimmers beyond my horizon. Sometimes on a clear day as I leave my house to go swimming I can make out the Welsh mountains and feel connected to the swimmers in the lakes of Snowdonia. I feel connected to Cornwall; to Scilly; to Brighton, Walberswick, Cullercoats, Portobello, Oronsay and Tiree — just a small sampling from our next door neighbour.

"My cleansing and fulfilling daily swim has now also become a new outlet for self-expression. Through my Sea Studio photographs I am striving to connect on an emotional and experiential level with the viewer. I want the viewer to experience the scene as if they were there — not looking at a sea scape, but being in a sea scape.

"The sea to me is about connection: internally with myself; externally locally with my community and across the world through my citizenship of a borderless, pan-global nation of swim tribes. It has made my world bigger. Tap in, go for a swim, reconnect."



## people Motoring

CAR  
REVIEWS

Sean Creedon

## A lively and powerful drive

I visited the Martorell plant in the 'good old days' when we took red eye flights from Dublin.

The recent launch of the new version of the Seat Leon was done via our new virtual friend Zoom. While you can get all the information from power points presentations, you still need to drive the car to fully appreciate the improvements and changes.

The Leon was introduced in 1998 and this is the fourth generation. My test car came in a very attractive shade of red; the official colour was Desire Red.

The new Leon certainly has that elongated look. The front grille is neat and now has full LED headlights. At the back the name Leon is written on the boot door just below the 'S' logo which also opens the boot. Seat is calling their continuous red light between the two rear red lights 'coast-to-coast.'

The company claims this is the safest Seat to date with adaptive cruise control as standard. They expect petrol engines to be the most popular in



Ireland where 13,500 versions of the Leon have been sold over the past 22 years.

I wasn't mad about the controls on the 8.5-inch screen on the dash. It wasn't the type of screen that you could safely use your left hand to adjust the sound or temperature while driving. I realise it's ultra

modern, but I would have liked a few old fashioned style knobs to use some of the controls, but there are also slave controls on the steering wheel.

I have driven several cars where you get a flashing yellow light on the wing mirror if you are about to be overtaken. For the first time that flashing light

was inside the window in the new Leon. A nice touch and it certainly gets your attention straight away.

There is decent boot and the good news is that you get a mini spare wheel.

I drove a 1.5-litre automatic version, which was very lively and powerful. The 'drive' lever

plus electronic parking brake are neatly located in a column where you would find the gear lever in a car with a manual gear stick.

Prices have only increased by around €500 from the previous version; the starting price now for the 1.5-litre petrol is €23,910 and €26,040 for the 2.0-litre diesel. You can download a €1,000 online voucher offer and then it depends on whether you have cash or a car to trade in.

As you may know Seat are owned by VW and some people are making favourable comparisons between the new Leon and the VW Golf Mark 8. Now that's well deserved praise.

An Estate or Sports Tourer version should be here in August with a plug-in hybrid due in the last quarter. Niall Phillips, Brand Director for Seat Ireland says they won't be able to confirm a price for the plug-in hybrid until after the Budget.

## A big car with plug-in capabilities

In recent years Opel has started to add an 'X' to their crossovers and SUVs. Two years ago the German manufacturer introduced the Crossland X and the Grandland X. The Grandland X is the biggest SUV in the Opel stable, larger than either the Crossland X or the Mokka X, which are similar.

Now Opel has introduced the Grandland X plug-in hybrid, which offers the driver the best of both worlds; silent, inexpensive driving if you

have the patience to charge the battery or unlimited driving when using petrol.

I like plug-ins cars, as you are never stuck for energy, unlike in a fully electric car. Talking of electric, a survey last year by Kia found that a full charge from a public charge point for an electric car will cost you approximately €12.67, and that works out at roughly four euro for every 100km you travel. You wouldn't get far on four euro worth of petrol or diesel.

The Crossland X is geared towards urban drivers, while the Mokka is aimed at drivers who want a four-wheel drive SUV. But the Grandland X is bigger than either of those two and is Opel's most appealing design that carries an X in its title.

The Grandland X shares the same platform and engines as the Peugeot 3008, which was voted Continental Irish Car of the Year for 2018. It was developed in conjunction with Peugeot, but in advance of the announcement that the PSA (Peugeot/Citroen) group was buying Opel.

This is a massive car and the 1.6-litre plug-in hybrid has 300 brake horse power. When the grant and VRT rebate is taken into account the price for the all-wheel drive is €47,415. Or if you prefer, the front-wheel 225-brake horse power version is available from €36,645.

You can get up to 50Kkm in pure electric and regenerative braking can boost this range by up to ten percent. Not great, but that's typical range for a plug-in.

Plenty of room inside and a spacious boot also. Black is the dominant colour in the cabin,



but a white roof gives the decor a lift. My only complaint is that there was no spare wheel, but that's understandable as space is required for the battery.

In the cabin there is plenty of head and leg room for five adults. The front seats are very easy to adjust and there is a decent-sized console between the driver and front seat passenger where you can place drinks etc. Two silver roof rails plus

19-inch alloys certainly added to the classy look.

My test car came in a lovely shade of blue and it certainly attracted a lot of attention in the car parks that I visited.

Since we were visited by the coronavirus, Irish people are naturally a bit worried about travelling on public transport. And in a recent survey over half (55pc) of people in the country who do not own a car, are now considering buying

one.

Also some people with good pensions may have more disposable income after the Lockdown, as there is anecdotal evidence that not much cash was spent since March.

The motor industry was hoping for a big surge in new cars sales in July and if you are looking for a big car with plug-in capabilities, I think the Grandland X is worth a test drive.

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