



The butterfly effect

Damaris Lysaght shares her passion for West Cork's butterflies
page 23

Artist Maitiú Mac Cárthaigh speaks about his experiences as a young gay man growing up in rural West Cork.
pages 32-33



www.westcorkpeople.ie & www.westcorkfridayad.ie

the best FREE read in west cork

April 30 – June 3, 2021, Vol XVII, Edition 225

FREE

westcorkpeople

Old Town Hall, McCurtain Hill, Clonakilty, Co. Cork. E: info@westcorkpeople.ie P: 023 8835698



FOOD & LIFESTYLE
pages 25-37



ARTS & ENTERTAINMENT
pages 37-40



HOME & GARDEN
pages 41-44



Fiona O'Shea and Emily Andrews from Bantry were pictured having a sunny afternoon of fun at the newly re-opened Clonakilty Park Adventure Centre.

Cork County Council seeks stories from older people on climate change

When it comes to discussing climate change, older people may have one advantage: they have watched it happen and have experienced its impacts. A collaborative project between Cork County Council's Climate Action Unit, Cork County Age Friendly Programme and Cork County Older Peoples Council is inviting the older population in Cork County to share their climate stories.

Mayor of the County of Cork Cllr Mary Linehan Foley, said, "Storytelling has always been a strong part of our culture and our learning. We remember and trust stories told to us by our parents, grandparents and elders. Anyone aged over 55 has lived through climate impact. This project hopes

to capture their stories. If we make the changes needed, we'll look back on it as a watershed moment. If we don't, it'll be a record of what could have been. While these are individual perspectives, the collective stories have the power to shift the narrative and contribute to positive change."

Chief Executive of Cork County Council, Tim Lucey, commented, "Climate change is a complex issue that can feel far removed from our everyday lives. Sharing personal experiences can help put it into context. This project recognises older people have unique knowledge, insights and wisdom to share. This inter-generational climate action is part of a wider awareness campaign being undertaken in our Climate Adaptation Strategy. Stories will be

compiled and made available online and, in our libraries, later this year."

A climate story is an account of climate change from personal experience such as: How have I noticed climate change in my life? Has there been a change in nature or in my locality that has been affected by climate? How have I been affected by climate change? Maybe through storms, flooding or extreme heat. What would older people like to say to generations coming after them?

The initiative is targeted at older people (over 55s) in Cork County and the submission details are available on www.yourcouncil.ie. Entries, in the form of a poem or a story of up to 700 words, are invited before June 30, 2021, and photographs are welcomed.

TIME TO CHANGE
NEW PEUGEOT 3008



PLUG-IN HYBRID, PETROL, DIESEL

MOTION & e-MOTION
PEUGEOT

**CLARKE BROS
(BANDON) LTD**

Main Peugeot Dealer,
Clonakilty Road, Bandon,
Co. Cork.

Tel: 023-8841923

All cars can be seen on
www.clarkebrosgroup.ie

Contact Ian Carey
087 2624747

icarey@clarkebrosgroup.ie



Now that we can go further....

83,000 unique website
visits last year!

www.**explore**.ie
west cork

Add your
business
today!

...to discover our unexplored gems.

Historical mosaics of Timoleague church at risk unless funds are raised to preserve the building

In Timoleague the legacy of Saint Molaga lives on through the Abbey but built nearby on the site of what was believed to be St Molaga's cell is perhaps the not-so-well-known Church of the Ascension. To the unassuming eye from the outside this modest church looks like most other rural churches – until you go inside. Almost every square inch of the walls has been beautifully decorated in minute and ornate mosaics. Stained-glass windows beam colourful rays of natural light throughout the building. Up high in the chancel ceiling are the recently restored paintings of angels radiating a golden presence. Named to remember the Ascension of Christ, this church has an aura of peaceful and uplifting timelessness.

While the parishioners are few in number, they are doing their best to safeguard the immense heritage of this church. Sadly, over the years water ingress has become a real problem and the mosaics are beginning to spoil. A professional conservation plan was drawn up two years ago and is now being enacted upon, as each stage can be afforded. Last year, the main roof was completely renewed and attention



The west wall with mosaics of the Ascension of Christ

has now turned to the tower. Without this urgent work, the plaster that holds the mosaics in place, will fail.

There are many stories of historical interest linked to the mosaics. Perhaps the most unusual concerns the mosaic memorial on the south wall. This was paid for by the His Highness, the Maharajah of Gwalior, India; in gratitude of a locally born doctor, Aylmer Martin Crofts. Originally from the townland of Concamore, Crofts was his personal physician for twenty years and, on one occasion he helped to save his son's life. Architect

Jeremy Williams who wrote in 'A Companion Guide to Architecture in Ireland 1937-1921' said that this church "transcended the sectarian divide between Irish Catholic and Protestant, the Indian Muslim and Hindu, personal friendship breaking up hereditary distinctions of caste and colour."

In the same spirit of friendship and magnanimity, it is hoped this building will continue to be a shared heritage for all people. The church will set up to comply with Covid-19 restrictions and will be open to the public to view on Ascension Day,

Thursday, May 13, from 10am to 10pm. The public is urged to take this opportunity to discover and experience this gem of hidden heritage.

A considerable sum of money has yet to be raised to preserve the building. Contributions, no matter how big or small, are all greatly appreciated. Donations can be made through the GoFundMe page at www.timoleaguemozsaics.ie. A new video on the church will soon be launched for Ascension Day on Facebook: Kilgarraffe Union of Parishes.

No-appointment testing to continue at Dunmanway centre

Cork Kerry Community Healthcare is pleased to announce that the no-appointment testing for Covid-19 will continue at the test centre at Ballinacarriga, Dunmanway.

The testing, which is part of the HSE's enhanced Covid-19 testing for local communities, began on Wednesday, April 14 and was due to run for one week as a pilot.

Due to the success of that pilot and the steady flow of people presenting for the symptom-free, no appointment testing, that pilot is now being extended.

This means that people who are symptom-free can continue to have Covid-19 tests without requiring an advance appointment at the centre.


Head of Health and Wellbeing with Cork Kerry Community Healthcare Priscilla Lynch said: "There has been a great response to this initiative from the community, so we will continue to offer the no-appointment testing at Ballinacarriga. This strategic testing initiative is seeking the support of the local community to assist in keeping cases low in this region by presenting

for testing. We ask the public to remember that photo ID is required, along with a mobile number so we can contact them with their results."

She added: "Staff at the Ballinacarriga test centre in Dunmanway will continue to provide a warm welcome and an efficient, safe testing service to everyone who comes forward for a test. The people of the region have done a fantastic job in recent weeks and months in sticking to the measures which prevent the spread of Covid-19. Taking up this opportunity for testing even when you don't have symptoms will help us to go a step further again in containing any cases."

The testing is available from 9am to 5pm Monday to Saturday at the existing test centre in the Randal Óg GAA Club in Dunmanway.

The walk-in/no appointment necessary testing operates alongside the existing testing at the centre whereby GPs refer those with symptoms, and close contacts of a confirmed case of Covid-19, for their Covid-19 test.



COLLEGE OF NATUROPATHIC MEDICINE

Training Successful Practitioners

CHANGE CAREER

Train to become a...


- Nutritional Therapist
- Herbalist
- Acupuncturist
- Homeopath
- Health Coach
- Natural Chef

Postgraduate & Short Courses Part-time studies

NEW Study in class or online

Colleges across Ireland and the UK

01 878 8060 www.naturopathy.ie



Attend a **FREE** Online Event



Get Ready For Summer!



EZ Living @ SHEEHY'S

Our Bandon Store Will remain closed During Level 5 restrictions
To Shop by Appointment Call us on (023) 8852515
Or Shop Online at tomsheehy.com

Tom Sheehys Clon or ezlivingsheehys.com

The Bypass, Bandon | Astna St. Clonakilty |
(023) 8852515 | (023) 8833362
www.tomsheehy.com



Help get Dave home

A GoFundMe campaign set up recently in support of Glengarriff resident Dave Walker after he suffered a stroke in February has a fundraising aim of €5,000 to get Dave home from hospital and back to his wife Jen. Funds raised will help to equip the couple's home and driveway so that they are fully accessible and safe for Dave on his return.

On February 28, 2021, Dave was taken to CUH and put into an induced coma, as he had a bleed in his brain. He has been making steady progress since and has been moved back down to Bantry Hospital. Due to the lockdown and travel restrictions, it has been nearly impossible for anyone from his family to visit him in hospital, which is especially hard on Jen; the couple did everything together before Dave's stroke.

Dave's stepson, Chris Lindeman, who organised the fundraiser, says "This has been exceptionally difficult on my mother, as before the stroke happened they were locked at the hip... It has turned life upside down and the reason for this plea for funds is so that when Dave is allowed to return to his home with my mother that it will be suitable for him to return to."

Before his stroke Dave was a very active man, always working on new projects around the house or in the garden. This year he had plans to re-lay the tiles on the roof and 'tame' the lower part of the garden. Well-known locally, he was always there when someone needed help. Dave is Jen's world; they always held hands watching TV in the evenings and haven't spent a day apart since they met in 2009 – until now.

Dave's stroke has caused very severe brain damage and it is unlikely that he will ever walk again. He is confused a lot of the time and totally unable to care for himself. He has good days and bad; a lot of the time he is very tired and he struggles to remember things like where he is from and where they live. Now able to feed himself, he has progressed to soft foods and normal drinks. He is



Jen and Dave before his stroke

being helped into a wheel chair for between one and three hours a day, using a standing hoist, which means he can build up his muscles and use his upper body strength to help move. "My mother sees a slight improvement in his condition most days, as she's allowed to stand outside Dave's window every day and chat to him," says Chris. "She takes some jokes with her and asks questions to stimulate him. She tells him everyday how much she loves him and the names of everyone sending their love. He is able to reply sometimes; last Sunday he was able to say 'I love you' to my mum."

Jen is just waiting for the day Dave can come home and she can spend more time helping him 'come back'. Life will be different; less active, every task more difficult, but Jen and family

just want Dave home, where they can give him the love and support he deserves. "I'm truly thankful to everyone who is supporting this campaign," says Chris. "My mother said that Dave was in tears when she told him how many people are helping us, people we don't even know. She knows that it will take months before they are allowed to be together, but every day they get through is a day closer. She is totally humbled by the kindness of people, one day she hopes to be in the position to to help someone else, as she has been helped. She says thank you from the bottom of her heart."

If you would like to make a donation to help get Dave home, go to gofundme.com and search for help-dave-get-home-to-see-his-wife-jen-safely

Cork County Council launches summer anti-litter campaign

An anti-litter campaign has been launched by Cork County Council in anticipation of an increase in daytrips and staycations across the county this summer. Designed to appeal to people's pride of place, the campaign is encouraging everyone to dispose of their rubbish responsibly, leave no trace and help keep Cork County clean.

Cork County Council is conscious that while every effort is made to provide bins which are emptied regularly, an expected increase in outdoor activities could lead to more waste being left on beaches, roadsides and at beauty spots. The 'Be proud, be sound and help keep County Cork clean' campaign asks users to please

bring their rubbish to the nearest bin or take it home if they cannot dispose of it responsibly.

The anti-litter campaign also signals the recommencement of Cork County Council's Project ACT (Activating County Towns) 2021, a continuation of the programme of activities undertaken by the Council in 2020 designed to support businesses and communities facing challenges as a result of the pandemic. Further updates will be made in the months ahead of the Council's plans to support residents, businesses and visitors alike in safely enjoying all that the county has to offer.

One of the key features of the campaign will be uniquely 'Corkisms' signage, designed to

encourage responsible litter disposal in a fun and friendly manner and capitalise on the enormous sense of pride evident across Cork County. The Council is also asking local businesses and communities to join them in the fight against litter this Summer by assisting residents and visitors in keeping the county a litter-free zone.

Cork County Council provides almost 1,000 bins throughout the county, with the majority centred around amenity areas such as beaches and walkways. With further movement of people expected in rural and isolated areas, the Council is asking Corkonians to always think in advance of what they are going to do with their litter.

ALBANY

FUSION
HOME INTERIORS Skibbereen



We stock all of these paint brands!
Little Greene, Farrow & Ball, Curator, Colourtrend, Tikkurila, Dulux, Fleetwood, Albany & Jotun



Delivering all over West Cork & Cork City!

CURTAINS • FABRICS • BLINDS • PAINTS • INTERIOR DESIGN
HOME INTERIORS & DECORATIVE FURNITURE

Cork Rd, Skibbereen (next to Apple Green)
028 23162 • info@fusionhome.ie • www.fusionhome.ie
Opening Times: Mon - Fri 8am to 5.30pm | Sat 8am to 5pm







Sherry FitzGerald
O'Neill

Four Generations
as your local agent



Michael J O'Neill



Con O'Neill



Ray O'Neill



Con O'Neill

Thinking of selling?
Contact your trusted property advisor

Clonakilty **Tel:** 023 883 3995
Skibbereen **Tel:** 028 21404
E-mail: info@sfoneill.ie

sherryfitz.ie

Bealtaine especially significant in 2021 in welcoming a return to life



Ardtech Industries Ltd

For PVC Gates, Railings & Fences
Available in Golden Oak, White & Black Colours

ardtech@eircom.net • T: 028 31410 • www.ardtech.ie



FACT & FOLKLORE

Eugene Daly

A retired primary teacher, West Cork native Eugene Daly has a lifelong interest in the Irish language and the islands (both his parents were islanders). He has published a number of local history books and is a regular contributor on folklore to Ireland's Own magazine. Eugene's fields of interest span local history, folklore, Irish mythology, traditions and placenames.

Bealtaine gets its name from the Celtic god, Bel, god of Light, Fire and Fulfilment, who may be traced back to the Middle Eastern god Baal. 'Bail Tine' (the fire of Baal), is the derivation of

the month's name in Irish. A fire was kindled in his honour, and cattle were driven between two fires as a safeguard against disease. In Irish we have the expression: 'táim idir dhá thine Bealtaine', (I'm between two fires of May), meaning 'I'm between two minds', unsure, in a dilemma. May Day was symbolic of a return to life, of the defeat of the hard winter, with new hopes for good planting and rich harvests. Bealtaine was the time for milk and honey, the primary time of pleasure, of blossoming and blooming, of desire and satisfaction, so the cow and the bee were both significant symbols for this celebration. The cow's miraculous ability to create milk and the bee's creation of honey, were absolutely magical. In parts of Cork and Kerry, the first Sunday in May was named 'Domhnach na hEadraf', (Cow-time Sunday) because it was on this day that the cows were left out to pasture after the winter.

May Day was a 'gale day' when the Irish farmer's tenancy began or ended, on which a half year's rent must be paid to the landlord. Failure to pay the rent sometimes meant eviction, depending on the landlord or his agent's whim. The letting of grazing or meadows usually dated from May 1 and farm servants and workmen were hired at this time.

There were more piseogs (or superstitions) connected with May Day than any other day of the year. Nobody would loan or give anything away on this day, and anybody who asked for such was believed to be trying to steal his neighbour's good luck. Among the fishermen of the islands of Roaringwater

Bay, nobody would ask for the loan of a match, tea, sugar or anything, not even the time of day. If they did, they were suspected of trying to steal the boat's luck. In general, the rule for the day was 'no spending, no lending, no borrowing'.

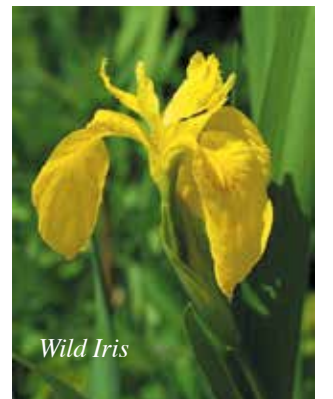
The first water taken from a well after dawn on May Day was considered lucky. It was known variously as 'the top of the well', 'the luck of the well' or 'barra-bua an tobair'. A story is told of a woman in Cape Clear rising very early to ensure she would be the first to draw water from a particular well; however, she fell asleep and a neighbour beat her to it.

Piseogs were especially strong regarding matters which involved no certainty such as milk, hay, crops and fishing. The dew on the grass in the morning has long been a symbol of agricultural prosperity. It was often gathered and kept as a medicine or aid to beauty. The young woman who washed her face in the dew on May morning gained a fair complexion, while if she were daring enough to undress and roll naked in the dew she was given great beauty of person.

The principal customs were those which welcomed the summer. The picking and bringing home of wild flowers was common, those in bloom at this time of year being mostly yellow – primroses, buttercups, marigolds, furze-blossom. The children usually made posies of the flowers, small bouquets, which they hung up in the house or laid on the doorsteps or window-sills. In West Cork, instead of flowers, people used to (and some still do), collect leaves of the wild iris, (liostrum, or feileastrum), which were

hung on the door, or placed on the window-sill or dresser. In most parts of Munster, it was more usual to pick and bring in 'May boughs', small branches of newly leafed trees, hazel, elder, rowan, ash, and particularly in Co. Cork., the sycamore, often called the 'summer tree'. Different growths were believed to be lucky or unlucky, varying from place to place. Blackthorn, elder, woodbine, furze, alder and whitethorn particularly, were considered unlucky, but this varied from place to place.

In the Roman Catholic Church, the month of May is dedicated to the Virgin Mary. Many families make a 'May altar' in their homes with a statue of the Blessed Virgin Mary adorned with vases of fresh wild or garden flowers. The Roman flower festival of Floralia was instituted in Rome in 283 BC and was celebrated from April 28 to May 3 in honour of Flora, goddess of flowers and vegetation. This Roman festival was introduced into Britain and juxtaposed over the old Celtic fire festival of Bealtaine. The Christian devotion to Mary was juxtaposed over this, so many of our customs show a continuity from pre-Christian times to today.



Wild Iris

Community Fund Scheme allocations agreed for Bandon-Kinsale Municipal District

Cork County Council's Bandon-Kinsale Municipal District has agreed Community Fund Scheme allocations for 2021, which will see €153,182 invested into community groups and projects across the Community Contract, Capital Fund and Amenity Fund streams.

€45,782 was awarded through the Community Contract Scheme to 13 Tidy Towns groups operating in the Bandon-Kinsale Municipal District to fund ongoing maintenance works and minor projects. €75,000 has been allocated through the Capital Grants Scheme, to support nine large projects in community buildings and sports facilities in Bandon, Kinsale and Castletack. €27,976 has been allocated across 15 community groups, business and develop-

ment associations through the Amenity Grant Scheme, which will support enhancing local amenities and facilitating events in the townlands.

Mayor of the County of Cork Cllr. Mary Linehan Foley praised the fund saying, "Over the past year, the communities in the Bandon-Kinsale Municipal District displayed creativity, innovation and dedication in rising to the challenges they faced. It's a testament to the incredible community spirit in the region. I have no doubt that these towns and villages will move from strength to strength thanks to their incredible community groups and organisations that Cork County Council are proud to support through the Community Fund Allocations."

Cllr Kevin Murphy, Chair of Bandon Kinsale Municipal District welcomed the allocations,

"Community groups have experienced a particularly challenging year, their contribution in the response to Covid-19 has been immensely valuable, however many of the traditional avenues for fundraising have been closed to them. As a result, Cork County Council's investment through Community Fund Scheme is vitally important for many groups and the communities they work within."

Chief Executive of Cork County Council Tim Lucey acknowledged the importance of the scheme highlighting how, "Cork County Council's Community Fund Scheme allows us to work alongside the communities we serve and provide targeted support to achieve this goal and bring lasting benefits throughout our Municipal Districts."

AtkinsDIY
CLONAKILTY
TEL: (023) 8833319

Victor 17" Push Steel Deck Petrol Lawnmower
€279.00

PRO PLUS
Multifunction 5 in 1 Gardening tool
€289.00

Victor 18" Self-Drive Steel Deck Petrol Lawnmower
€365.00

SO MUCH MORE THAN A DIY STORE

A Member of the Topline Group

West Cork teenagers speak out to make a difference

Teenagers across Ireland, including students from West Cork, spoke out in April on the issues impacting them and shared their innovative ideas for change with the help of a new digital platform created by Young Social Innovators as part of the YSI Speak Out Virtual Tour.

Students from Coláiste na Toirbhirte Bandon and Beara Community School, Castletownbere participated in the campaign, sharing the creative ways that they have contributed to their communities this year through Young Social Innovators. The teenagers completed projects on issues they care about impacting people, communities, and the environment.

Colaiste na Toirbhirte Bandon's 'Sign Me Up' project aims to raise awareness of the Deaf community in Ireland and incorporate Irish sign language into the Irish education system.

Concerned about the isolation of the Deaf community in Ireland, the students are determined to effect change and raise awareness, in particular around the issue of the lack of communication the Deaf community comes up against in public settings.

"We think this issue is of greater consequence now during the pandemic, as with the widespread use of face coverings, the Deaf and Hard of Hearing community can no longer communicate with hearing people as easily, as lip reading is no longer possible. We want to help overcome this language barrier so that all communication is comfortable and safe for both participants."

The students have already started teaching people Irish sign language on their Instagram page; met with Senator Mark Daly to discuss his involvement in raising awareness about the importance of Irish Sign Language; and gave in-class Irish Sign Language lessons to some of the students in the school.

"Working with Sign Me Up has been so rewarding, as I could see our project making an impact on many people's lives," commented project chairperson Emily Desmond.

Students at Beara Community School have created 'The Garden of Weeden' with the aim of creating a better working and learning environment for their school and community without contributing to climate change

and while assisting the native flora and fauna of Ireland. The students are hoping to create a nationwide movement through use of social medias to reduce the unused traditional plain grass lawns and result in a cleaner more natural Ireland. Their hope is to pass on this project to future transition years and generations to continue improving, developing, expanding and maintaining their shared dream of a better world for all.

"Our project has made a positive difference, as we have created an outdoor space/classroom where students can go for mask breaks and also some classes will be held outdoors. This is involving nature and wildlife into the students daily life. It is also very good for students and teachers mental health and well-being to get out in the fresh air. It also benefits the local environment and wildlife, as it cleans the air and increases biodiversity. It tackles the majority of the sustainable development goals we chose for the project and allows for further input and development."

During the Speak Out Virtual Tour, all of the videos created by YSI teams were shared on a dedicated digital platform,



Coláiste na Toirbhirte students Hannah Bucky (back left), Aoife Dineen (back right) Maeve Coughlan (front left), Emily Desmond (front right) are concerned about the isolation of the Deaf community in Ireland.

searchable by location and theme, giving a real insight into the social issues most relevant to Ireland's teenage population.

The Speak Out Virtual Tour also sees students reaching out to different audiences to raise awareness and garner support for their projects including among their local communities, political representatives, local media outlets and other key stakeholders. This new element to the Speak Out Virtual Tour is equipping and empowering young people to amplify their voices, providing them with a mechanism to 'speak out' as a collective on the issues that matter to them most.



Students at Beara Community School have created 'The Garden of Weeden' with the aim of creating a better working and learning environment for their school and community without contributing to climate change and while assisting the native flora and fauna of Ireland.

New water-based activities facility centre for Ballinspittle

The significant increase in people enjoying outdoor water-based activities such as kayaking, surfing, paddle-boarding and open water swimming is expected to continue to grow year on year, and not just during the summer months. This means all-weather changing facilities, secure storage and bathrooms at beaches and inland water spots will be in huge demand.

To meet this demand Minister for Tourism Catherine Martin and Fáilte Ireland have announced a major new investment worth €19million. The funding will be used to build world-class facility centres at 22 locations across the country where water-based activities are a key visitor attraction.

Garrylucas Beach, Ballinspittle will be developed under this scheme, in partnership with Cork County Council. Each centre will provide hot shower, changing and toilet facilities, secure storage, induction spaces, equipment washdown and orientation points.

They will be fully wheelchair accessible and built using sustainability best practices such as solar heating panels to meet 'Nearly Zero Energy Building Standards'.

This investment scheme,

developed in partnership between Fáilte Ireland and Local Authorities, will support the local economy and the outdoor activity sector by significantly enhancing the overall visitor experience, providing new business opportunities in local communities and allowing for the extension of the tourism season beyond the traditional summer months.

Officially launching the €19million investment, Minister for Tourism Catherine Martin TD said: "Ireland is world-class when it comes to providing water-based activities which are enjoyed by local communities and visitors along our stunning coastline, rivers and lakes. We've seen a significant upward trend in people enjoying outdoor water activities over the last year and we know the appeal of the outdoors will continue to grow post-COVID19 so we must ensure the Irish experience meets and exceeds visitor expectations."

The scale of the investment I am announcing today with Fáilte Ireland will have a key role in Ireland's recovery. It will support the local economy and the outdoor water-based activity sector by significantly improving the overall visitor experience, providing new business and job

opportunities in local communities, particularly in rural areas and allowing for an extension of the traditional tourism season beyond the summer months. It is also important to note that the facility centres will be sustainable, accessible and integrate into the natural environment of their locations."

Paul Kelly, CEO Fáilte Ireland said: "Our temperate climate can offer year-round quality outdoor experiences. In order for Ireland to be recognised internationally as a best-in-class activity destination it is critical that we invest in building a sustainable activity infrastructure, compelling visitor experiences and developing the capacity of activity providers."

This investment scheme will not only strengthen our appeal as a country with strong outdoor water-based activities and facilities, it will also create new opportunities for activity operators that will benefit local jobs and businesses while helping to spread visitors across the regions. Today's announcement outlines Phase One of this scheme, which has an expected completion date of summer 2022 and we will look at a potential second phase in 2023."

Glentree
FURNITURE & CARPETS



PRIVATE VIEWING AVAILABLE BY APPOINTMENT



MANY RANGES AVAILABLE FOR IMMEDIATE DELIVERY!
Shop online at
www.glentreefurniture.ie

Brookpark, Dunmanway P47 VW95 023 885 6666

It's getting better



A WEST CORK LIFE

Tina Pisco

I must apologise for last month's grumpy column. It came very close to feeling hopeless, though I did finish with the hope that things were going to get better. Well, they have. Things have definitely gotten better and I can feel the difference, the relief.

It's not quite as relieving as when Trump lost the election, back in November. That felt like half a mountain had lifted from my shoulders. This is more subtle. Like when you are winded and suddenly start remembering how to breathe again.

There are four reasons for this:

1) First there is the landscape: Spring is everywhere. Every day brings some new beautiful thing to surprise me. Primroses, bluebells, tiny little calves, foxes, lambs frolicking – you get my drift. Every year I am astonished at how in tune with the landscape I am after living on the same little piece of this planet for the past 28 years. Whatever doldrums I emerge from after the dead winter, the greening of the landscape is the tonic that I need to shake off the doom and gloom.

2) The Weather: To be

accurate, I should really say the temperature and the light. I am Mediterranean by blood and by birth. I spent the first five years of my life in Spain. My body was not conditioned for anything below 10C. It just shuts down. It's the same with the light. The Norwegians may well relish the dark months, but my body figures that it's time to build up body fat and sleep. In winter I feel a great sense of community with hibernating bears.

3) All of County Cork: Yes all of it! After three months of being stuck in a five-mile radius of winter fields, I can go anywhere in County Cork. Like many of you, my first outing was to the coast. I filled up the tank and took the coast road, visiting all my favourite coves and beaches. At most of them I was alone. When I did bump into others they were people that I know. The joy of chatting to them was like the sea air that I found myself gulping like a greedy child. A few days later I ventured out to Inchydoney. What a shock! People. Lots of people. Again, the joy of chatting to people, friends and strangers alike, was as intoxicating as the magnificent view. Having a crepe and a coffee in the blazing sunshine, under a bright blue sky, felt like going on a luxury holiday.

4) Vaccination registration: Friday, April 23, registration for my age group opened and I am 'delira'. I was a little disappointed to get a rather vague "you will be contacted in the next few weeks", instead of a firm date, but sure look... Sometime in the hopefully not-too-distant future I will get my jab and it feels like the first step towards finally being let out of this lockdown limbo. I'll spare ye my own health issues (here's a clue: I smoked for all of my adult life).

Suffice it to say that getting Covid-19 would not be pleasant, and could be very serious.

I know that the whole vaccination thing is fraught and emotional. The issue has become so polarised that I have found myself prefacing any conversation about vaccinations with the disclaimer, "I don't know how you feel about vaccinations, but I'm looking forward to getting one." If you disagree with me on getting the vaccine, there's something I want you to know. I don't think you are stupid. I respect your personal choice. Please, let's not make this an issue to lose friends and family over.

Personally, I don't get what the big deal is. I travelled a lot as a child. Vaccinations, passports, visas and vaccination certificates were an integral part of travelling. My mother had us drink lots of water, take an aspirin, and wave our vaccinated arm around to dampen the side effects. There were countries you couldn't get into without vaccinations. There were countries you could get into, but couldn't go home from without vaccinations. There still are. Before I volunteered to work in Nea Kavala Refugee camp in Greece, I had to get a rake of shots. Most were mandatory, but it was also suggested that I get a flu jab. I had never had one, and didn't want it. MY GP however insisted, saying that the chance of getting cholera was pretty low, but that influenza was rife in refugee camps. I got the jab. It was grand. I didn't get sick and have had one every year since.

Vaccinations are important. How you feel about them is important. But what is more important is how we feel about each other. After all the summer is on its way for everyone.

Letter from the Editor

Welcome to the May edition of West Cork People,

As our society slowly starts to unfurl from hibernation, this week we patiently await news of the next stage in the easing of our government's restrictions. Be gone my greys! Our vaccine rollout appears to be going well. It's really heartening to see our older generation out and about again. One gentleman out shopping approached me at the beginning of April for a paper and said this was his first outing in public in well over three months. He seemed nervous but was absolutely delighted to be doing his shopping and find a copy of his favourite free paper on the same day! I've registered two over-60s for their shots through the HSE helpline in the last few weeks; an easy enough process, although I did get asked different questions on each occasion! One has already received an appointment for next week. In more good news, the head of BioNTech, reckons Europe can achieve herd immunity against coronavirus by August; he's "not worried" about variants. We can only hope he's right. I wonder when we get our freedom back will we embrace it with two hands or quickly forget how precious it is. As mentioned in her column this month; we'll have Louise chasing after us all with a big stick if we so much as pass up one invitation – fair enough I think after all our moaning and groaning about not being able to see each other for the past year.

On the other side of the coin, as the Covid death toll passes 200,000 in India with harrowing scenes, we are reminded how easy this virus can spread; India's crisis is a crisis for everyone and none of us are safe until everyone is safe.

Inside this issue you'll find the usual mix of news, views and community stories and interviews, most of it positive.

I hope you enjoy the read. Until next month,

Mary



Mary O'Brien
Editor



Sheila Mullins
Creative Director



Ronan Ryan
Sales Consultant

€3 million pilot bike and e-bike upcycling initiative launched

The Department of Rural and Community Development and Department of Transport have this week announced the launch of a three-year pilot initiative for the provision of high quality up-cycled bicycles and e-bikes for those on low incomes and/or those who are most marginalised and disadvantaged.

Funding of €3 million is being provided by the Department of Transport for this initiative over a three-year period and will be made available through the Department of Rural and Community Development's Community Services Programme.

Applications are now being

sought from eligible organisations for inclusion on this programme. Organisations eligible to apply are those currently supported under the Community Services Programme or alternatively are in a Partnership/Consortium of which at least one member is currently a CSP supported organisation. It is envisaged that the pilot will support up to six social enterprises in 2021.

Full details of the scheme and the necessary application form will be available on the Department's website www.gov.ie/drcd. Proposals should be submitted to csp@drcd.gov.ie using the application form by noon, May 28, 2021.

West Cork People
Old Town Hall,
McCurra Hill,
Clonakilty, Co. Cork.
www.westcorkpeople.ie

Contributors

Kate Arbon
Karen Austin
Hannah Dare
Tina Pisco
Louise O'Dwyer
John Hosford
Sean Creedon
Tania Presutti
Noah Chase
Shane Daly
Pauline Murphy
Kieran Doyle
Sherna Malone
Tommy Moyles
Jean Perry
Fiona Hayes
Grace O'Sullivan MEP
Rosari Kingston
Dr Jeff Featherstone
Pat Culhane
Paul Lordan
April Danaan
Eugene Daly
James Waller
Liz O'Mahony

Advertisers Please Note: West Cork People does not accept liability for any loss or damage caused by any error or inaccuracy in the printing of any advertisement. We reserve the right to refuse or amend any advertisement, notwithstanding where, when or by whom accepted for publication, more-over we reserve the right to discontinue with the publication of any advertisement previously published. Please note further that we cannot accept responsibility for one or more incorrect insertion and that no re-publication will be granted in the case of typographical or minor changes which do not detract from the value of the advertisements.

West Cork People

Public meeting in May on flooding: Cairns

Flooding continues to be a major issue in West Cork. Several communities are being flooded regularly when there are storms or heavy rainfall. To tackle this issue Holly Cairns TD says we need effective public policy that works with communities to find the best solutions and supports those impacted. There are three key points that are important to consider when talking about flooding she explains:

1. Effective nature-based and community-centred approaches

Last week we learned that the OPW has to carry out emergency works on Bandon River fish

pass, and this is after several flood events in Bandon over recent months despite the expensive flood relief works. This should give us pause to consider how we can best respond to flooding. Where areas need flooding defence measures, such as Bantry or Clonakilty, these schemes need to be developed in conjunction with communities. State agencies should listen to communities to develop workable solutions based on knowledge of the land and the cultural and natural heritage. Also, instead of looking at flooding in a piecemeal fashion, we should be addressing it on a watershed scale, in an approach, which integrates flood protection, stream and wetland habitat restorations and water quality improvements.

2. Climate change

We cannot discuss flooding without talking about climate change as a major cause. We have had the stormiest winter for 143 years and the wettest winter for most of the country since records began, with unusual Atlantic hurricanes, which are maintaining hurricane status closer to Ireland. The Climate Bill currently going through the Oireachtas is an incredibly important law that is supported by the vast majority of public representatives. Along with others in the opposition, I want clearer targets, realistic plans, and a just transition. We need to make significant changes but we need to prioritise supporting those least able to afford it. For example, we need to drastically improve public transport and vastly improve ex-

isting retrofitting grants. Despite some scaremongering around agriculture and the climate bill, I agree with the IFA president's statement in favour of climate action, which balances the three pillars of sustainability – environmental, economic and social. Ultimately these changes will help ensure the survival of farming and fishing by stemming the most severe impacts of climate change, and they will also help reduce flooding events.

3. Flood insurance

Reform of the insurance sector is long overdue, but one of the most visible injustices is the refusal of flood insurance. Homes and business are often denied this vital cover, which worsen the effects and worry over flooding. This issue is even more dis-

graceful when communities that have had a flood relief scheme installed cannot access flood insurance. With millions of public money spent on the schemes, the residents and business in the area should be entitled to reasonable cover.

Building on the work carried out by community groups in Skibbereen, Bandon, and other areas, I'll be introducing a Flood Insurance Bill to the Dáil to ensure access for areas covered by flood relief schemes. I will be holding a public meeting on Monday May 10 on the topic with input from affected communities, please go to my website or social media for more details: hollycairns.ie



Homevalue

Find the right food for your dog, whatever the age.

Puppy



Pedigree Complete Puppy Chicken/Rice/Veg 2.2kg **€8.79**
 Royal Canin Maxi Puppy 2 – 15 Months 15kg **€79.00**
 Gain Big Dog Puppy 15kg **€33.00**

Adult



Royal Canin Medium Adult 12 Months/7 Years 15kg **€71**
 Pedigree Complete Chicken/Rice/Veg 12kgs **€27.95**
 Gain Original Dog Food 15kg **€18.95**
 Madra 15kg **€14.49**

Adolescence to Adult



Royal Canin Medium Adult 12 Months/7 Years 15kg **€71**
 Royal Canin Maxi Adult 15 Months – 6 Years 4kg **€29.50**
 Royal Canin Mini Adult 10 months – 8 years 2kg/8kg **€17.80/€49.95**

Special Dietary Needs



Burns Sensitive Pork & Potato 2kg **€16.40**
 Burns Free From Duck & Potato 12kg **€92.50**

**Specialised food for certain breeds also available to order.
 See bandoncoop.ie for more or talk to our instore experts.**



Homevalue

Kilbrogan, Bandon, Co. Cork t (023) 882 9000
 Farm Lane, Kinsale, Co. Cork t (021) 477 4080
 Enniskeane, Co. Cork t (023) 884 7866

Opening Hours:
 Monday – Friday 8.30am – 5.30pm,
 Saturday 9am – 5pm.

Like Us Follow Us Follow Us www.bandoncoop.ie

Stock varies by store – talk to our in-store specialists to source what you need for your pet. Always consult your vet for feeding advice.

KNOW YOUR RIGHTS

Emergency medical card

What is an emergency medical card and how do I apply for one?

An emergency medical card is a medical card that you can get without a means test in certain emergency situations.

You can get an emergency medical card if you:

Have a terminal illness and have been told you have 24 months or less to live; Are getting end-of-life treatment; Need urgent ongoing care and urgently need a medical card.

Only a healthcare professional (for example, a doctor or consultant) can apply for an emergency medical card for you. They will

send the application to the HSE.

If your application is approved, it can take up to 10 days to get your medical card in the post. However, your card will be active within 24 hours of your application being processed. Your GP, pharmacy and hospital staff will see your card is active on their systems. This means you can access medical card services while you wait for your card in the post.

If you get a medical card because you have a terminal illness and have been told you have 24 months or less to live, the HSE will never review your card and your card will never expire.

If you get a medical card because you are receiving end-of-life treatment, the HSE will never review your card and your

card will never expire. End-of-life treatment means you have been told you have less than 12 months left to live.

If you get a medical card because you need urgent ongoing care and urgently need a medical card, your card will expire after six months. You will need to complete a means assessment before your emergency medical card expires. The HSE will write to you to remind you to do this.

You can get more information from the National Medical Card Unit on (051) 595 129, or lo-call 1890 252 919 or you can contact your local Citizens Information Centre.

You can read more about emergency medical cards on citizensinformation.ie

Applying for a student grant

I'm doing my Leaving Certificate this year and plan to go to college in the autumn. How do I apply for a student grant?

Student Universal Support Ireland (SUSI) awards higher and further education grants to people living in Ireland.

You complete an application form online to apply to SUSI. You must have an online account with SUSI before you can make your application. SUSI accepts grant applications for the 2021-2022 academic year from 22 April 2021.

You can use SUSI's eligibility reckoner to see whether you meet the criteria for student grant funding.

These include:

- * You must be an Irish, UK, EU, EEA or Swiss national. You may also be considered

for a grant if you have refugee status, subsidiary protection or leave to remain in Ireland.

- * You must have been ordinarily resident in Ireland for three of the last five years.
- * Your family's means must be under the specified threshold for the previous tax year (2020). If you or your family have had a change of circumstances during the tax year, your changed circumstances may be taken into account.
- * You must be attending a course that is approved for a student grant. You can see the list of approved institutions and courses on SUSI's website.

If you are refused a grant or are approved a grant at a rate that you don't think applies to your situation, you can appeal the decision in writing to SUSI. You must appeal within 30 days of getting your decision.

If you are living in direct pro-

vision or are in the international protection system, you can apply for support under the Student Support Scheme for Asylum Seekers.

You can read more about the Student Grant Scheme on citizensinformation.ie.

During COVID-19, you can find comprehensive integrated information online at citizensinformation.ie/covid19/ and you can get daily updates on what's changed on Twitter at @citizensinfo.

Know Your Rights has been compiled by Citizens Information West Cork which provides a free and confidential service to the public.

WEST CORK HELPLINE
0761 078 390

Email Bantry.cic@citinfo.ie
Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000



Citizens Information

We are here to support you in West Cork

Phone Bantry Mon- Fri, 9-5pm on **0761 07 8390**

Providing you with free and confidential information, advice and advocacy on

- SOCIAL WELFARE
- HOUSING
- HEALTH
- EMPLOYMENT RIGHTS
- FAMILY MATTERS
- INCOME SUPPORT

@ bantry@citinfo.ie

National phone line **0761 07 4000** 9am-8pm, Mon-Fri

citizensinformation.ie

Funded and supported by the Citizens Information Board

Entitlements and schemes you did not realise you were eligible to claim

There are many different social welfare payments available to people living in Ireland and all have different eligibility criteria. Some, such as Child Benefit, are available to the majority of people with children, while others are benefits based on your PRSI contributions and others are means tested. To people unfamiliar with the system, it can be very confusing. According to Anne O'Donovan, Development Manager with the Citizens Information Service in West Cork, it can result in some people not claiming payments which they would be eligible to receive. She gives some examples as follows:

Working Families

Working Family Payment (WFP) is a weekly tax-free payment available to employees

with children who meet the eligibility conditions. It gives extra financial support to people on low pay who work at least 38 hours a fortnight. You must be an employee to qualify for WFP and you cannot qualify if you are only self-employed.

Anne O'Donovan gives an example that if your net income was €600 per week and you have three dependent children, you could get €85.80 a week under the Working Family Payment. A lot of people would not be aware of this.

Family Carers

The Carer's Support Grant is an annual payment made to carers by the Department of Social Protection (DSP). Carers can use the grant in whatever way they wish. Many people who are eligible do not claim this annual grant.

Anne O'Donovan says that the Carer's Support Grant will increase to €1,850 in June this year from €1,700 previously. It is available to a person who is caring for someone else on a full-time basis and not working outside the home for more than 18.5 hours per week. It is not necessary to be in receipt of Carer's Allowance or Carer's Benefit to claim this grant. It is also not means-tested.

"We encounter people who are caring full-time for an elderly parent or they may be retired themselves and caring for their spouse. They may have a good standard of living and savings and not be eligible for Carers Allowance, which is means-tested. However, they can apply for the Carers

Support Grant, which is paid once a year, usually on the first Thursday in June for those who are eligible. It is not a taxable payment."

State Pensions

Citizens Information also get calls from people in their late 60s, who have passed the State Pension age, paid their contributions, but are continuing to work. Some of these people do not realise that you can claim your pension from 66 even if you're still working. Also if you are on the means-tested State Pension (Non-Contributory), you can earn €200 each week if you are an employee (not self-employed) and it will not impact on your pension amount

Treatment Benefit

There have been improvements to the Treatment Benefit Scheme, which is available to workers (both employees and self-employed) and retired people who have enough social insurance (PRSI) contributions. The amount of PRSI contributions that you need depends on your age.

From March 27, 2021, you can get the full cost of a hearing aid up to a maximum of €500 or €1000 for a pair. Before this date, you had to pay at least half the cost of a hearing aid and repairs. For example, if a hearing aid costs €600, you now only pay €100 for one aid or €200 for a pair. The scheme also covers the full cost of repairs to aids, up to a maximum of €100.

Some people may not be aware that if you do not have enough PRSI contributions of

your own, you may be able to qualify using your spouse, civil partner or cohabitant's PRSI record.

Medical Card

There are people who may be eligible for a medical card but they are reluctant to apply as the income thresholds for people aged under 70 seem very low. However, Citizens Information point out that while they would appear low, you can add on things like mortgage payments, reasonable travel expenses to work, and so you can increase the income threshold by including allowable expenses.

Further information in relation to all of the above schemes is available from your local Citizens Information Centre. To check if you are eligible for these or any other schemes you should telephone the West Cork Citizens Information Helpline: 0761 07 8390. They will discuss your current circumstances with you and make you aware of any entitlements that are available to you. You may be entitled to something that you did not realise was available to you.

For anyone needing information, advice or who have an advocacy issue, they can call a member of the local Citizens Information team in West Cork on 0761 07 8390, they will be happy to assist and make an appointment if necessary. The offices are staffed from Monday to Friday from 10am to 5pm. Alternatively, you can email at bantry@citinfo.ie or log on to www.citizensinformation.ie for further information and contact details.



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
@HollyCairnsTD
Holly Cairns TD

Social Democrats

RNLI launches Mayday for funds as figures show Cork lifeboat crews rescued 99 people last year



Volunteers at Union Hall (l-r) Tim O'Donovan, Richie O'Mahony and Shane Hurley are asking you to suport Mayday Mile.

The RNLI is launching its Mayday Mile fundraiser as the charity's rescue figures for 2020 show that volunteer lifeboat crews at its eight lifeboat stations in Cork launched 88 times and brought 99 people to safety. The RNLI operates lifeboat stations in Youghal, Ballycotton, Crosshaven, Kinsale, Courtmacsherry, Union Hall, Baltimore and Castletownbere in Cork.

Volunteer lifeboat crews are getting ready for what they expect will be a busy summer

with people continuing to holiday at home. Last year, even as the country dealt with restrictions put in place to fight the pandemic, lifeboat crews were still busy, bringing 1,145 people to safety.

The RNLI's Mayday campaign begins on Saturday 1 May and runs throughout the month. Lifesavers are calling on supporters to join the Mayday Mile and cover the distance for the charity in any way they chose to raise vital funds to help their local lifeboat crews continue

their work. Sign up at [RNLI.org/SupportMayday](https://www.rnli.org/SupportMayday).

Cork man Peter Connon, a keen sailor, was out sailing with four young members of his family when they encountered a squall that resulted in one of their craft capsizing. In trying to aid the group a second craft also capsized and, with the weather worsening, they were unable to right the vessels. Mobile phones were rendered useless but they managed to set off a personal locator beacon and kept calm until help arrived. The group

had attended sailing courses and knew what to do in an emergency. Their equipment and quick thinking kept them safe until the RNLI lifeboat crew were able to rescue them.

Explaining why he is supporting Mayday and doing his own Mayday Mile walk, Peter spoke about the day he was rescued, "I've lived in Youghal all my life and I'm an experienced sailor, as are my family. That day we took every precaution, but the weather turned, and we quickly found ourselves in

serious trouble. We didn't hesitate to raise the alarm and our equipment and knowledge kept us safe until help arrived. I can't describe the feeling of joy when you see those big orange lifeboats come into view. I'm a big man but we were scooped into that lifeboat like we weighed nothing. They were so professional and reassured us that we had done everything right.

"My family are so grateful to Youghal and Ballycotton RNLI and to the paramedics and Coast Guard crews who attended to us that day. What might have happened only hit me much later. I'm doing the Mayday Mile fundraiser to thank the RNLI and hopefully by sharing my story other people will know that anyone can get into difficulty and it's important to have a means of calling for help."

Adding his thanks to the public who will be doing a Mayday Mile for the RNLI, Castletownbere RNLI Coxswain Dean Hegarty said, "I want to thank everyone who supports the lifeboat crews and the work we do. Being on a lifeboat crew here in West Cork, we have had some challenging shouts over the past year and I've been very grateful to have a highly trained lifeboat crew with me and to have the

very best in lifeboat equipment and kit. Recently our lifeboat was out for over twelve hours in the worst of conditions to give assistance to an Irish fishing vessel in trouble and we will gladly do it again when called on. Thank you to everyone who supports our work."

For a second year, Union Hall RNLI's main fundraiser, its annual Flag Day, cannot take place in Skibbereen. This year they are shouting 'MAYDAY' to all West Cork People readers: "We need your support as we gear up for the busy summer ahead," Union Hall RNLI Press Officer Pamela Deasy explains. "Will you answer our call and support our Mayday Mile this month? We are asking you to run, walk, swim, kick a ball, kayak or crawl a mile. Get family and friends to sponsor you, or choose your activity and make your donation once completed. We ask you to adhere to current Government guidelines so either do the challenge individually, with your family or your support bubble. You can register to take part at [RNLI.org/mayday-mile](https://www.rnli.org/mayday-mile), and once registered, then you can join team Union Hall so that your donation is allocated to Union Hall RNLI."

St. John's Central College

Sawmill St. Cork City

T: 021 425 5500
E: info@stjohnscollege.ie
W: www.stjohnscollege.ie

EXPLORE MORE...

We provide a wide range of Further Education opportunities, working from a strong base of creative, vocational and work-oriented courses, with a commitment to excellence in teaching, learning and training.

Full-Time & Part-Time Courses available

Download our prospectus at www.stjohnscollege.ie

Regional Training Centre

A historical look at the barriers that women in Ireland faced



HISTORY & POLITICS

Kieran Doyle

Each month I am grateful to have an opportunity to 'write' an article about history for the West Cork People. This week, my sister Linda Doyle 'made' history by becoming the first female

Provost (President) of Trinity in its 429-year history. It was certainly the proudest day for our family, but aside from that, it was another massive step towards rewarding women for their ability. There was plenty of praise from Mna na hEireann in witnessing another glass ceiling being smashed. In the last twelve months, three other women have taken the reigns in Irish universities for only the first time. It is hard to get your head around this considering the academic excellence of so many girls in schools. In her acceptance speech, Linda spoke about "extraordinary days becoming ordinary days", looking forward to when it will be normal for women to be appointed to high-powered positions. Not just in education, but across the spectrum of fields in Ireland.

Not because of gender, but due to one's ability, experience and vision. That is the true message of equality.

A different strand worth highlighting is that Linda broke another barrier – class. Our childhood was quite an ordinary, happy, middle class experience but our parents' upbringings were very different. Both had to leave school at fourteen: My mother out of poverty – her father died and she was put to work. My father out of tradition – his father and grandfather were composers and printers, so my father was plucked out of school to follow that line, whether he liked it or not. At least the students of today who take up apprentices tend to be given a choice or an opportunity to finish school first, allowing them to mature and be better prepared for adulthood. Fortunately both my parents found a way to go back to college later in their adult lives and fulfilled a desire for higher education, something they passed onto us. Linda went to regular, ordinary, primary and secondary schools. She worked every hour of the summers to pay for her college fees. She is an example to anyone that if you work hard enough, with a focus, and use your talent, then your goals can be achieved. What gender you are, where you went to school, or whom your parents are, should be irrelevant. This can be an aspiring tale for many who despair at barriers in their way to achieving their full potential. The world is changing.

So how far has Ireland changed? Let us explore some of the historic gender barriers that women faced in Ireland.

Universally, women's enfranchisement was a long time coming. The first green shoots began at local level. The '1898 Local Government Act' allowed some women of property the right to vote and this act also heralded an era for women to sit on Boards of Guardians (which



Linda Doyle, the first female Provost (President) of Trinity in its 429-year history.

loosely were like councillors at a district level). It must be said that the barrier to vote for national parliament was not just based on gender. Since the emergence of elective governments, other factors such as one's religion, how much property one owned and one's age were hurdles that had to be overcome. Yet women's right to vote was the last one to fall on the arduous and torturous road to the ballot box. Even then, when in 1918 the Holy Grail looked set to be achieved, there was yet another stipulation for woman – you had to be thirty and own or occupy a property with a rateable value of five pounds. This ensured large sways of the female population remained voiceless on the national scene. As Ireland was part of the UK at that time, these were the same conditions as the rest of Britain. When it came to election time, Constance Markievicz was elected for St Patrick's Ward in Dublin. However, as she and her fellow Sinn Feiners were abstentionists, she did not take her seat at Westminster. She was nevertheless made the first Labour Minister in the breakaway first Dail. This was extremely fitting given her years of work amongst the poor, her support for unions and her role in helping starving families during the 1913 'Dublin Lock-out' strikes. Once the Free State came into existence in 1922, women were given full universal voting rights, something that British women had to wait for until 1928, and as long as 1971 in Switzerland.

While the vote was and remains an important landmark for the advancement of women, many other institutions that had been formerly only the preserve of men were chipped away at slowly. Again, it was in Ireland and not on the mainland where another ceiling was broken. In 1877 the King's and Queen's College of Ireland (now the Royal College of Physicians of Ireland), allowed women to register to take medical degrees.

The private Catholic University followed suit in 1898 and Trinity rather belatedly in 1904. Whatever about registering as a female student, women in professorships were also unheard of. Cork woman Mary Ryan became the first female to earn a professorship in Ireland when in 1910 she was appointed to the Chair of Romance Languages at University College Cork.

It was not just in education and politics where women were discriminated, but a lot of everyday life situations. What may be more shocking to some of our younger readers, is that many restrictions remained late into the 20th century. The 'Marriage Bar' was a law that legally required women working in public service jobs to resign upon getting married. It seems ludicrous today to envisage such a law, even more so given that it was only revoked in 1970. The private sector held out until 1977. By then, a European ruling declared it illegal to discriminate in any employment on the grounds of sex and marital status. Equal pay for the same job carried out by both sexes only came into force in 1974. The damage had been done for a generation of women. It curtailed the careers of many of them but had long-term consequences too. Short careers meant low incomes and paltry pensions. Even if one wanted to apply for a new job, an earlier act had already barred married women from applying for employment in local authority services. A lot of this had been influenced by a key component of the 1937 Constitution. Article 42.1 stated 'By her life within the home, woman gives to the State a support without which the common good cannot be achieved'. While it didn't say a woman's role is in the home, it created a legal and social environment to limit women's advancement into the workplace. I believe a homemaker (female or male) is one of the most honourable, vital and still undervalued jobs

one can do. But for decades housewives were not given the opportunity or encouragement to pursue the desires of their own life's journey. I was blessed with a mother who nurtured us full-time at home; but sadly, in the cultural context I have outlined, she gave up her job when she married. Thankfully, when we were older teenagers, she did a diploma in women's studies and then geology at UCC, fulfilling a lifelong dream that circumstances and the law had denied her.

The mother and baby home scandal has not only unearthed how illegitimate children were treated by the state, but also shone a light of the sexual morass that women were subjected to. Society's unhealthy obsession with women's sexuality found its focal point in the incarceration of women who had children out of wedlock. I have written about this in detail previously as a separate topic, but it must be acknowledged as an important part of the narrative in the restrictions on women. Even inside the 'sanctity' of marriage, women did not 'own' their own bodies. Once married, a man could insist on carnal affairs with his wife whether she consented or not. It led to the 'marital rape' of many women, something that was only legally made a crime in 1990 – the same year when Ireland voted for its first female president, Mary Robinson.

Most of these problems were not Irish issues. They were universal. Society has advanced globally on so many matters, from gender, to race, to labour and employment rights. It's an advancing tide that continues to erode centuries of injustice and ignorance. Yet there are many parts of the global who have yet to deliver the social change that defines a fair, equal, safe and prosperous society. More must and will be done. I write the history. Linda, you have made history. As we used to say growing up in Cork City, "Well done girl".

CHRISTOPHER O'SULLIVAN T.D.

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

CONSTITUENCY OFFICE:

40 Ashe Street, Clonakilty.

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



christopher.osullivan@oireachtas.ie

023 8811011

FIANNA Fáil
THE REPUBLICAN PARTY



DO NOT RENEW YOUR HOME OR MOTOR INSURANCE POLICY WITHOUT CONTACTING US FOR A QUOTE

Barrack Street, Bantry • (027) 52233
Bridge Street, Dunmanway • (023) 8845185
Bridge Street, Skibbereen • (028) 21272

Charles McCarthy Insurance Ltd t/a McCarthy Insurance Group is regulated by the Central Bank of Ireland

HOME
BUSINESS
MOTOR
LIFE
HEALTH
INSURANCE

Clonakilty Credit Union is there to support you

Clonakilty Credit Union, which is not driven by profit and always tries to put its members first, has been at the heart of the community through good times and bad.

Covid-19 has changed the way we live and work and some of us will take this new normal with us into our future. This is where Clonakilty Credit Union would like to highlight three loan products to help their members fund the change.

The College Car Loan is suitable for those students who are now opting to commute to College independently rather than the hassle of seeking out and paying for accommodation

nearby. At a reduced rate of 7.9 per cent, students can now avail of a car loan to help them achieve their education goals.

With the recent news of banks leaving Ireland and the closing of local branches, the Credit Union movement has now become a prominent alternative choice for people. The Move Your Loan is a competitive option for Clonakilty Credit Union members. Did you know that you can move your car, PCP, credit card or any bank loan to one simple loan with the Credit Union!

Since the emergence of Covid-19, the Government has been advising people to work

from home. This option has become very popular for many, and people are now looking to the future and thinking about ways they can make their home office more user-friendly. Clonakilty Credit Union can provide a loan to buy a cabin, transform a garage or renovate a room if you need to find that extra space. Their Home Office Loan can provide you with funds up to €70,000 unsecured.

The loan process is simple and straight forward with no surprising conditions. Contact Clonakilty Credit Union today to see what they can do to Help You!

Refurbishment for Kinsale Fisherman's Pontoon

Cork Senator Tim Lombard has welcomed the release of tenders for works to refurbish the Kinsale Fisherman's Pontoon Mooring.

"The Kinsale harbour is a hive of commercial and leisure activity, and the Fisherman's Pontoon is used by local fishers as well as businesses and individuals pursuing marine leisure, sea angling, and sea

tourism.

"The Pontoon Mooring hosts a variety of large and small boats but has been in need of refurbishment works – something I have been campaigning for to support the ongoing activities of this busy port.

"Cork County Council released tenders at the start of April for works to replace the existing chain, install a new

mooring anchor block, and replace the pontoon rubber connectors.

"This is a welcome, and much needed, project for the Kinsale port. Tenders are due back by the end of the month, hopefully quality applications will enable prompt progress to installation works before the end of the year."



QQI DAY COURSES COMMENCING SEPTEMBER 2021

QQI LEVEL 5 ★ NEW Courses!

GAIN NEW SKILLS OR UPDATE EXISTING ONES

LOCAL TRANSPORT LINKS FOR STUDENTS

PATH TO FURTHER STUDY OR THAT IDEAL JOB

Art

★ Business Administration with Online Solutions

★ Creative Innovation & Digital Media

★ Early Learning & Care

Hairdressing & Beauty

Healthcare

Health & Wellbeing

Horticulture

Legal Administration

Medical Administration

Psychology & Social Studies

SUPPORTIVE LEARNING ENVIRONMENT

MAKE A NEW START

EMPLOYER LINKS

COURSES RELEVANT TO LOCAL JOB OPPORTUNITIES

QQI LEVEL 6 ★ NEW Course!

★ Advanced Psychosocial Awareness Training

<http://westcorkcampus.corkcollegeofcommerce.ie/>
Online Applications can be made through the website

For more information please contact us.
Telephone: 028-21644 Coordinator: Máire O'Sullivan
westcorkcampus@ccoc.ie or maireosullivan@ccoc.ie

West Cork Campus of the Cork College of Commerce @westcorkcampus



CLONAKILTY CREDIT UNION

**NEW
NORMAL
LOANS**

**PROVIDING
FUNDS
FOR YOUR
FUTURE**

**We are here
to help...**

Kent Street, Clonakilty
(023) 88 33842

info@clonakiltycreditunion.ie
www.clonakiltycreditunion.ie

Follow us

COLLEGE CAR LOAN

**BUYING A CAR IS THE NEW
ALTERNATIVE TO RENTING
NEAR COLLEGE!**

- ♥ no deposit, no administration fees
- ♥ easy loan process
- ♥ independently commute from home
- ♥ own your car from day one
- ♥ you can add car insurance/tax to your car loan decision is based on your ability to repay the loan reduced loan interest rate of 7.9% (8.19%)
- ♥ no fees, no charges or penalties
- ♥ once approved your loan is valid for 3 months



MOVE YOUR LOAN

**YOU CAN MOVE YOUR CAR
LOAN, BANK LOAN OR
CREDIT CARD DEBT TO US!**

- ♥ no switch fees and easy loan process
- ♥ move your loan to your local not-for-profit cooperative
- ♥ decision is based on your ability to repay the loan you can also apply if you have low income or on social welfare payments
- ♥ no fees, no charges or penalties
- ♥ free Loan Insurance (t&c apply)
- ♥ free Death Benefit Insurance (t&c apply)



HOME OFFICE LOAN

**YOU CAN CREATE THE
PERFECT WORKSPACE FOR
YOU IN YOUR HOME!**

- ♥ finance to buy a cabin, renovate or build an extra room at home
- ♥ loan term up to 10 years with flexible repayments
- ♥ decision is based on your ability to repay the loan borrow up to €70,000 unsecured
- ♥ no fees, no charges or penalties
- ♥ free loan Insurance (t&c apply)
- ♥ free Death Benefit Insurance (t&c apply)
- ♥ Once approved your loan is valid for 3 months



HOW TO APPLY: Apply by phone **023 8833842**
Apply by email info@clonakiltycreditunion.ie
Apply online www.clonakiltycreditunion.ie

Loans are subject to approval. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating, which may limit your ability to access credit in the future. Credit Unions in the Republic of Ireland are regulated by the Central Bank of Ireland.

Just one-in-five Irish computer science graduates are women

Ten thousand girls attending post primary schools throughout Ireland are being targeted to redress the gender imbalance in the take-up of Computer Science in Ireland's third-level colleges.

CodePlus, a Computer Science (CS) outreach engagement project pioneered by Trinity College Dublin, is to be rolled out across the country by Lero, the Science Foundation Ireland

Research Centre for Software in partnership with Trinity, NUI Galway and University of Limerick (UL) over the next 24 months. The programme is funded under the SFI Discover Programme and will encourage, facilitate and provide opportunities to teenage female students to engage with Computer Science.

According to Clare McInerney, Education and Public Engagement Manager with

Lero, research into the CodePlus initiative shows it positively impacts female post primary school students: "The CodePlus programme is a powerful, non-formal outreach project encouraging adolescent girls to explore careers in Computer Science."

Professor Brendan Tangney, from the team at Trinity College Dublin who developed the CodePlus programme, said

they found young women who participate in the 20-hour course were more likely to select a Computer Science course at third-level: "It is wonderful to see these young women grow as the course progresses. Selection of a CS course on their CAO application became a real option for them, but more importantly, they felt they would be well able for a CS course."

Lero's Dr Cornelia Connolly

of NUI Galway's School of Education said the goal of CodePlus is to redress the imbalance in CS graduates coming out of Irish third-level colleges: "When you look at the percentages of all undergraduate degrees in Information and Communication Technologies (ICT) awarded to females over the last seven years it is stuck at just 18 per cent, and a lowly 20 per cent for CS courses.

"We need teachers and students to sign up for CodePlus. Young women are missing out on great careers in Computer Science and Computer Science needs more women designing for and with women; developing and leading the way," Dr Connolly continued.

Teachers, pupils and schools who want to participate in the CodePlus initiative should contact codeplus@bridge21.ie

Remembering Fr James O'Callaghan 100 years on

On Whit Sunday, May 15, 1921, 38-year-old Fr James O'Callaghan was shot dead by Crown Forces in the house of Liam de Róiste TD, on the northside of Cork City. **Pauline Murphy** marks the centenary of his death with a look at the life of this West Cork native.

Fr James O'Callaghan was born near Newcestown, in the parish of Templemartin, and took his first steps to the priesthood at St Finbarr's Seminary Cork before going on to St Patrick's Maynooth, where he was ordained in 1908 and dispatched to England for his first ministry.

In 1912, Fr O'Callaghan returned to his native soil when he was appointed to the Gaeltacht village of Ballingearry, where his love of Gaelic life and language flourished. He became a popular and influential figure in the

burgeoning Gaelic revival of the Rebel County but in 1917 he had to leave Ballingearry behind when he was appointed Chaplain to the Good Shepard Convent in Cork City.

In 1920 Fr O'Callaghan was appointed Curate at the Church of the Most Precious Blood in Clogheen, on the northside of Cork City. While waiting for accommodation to be built, he, and his housekeeper Katie Kearney, took lodgings at the home of Sinn Féin TD Liam de Róiste, who resided at Upper Janemount in Sunday's Well.

Like many involved in the Republican movement, Liam de Róiste never slept at his own address for fear he would be arrested, or worse. On the morning of May 15, 1921, the only people in the house were Fr O'Callaghan, Katie Kearney, Mrs de Róiste and her elderly mother.

It was just after 4am when a group of RIC Auxiliaries, masked with scarves, made their way up Buxton's Hill, which led to Upper Janemount.

The occupants in the de Róiste home were abruptly

woken from their sleep by a loud banging on the front door, followed by the sound of its glass panels shattering, as the Auxiliaries burst their way in.

Fr O'Callaghan appeared on the middle landing of the stairs, where he was confronted by armed men rushing up towards him. Katie Kearney had bravely left the safety of her room and now flung herself in front of the priest, reaching for one of the men's scarves, to pull it from his face.

A volley of shots rang out; a bullet grazing Katie's hand, as she tried to shield Fr O'Callaghan. However, the intruders were intent on violence and they shot the priest dead, leaving him in a pool of blood, before calmly departing the scene and disappearing into the dark streets of the city.

Neighbours rushed to the de Róiste house and tried to help the slain priest. An ambulance was called but it was unable to proceed up the steep incline of Buxton's Hill. Instead, with the help of the neighbours, Fr O'Callaghan was wrapped in blankets and carried to the

ambulance at the bottom of the hill. He was taken to the North Infirmary, where he clung to life until he finally passed away on the following evening.

No one was ever brought to account for his murder.

There was a suggestion that the callous killing was carried out by an RIC Auxiliary group from Shandon Street RIC Barracks, who were locally and fearfully known as 'The Charlie Chance Murder Gang'.

This gang was led by a notorious figure called Sergeant Charles Chance, who had a reputation for sadistic behaviour on the streets of Cork. Chance was a target of the Cork IRA but escaped several attempts on his life. Following the truce in the summer of 1921, the notorious Sergeant Chance left Cork, never to answer for his war crimes.

Fr O'Callaghan was one of three priests killed by Crown Forces during the War of Independence; Canon Magner was shot dead on a Dunmanway roadside in 1920 by drunken Auxiliaries and a Fr Griffin was abducted from his home and murdered in Galway the same



year.

The funeral of Fr O'Callaghan was a large one; the procession included several organisations and GAA clubs, along with brass bands and hundreds of clergymen. He was buried in the grounds of Clogheen Church, where he had been curate for only seven months.

In 1971 the 50th anniversary of Fr O'Callaghan's death was remembered with the dedication of a Celtic cross over his resting place at Clogheen church. A GAA club named in his honour was founded in the Clogheen area. Unfortunately the club is now defunct but Fr O'Cal-



Fr O'Callaghan's grave at Clogheen Church.

laghan is still remembered in the locality with an annual anniversary mass and wreath laying ceremony.

Katie Kearney, who displayed immense courage on the night of Fr O'Callaghan's murder, was a native of Inchigeela. Katie lived until 1976 but never forgot that dreadful night.

Consider the plight of reporters and journalists who put their lives in danger to deliver the news

By Clonakilty
Amnesty Group

Do we distinguish between reporters and journalists? Reporters are those who conduct interviews for the press or broadcasting media. Journalists are those who write for newspapers, magazines or news websites or who prepare news to be broadcast. Reporters are a subset of journalists. Many journalists work as reporters but not all reporters are journalists. Both are necessary.

However we seem to divide the two groups into salacious and/or worthy – we all know



the gutter press and disdain it. But do we understand enough about the reporters and journalists who report situations as they see them, bringing what facts they can. They work to bring the news from places we will never visit, where human rights are denied, which make their work risky to their own survival.

Should we care? Possibly it would make life easier if we could turn our backs on the unpalatable facts from far away – but we live in a global society, even if we wish we didn't.

Twenty-one Russian journalists, including Anna Politkovskaya, who was shot – murdered – in

2009; one of 21 since Putin became to power. Now journalists have been detained in Myanmar for reporting about protests. Would we know about this upheaval if it were not for the integrity of those reporting. Do we take the media for granted or dismiss it as fake news?

If you wish to help our protests do log in to Amnesty online.

So, this article asks you to think of the plight of journalists and reporters who have been punished, imprisoned and killed for their internationally recognised work, who were and are jailed globally because of their work. It is easy to hear the news on radio or TV and not realise

how these arrests affect the rest of our world. They hit a new high in 2020, as governments cracked down on coverage of COVID-19 or tried to suppress reporting on political unrest. Authoritarians again took cover in anti-press rhetoric from the United States. Two hundred and seventy four Journalists were imprisoned last year. We could fill this space 10 times over with the stories of what reporters and cameramen and women have endured and suffered.

We, in Amnesty International, write on behalf of detained journalists and reporters and cameramen and women. But this month we are not giving individual cases – they can be



found on the Amnesty website and we hope you will join us in any way you can.

Journalists, reporters, work

hard to show us what happens. We can accept it or ignore it. We have the choice. But reporters or journalists can die for bringing it to us. Reporters without Borders, also to be found online says, 'Journalism (is) the vaccine against disinformation (and is) blocked in more than 130 countries.' Disturbing food for thought...

Amnesty meetings in O'Donovan's hotel are discontinued temporarily. If you want more information call Sue on 023 884505 or Derry on 086 2227616.

The formation of The Texas Rangers



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.

The claiming of land in the West of America by white settlers is an often-romanticised notion brought about by popular media. Books, documentaries and television shows can often skew the view of reality. If one takes a step back and analyses the facts, the reality of the situation is far from romantic. In fact, the chasm between reality and what is often portrayed is striking. Case in point is the story of how The Texas Rangers were formed in 1823 in response to the deaths of white settlers travelling West to claim land, at the hands of the Comanche.

The lands in the West were already inhabited. The Native American people were there first. It was their land. They hunted on it and lived off of it – they had lived a nomadic, somewhat hunter-gatherer lifestyle on it for centuries. That is not to say that there wasn't fighting in the West before the settlers arrived, because there was; tribes of Native Americans fought amongst themselves for territory, as well as superiority on the plains. However, it wasn't until the white settlers made their way West that their focus was no longer inward, but directed outward, at the land-grabbing invaders.

As mentioned in previous columns, the Comanche were an exceptionally skilled warrior people. This tribe of Native Americans was at the forefront of defending the West during the battle of the Great Frontier. Because of the Comanche's skill and proficiency on horseback, the settlers were at an incredible disadvantage and suffered huge numbers of fatalities when venturing West in order to steal Comanche and other Native American's land.

What transpired in the

coming years was an all-out brutal war: A war that stemmed from the Native Americans acting in self-defense. They were protecting their land and did so remarkably well. So well in fact that, as there was no regular army, a new force was created in order to keep the Comanche at bay and protect the settlers during their journey West.

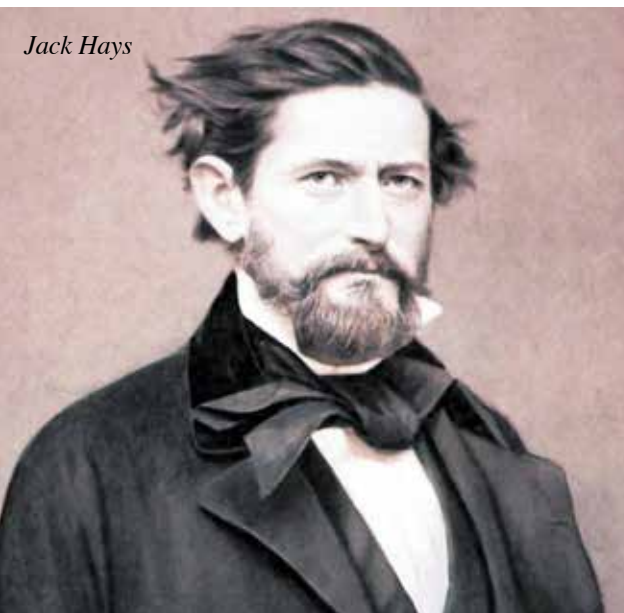
Stephen F. Austin, an empresario, put together a group of 10 men whose duty was to 'range' the land and protect the settlers from attacks. Soon after they became informally known as 'Rangers' and formally known as 'The Texas Rangers' in 1835. Before commenting on the Rangers, some context is needed around the need for their creation.

In 1783, American settlers began their century-long westward expansion, largely by massacring Native Americans and stealing their lands. The US government at the time sanctioned this and authorised more than 1,500 wars, attacks and raids on Indians; the most of any country in the world against its indigenous people. When Columbus arrived in 1492, it's estimated that there were five million to 15 million indigenous people living in North America. The number had declined sharply to less than 238,000 by the late 19th century.

An entire people were in danger of being wiped out because the US government felt they were uncivilised and the settler would bring civilisation to the West. The land grab came at the expense of Native American life, which the US government and settlers believed was inconsequential. The 1830 Indian Relocation Act compelled south-eastern Indian tribes to move from east of the Mississippi River to the west; a journey that was overseen and controlled by army and militia patrols. Between 1830 and 1850, the government forced nearly 100,000 Native Americans to leave their homelands, thousands of whom died of disease, hunger and cold. This dangerous journey later became known as the 'Trail of Tears' and is a harrowing tale in itself. What's more, Native Americans were seriously discriminated against and the killing of them was not only encouraged but it was rewarded. George Washington, the first president of the United States, described Indians as being like the "Wild Beast of the Forest" and the "Wolf" because they were both beasts



Jack Hays



of prey. In 1862, on the orders of President Abraham Lincoln, 38 Dakota Indians were hanged in Mankato, Minnesota; still to this day, it is the largest mass execution in US history.

Jeffrey Ostler is a professor of Northwest and Pacific History at the University of Oregon and he has spent almost 30 years researching and teaching the incredibly nuanced and incendiary history of what happened on the Great Plains. Ostler's conclusion is that the wars the US government waged against Native Americans from the 1600s to the 1900s differed in a fundamental way from this country's other contemporaneous conflicts. "Against Native nations and communities," he says, "it was genocidal war." And from the beginning, he believes, US leaders understood and embraced this grim viewpoint. However, they concealed their true aims with a series of self-serving narratives built around the ideal of "civilisation". In the beginning this was portrayed as a precious and necessary gift the colonisers were offering to indigenous populations. Later, "defending civilisation" would be cited as justification to kill them.

Of course, the intention to commit genocide is not sufficient to ensure its success. Native nations and communities persisted for many years

and, in fact, many, such as the Comanche, were successful in defending their lands and keeping the settlers at bay. Until the formation of the Texas Rangers.

At the time, the US government allowed the surveying of land – anyone who wanted land, could simply go out and take it. They just needed to travel out West, survey the land they wanted and then claim it; it was entirely legal and, most importantly, free. Huge numbers of people travelled West in order to claim land, which is why the Indian Wars began.

As previously mentioned, Stephen F. Smith initially put together a group of 10 men. Jack Hays, a surveyor himself, was appointed leader of the Rangers in 1840 and became a good leader of men.

The Rangers learned Comanche techniques, such as using bird signs to track people, but though they were a professional force that generally excelled at warfare, they had one problem, they had only three shots. Their only weapons against Comanches on horseback, who had perfected the art of firing as many as 10 arrows in five seconds, were a Kentucky Long Rifle and two single shot pistols. Therefore, initially, the Rangers were at an incredible disadvantage. That is until an inventor on the West coast named Samuel Colt came

"Early American senses of 'freedom' fundamentally depended upon the taking of Native lands..." – Jeffrey Ostler

PERROTTS
HOME LIVING INTERIORS
Clonakilty's finest interiors store

**LIVING & DINING
BEDS & MATTRESSES**

CURTAINS & BLINDS

CARPETS, VINYL & RUGS

Professional Design Service available by
Trevor Perrott BA (HONS) Interior Architecture & Design

**Clogheen Industrial Park,
Clonakilty. P85 W303**
T: 023 8850855 M: 086 2420602
E: shop@perrotts.ie
Closed Mondays.
Open Tuesday-Saturday by appointment.

www.perrotts.ie

EmployAbility Service
West Cork
Supported Employment Agency

Are you looking for work?
You may be eligible for this service.

Please contact your local office for more information

Bantry (Head Office)
086 8126324 and 086 8079953

Skibbereen 086 8158786

Bandon 086 8101795

Kinsale 086 6007964

Clonakilty 086 8395058 and 086 6031335

up with a prototype of a five shot pistol in the early 1830s. It became known as the five shot Patterson Colt. Jack Hays and the Rangers got hold of these guns and immediately knew it meant equalising the warfare against the Comanches. Now they had a five shot gun with one interchangeable cylinder, 10 shots in each gun. With 10 shots in their left hand and 10 shots in their right hand, in close hand combat the advantage completely shifted. This gun was so efficient at doing its job that the US government ordered what became the Walker Colt 6 shooter for the Mexican War. Samuel Walker, a famous Texas Ranger, and Samuel Colt joined forces in order to win the war in the West.

Samuel Colt became one of the richest men in America and Jack Hays and the Texas Rangers redefined warfare. Before Jack Hays people came into the West on foot carrying a Kentucky Long Rifle. After Jack Hays, they came mounted and carrying a six shooter.

The Comanche and the Native Americans quickly found themselves on the losing side and within a very short period of time their lands had been forcibly removed from them, their livelihoods taken away, and they were confined to live on reservations. This in turn meant that they suffered poverty, malnutrition and low rates of economic development, the effects of which remain evident today.

Technology heralds new dawn for residents in Clonakilty Hospital



Jim Daly, Chairman, Cairde Clonakilty Community Hospital making a presentation of Acorn Age Friendly tablets to Mary Nolan, Director of Nursing, Clonakilty Community Hospital. Photo: Martin Walsh.

The Cairde Clonakilty Community Hospital group this week presented six Acorn Age Friendly tablets to the hospital connecting residents and families through the use of age-friendly technology. The voluntary group, which supports the hospital in enhancing the quality of life for residents, has begun a roll-out of delivery of individualised devices with companion apps for download by family members; for residents to enjoy a range of services such as local newspapers, online local religious services and age-friendly entertainment games and activities. In addition to a wide range of popular services for elderly people, the age-friendly tablet also has a companion app for download on family members' phones, which allows for seamless and easy communication via messaging

and video calls between family members and their loved ones. The tablets will be given initially to six residents for their own personalised individual use, with assistance being provided by staff at the hospital to ensure maximum use and engagement by each resident and their family. The Cairde group plan to provide all residents who wish to use a tablet with their own device when the initial trial phase is completed over the coming weeks.

Speaking to the West Cork People this week, Cairde Chairman and former Minister for Older People Jim Daly expressed his desire to see the use of this technology as a means of connecting elderly residents with their families and communities. "These tablets will connect residents with their local churches for live services, as well as

news websites such as www.westcorkpeople.ie to ensure they can continue to be interested and involved in their local communities. Family members' phones can be connected directly to the tablet ensuring easy to use video calls, messaging and regular sharing of photos which keep loved ones connected and together through the use of innovative technology."

Mary Nolan Director of Nursing at the HSE facility spoke of her appreciation to the Cairde group for the gift of tablets, which can foster and facilitate greater connectedness between the residents and their loved ones. "We at Clonakilty Community Hospital are enormously grateful to the Cairde committee for this project which we see as hugely beneficial in connecting families with their loved ones during these challenging times."

Knockawaddra residents calling for fibre broadband

Seven kilometres from Clonakilty, in the townland of Knockawaddra in Ballingurteen, neighbours and business women, Lesley Cox and Emma Fitzpatrick, have launched a campaign to speed up the rolling out of fibre broadband, which stops 1km away from them. Locals are looking for a reliable broadband connection, in an area, which is considered a 'black spot' where connection is unstable, unreliable, and for Emma and family, non-existent.

While the government has set out an ambitious action plan to rejuvenate over 600 rural and regional towns all over Ireland, without a more reliable form of broadband to service rural areas these initiatives will not reach their targets. Fibre broadband guarantees optimal speeds for rural areas and a National Broadband Initiative is currently rolling this out over a nine-year period.

Lesley is an artist who has recently set up an online art business, which is proving

very difficult to run with poor broadband speed. Lesley and her family have numerous issues, which include only one person being able to use any device at a time with everything else turned off, and Zoom for school or work use almost impossible.

Lesley and Emma have collected 56 names on their petition from locals who repeat similar stories of the challenges of poor connection; of school kids not being able to access school work online, work courses needing to be done elsewhere, jobs being lost due to inadequate speeds and, of money spent trying to change providers, installing booster systems and so on, all to no avail. The solution they say is fibre broadband, which stops a mere one kilometre away from them.

Emma, a shiatsu practitioner and ear acupuncturist moved her wellness business online in response to Covid, opening up exciting opportunities offering shiatsu consultations and classes locally, nationally and

internationally, and particularly catering to the remote worker. It was during lockdown, when Emma, her partner and two daughters, were all trying to work and school online that the weakness of her broadband became apparent. "We would never know if we could get onto Zoom; I would dread there being a puff of wind, which might cause my screen to freeze during a consultation or class – it was so stressful!" They upgraded to a mobile broadband package, which seemed to work well until a gale blew up and resulted in an eventual loss of connection. They have been without broadband for six weeks having tried every possible alternative provider, including satellite, even contacting Elon Musk via Tesla, but no-one could guarantee adequate upload speeds. It means that Emma's business has almost ground to a halt, as her sessions require a space to demonstrate stretches and self-massage techniques. In order to send emails for work or for her daughters to complete



Emma Fitzpatrick,

school work online, she has to drive up the hill and use mobile data. Emma has managed to keep her weekly online evening adult and teenage shiatsu classes going by using a closed shop premises but this is only a temporary solution.

"It's really unacceptable, frustrating and depressing in this day and age when we are being asked to work from home and want to work from home, but are not being given adequate support or the infrastructure to facilitate this in rural areas!" When Emma tried to reinstall her previous fixed line broadband but the engineer refused, as they were deemed 2km too far away from the mast, she decided to launch a campaign out of desperation. The frustrating thing Emma says is that it is a mere 1km away, closer to most



Emma Fitzpatrick's daughters Lucéa and Róisín Mae.

locals, yet after several email and phone conversations, they are not being given a date for roll-out. Lesley and Emma have contacted TDs from all the major local parties and have gained great support from local residents who have been living with the stress that unstable broadband has caused for many years.

The residents of Knockawaddra are calling for the immediate roll out of fibre broadband to their local area, a recognised 'black spot', which would enable Emma and Lesley and many others to finally be able to properly work from home and fully participate in modern day life in a connected and fulfilling way!

Irish Govt cannot delay roll out of Digital Green Cert

"The Irish Government must ensure that there is no delay in the rollout of the Digital Green Certificate," said Fianna Fáil MEP

Billy Kelleher.

Kelleher was commenting as the European Parliament was finalising its position ahead of negotiations with the Commission and European Council next week.

"Good work is being undertaken at Parliament level this week. Based on previously announced timelines, it is expected that the trilogue negotiations will conclude by the end of May.

"We then expect Member States to take up to six weeks to roll out their systems, in alignment with agreed EU guidelines. All going well the DGCs should be available by mid-July.

"Sadly, there have been reports in the Irish media that the Irish Government will not be in a position to rollout the certificates until August at the earliest. Some have mentioned technological

challenges, such as linking data from the HSE in terms of vaccinations, PCR testing, and current/prior virus status, and data from private providers.

"However, the question really needs to be asked, why is Ireland always the slowest to implement new and innovative technology solutions? A certificate of this nature has been on the cards since the New Year so why was no

groundwork done in advance.

"What must not happen is the other 26 EU members begin operating the scheme, and Ireland being left behind.

"Whether we like it or not, international travel and tourism are part of our economic future. Hundreds of thousands of jobs are at stake. Hospitality businesses across Ireland desperately need tourists to recoup the losses of the

past 14 months. "Also crucially, Irish people will want to travel, take a break and see family living overseas. The Green Digital Certificate must be in operation by mid-July - no ifs, no buts, and no maybes.

"Every resource of the State, and if necessary, private support, must be deployed to make it happen on time," concluded Kelleher.

OUT & ABOUT IN WEST CORK



Four-year-old Kai Corcoran at play on Kinsale Beach Pic Michael Mac Sweeney/Provision



Pearse Nolan (back) with Aidan (left) and Cillian (right) Whooley, all from Clonakilty, at Clonakilty Park Adventure Centre.



James and Daniel Andrews from Bantry at Clonakilty Park Adventure Centre.



Spring was in the air when a lamb visited Ardfield NS. Pupil Alice Applebee (pictured with her dad John) proudly showed her classmates the ram she help to lamb on her family farm.

- CLIMBING WALL
- POWER FAN JUMP
- ZIP LINE • HIGH ROPES

**SAFE, OUTDOOR
FAMILY FUN**

NOW RE-OPENED!

023 8836400

info@clonakiltyparkadventurecentre.ie

COMING SOON!

FOODTRUCK
@THE PARK

people Enterprising West Cork

Start your own wellness journey with BWELLHIVE

A certified nutritionist and health coach, Michelle Ryan is the founder of BWELLHIVE, a health and wellness consultancy business serving corporates, communities and private clients who want to live a life of optimum health and wellness.

Originally from Limerick, Michelle lives in Clonakilty with her family, which is where, after leaving a career in corporate London behind, her love affair with nutrition and healthy food began. In 2003, Michelle's son was born with chronic digestive problems.

"He cried non-stop with no cure in sight," she explains. "I was desperate to assist him in any way possible, which was the driving force that led me later on to study nutrition in a bid to understanding why he was suffering and how I could fix it."

She went on to work with West Cork LEADER, which opened opportunities through learning about West Cork Fuchsia Brand and the Slow Food Movement before going on to study with the College of Naturopathic Medicine and Nutritional Therapy.

After qualifying as a nutritional therapist in 2011, Michelle developed her clinic practice working with clients needing assistance around digestive health, helping them to boost their energy and achieve weight loss.

On experiencing a downturn in business in 2013, Michelle took it as an opportunity to upskill and re-train, returning to work in the corporate world until 2019, where she invested time into developing and increasing her knowledge in sales, marketing and business strategy.

During this time she continued working behind the scenes, coaching clients back to health and continuously increasing her knowledge around food and locally sourced produce. She also joined the Network Ireland West Cork group and relooked at starting another business in health. "The Network West Cork group was a vital cog in the development of my business through the support it provided," says Michelle.

In the development phase of BWELLHIVE, Michelle continuously noted that many busy professional men and woman in managerial and CEO roles with families were feeling unbalanced, more often overwhelmed like she had been, and mostly stressed, lacking energy and unable to cope with home and work-life balance whilst trying to juggle it all.

A 'Start Your Own Business Course' and 'Woman in Business Programme' with LEO helped her develop the BWELLHIVE brand and business model. In 2020, she availed of the Trading Online



Voucher from LEO to upscale her website (bwellhive.ie) and digital process and make it easier for clients to avail of BWELLHIVE services. Throughout the pandemic, Michelle has continued to provide community talks, supporting employees and community members on how to manage stress, overwhelm and reduce weight loss by sharing how by creating healthy habits you can create a healthier way of life to feel awesome.

The BWELLHIVE business model and framework is growing from strength to strength

and becoming more focused on the CEO health model (How to become the leader of your own health, and know when something is not right). This is included in the one-on-one personalised health plan and model, group programme and also in the workplace wellness programmes offered by BWELLHIVE. This model has brought the business great success.

The three core areas in the BWELLHIVE business model are: B-Healthy – Assisting clients with overall health through proper nutrition; B-Well –

Assisting clients overcome specific symptoms through coaching; and B-Weight-Wise – Assisting clients to align with their ideal body weight.

Michelle is passionate about making a difference in the lives of the people around her using 'real' sustainable food and nutrition as the key to wellness and peace of mind. "Moving the focus from farm to fork to soil to gut," she explains simply.

"The global pandemic has been a wake-up call to take action and the lockdown has given people time to change their habits. I can facilitate health for people of all ages and circumstances.

In 10 years time, Michelle's hope is that BWELLHIVE will be established throughout Cork and beyond Ireland providing top-class wellness, and tailored one-on-one programmes including another service with 24/7 access over the phone, an easily accessible dedicated affordable Health Coach. This would include an online membership, assessment, tailored fitness, nutrition and wellbeing programmes.

In her own life during this pandemic; Michelle enjoys walking in nature with the family's new dog Holly. "I totally relax and wind down and really enjoy what nature provides. It's great when you have a problem or you're looking for a solution; it gives me quiet time and the answer always follows naturally. This allows me to also avoid chaos in my life and instill good health and wellness habits.

www.bwellhive.ie



Coaching to **B•Healthy,**
B•Well and **B•Weight Wise**
in order to feel great and **B•Awesome!**
3-in-1 Corporate Health & Wellness Programmes

- Private 1-to-1 health coaching programmes
- Wellness in the Corporate Workplace
- Wellness & Weightloss programmes
- Facebook group online programmes
- 21-day challenges, meal plans & recipes
- 4-week and 6-week health & nutrition classes

Are you feeling unwell and suffering from reflux, digestive bloating or tummy pains? Have you put on weight? Are you lacking energy and feeling overwhelmed? Are you looking for support to manage stress and reduce weight loss?

If you need help to transform your health and life with a Healthy Life Plan, get in contact for a **free consultation call:**
Wellness@bwellhive.ie / 087 6704930

May Network West Cork event will focus on effective messaging skills for business

Communication is Queen according to Network Ireland West Cork, a progressive organisation that supports women in business. The group's next event, on May 26, is a specialist workshop on crafting effective messaging. Leading the event is esteemed content expert Marie Toft who will share her knowledge to enable the audience to leverage effective communication tools in all aspects of their life and career. Marie Toft, founder and CEO of Emotionise, developed the 'Emotionise Process', a content creation process she

uses with her clients, which include Laya Healthcare and Failte Ireland.

"Recent advances in neuroscience have revealed we don't remember content unless we connect emotionally with it," explains Marie. "At Emotionise we specialise in helping people find that emotional connection to their target audience. They could be your customers, your colleagues, your boss, or your employees. We've developed the Emotionise Process which can be applied to any form of communications or messaging. I'm really looking forward to



Marie Toft, founder and CEO of Emotionise

the event with Network Ireland West Cork. Anyone who is interested in communicating their message should be able to apply the Emotionise process to create

content that really connects emotionally."

Marie also revealed that she is digitising and scaling the Emotionise Process. She

has just completed Enterprise Ireland's New Frontiers Phase 2 course and she's about to start Phase 3. "We're designing and building our software in the next few months," she explains, "and we'll be looking for customers to trial it as soon as it's launched. Content marketing is a huge growth area so we're keen to give people the skills to create emotionally engaging content more quickly."

To represent yourself and your business well, a carefully and strategically crafted plan is hugely important. Getting your message right will benefit

all aspects of your career or business from networking to writing pitches and posting on social media. Whether you are self-employed, an employee or an employer – you need to use effective messaging in your business and personal life to achieve your goals. In line with this thinking, award-winning, multi-disciplined content creator and communications executive Marie Toft will share secrets of crafting effective messaging.

This event, hosted by Network Ireland West Cork is open to all, ticket details on Eventbrite.

people Enterprising West Cork

Outdoor recreation project funding open

Applications are now open for funding outdoor recreation projects to support the adventure tourism sector in rural communities, Cork South West Deputy Christopher O'Sullivan says.

The €14 million in funding, provided under the Outdoor Recreation and Infrastructure Scheme, will support the key objectives of Our Rural Future – the Government's ambitious new policy for Rural Ireland.

"This funding announcement will support outdoor recreation tourism and further its potential to have major economic spin-off benefits for rural towns and villages," Deputy O'Sullivan said.

"I believe Cork has the potential to be the outdoor, adventure-tourism capital of the world. And while this funding is a significant boost to outdoor recreation tourism, it will also benefit and improve the health and well-being of rural communities."

Nationally the €14 million in funding is to develop rural Ireland's unique natural amenities and support outdoor pursuits and adventure activities such as

hiking/mountaineering, cycling, horse-riding, canoeing/kayaking, swimming, surfing, sailing, rock-climbing, fishing, paragliding and hang-gliding.

The fund will also provide for significant investment in the development of outdoor trails, walkways, cycleways, blueways, tidal pools, floating boardwalks and bridges.

Applicants are strongly encouraged to consider opportunities to develop recreational amenities and increase public access and enjoyment of rural Ireland's mountains, lakes, rivers, forests, beaches and bogs.

Projects applications will be accepted from Local Authorities under the following Measures:

* Measure 1 for small scale projects requiring funding of up to €20,000,

* Measure 2 for medium scale projects with funding of up to €200,000,

* Measure 3 for large-scale projects seeking funding of up to €500,000, and Project Development Measure funding of up to €50,000 for development costs for strategic large scale projects.

O'Sullivan calls for re-opening of caravan parks

Cork South West deputy Christopher O'Sullivan is calling for caravan parks to be reopened following the easing of restrictions on county-wide travel.

The call follows a busy weekend for in-county travel which saw a sizeable amount of people visiting popular West Cork locales.

"Opening caravan parks makes sense," Deputy O'Sullivan said.

"While it's great to see more visitors at West Cork's stunning

attractions like Mizen Head and the Beara Peninsula, the lack of facilities is causing real problems.

"Caravan parks are spacious, safe and contained. Families are kept together as a unit.

"People are coming anyway, but they're being forced to park on roadsides and in parks. Caravans have nowhere to set up other than by the side of the road. There are no toilet facilities, and there's an increasing problem with waste disposal."

Decluttering academy born out of pandemic



White Sage Decluttering is becoming a household name, not just here in West Cork but all over Ireland. The creator and founder of this successful business and Clonakilty's aptly named 'Queen of Decluttering' Anne Marie Kingston, has just celebrated her fourth year in business, providing a one-on-one decluttering service to clients in West Cork and Cork County, as well as nationwide.

With the challenges brought by the pandemic, like so many other businesses, Anne Marie was forced out of her comfort zone and has taken her business online, a move which has not only helped her business to survive but to thrive and has birthed the White Sage Academy, a paid online membership that has welcomed clients from all over the world into Anne Marie's decluttering diary.

The step-by-step decluttering membership offered by White Sage Academy allows Anne

Marie to help clients declutter their homes online.

"It took a world pandemic for me to take my business online and get over my techy dinosaur issues," she laughs. "It's so easy to keep doing what feels comfortable and safe and yet there is so much potential out there with taking your business online."

Having the support of her business network group Network Ireland West Cork behind her has been of huge benefit to Anne Marie. "Only for having business supports behind me and my business mentor Sarah Leather of Saviee Solutions giving me the loving shove, this would not have been possible," admits Anne Marie.

"I was maxed out with my decluttering sessions as I was, travelling to do hands-on decluttering sessions with clients three days a week, as well as supporting my husband on our dairy farm and looking after our children. But then Covid hit and I was no longer able to travel

White Sage ACADEMY

ARE YOU STUCK, OVERWHELMED, FRUSTRATED AND EMBARRASSED BY YOUR CLUTTER BUT DON'T KNOW WHERE TO START? Sign up to my step-by-step membership site today!

ANNE MARIE KINGSTON
Ireland's No. 1 Professional Declutterer

Connect with me:

www.whitesagedecluttering.com

f whitesagedecluttering

ig whitesagedecluttering

Email: whitesageclonakilty@gmail.com

so I was forced to move online. The response to launching White Sage Academy has been incredible and it's still growing."

Anne Marie now continues to support clients with accountability, motivation, inspiration and her passion for decluttering, but instead of offering a hands-on service, everything takes place online.

"Each month we have a monthly themes session covering each and every area of the home with weekly training videos, weekly zoom group decluttering sessions and monthly decluttering challenges, in a safe and non judgemental communi-

ty of like-minded women with plenty of cheerleaders supporting each other," says Anne Marie.

Anne Marie plans to grow White Sage Academy membership over the coming months and years to support women all over the world with letting go of their personal clutter.

Go to www.whitesagedecluttering.com for more details about joining the Academy.

Anne Marie is an active member with Network Ireland West Cork and network branch winner for 2020.

Whether you are a start-up or an established business, we are here to support and assist you throughout 2021:

10 Steps to Self Employment Programme:

Ideal programme for someone with a business idea who wants to know more about being self employed and entrepreneurship.

Business Advice Appointments:

1 hour appointments with our Business Adviser – Ideal for start-up or established businesses.

Brexit Support Clinics:

1 hour appointments with our Brexit Consultant – Is your business Brexit ready?

Trading Online Voucher Scheme 2021:

Under the scheme an eligible small business may apply for funding up to a maximum value of €2,500 or 50% of eligible expenditure. You must partake in an information webinar before applying for the scheme.

Women in Business Programme 2021:

Expressions of interest are now open for this programme. It is suitable for those trading with 12 months plus who are growing or diversifying their business.

Start Your Own Business Programme:

The programme will guide you through the steps involved in setting up, managing and running, your own business.

With all of our events free of charge and online, our supports are nearer than ever to you and your business.

Please check our website for an up-to-date schedule of events and supports: www.localenterprise.ie/corknorthandwest

Contact us today for more information:

T: 023-8834700 E: westcork@leo.corkcoco.ie W: www.localenterprise.ie/corknorthandwest



Cork County Council
Comhairle Contae Chorcaí

Difig Fiontair Áitiúil Corcaigh Thuaidh & Thiar



Difig Fiontair Áitiúil
Local Enterprise Office

Local Enterprise Office Cork North & West



European Union
European Regional
Development Fund

Personal information collected by Cork County Council is done so in order for us to process your representation/enquiry and legally we can process it as it is necessary for us to comply with our statutory/legal obligations. The information will be processed in line with our privacy statement which is available on our website www.corkcoco.ie

Agri-food strategy 2030: Targets set for the next decade

by Tommy Moyles

A new agri-food strategy for the coming years is set to change the focus of Irish agriculture. The draft of the strategy marks a sharp contrast to the growth and consolidation aspirations contained in previous strategies such as Food Harvest 2020 and Foodwise 2025 and shows how much the view of agriculture has evolved over the last decade. Indeed Food Harvest 2020 was viewed as the key strategy in kick-starting the national economy in the aftermath of the 2008 financial crash.

Among the headline targets are a trebling of the current level of organic production, a cut of 55,000 tons in artificial fertiliser use and a stipulation that 10 per cent of farmland is given over to biodiversity.

Among the recommendations is a 10 per cent reduction in biogenic methane, which roughly translates into a reduction of 400,000 head in the number of cattle on Irish farms. Biogenic

methane is methane produced by livestock and the draft strategy is aiming for a reduction of between 24 per cent and 47 per cent by 2050. The short term target is a 10 per cent reduction by 2030. Keeping a cap on cattle numbers has been flagged with sometime. In 'Ag Climatise' the national climate and air roadmap for the agriculture sector it is made clear that an increase in the total national cattle herd above current levels will result in failure to achieve these targets.

Under the strategy, 10 per cent of farmed land is to be prioritised for biodiversity. The most up-to-date Central Statistics Office (CSO) data on utilised agricultural area dates from 2016 and it says there is 4,455,800ha of farmland in the country. This means that 445,580ha would be earmarked for biodiversity – an area almost the size of Co Tipperary.

Use of chemical nitrogen is also in for a targeted reduction. According to the strategy, annual chemical nitrogen use is

not to exceed 325,000t by 2030 under the strategy. Currently the national use of chemical nitrogen stands at 380,500t, so this implies a cut of 55,500t is needed in nitrogen use by 2030.

The area under organic farming is targeted to reach at least 7.5 per cent of farmland by 2030. As it stands, less than two per cent of Irish farmland, in the region of 74,000ha, is under organic production. By 2027, 90 per cent of all slurry application is to be carried out by low-emission equipment and all external slurry stores are to be covered by 2027 to mitigate ammonia emissions.

More targeted agri-environmental results-based schemes are proposed under the CAP's Rural Development Programme (RDP). These are to protect and enhance habitats and species. It is likely that these will work similar to the locally-led environmental schemes such as the renowned 'BRIDE project' in east Cork. Areas targeted under these results-based programme include areas of high nature val-



A draft of the new agri-food strategy 2030 has been released for public consultation. Compared to previous strategies it focusing more on the environment than production.
Pic: Tommy Moyles

ue (HNV) farmland, large areas of which exist in the western areas of west Cork.

A revised afforestation scheme will be implemented also. As part of this, afforestation options will be examined on State-owned lands, building on initiatives from Coillte and Bord na Móna. The new options are likely to be more farmer

friendly and could result in farmers planting trees along watercourses, new native woodlands or small forest areas.

A new concept mentioned in the strategy is Carbon trading. The Ag-Climatise roadmap proposes a pilot scheme for carbon trading to reward farmers for the public good they are providing. It's not as recognisable a term or indeed a practice so

it will be interesting to see how this develops.

The strategy is currently open for public consultation ahead of its finalising. Any member of the public can submit their views on the strategy until 15 June 2021 by emailing 2030StrategyEnvironmental-Consultation@agriculture.gov.ie.

Source: Irish Farmers Journal

New project launched to measure carbon harvesting potential of Irish soils

Building on the recent investment by the Department of Agriculture, Food and the Marine to establish the National Agricultural Soil Carbon Observatory (NASCO), VistaMilk SFI Research Centre has announced the launch of a new and collaborative €1.4 million carbon sequestration research project with Dairy Research Ireland, the group which allocates funding from the dairy levy collected from Irish dairy farmers.

The VistaMilk SFI Research Centre is a joint initiative between researchers at Teagasc, ICBF, Insight SFI Research Centre for Data Analytics, Tyndall National Institute and Walton Institute for Information and Communications Systems Science. The €40 million Research Centre is jointly funded by the Department of Agriculture, Food and the Marine (DAFM), Science Foundation Ireland (SFI) and over 50 industry partners from the agricultural and ICT domains.

Carbon sequestration is the process of capturing carbon dioxide (CO₂) from the atmosphere and storing it in plant material or in the soil. Carbon stored in soils is often called soil organic carbon. It is vital for soil health, improving their workability, water holding capacity, and productivity.

The recent addition of both national and EU greenhouse gas (GHG) emission reduction targets pose considerable challenges for the Irish agricultural sector. Following the publication of the Climate Action and Low Carbon Development Bill, the agricultural sector will face legally binding targets with a five-year target to be set later this summer. VistaMilk believes that there is an opportunity to greatly enhance the ability of the agricultural sector to achieve the new ambitious GHG targets for 2030, and the goal of carbon neutrality for 2050, by putting in place the necessary scientific research and infrastructure to rigorously quantify carbon sequestration.

The collaborative research project will leverage the new Department of Agriculture-funded National Agricultural Soil Carbon Observatory. This network of carbon dioxide monitoring towers is one of the most comprehensive in Europe and places Ireland at the forefront of soil carbon research. VistaMilk researchers will use this network to explore the impacts of farm management practices on a variety of soil types. The four-year research project will be led by Dr Karl Richards and Professor Gary Lanigan (Environment, Soils and Land Use Research Department, Teagasc) in close collaboration with SFI Research

Centre for Data Analytics, UCD and Teagasc Moorepark.

Welcoming the announcement, the Minister for Agriculture Food and the Marine, Charlie McConalogue, T.D., and the Minister of State with responsibility for research, Martin Heydon, TD, added, "This builds on our investment to-date in measuring the emissions and opportunity for removals through our soils and hedges and is a critical step in developing opportunities that encourage and reward farmers capturing carbon. Moreover, if Ireland can provide rigorous measurements of carbon sequestration on a regular basis, it will underline the positive contribution that farming is making to reduce net emissions."



Commenting on their investment in the project, Jim Beecher, Chairman of Dairy Research Ireland said, "Dairy Research Ireland is funded by dairy farmers and supports this project because it will give us the data to understand the emissions and sequestration effects of a variety of grass production systems. It is important that we are proactive in identifying and encouraging practices which reduce our emissions."

Director of Research in Teagasc, Prof Frank O'Mara congratulated all involved saying "This research will point the way towards climate smart farming and will be central to providing the guidance and support to Irish farmers that will facilitate them moving to more climate friendly farming systems."

Endorsing the announcement, Prof Mark Ferguson, Director General of Science Foundation Ireland and Chief Scientific Adviser to the Government of Ireland, said "SFI Research Centres like VistaMilk have a key role to play in accelerating innovation in how we sustainably manage the green transition, helping to significantly reduce our carbon emissions. Mitigating and adapting to climate change are critical issues for all and Ireland is well positioned to be a research leader in developing climate action solutions."

Farmers warned of UV sunlight cancer risks

Irish farmers have a three times higher cancer mortality than blue or white collar workers, with UV sunlight skin cancer being a significant cause of this heightened death rate.

According to Dr Triona McCarthy, Consultant in Public Health Medicine, farmers appear to have a number of misunderstandings of the dangers of UV sunlight risks and protective measures. Farmers are particularly vulnerable to this cancer risk due to the length of time they work outdoors and their self-employed work status where controls and social supports are less readily applicable, she stated.

To improve farmers' knowledge related to occupational skin cancer, Teagasc will hold a public Webinar on this topic on Wednesday, April 21, 11.30am to 1pm. All farmers and members of the public are invited to attend. The Link to the webinar is www.teagasc.ie/SunSmartWebinar

CSO figures (2018) suggest that almost one in four of skin cancer deaths in Ireland are to farming, outdoor and construction workers. This information indicates that one death every week in Ireland is at least partly due to sun exposure at work.

If you work outdoors you are exposed to two to three times more UV than someone who works indoors so you have a higher risk of developing skin cancer. Exposure to UV damage is irreversible, permanent and cumulative with each exposure.

When the UV index is three and above, you need to protect your skin, even if it is cloudy. UV is strongest between April and September, and between 11am and 3pm. You can check the UV index on the Met Eireann website (see www.met.ie/uv-index).

Dr McCarthy stated that there is a lot that can be done to reduce sun cancer risk. "Review your UV exposure – how long are you outside for during the day and how many days of the week? Use protective clothing that covers your exposed skin including long sleeved, collared shirts, broad brimmed hats and sunglasses. To help protect your skin additionally use broad spectrum water-resistant Sun Protection Factor (SPF) of at least 30-plus and apply every two hours."

Dr McCarthy emphasises that checking your skin regularly for changes is really important to prevent development of skin cancer. "Contact your GP if you notice a lump or discoloured patch on the skin. Look out for new growth, or a sore, that does not heal in a few weeks, a spot or sore that itches, hurts, crusts, scabs or bleeds, constant skin ulcers with no other explanation for their cause and new or changing moles".

"A key message we need to get across to farmers and outdoor workers is that UV sunlight is dangerous, but adopting protective measures leads to long term risk reduction".

Farmers want to be a part of the solution



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



It's been a hectic few weeks across all levels of agriculture. Calving continues or is coming to an end, depending on where you are and your land type; the 2021 grazing season is up and running and the draft of the next agri-food strategy has been released for public consultation. For one of the first times I can recall, the livestock sector is availing of strong prices across all sectors. Lamb and sheep prices are at record levels, milk is rising and beef prices are also on the upward scale.

The rise in beef price is a combination of strong retail

sales and the reopening of the hospitality sector in the UK a few weeks ago, combined with a reduction in the number of cattle coming fit for slaughter.

Basic supply and demand

There is a similar trend in the sheep sector. There is a bigger deficit in sheep meat within the EU and UK, driven as a result of New Zealand lamb being diverted to China. As a result price of up to €8.50/kg has been paid out on lambs.

You would wonder is there more to be got. Irish prices for beef in particular, remain well adrift of UK prices. While they have lifted in recent weeks, if you take an average R3 grade bullock, the price here is €3.90/kg while the price for the same animal in the UK is €4.75. This puts the Irish animal €300 to €350 behind the same beat in the UK.

On the dairy side, Carbery increased their base price by 1c/litre while Dairygold raised theirs by 0.5c/litre and included a 1c/litre early calving bonus for March supplies of milk.

Weather

There's a lot to be positive about in agriculture at present but there are challenges too. I didn't think that after the wash-out 10 weeks we had to start the year that there would be farmers looking for rain. It's not at critical levels, but for tillage farmers trying to establish crops and livestock farmers who have seen grass growth slow down, it's becoming a bit of an issue. There were a few soft rainy days around the middle of April but a strong easterly breeze



While some concern is beginning to appear among farmers over the recent lack of rainfall, calves on Tommy Moyles farm have been thriving in the dry spell. Pic: Tommy Moyles

followed that had dust rising within 48 hours. We're a hard bunch to please!

Agri-environmental scheme

After much talk about it, a new €10m agri-environmental scheme was launched by the Department of Agriculture recently. Ahead of the last General election the establishment of an agri-environmental scheme that had capacity to deliver €10,000 per farmer was banded about. It was touted as REPS 2 named after REPS (Rural Environmental Protection Scheme), the initial environmental scheme that began in the mid-90s.

That came about as a result of a change in direction of EU food policy. In 1994 the EU made it compulsory for each state to have an agri-environmental scheme. Prior to this the focus in Europe was on food production before a change of

course.

REPS was the first agri-environmental scheme and was introduced in 1994. Over the years it had four incarnations and was a good starting point at increasing environmental awareness among farmers. It also proved popular, as there was an average payment in the region of €5,700 paid to farmers.

The end result of the election promises is a new pilot scheme, REAP (results based environmental agri pilot) has capacity for 2,000 farmers and will run until the end of 2022 with farmers receiving payments for two full years. The maximum payment of €6,900 falls well short of the afore-mentioned election promise and the average payment is likely to be in the region of €4,800 annually.

While REPS got the ball rolling, there is a much broader

awareness among farmers about the environment and biodiversity now than there was 10 or 15 years ago.

Farmers are more than willing to do their share and there is positive work being done. Much of it, while driven by government policy, is happening at farm level without input from others in the sector. A share of it requires investment that will not see a rise in production or a return of more profit for the farmer.

Similar to an increasing number of farmers in West Cork, I've taken it on myself to plant extra hedging and trees, not as part of a scheme, but at my own expense. With nature involved, there can be as many losses due to plants being unsuitable to the location they are put in, so it's not just a case of plant and walk away. Tree and hedge work is slow and takes time and labour.

There's little-to-no financial reward either but it is a public good. Finding some way to finance more of that, which can compensate a farmer for their time, is a challenge to overcome for legislators and those involved in drawing up policy. Farmers still recall the financial crash in 2008 when REPS was among the first cutbacks. Due to that there is a nervousness that the same could happen again and that's a reason why farmers would like to retain a share of production. If you are a part-time farmer with a young family, how to find the time to do these measures also needs to be factored in. It's certainly not a straightforward topic to deal with.

Despite some politicians portraying otherwise, farmers are very much part of the solution regarding the environment.

Agricultural land prices forecast to rise by four per cent on average in 2021

CSI auctioneers and valuers say land prices remained resilient last year despite the threat posed by Covid and are predicted to rise by four per cent on average this year, underpinned by a rise in farm incomes, as well as strong demand and reduced supply.

According to the Society of Chartered Surveyors Ireland / Teagasc Agricultural Land Market Review and Outlook Report 2021 the price in Munster for an acre of non-residential land under 50 acres last year ranged from an average of €5,800 for poor land to €10,500 for good quality.

The report found that dairy farmers are driving the Munster market and that prices ranged from an average of €11,900 per acre in Tipperary for good land less than 50 acres – the highest in the province – to €9,000 in Clare.

The price for poor quality land ranged from an average of €6,500 per acre in Waterford to €4,700 in Clare.

In Cork the average price of an acre of good land under 50 acres was €11,100 – the second highest in Munster – while for poor quality it was €5,900.

The survey of 156 auctioneers and valuers from all over the

country – which was conducted in February 2021 – found that demand for rented ground also remains strong with rents this year expected to rise by five per cent in Munster, six per cent in Connacht and eight per cent in Leinster.

Miah McGrath of McCarthy and McGrath, who is a member of the SCSi's Rural Agency Group, said that lockdowns due to Covid had led to a reduction in the volume of sales.

"The inability to view holdings or physical auctions led to a significant increase in the number of sellers postponing plans to sell land. In our survey, over a third of agents (35pc) reported a decrease in the volume of land sold in 2020 compared with 19 per cent in 2019. Virtual viewing options have been available to sellers, but clearly many have a preference for more traditional auction sales."

"Dairy farmers are the most active buyers and renters of land as they continue to strive to increase their farm size to achieve economies of scale. While Covid has affected sales activity, it hasn't affected output or prices and as a result farmer confidence about the future has been unaffected. The land market has shown strong resilience throughout the pandemic and agents believe prices will rise on average by four per cent this year."

"The low level of supply is again an issue in the rental market, but it's not Covid related. Here the issue is leases with twenty-four per cent of agents reporting a decline in the volume of land leases in 2020 compared to just eight per cent in 2019 as more land is 'locked up' in long-term leases" Mr Lee said.

Teagasc economist Dr. Jason Loughrey said that while Covid

may have impacted the volume of sales, it had little impact on agricultural commodity prices last year and this helped to support farm incomes and land values at a time of great uncertainty.

"The closure of hotels and restaurants and the contraction in the tourist business led to a sharp fall in sales of food and drink through these channels. However, this was largely offset by increased food and drink consumption within the home. Overall it is estimated that the average farm income in Ireland increased by six per cent in 2020 and this year we forecast an increase of a further three per cent."

"Looking at the various farm sectors, last year was a good one for sheep farmers in particular, as they benefitted from higher prices as did pig producers. Dairy farm incomes were stable while incomes on cattle rearing farms

increased. There was no change on other cattle farms. Tillage farmers did have a disappointing year due to adverse weather conditions which led to low yields and a drop in income."

"While farmers benefitted from lower input costs last year, they are facing some cost pressures this year, with feed, fertiliser and fuel prices all on the increase. Lamb prices are expected to be significantly higher in 2021 relative to 2020 and farmers with a sheep enterprise will therefore benefit. A slight improvement in cattle farm income is expected with dairy incomes remaining stable. The outlook for tillage farm income this year is contingent on cereal yield developments. Normal weather through to the harvest period would see a significant improvement in tillage farm income in 2021," Dr. Loughrey concluded.

people Environment : Making a difference

Our window of opportunity is closing



GROUNDED

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

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

In a week that has seen the launch of the European Climate Law at EU level, and the Climate Bill at home in Ireland, we've seen a few days of highs and lows.

In the same week that NASA's Perseverance rover converted carbon dioxide to oxygen on planet Mars, on planet Earth, most notably the subcontinent of India, people were dying because of a lack of oxygen supplies.

The coverage charting India's health system in collapse, as Covid 19 wreaks havoc, raised stark questions around inequity and how our planet's most vulnerable citizens are getting a raw deal on so many levels.

There is much to be proud of in the long-awaited ambitious Climate Bill at home, and I hope it's transition into legislation will be swift. While I don't want to be loose with language, I can hand-on-heart say there is good reason for optimism, or at least some semblance of hope in the overall thrust of it. It is heading in the right direction and, against the backdrop of a planet in a climate and biodiversity emergency; that direction is one we need to be taking very, very seriously.

I wish I could be as optimis-

tic about the EU-level Climate Law. It's disappointing, and an unwelcome example reflecting Greta Thunberg's analogy of the earth being like a burning building. The house – our 'home' – is burning down and still the larger lobbies push their weight into the ring at a political level in Europe, and play money-focused games that ignore the dire emergency we are in.

The perilous nature of what we are facing, as a species, was not taken seriously this week, when agreement was reached between the European Parliament, Member States' governments and the European Commission. Following on from the strong language and ambition outlined in the Commission's European Green Deal, it was doubly disappointing at a time when we need honest action rather than shallow rhetoric. As our own Greens/ EFA group in the European Parliament said in a pointed message to the deluded supporters of the final agreement on the European Climate Law (including members of the biggest groupings in the European Parliament – EPP and Renew): We are ready, why aren't you?

A scientist spoke to me in recent days about just

how perilous a situation the earth is in. He explained that while we are in a climate and biodiversity emergency that is seeing an on-going wipe-out of species and habitat before our blinkered eyes, when it comes to the crunch, some species will be better able to adapt and survive the catastrophe of a disintegrating planet.

He went on to say that the human species do not have the resilience of other more adaptable living species. Unless we dramatically change course we will, as a species, be wiped out. I repeat: 'wiped out'. Sadly this alarming prediction is scientifically backed. Even more sadly, the timeline to irreversible planetary breakdown to the point where human life is unsustainable, is short. There is a window of opportunity to reverse a fatal outcome for humankind. The window of opportunity is 'now'.

Overwhelming numbers of people who understand the danger we are in and want the planet to survive into the future, have been taking to the streets to demand urgent, comprehensive action. Why do we still have too many political leaders bowing to lobbies whose ambitions clash with science and the overwhelming

evidence that we are on the road to nowhere if we carry on the way we are going?

Stats and information released on marine life, birds and soil degradation over the past week, from the European Environment Agency, Birdwatch Ireland and other sources, indicate that life at every level is in peril.

Twenty-six per cent of Irish bird species are red-listed and described as being in danger of extinction. Our marine life is severely depleted and threatened. Intensive farming, erosion, pollution and chemical use is impacting massively on soil, that most fundamental component in the global production of healthy food as well as an important and comprehensive carbon sink facility. Put bluntly, soil is being stripped, by human intervention, of its remarkable, long-term, natural abilities to sustain life – plants, animals and humans.

The dire situation in India serves to illustrate a likely regular future scenario if we don't ramp up the action around tackling the climate emergency. While India is struggling to cope with the ravages of Covid-19, a zoonotic disease inextricably linked to climate change, the climate emer-

gency is one that has already been making itself felt on the subcontinent. Ranked as the fourth in the world in terms of countries already profoundly impacted by the climate emergency, India (along with many other developing nations) has, for some time, been experiencing a reality that we in the more developed parts of the world have, until recently, been able to conveniently air-brush.

Covid, the first major climate-linked disease to reach our shores, has been described as a force that knows no borders. It's a phrase that, unless adequate radical action is ramped up, will be rolled out with more regularity as the even bigger forces of the climate emergency plough through geographical and economic borders, land squarely on our privileged doorsteps, crash through our own front doors, and explode in metaphorical flames.

There is hope. There is time. But the clock is ticking and if you don't want the alarm bell to be tolling for you and yours, it's time to realise that this fight must be fought with all hands on deck.

National chough survey to help with conservation of rare bird

Cork householders recycle 1.4 million batteries in 2020

Householders in Cork recycled nearly 36,000 less batteries through retailers last year than in 2019, new figures show.

Data from WEEE Ireland reveals that consumers in the city and county brought 1,468,320 used batteries – 37 tonnes – back to supermarkets, hardware and electronic stores in 2020.

That was down 35,680 on the 1,504,000 prevented from ending up in general waste bins the year before.

Nationally, a massive 7.8 million batteries were recycled through all retailers last year – up 134,120 on 2019 as more people used their grocery shop to do their bit for the planet.

Six million of those ended up in supermarkets, over half of which WEEE Ireland collected

from Aldi stores, which led the charge on 3.2 million, double that of German counterpart Lidl (1.6 million).

The e-waste recycling scheme also picked up 850,000 used batteries from Tesco, 224,000 from SuperValu and over 97,000 from while Dunnes Stores outlets.

When figures from all retailers and civic amenity sites were added, the equivalent of 21 million AA batteries were recycled by householders in 2020, an average of four for everyone in Ireland.

Despite the encouraging data, for every 10 AA batteries sold on the market, only four are returned for recycling, with 20% in a recent survey admitting to dumping used batteries in general waste bins.

The red-billed chough is one of our most charismatic birds but one which is probably most familiar to those living along rugged Irish coastlines. The chough is a scarce bird associated with coastal fringes from Donegal to Wexford. Fewer than 850 breeding pairs along our coastline from Inishowen in Donegal to the Saltees in Wexford – they are very much a bird associated with western Atlantic coastal grasslands.

A member of the crow family, choughs are true invertebrate specialists with a striking and delicate decurved red bill (and matching red legs) designed to probe the top layer of short coastal grasses for insects – liking leatherjackets, spiders and, where they can get them the insects associated with cow pats. To a young Chough a cow pat is like a burger! Choughs are totally harmless to livestock and farming activities and are an amazing character of our coastal skies.

Because of their dependence

on short-cropped coastal grasslands such as clifftops, grazed cliffs, dunes and exposed islands, the extensively managed and relatively mild Irish coastline provides good feeding opportunities throughout the year and good nesting opportunities on our cliffs. Agricultural improvement has led to Chough declines – a century ago they used to occur all around the Irish coastline, including the 'soft' eastern coastline from Wicklow to Antrim – they have been extinct in most coastal counties there for more than 100 years and the last remaining pair in Northern Ireland – on the cliffs of Rathlin Island in Antrim – disappeared in 2017.

We need to periodically take stock of the population, to know how they are faring, and to use this information to inform their continued conservation. Holding nearly 60 per cent of the North-west European population we have a legal obligation to do so.

From April to July 2021 KRC



Chough Pic: Birdwatch Ireland

Ecological and ALC Nature will be running a national survey of these birds on behalf of National Parks and Wildlife Service all around the Irish coastline.

Aside from having the distinctive red legs and red decurved bill, chough have a buoyant, butterfly-like flight and profile (a little different from other crows), shiny black plumage and a distinctive high pitched 'cheouw' call.

Dr Sinéad Cummins, the scientist in NPWS Science Biodiversity Section leading the project said "we are very pleased to be undertaking a national assessment of these characterful birds this year. The data gathered is very important to ensure that

Ireland can meet its international obligations to protect and enhance the small and precious population of Chough around the Atlantic coastline of Ireland."

In some areas Chough nest inland, away from the coast on inland cliffs, in farm buildings, bridges and abandoned houses. The Survey team would be very keen to hear about any observations people may have of these birds, especially relating to birds nesting in areas away from the coast.

Observations can be reported at bit.ly/ChoughSurvey21, email choughsurvey@gmail.com or call 089 278 5603.

people Environment : Making a difference

We are starving our bees

Since the 1980s, due to landscape changes, half of our wild bee species has undergone huge decline. One third of our ninety-eight wild bee species are now threatened with extinction in Ireland. Bees (and other pollinators, such as wasps) are declining because we have drastically reduced the areas where they can nest and the amount of food (wildflowers) our landscape provides for them. We also subject them to levels of pesticides that make it difficult for them to complete their life cycles. **Eoghan Ó Dálaigh** talks about the valuable role played by the humble bee in agriculture and in gardens and what we can do to aid its survival.

Pollinators play a key role in our natural environment. Seventy-eight per cent of all our wild plants require insect pollination. Without these, wild flowers, flowering trees and hedgerow plants, the Irish landscape would be a much less beautiful place. These plants provide food and shelter for our birds and mammals, as well as habitats for other small creatures, including many beneficial insects that control crop pests.

A growing number of books and informative literature has appeared about the plight of bees and their fight for survival in the face of herbicidal use in agriculture, gardens, landscaped golf courses, and so on. Colonies have collapsed on a massive scale, as bewildered insects, losing their homing instinct, have been unable to return to their hives.

As the bee goes from flower to flower, collecting nectar to fuel her flight and pollen to feed her family, she also moves pollen from stamen to pistil (male to female part), so that the plant can produce seeds. The writer and naturalist, Alison Benjamin, has written

that a bee visiting a flower is “an act of nature playing out for millions of years”. The poet Kahil Gibran described this symbiotic relationship like this: “To a bee a flower is the foundation of life and to the flower the bee is a messenger of love”.

The role of bees in agriculture and in gardens is pivotal; they pollinate trees whose oxygen we breathe and which mitigate the climate crisis and also the flora that feeds other insects, birds and mammals.

In my lifetime, which is now more than seventy years, farming has become highly industrialised, eliminating many of our hedgerows where there was an abundance of wild plants and all types of insects. Where once we had wildflower meadows that provided food and habitat for bees, birds and butterflies we now have vast tracts of monoculture for silage making. Growing up on Heir Island and later on Turkhead, there were no lawns; there was no need for a lawnmower. Over the last half a century or more, we have become obsessed with neatness, close-cropped lawns, herbicides and pesticides.

In the same era birds have become extinct. Some of us remember the corncrake. Now we seem to be saying goodbye to the cuckoo. The curlew, lapwing, snipe, yellowhammer, lark are all in danger of becoming extinct.

Dr. Una Fitzpatrick, who runs the bumblebee monitoring scheme for the National Biodiversity Data Centre, warns that our bumblebees are literally starving to death. “We keep tidying up nature so we have lots of grassland, parkland and neat lawns with no dandelions, daisies, clover or wildflowers, and the bumblebee dies of hunger”. The bumblebee that comes out of hibernation in spring cannot get the nectar it desperately needs because there simply aren't enough so-called ‘weeds’ and flowering plants. So all our pollinators are hungry for lack of food.

Just like us, pollinators need good and a safe place to live. Often this is because we cut, mow and spray so that everything looks neat and tidy to us. We've been doing this for so long that we think this is how our homes and countryside

should look, but, unfortunately, it means that we are squeezing nature out. This means we will lose the important services nature provide, such as pollination. To have a healthy balanced diet, bees need to be able to feed on pollen and nectar from a range of different flowers from March through to October. Wild bees don't make honey so they have no way of storing food. This means they are never more than a few days away from starvation – so that it's very important that there is a continuous supply of flowers for them.

The best sources of food for pollinators are native plants – trees, shrubs and wildflowers. Be kind to bees and help them all you can. As naturalist, Roger Deakin, has pointed out, they are close to all our

hearts, and we should worry for ourselves and the world as they are disappearing quickly. All of us who are gardeners can make a big difference to help. We can have manicured lawns but we should ensure that we leave space where we allow the grass to grow with wildflowers and plants like dandelions, daisies and clover. As well as letting wild flowers grow, we can also plant some pollinator-friendly ornamental flowers and a lot of these are now marked ‘bee friendly’ in the garden centres.

I would like to suggest some ways that we as gardeners can help pollinators do their absolutely essential work: 1. Let dandelions bloom. If we could learn to love the dandelions and see them as a welcome splash of colour, many more of our pollinators would survive

spring. 2. Reduce the use of pesticides. The earth is our mother; we should not poison her. 3. We should find out the best native wild flowers for pollination – clover, oxeye daisy, cornflower, knapweed, vetches, self-heal, among others. 4. We should choose pollinator-friendly plants for our flower beds, for example asters, marigolds, poppies, sun-flowers, verbena, single flower dahlias, snap-dragons, rudbeckia and so on.

The bumble bees are fountains of life and messengers of love. If you consider that dandelions and daisies are ‘weeds’, remove them by hand and hoe if you must. Lifeless, flower-less lawns are like desert places for all our pollinators. In saving bees, we are saving ourselves.



West Cork Greens: Wild Fires destroy our natural heritage and our shared health

Rory Jackson, LEA for the Green Party Cork South West says that April has been a devastating month so far with fires continuing to be started all over the country.

Killarney national park has again become victim with huge losses to nature and massive demands being put on our fire fighting services. The Air Corps have also been drafted in to help put out the huge blaze. It appears that the fires were not started by farmers or landowners and

we hope to see the full impact of the law brought to bear on the perpetrators. What we do know is that decades of neglect and underfunding have left our natural resources wide open to this destruction. We call on all parties to support more funding for our National Wildlife and Protection Services (NWPS) and for the speedy establishment of a Wildlife Crime Unit.

Our frontline services are bearing a huge cost to their own safety and huge resources are being spent fighting these fires. Our summers will become drier and fires will become a greater problem if we do not act now. This weekend saw fires started at Shiplake near Dunmanway,

and again the heroics of our frontline services were called upon.”

We would call on the public to report these fires and the culprits, if known, to the Gardaí. This is our natural heritage that is at risk. We must also implement plans for the safeguarding of our National Parks, such as Killarney, which have been ignored by Government for too long. I fully support my colleague, Minister Malcolm Noonan in his plans to increase the number of Rangers in the NWPS and to set up a Wildlife Crime Unit.

Everyone needs to be aware that if you can smell a fire, you are breathing it in. The risks

to health are countless and can lead to long-term issues for anyone affected, especially those with pre-existing respiratory illnesses.

While Garda and National park ranger pursue the culprits who start these fires, it is exceedingly difficult to bring many cases to court and successfully prosecute those who start them. It is the duty of everyone to report these fires and if you see anyone starting them, please let the authorities know and stay safe. Fires can be reported to the facebook page, Stop Gorse Fires, which is run by myself and volunteers.



The fire in Killarney Park. Pic: Irish Air Corp Twitter

people Environment : Making a difference

Bandon students challenge you to do better for the planet with 'Carbon Concentrations' campaign

An environmental campaign initiated by Colaiste na Toirbhirte students Katie Hannon (Bandon) and Aisling O'Connor (Kilbrittain) aims to provide people with simple ideas to change their everyday behavior for the better of the planet.

The students set up 'Carbon Concentrations' in late January when they entered their project into Eco-UNESCO or The Young Environmentalist Awards.

Katie and Aisling have set up social media accounts on Facebook, Instagram and TikTok and are aiming to raise awareness about the issue of rising carbon concentration levels in our environment. The girls created many short, fun video clips on TikTok throughout their campaign – one of their videos reached more than 15,000 views! "We are delighted with the success of all our social media accounts, and particularly our Tiktok! We were so impressed when we saw the amount of people our message has reached," says Katie.

The Colaiste na Toirbhirte students post both interactive challenges and fun facts on their social media platforms and have set up weekly challenges called Carbon Neutral Thursday at Colaiste na Toirbhirte. These challenges lasted for a series of weeks and followers were asked to send in their pictures of participation. "We got some brilliant responses to our challenges, from walking to the shop, litter picking or saving paper, everybody played their part!" says Katie. "These were simply easy challenges to make positive changes for the planet," adds Aisling.

The two sixteen-year-old students originally competed in BT Young Scientist with their project. They held a stand at the virtual event and researched the effect of carbon dioxide on ivy leaves. Katie and Aisling went on to use the evidence and scientific research they had collected to educate others around this topic. "We wanted to see if our own local area was being affected by carbon

concentrations. We researched this to find that vegetation in Bandon Town was being impacted," explains Aisling. The pair were delighted to be chosen by the expert judges at Eco-UNESCO to advance into the semi-finals with their campaign 'Carbon Concentrations'. Semi-finalists will be interviewed in April and finals for the competition will take place in late May.

"We've set up 'Forest Finds' as a fun challenge for the month of April! See our videos on social media and find out how to take part," says Katie. The duo has planted a tree at their school to set the example for everybody.

'Think Globally, Act Locally' is the motto behind 'Carbon Concentrations'; the students believe that with everybody playing their part in small gradual changes we can make our locality a better place. "All your actions, regardless of how big or small contribute to the wider global picture."



(l-r) Katie and Aisling planting their cherry blossom tree.

Volunteers needed for second nationwide hedgehog survey

Researchers from NUI Galway and the National Biodiversity Data Centre are once again calling on citizen scientists to help to record data and movements of the humble hedgehog. This year, the researchers have planned a more involved hedgehog survey with volunteers invited to conduct assessments in their local area between May and September.

The methodology follows that developed by the Mammal Society of the UK, which uses footprint tunnels to determine if hedgehogs are present in various habitats. Researchers are asking volunteers to place ten footprint tunnels, a small tunnel made from corrugated plastic containing two sheets of paper and ink in the centre to capture the footprints of the hedgehogs, within a one kilometre square area for five nights and check them each morning for signs of hedgehogs.

The Irish Hedgehog Survey was launched in the summer of 2020 with members of the public asked to submit records of hedgehog sightings online. The response to the survey saw over 2,000 hedgehog sightings reported for the year from all over Ireland, with many reporting hedgehogs regularly visiting their gardens through the summer.



Researchers also received many requests for information on how to attract hedgehogs into the garden or help a sick or injured animal so they have produced an informative leaflet called 'Helping Hedgehogs' with tips for making your garden more

hedgehog friendly. The leaflet is available to view, download and print from the project website.

The Irish Hedgehog Survey forms part of the research of PhD candidate Elaine O'Riordan from Zoology, School of Natural Science, Ryan Institute, NUI Gal-



way, who said: "The aim of the survey is to provide information on the types of habitats where hedgehogs occur, and where they don't. We are hopeful that a lot of volunteers will get involved and survey different types of habitats in urban and rural areas. We are delighted with the response to the Hedgehog Survey so far. People seem very interested in hedgehogs and care about them very much."

"We are very pleased to have teamed up with project partners from the county councils of Galway, Kilkenny Roscommon,

Mayo, Dun Laoghaire-Rathdown and Dublin City as well as the National Biodiversity Data Centre, Ulster Wildlife Trust and Cork Nature Network. With their support we hope to train and mobilise teams of volunteers in these areas."

This survey would be suitable for interested individuals, local wildlife or conservation groups and community and youth groups. Participants are welcome from all over Ireland.

Volunteering workshops will be available online in early summer 2021 with more information

on the survey, instructions, and equipment needed to carry out the project. There will also be live training events facilitated with the Hedgehog Survey project partners.

Full details of dates and locations of the volunteer workshops will be available on the project website irishhedgehogsurvey.com/helping-hedgehogs

For further information on the project, training, or survey news, please email irishhedgehogsurvey@gmail.com.

Butterflies in West Cork

As well as the conservation of wild birds, the West Cork Branch of BirdWatch Ireland promotes biodiversity, which encompasses a wide range of interests. Committee member **Damaris Lysaght** shares her passion for butterflies.

Who can resist that miracle of colour, fragility and beauty that is the butterfly? Collectively called a kaleidoscope, they gladden the heart. Traditionally they have been seen as symbols of the human soul, freedom and transformation. Féileacán in Irish, they were thought to represent the spirits of the dead returning to visit their favourite people and places.

Butterflies and moths belong to the order Lepidoptera, from the Greek: lepis (scale) and pteron (wing). Butterfly wings are made up of tiny scales that give the butterfly its colour and iridescence by refracting, reflecting and absorbing light. They have a feeding tube (proboscis) that acts like a straw, to suck up nectar and other fluids. A close-up photo of a butterfly reveals that it is covered in tiny hairs that keep it warm. They are cold blooded and are often seen basking in the sun to heat up before they can fly. The life cycle of a butterfly begins when the female lays eggs that hatch into caterpillars. The caterpillar feeds on its host plant, moulting several times before it forms a chrysalis, which will metamorphose and emerge as an adult. In most cases the caterpillar stage of the life cycle is the longest. That transformation is an astonishing feat, which mystified scientists for years and has fed into various butterfly mythologies.

Butterflies are seasonal, each species having its own flight period. Depending on the species, they complete their life cycle once, twice, and sometimes three times during a year. Some butterfly species live for a few days and others for several months. A handful of butterflies hibernate during winter as adults, but most overwinter in the caterpillar stage, a few as chrysalises and a couple of species as eggs. A few species migrate large distances, while others hardly venture from the small piece of habitat where they hatched.

Every species of butterfly lays its eggs on specific plants. Therefore a particular species will only be found where there is a plentiful supply of its favoured native plant: a grass, wildflower, tree or shrub. The

other essential requirement of the adult butterfly is a source of nectar, which can be supplied by both non-native and native flowering plants and trees.

In Ireland we have 35 butterfly species: all colours and patterns and ranging from 1.5cm to 8cm wingspan. Barring a few exceptions these can all be seen in County Cork. Here are a few examples:

The Orange Tip is one of the first to appear in spring. The male is more obvious than the female with flashy orange tips to his wings and is conspicuous as he patrols his territory. Both male and female have mottled grey/green under sides to their wings. This detail tells this species apart from other white butterflies that also fly in spring. She lays her eggs on the stems of Lady's Smock. The caterpillars are cannibals and only one will survive on a single plant! They are only on the wing from April to June.

On the wing in spring and summer, the bright blue of the male Common Blue is eye-catching. The females are much darker than the males (blue/brown with orange beading around their wing edge) and are harder to spot. She lays her eggs on Bird's-foot Trefoil and has two broods.

If you notice a heap of spiky looking black caterpillars on the nettles in your garden, these belong to the butterflies we associate with summer: the Small Tortoiseshell, Red Admiral and Peacock.

If you notice a heap of spiky looking black caterpillars on the nettles in your garden, these belong to the butterflies we associate with summer: the Small Tortoiseshell, Red Admiral and Peacock. The Small Tortoiseshell and the Peacock both hibernate overwinter as adults in a sheltered place, sometimes in houses and sheds. The Red Admiral is a migrant and flies over from the continent from spring onwards. It raises a



Marsh Fritillary. Pic: Nicholas Mitchell



Green Hairstreak Pic: Anne Dale

brood here but will generally not over-winter, as it is too cold. The other nettle user and over-winterer is the Comma, a very recent arrival in Ireland, having flown across from Britain, and is now widespread in eastern counties and has been sighted occasionally in Cork... one to look out for!

One of the hardest butterflies to spot is the Purple Hairstreak, which lives, feeds and lays its eggs on the top of oak trees.

The Painted Lady is probably our best-known migrant. Their home ground is Morocco. If they have a good breeding season and favourable winds, there will be a large influx of them here, such as in 2009. The caterpillars feed on thistles and they produce one generation here, but it is too cold for them to over-winter. Another more unusual migrant is the Clouded Yellow.

The word Fritillary comes from the Latin fritillus (dice-box). It is an apt description for the wing pattern of the Marsh Fritillary – a stained-glass window of beige, cream, orange and brown. The adult is only on the wing for about a month from late May. The caterpillars feed exclusively on the leaves of Devil's Bit Scabious. The lifecycle of this butterfly can be followed as the caterpillars feed and move around in a web. They disappear into a winter web deep down in the vegetation but from February

onwards are visible, basking in the sun, in groups. They start dispersing in mid-April to form their chrysalis. It is interesting that the caterpillars of the other butterflies in the fritillary family feed on violets and do not go around in a gang! The Marsh Fritillary is monitored in August or September by counting the number of webs found in a given area, rather than counting the number of adults on the wing as is the case with other species. This is the only species that is protected by law in Ireland. It is an indicator species of the health of the environment.

When walking in a scrubby area of gorse and briers, you may see a flitting grey/brown flying insect hard to focus on. If you are lucky enough to see it alight, it immediately closes its wings, and you will see a stunning small iridescent green butterfly. It is a Green Hairstreak. They are a feisty little butterfly and protective of their territories, seeing off intruders. They lay their eggs on gorse.

Climate, geology, and soil types all have an influence on the natural vegetation: meadows, marsh, woodland, scrub, dunes, and heath land. These varied habitats supply our different butterfly species with all their needs for egg laying, food source and so on. Sadly Ireland is becoming a butterfly-unfriendly place. Increasingly the biggest factor is



Orange-tip (male) on Lady's Smock (Cuckoo Flower). Pic: Nicholas Mitchell



Marsh Fritillary. Pic: Damaris Lysaght

the destruction of habitat. More marginal land, scrub, hedges and verges are cleared away for agriculture, houses and so on. A huge field of ryegrass separated from the next one by a strand of electric fence is no good for any insect or bird. Herbicides and fertilisers also reduce the wildflowers. We can all help in our gardens by growing plants rich in nectar and wild plants like Birds-foot Trefoil, which would look fine on anyone's grass verge or lawn edge. You may even attract your own colony of Common Blues!

For more information about butterflies and how to get involved, go to: National Biodiversity Data Centre website (biodiversityireland.ie) and Butterfly Conservation Ireland (butterflyconservation.ie)

A couple of excellent books:

Discovering Irish Butterflies and their Habitats by Jesmond Harding.

Ireland's Butterflies: A Review by Nash, Boyd and Hardiman.



For more information about the Branch contact Nicholas Mitchell at secretary@birdwatchirelandwestcork.ie or join our mailing list by sending an email to mailinglist@birdwatchirelandwestcork.ie.

people Environment : Making a difference

The pitchforks are coming



ENVIRONMENTAL MATTERS

Fiona Hayes

Nick Hanauer is by his own definition a plutocrat and proud and unapologetic capitalist. In 2019 at TED in Edinburgh he introduced himself as not just one of the “top one per cent” of earners but in the top 0.01 per cent.

He has founded, cofounded, or funded over 30 companies across a range of USA industries. He was the first non-family investor in Amazon.com. He cofounded a company called ‘aQuantive’ that was sold to Microsoft for 6.4 billion dollars.

Nick Hanauer however is a leading critic of modern neoliberal economic policy. He is one of the world’s most outspoken critics of society’s growing inequality and the dire consequences that increasing

inequality creates for our world.

Since 2012, he has been speaking up for a redefining of capitalism and creation of a better economic model, asking the question “How do I turn \$1 million of giving into \$1 billion of social change?” and founding and supporting “Civic Action” a grassroots activism organisation, which states on its website: “Let’s cause some trouble. Our mission is to empower you to be the best activist you can be. We curate ideas on the cutting edge of progressive politics, challenge how you think, and present opportunities for activism that will maximise your impact.”

His view is that ‘the people’ will create change. His 2014 Ted Talk explains “If we don’t do something to fix the glaring inequities in this economy, the pitchforks are going to come for us (the one per cent). No society can sustain this kind of rising inequality.”

In Ireland, alongside the rising interest in solutions to climate change and environmental sustainability, a new economic structure is starting to take hold. Mid April saw the launch of the Government’s Draft National Strategy to transition towards a ‘Circular Economy’, with an invitation to businesses, communities and citizens to

contribute their views through a public consultation and the launch of a ‘Circular Economy Innovation Grant’.

The Ellen McArthur Foundation describes the Circular Economy as “Looking beyond the current take-make-waste extractive industrial model, a circular economy aims to redefine growth, focusing on positive society-wide benefits. It entails gradually decoupling economic activity from the consumption of finite resources, and designing waste out of the system.

Underpinned by a transition to renewable energy sources, the circular model builds economic, natural, and social capital. It is based on three principles: Design out waste and pollution. Keep products and materials in use. Regenerate natural systems.”

‘Regenerate is the focus of a working party put together by Ecolise, Communities For Future. Edward Klutz, a member of the working party states “Regeneration goes beyond the term ‘sustainability’, from exploitation of finite resources to a paradigm shift of Copernican perspective. Our modern model of natural science has written mankind out of Nature.

In place of a fear of scarcity and of the consequent generation of control and a resulting

‘need’ to wage war on any plant or animal (including bacteria and viruses) on this planet; regeneration enables us to re-join Nature.

The Human Genome Project has shown us that the number of human cells inside us that set us uniquely apart from Nature are dwarfed by the number of cells, the number of bacteria and viruses, that put us squarely in Nature, just as our Earth is one small part of a universe of planets and stars.”

He notes that “Regenerative Development”: The Copernican perspective, enables us to initiate a process of co-evolution with all of life and with all that nurtures the process of life on this planet Earth.

If we look towards the Natural World, you find this is how it has functioned efficiently for billions of years. Now, if we as a species, are to survive and thrive, we need to look to the science of the natural world, to see how there is no such thing as ‘waste’, but rather everything is a resource to continue the cycle of life; to regenerate, to give new life or energy to, to revitalise.

This is the essence of a circular economy.

Recently, Friends of the Earth Ireland commissioned a survey. The poll was carried out

by Opinions Market Research and showed that:

- Nine in 10 people believe that Irish climate change policies should be guided by science and expert advice.
- There is near-universal support for government initiatives to support jobs by encouraging home improvements for energy efficiency.
- Three out of every four citizens in Ireland believe that investment in transport should favour safe walking, cycling and public transport ahead of private cars. It hits 80 per cent in Dublin, but is still 72 per cent outside cities and suburbs.
- That even with very difficult economic times ahead, almost two-thirds of adults in Ireland believe that it remains important that the government prioritises action on climate change.
- Two-thirds of people living outside cities and suburbs believe emissions from agriculture need to be reduced by supporting a move to more sustainable farming. Nationally it is three-quarters.

Indeed, so powerful is the belief that science must guide Climate Change Policy and that system change must support people

striving to reduce the damage to our environment, that direct action, by the various members of the climate change movements led to a judicial challenge of climate change policy in the Irish Supreme Court, which quashed the Government of Ireland’s 2017 National Mitigation Plan, ordering the Government to create a new plan, compliant with the 2015 Climate Act.

The pitchforks are powerful! If humans are to survive and thrive then we must create a Copernican realisation that we are nothing special, that in fact we are part of a holonic system, complete in our own right but also part of a greater whole.

The greatest human driver away from the science of ‘Life’, away from a regenerative culture is our linear economic model that supports greater and greater divisions in society. Humans created this economic model; humans can make it obsolete by introducing a better one.

It is time to become a pitchfork. Time to cause some trouble. Time to answer the Government’s Draft National Strategy to transition towards a ‘Circular Economy’, by contributing your views the ‘public consultation’, which you can find at gov.ie.

Emergency Solution for Bandon River Fish Pass to be in place by May 1

The Office of Public Works (OPW) plans to commence emergency works in the coming days on the large ‘rock-ramp’ fish pass in the Bandon River, measuring some 130m, which was installed in October 2018. These emergency works will be critical in solving the immediate problem. The rock ramp was essential to mitigate the impact on fish passage at the weir, which arose from deepening the channel downstream of the weir. The fish pass was designed by international experts, with input from national experts in the then Department of Environment, Community and Local Government (DECLH), along with Inland Fisheries Ireland (IFI).

In March 2021, the OPW

became aware that the boulders, rock and gravel material that formed the bed of the ramp had deteriorated, possibly as a result of extreme flows in the river in February, 2021. OPW immediately carried out inspections, accompanied by IFI representatives and the fisheries’ specialist on the Project.

The site inspections identified serious deterioration of the rock and gravel bed materials used in the construction of the fish pass, over its full length. Of immediate concern is the erosion of bed material at the upstream end of the fish pass, which has resulted in the retaining wall, originally constructed below the bed level of the pass, becoming exposed and creating a ‘step’ up from the bed level immediately downstream of it.

The situation is currently creating serious difficulties for various aquatic species in migrating over this newly exposed ‘step’ at the upstream end of the fish pass, particularly in low flows.

The OPW and IFI have agreed that urgent measures need to be implemented to alleviate this problem. An Appropriate Assessment Screening process is already underway, in line with the requirements of the Habitats Directive, and is scheduled to be complete very shortly. The proposed solution will comprise of large boulders placed in a line across the width of the fish pass – close to the ‘step’ at the upstream end of the pass – to create a pool from which the fish can pass with greater ease. The use of natural

boulders is preferred, but if suitably sized boulders cannot be sourced, the use of large concrete blocks will be considered.

A contractor is expected to be appointed to undertake the works shortly. Consultations are underway with landowners for access for the proposed works. Subject to environmental approval, it is planned to commence the works in the coming days and to have all works completed before May 1 or shortly afterwards.

In addition, an investigation into the reasons for the deterioration of the bed material on the fish pass has commenced and a longer term solution will be developed with a view to fully rectifying the issue over the next few months.

STOP

ECOCIDE

change the law

protect the earth

www.stopECOCIDE.earth

@ecocidelaw

A simple seasonal treat



A FLAVOUR OF WEST CORK RECIPE

Karen Austin

Our glasshouse is bursting at the seams. There are crowds of seedlings waiting to move to a more spacious location to continue growing. We have just re-covered the tunnel that was destroyed in one of the winter storms so the tomatoes can relocate and the other tunnel is full of infant spinach, chard, herbs and baby beans. The potatoes are peeping up and the fruit trees are in blossom. It's such an exciting time of the year in a garden yet the pickings are fairly slim, as last year's green crops shoot for the sky and go to seed and the new ones aren't quite ready to be picked.

One vegetable that's coming into season is Irish asparagus. Sadly we don't have any in our garden anymore – I dug it up in frustration. After several years of nursing the plants and trying to keep them weed-free, then only getting a couple of spears at a time, I finally gave up. I should have researched growing asparagus before wasting so much time, as I have discovered that not only do the seedlings need three years on a weed-free bed, it also hates slugs and needs warmth and sunshine – a minimum of eight hours sunshine a day!

I take my hat off to the Irish growers who supply us with this seasonal treat, as it takes so much time and effort and ideally

a tunnel or covered growing area that is designated to this use.

The Irish asparagus season is short – there are six weeks in May-June when these plants do their thing, growing up to 18cms in a day and funnily enough it's the male plants that shoot up the spears, the female plants provide the seeds – kind of reverse to humans.

I always enjoy the asparagus when it's in season here in Ireland. It's such a seasonal treat and one of the most nutritionally balanced vegetables packed with vitamins and antioxidants.

It's best cooked simply. My favourite way is grilling on a cast iron pan but I have also discovered roasting in a very hot oven can produce a similar result. The heat seals in the flavours and the asparagus still has a little bite.

We have plenty of fresh eggs and a big bunch of Dunworley asparagus at hand so this month's recipe is a plate of roasted asparagus over Puy lentils with herb hollandaise. The lentils are simply cooked then seasoned with salt and dressed with the best olive oil and a splash of balsamic vinegar to brighten them up.

Sublime! It's very easy to prepare and well worth seeking out the local asparagus for, infinitely superior to asparagus that has been flown half way round the world and sold for next to nothing.

Help save the planet, buy local!

Roasted Asparagus with Puy Lentils and Herb Hollandaise

Serves 3-4

Ingredients:

1 bunch asparagus – 4 spears per person
200g ripe cherry tomatoes
200g Puy lentils
200g butter
2 egg yolks
Juice of half a juicy lemon
A handful of fresh soft herbs – chives, basil and/or chervil
Salt and cracked black pepper
Extra virgin olive oil

Balsamic vinegar

Pre-heat the oven 220c

Method:

Put the lentils into a saucepan and cover with at least twice as much water. Bring to the boil, turn to simmer then cook for 20 minutes. Check them by tasting a couple and if they are still a little hard cook for one to two minutes longer but be careful as they should be just done. Drain the lentils, rinse with hot water then dress with a drizzle of extra virgin olive oil, a splash of balsamic vinegar and a little salt. Put the lid back on to keep them warm and put aside.

Whilst the lentils are cooking prepare the asparagus. Wash the spears then trim the woody end. You could snap them but I usually lightly run a sharp knife over the stem working from the stalk up and the knife cuts like butter as soon as you pass the woody bit. Line a baking tray that's big enough to accommodate the asparagus in one layer with parchment paper. Dry the spears then put them in the tray and drizzle over olive oil. Sprinkle over a little salt and cracked pepper then roll them about so they are all lightly dressed,

Wash the tomatoes and dry then put them into a baking tray with a drizzle of olive oil and a sprinkle of salt.

Put the tomatoes and asparagus into the oven and set the timer for seven minutes, toss both then cook for a further five minutes.

The Hollandaise is made using a held blender, which is a clever trick – no whisking over a bain-marie, just instant Hollandaise.

Put the egg yolks into the beaker or a jug with the lemon juice. Gently melt the butter and heat until hot.

Chop the herbs finely
Put the blender into the beaker and buzz the yolks and lemon juice together. Add the hot butter in a slow steady stream. When it has emulsified season with



salt and pepper and stir in the chopped herbs. If it is too thick, thin with a little warm water. If you are not ready to serve you can keep the sauce warm by putting the jug into a bowl of hot water.

To assemble the dinner put a big spoonful of lentils onto each plate, lay the asparagus on top and pour a little hollandaise across. Put the roasted tomatoes around the sides.

Our shop has re-opened and we're delighted to be back in the swing of things so do pass by and pick up some tasty treats. We have plenty to offer from coffees and cakes to lunch, picnics and dinner. We're open Tuesday to Saturday from 9am – 4pm.

Now that we can move about, enjoy the freedom of May!

Dinty's Bar Main Street, Union Hall

OPEN FOR TAKE AWAY

Friday 5-8pm Saturday 5-8pm Sunday 1-8pm



Phone 085 7269977 to make an order.

dintysbar@gmail.com www.facebook.com/dintys.bar

LETTERCOLLUM
kitchen project

LETTERCOLLUM
kitchen project



The place to pick up coffee, cake,
lunch, picnics & dinner

22 CONNOLLY STREET, CLONAKILTY, WEST CORK
Tel: 023 8836938 info@lettercollum.ie www.lettercollum.ie

TUESDAY TO FRIDAY 9:30am to 4pm
SATURDAY 10am to 4pm

Local chef shares the love during lockdown

Clonakilty chef Vicki Sherry turned to Instagram to fill the hours and share her love of cooking during lockdown. The experienced chef of 25 years has been showing followers how vegan meals can feed a family, with the added benefit that meat can be added to all of Vicki's recipes if required. Vicki's food is all about promoting good health and good taste without over-complicating things in the kitchen. One of her recipes was published by RTE's Operation Transformation before Christmas.

"It all started just when my son came home from Australia with his vegan girlfriend last August. I'm vegetarian but the rest of the family eat meat so I was cooking a range of different meals to suit everyone. I decided to base the meals around vegan recipes with meat as a side, which made life easier all round."

From vegan burgers to buddha bowls to lasagne and noodles, Vicki's dishes are tasty and nutritious, ideal for family meals.

To find out more about Vicki's free cooking workshops, follow 'lovevickiskitchen' on Instagram.



people Health & Lifestyle: A flavour of West Cork

Skibbereen pupil winner in Fyffes search to find new banana dessert recipe

Fifteen-year-old Skibbereen pupil Claire Griffin is enjoying the 'sweet' taste of success having been chosen a top winner in the recent nationwide search by banana importer Fyffes to find a new mouth-watering dessert that has a banana as its key ingredient.

Responding to the invitation fronted by celebrity cook, Donal Skehan, Claire was amongst a large group of what the popular television presenter called 'creative and inventive meal-makers' who accepted his challenge to design a desert that could become a meal-topping choice on tables around Ireland and abroad.

A dedicated home economics pupil, currently studying for her junior certificate, Claire is joined at Skibbereen Community School by her mother Mary,

who works as a special needs assistant, whilst father Brendan is a stonemason builder. The middle child of three, Claire's older brother Daniel is studying for his leaving certificate and younger brother Michael is in second year. An avid baker since a young age, Claire has ambitions to be a dietitian when she leaves school. In addition to her passion for cooking and baking, Claire is a committed member of Skibbereen Rowing Club.

In creating her prize-winning entry, which she names 'hazelnut and chocolate caramel cake' and which won the 'Best Junior Baker aged 13-17' category, Claire combined a delicious fusion of banana, and caramel, all topped off with a mouth-watering, chocolate-flavour icing, grated chocolate and chopped hazelnuts.

Devised by Fyffes to mark the annual National Banana Day held recently, the invitation to 'design a dessert' was in-line with a similar event which took place last year when the challenge was to capture the national lockdown-relieving popularity of home cooking by asking Ireland's bake-at-home families to come forward with new and innovative recipes for banana bread.

Complimenting what he called 'the exceptional level of skill' revealed by all who took part in the Competition, Donal Skehan said: "the success that Claire has achieved reflects the dedication and devotion she puts into her baking and the obvious enjoyment she gets from it".

Responding to the widespread level of interest that the event has

generated amongst the public, Fyffes marketing manager, Emma Hunt-Duffy said: "what's really exciting to see is the increasing number of young people now taking part in the competition; it's fantastic that our baking challenge appeals to the next generation of cook-at-home enthusiasts".

"Also noticeable is the extent to which entrants are willing to experiment in finding new ingredients and taste combinations, especially when formulating recipes to suit those with particular taste preferences and those with allergies or other dietary needs," Ms. Hunt-Duffy added.

Other category winners in the competition are: 11-year-old Clíodhna Mulkearns from Letterkenny (Best Junior Baker under 12 years); Roisin Gallagher



from Drumcondra, Dublin (Best Ingredients); Brianna Turner from Ennistymon, Co. Clare (Best Gluten-Free); Alline Isense

Dalpiaz from Killorglin, Co. Kerry (Best Styling) and Kirsten Meehan from Stoneybatter, Dublin (Best Vegan).

Entries for Blas na hÉireann 2021 now open

Entries are now open to producers all across the country for Blas na hÉireann 2021, with the very best in Irish food and drink being judged in the largest blind-tasted food awards on the island. The awards seek to reward the very best, not just in their category but to highlight the best of local as well, including an award for Best in County which is supported by LEO Cork.

"Blas na hÉireann food awards acknowledges and awards the best in class artisan food producers that this island has to offer the Irish and international consumer. We are very proud to be part of the sponsorship for the 'Best in County' awards every year." Joe Burke, Assistant Head of Enterprise, South Cork.

"The last 12 months have been like no other in the history of Blas na hÉireann," says Chairman Artie Clifford. "We could never have imagined what lay ahead when we launched last year's awards. It is testament

to our team, our partners in UCC, IT Tralee and TU Dublin, our sponsors, the resilience and innovation of our amazing producers and our wider Blas community that we were able to announce our 2020 winners in a virtual celebration last October. It is with this experience under our belt that we can confidently launch Blas 2021 – knowing that no matter what, we will celebrate the very finest Irish food and drink in the best way possible."

These are exceptionally rigorously-judged awards, as Blas na hÉireann use an innovative blind-tasting judging system developed by Blas with the Food Science Dept of UCC and the University of Copenhagen that is now recognised as an industry gold standard worldwide. Last year, these systems were successfully moved from the campus in UCC to Dingle to work within constraints of lockdown and travel restrictions.

"2020 was an incredibly difficult year," says Blas na hÉireann Chairman Artie Clifford. "With

businesses pushed to the brink, the closure of the hospitality sector left many producers without some of their key accounts. However, with many producers pivoting their business quickly and the general public getting far more interested in the quality of the food in their basket and on their plate, there were deep ties made between communities and their local producers. Our goal is to build on this and ensure that when restaurants reopen, the ties made between the public and these products remains.

We know that having a Blas sticker on a product makes a difference to a producer's bottom line. Our 2020 winner of Best New Product, Kerry Kefir, increased sales by 50 per cent following the awards and is now stocked in six SuperValu stores and six independent retailers. We are passionate about Irish food and drink and supporting the independent producers as they build their business and we're looking forward to another successful year of Blas na hÉireann



doing just that."

So whether a new business has flourished over the past 12 months or an existing product is being used in a brand new way, a Blas na hÉireann gold stamp of

approval could see it reach new heights and, most importantly, new customers.

Entries for Blas na hÉireann 2021 are now open and will close on May 28, fee for entry is

€80 per entry (ex VAT).

www.irishfoodawards.com

One in four vegetarian meat substitutes surveyed are not a source of protein

The amount of beef-free burgers, tofu-based sausages and other so-called 'meat alternatives' on supermarket shelves is booming, but new research from safefood has found that many of these plant-based meat substitutes are not a source of, or high in protein.

The safefood research looked at the nutritional content of 354 vegetarian meat substitute prod-

ucts on sale in supermarkets across Ireland. These products included plant-based alternatives such as mince, burgers and sausages and are positioned in the same category of foods that provide protein such as meat, poultry, eggs, fish, nuts and beans. However, safefood found that 25 per cent of processed vegetarian meat-substitute products are not a source of, or

high in protein. The research also found that among those who purchase these products, one in three (34pc) people did so because they perceived them to be 'healthy/better for you.'

Introducing the research, Dr Catherine Conlon, Director of Human Health and Nutrition at safefood said: "Judging by the number of meat substitute products now available,

it's clear that Irish people are leaning towards eating more of a plant-based diet. This is ultimately a good thing. However, these are still packaged, processed foods."

"When we asked people about vegetarian meat-substitute products, one in three people thought they were healthy or better for them," Dr Conlon said. "However, many of these plant-based products are simply highly processed foods – if you think about it, eating a sausage roll whether that's plant-based or meat, is still a sausage roll."

According to industry reports, vegan is the third fastest growing on-pack claim for food and drink launches globally over the last five years, with sales in the UK of meat-free foods forecasted to be more than €1 billion by 2024.

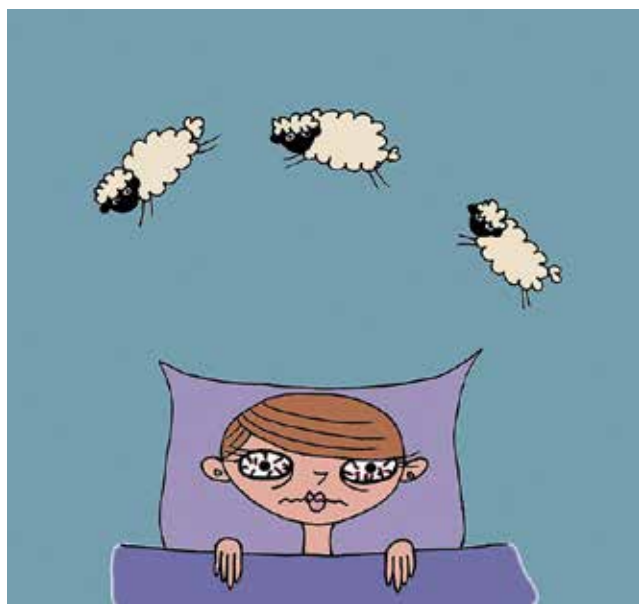
"Many of these products appear to be healthier because of the marketing around them," added Dr Conlon. "We know when something says 'plant-based' or 'low' in something, we perceive it to be healthier because it's made from plants."

"Eating a plant-based diet

that's full of wholefoods, like fruits, vegetables, grains, nuts and lentils is healthier," she said. My advice would be to look at the information panels on the back of the pack to really understand what's in them."

The full report "Vegetarian, plant-based meat substitutes; Products available in supermarkets on the island of Ireland and consumer behaviours and perceptions" can be downloaded from the safefood website; www.safefood.net.

Is worry or anxiety keeping you awake at night?



Amanda Roe

Trauma therapist
& Mind coach

Scientists now call the gut your second brain. About 90 per cent of the nerve fibres in the primary visceral nerve, the vagus nerve, carry information from the gut to the brain and not the other way around. So an unhappy gut could actually be the reason why you're lying awake worrying or feeling anxious at night.

The link between diet, stress, lifestyle and sleep quality is really obvious when someone is working nightshifts, skipping meals and eating junk food. By simply restoring the correct balance to your diet it is possible to influence your mood, your mental health, your physical health, and improve your sleep.

Insomnia or sleep difficulties also affect people who, on the surface, seem to have a healthy

work life balance and seem to be eating a healthy diet with lots of fruit and vegetables. For them, the problem is also one of balance – eating the right foods at the right time is very important to maintaining blood sugar balance and this is one of the main reasons people wake in the night, as they do not have enough fuel to stabilise their blood sugar for long periods without eating.

When I sit down with someone and we look at what their lifestyle and diet is like, we often find it is heavily weighted in one food category with essential

foods limited or missing. I find that there is so much information available about what a healthy diet is, people are confused. It is often overlooked that we are each unique and even something healthy like a tomato can be good for one person and cause a food sensitivity, digestive problem or sleep issues for another.

If you are finding worry or anxiety keeping you awake at night, taking a holistic approach considering your emotions, stress, diet and lifestyle, will give you the information and the action steps you need to

restore your sleep and recover from worry and anxiety.

If you have any questions on what the right approach is for you please get in touch. I am looking forward to speaking to you.

Amanda Roe is an Acupuncturist, Clinical Hypnotherapist and Life and Health Coach.

For more information or to book a session call or text 087 633 1898 or email amanda@marketstclinic.com

In traditional Chinese medicine worry, anxiety, insomnia, excessive dreaming, and poor memory are all connected with your emotions, stress and digestive health.

Insomnia refers to a number of different problems including the inability to fall asleep easily, waking during the night, sleeping restlessly, waking-up early in the morning and dream-disturbed sleep. Whilst acupuncture and herbs are very helpful to manage stress and modulate the bodies functions, the amount and quality of your sleep is also greatly affected by the amount of stress in your life and having the correct balance

of foods in your diet.

Everyone knows that emotional stress affects mental and physical health; it keeps our mind active at night causing overthinking, worry, and anxiety, which can affect our quality of sleep and energy levels.

Lack of sleep and sleeping at the wrong time of day affects the balance of serotonin and melatonin hormones that control your circadian (Sleep) rhythm, worsening the problem.

What many people don't realise is that your digestive health affects your mental health, your ability to manage stress and, can lead to feelings of anxiety and unexplained patterns of worry.

Take Back Your Health

Mental and Emotional

Trauma, PTSD, Anxiety, Stress, Depression, Addiction, Worry, Anger, Grief, Fear, Panic,

Gut Health and Eating Disorders

Emotional eating, Cravings, Weightloss, IBS Control issues, OCD, ADHD, Autism, Dyslexia.

Natural Hormone Balancing

Fertility, Pregnancy Care, Fatigue, Insomnia Dysfunctional Bleeding, Anemia, Menopause.

Solutions for Children, Teens, Adults and Parents

Amanda Roe 087 633 1898 / amanda@marketstclinic.com



People of Cork to share 'One Sunrise Together' on May 8 for Darkness into Light

One year on from when the country went into lockdown, Pieta's services are in demand more than ever and they need the public's support. Electric Ireland is proud to support Pieta for a ninth year and together with Pieta are encouraging people to register at www.darknessintolight.ie to take part in a special Darkness into Light that can unite us all whilst still staying physically apart. By taking part in Darkness Into Light, participants will unite in every corner of Ireland to help shine a light on suicide and self-harm while raising vital funds for Pieta's lifesaving services.

Last year when it wasn't possible to all walk together for Darkness into Light, Pieta faced a funding crisis, but Ireland came together as one community and got behind the event, with hundreds of thousands rising at dawn and sharing sunrise moments from across the country. The support that shone through was nothing short of

amazing with over €4 million raised following a tremendous public fundraising effort to ensure Pieta could continue to deliver their services through 2020.

In 2021, Covid-19 continues to impact not only the nations physical health but its mental health too; it has impacted everything from people's financial stability to their social habits. People are struggling with loneliness; a fact that is worsened with physical distance measures in place. Pieta relies on the generous support of those who participate in Darkness Into Light each year to provide this important national mental health service free of charge, 24/7. While Covid-19 has been difficult Darkness Into Light is a chance for communities to look towards brighter days to come while sharing One Sunrise Together on May 8.

Calls and texts to Pieta's helpline directly relating to suicide, self-harm and suicide bereavement rose by 25 per

cent in December 2020 versus December 2019, and Pieta is expecting the pandemic burden to have far reaching implications throughout 2021.

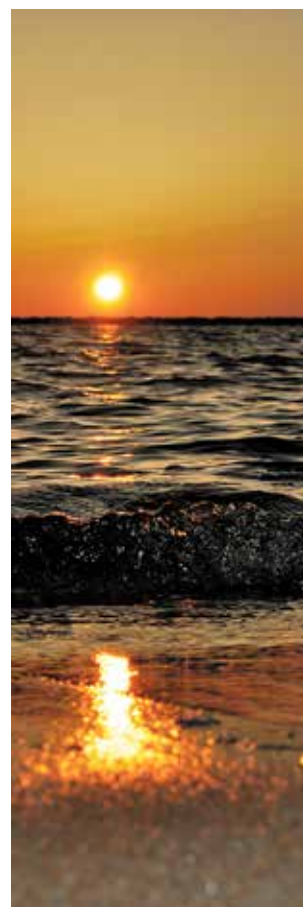
Pieta's counselling services have remained available throughout lockdown with phone, video and face-to-face appointments. In 2020, Pieta delivered over 52,000 hours of therapy and answered over 70,000 calls and texts for help through their 24/7 crisis helpline. The Cork Centre helped 1,241 people in 2020 and provided 21,346 hours of counselling in 2020 and 2019. Pieta has provided a further 20,949 hours of counselling in the Cork area through its phone/text helpline in 2020 and 2019.

Every single person faces challenges and Pieta worked with well-known ambassadors, including Miriam O Callaghan, Donal Ryan and Oliver Dingley who shared Sunrise Notes, detailing how they have found light in the dark, especially over the last 12 months. Sunrise

Notes from the ambassadors are available to read at electricireland.ie/sunrise-notes.

Pieta is also encouraging the nation to take pen to paper to write their own Sunrise Note and share their stories of finding hope in the darkness online using the hashtag, #DIL2021. The concept of writing and sharing a heartfelt note will help normalise the challenges people have been facing this year, bringing people together through shared experiences of finding light in the darkness.

Speaking about this year's Darkness into Light, Elaine Austin, Pieta CEO, said; "We have all been faced with some incredible and daunting challenges over the last year. Pieta is here to support all of those in suicidal crisis and our free counselling has continued, uninterrupted throughout the Covid lockdowns. Our clinical team provide services over the phone, via text and in-person in twenty centres nationwide and,



since last year, we now provide free counselling over video.

Darkness Into Light is crucial in delivering the funds needed to support this level of service.

We have a great partnership with Electric Ireland and the company have been unwavering in their support over the years. We are grateful too for our Darkness into Light committees who galvanise support for the event across the country year after year. It's important for all of us to hold on to hope and Darkness Into Light gives us the opportunity to come together under this one common purpose, to remember our loved ones and to help those struggling at this time, and I do hope you will all join us on May 8."

Although there are no organised walks this year, Pieta and Electric Ireland are still urging the nation to sign up and mark this special Darkness Into Light sunrise within Covid guidelines on May 8 to show support to those impacted by suicide. So, get involved for Darkness Into Light whether that's writing a sunrise note, walking, running, swimming, hiking, biking or simply sharing your sunrise snap using the hashtags, #BrighterTogether, #DIL2021. Because under one sunrise, we're brighter together.

Sign up now at www.darknessintolight.ie

people Health & Lifestyle



MENTAL HEALTH & MINDFULNESS

Susan O'Regan

Susan O'Regan teaches mindfulness and self-compassion courses and workshops throughout West Cork.

For more information contact: susanoreganmindfulness@gmail.com Mob: 087 2700572.

Time to take a breather

times. We have been required to cope with a series of rapid and unexpected events and then a much longer-than-anticipated time period where things have remained quite unsettled. This has undoubtedly had an impact on our health and wellbeing, both positively and negatively. Dealing with such an inordinate amount of change and uncertainty has been very stressful and we need to take our time now to process the ways in which Covid has impacted us, on a wide range of levels, not least, physically, mentally, and socially. So much has changed, for all of us, and there is such great value now, in literally taking a breather, making time to meditate and reflect, to appreciate the positives, as well as softly touching in with the more difficult stuff.

Many people are feeling depleted by the impact of rolling lockdowns and this prolonged period of stress that we continue

to endure. The exhaustion and fatigue that I am hearing about needs to be attended to, but sometimes lives and minds can seem so full and so busy that we might not know where or how to begin. Practising mindfulness meditation is one way in which we can create precious time for reflection and space to process all that has happened, how we are feeling about it and how we are managing through it. During recent months, I have found myself working increasingly, not only with individuals and small groups, but with several organisations and staff teams, focusing on creating valuable space for people to reflect on how they are living and working, exploring what has already resourced them through this time of change, and what is needed now for sustained health and wellbeing.

Research shows that mindfulness meditation has a range of health and wellbeing benefits

and can make us less reactive and less irritable. Mindfulness meditation also helps us to deal with stress and anxiety and with managing difficult emotions. I would encourage everyone to try it out, not just once, but repeatedly, as practising this type of meditation regularly is hugely supportive during times like this, when we may be feeling a little frayed around the edges or a bit anxious. When we consciously take the time to pause and reflect, we may discover that it brings a little ease to our everyday lives and in fact creates a sense of having more time, by settling the mind and making a little space to notice and tend to how we are feeling.

Maybe we can decide now to clear some space in our day for meditation and/or reflection. Creating little self-care rituals can be useful, like writing things down to help de-clutter our minds. Plus, putting things on a page or a list can help us

see what needs to be done on any day. What about including mindfulness meditation on this list every day? Can we afford this equal importance to anything else on the list? A participant in one of my groups recently suggested making a 'to be' list, instead of a 'to do' list, which I thought sounded like a good idea. What about combining the two? If you are anything like me, you might forget things if they are not written down and by including mindfulness meditation and/or some other form of self-care in our daily plan, we are giving it a sense of value, as something that is non-negotiable. Self-care will not happen automatically nor should it be left to chance, it needs to be 'intentional' and plentiful, especially given the year we have all had. Try not to wait until you are totally depleted; begin now, by taking a few nice, long deep breaths to calm and soothe the mind and body.

It can be hard sometimes to begin or maintain a practice by yourself, so if you need some support to begin or deepen your mindfulness meditation practice, you are very welcome to get in touch with any questions or queries. My online meditation sessions via Zoom run consistently on Monday, Wednesday and Friday at 8pm, please do consider joining in, whether you have tried mindfulness meditation before or are new to it. These small group sessions are personal, down-to-earth, informal and donation based. Individual sessions are also available.

For more information on upcoming workshops and online courses please like my Facebook page (Mindhaven) or feel free to get in touch by phone: 087 2700572 or by email: susanoreganmindfulness@gmail.com

Clonakilty Daffodil Day Committee says thank you after over €40,000 raised locally for the Irish Cancer Society



Ardfield NS raised €2817 for Daffodil Day. Pictured are pupils Lily Daly and Lucy Hodgins.

Last year Daffodil Day was cancelled and when the call came this year from the Irish Cancer Society to see if the Clonakilty committee could fundraise for them, it felt like an insurmountable challenge. However, heads were put together and the idea of the 'Daffodil Day Dash' was formed.

"Never in our wildest dreams did we think it would become such a success and that so, so many individuals and businesses would get behind us and support our fundraising efforts,"

said the committee.

"We won't name names here as the support we received was just incredible, so we are going to say a collective huge thank you to all who walked, ran, swam, kayaked, cycled, pushed or indeed did anything else for our Dash, and to those who encouraged others to get involved.

"To the businesses that allowed us to use their premises as a collection point, and in so doing, collected thousands of euros for us, thank you.

"All the restaurants, coffee

shops, shops, businesses, various community centres, garda stations, banks and co-ops who raised incredible money for us, we are so grateful.

"Our two amateur fundraisers, Cian and Shay (have to name names here!), it's so good to see young people actively fundraising for such a worthy cause, and the amount of money they both raised – incredible.

"Our schools, you are the envy of every school and town in the country. In such difficult times in all schools, you came together and raised the stag-



Darrara Community Centre committee members Garda Damian White and Paul McManus, (Chairperson), before they presented a cheque for €1,500 to the Clonakilty Daffodil Day fund. The money was raised online by the community over a period of two weeks in the aftermath of a webinar organised by the Community Centre, in which Damian spoke about his own cancer diagnosis a few years ago. They had set an initial target of €300 but were delighted to have raised five times that amount.

Pic: Darrara CC PRO.

gering amount of €12,072.00; it's no wonder the ICS are now targeting the other schools in the country! They have always been and continue to be amazed at the amount of money you all manage to raise for us year on year, so thank you a thousand times.

Finally, to everyone who donated funds, cash, cheques

or online, please know that we appreciate each and every donation, little or large. It all makes a difference and because of all those donations, our fundraising efforts this year for 2021 have raised the staggering amount of €41,672.50. Please be assured this will make such a difference to so many cancer patients, their families and friends and in

so doing, it will ensure that no patient has to walk the lonely cancer journey on their own.

"So again, a very sincere thank you to everyone, stay safe, stay well and hopefully we will be back to our coffee day gathering in 2022."

What is Liquid Chlorophyll and what are the benefits?



HEALTH

Hannah Dare
Organico Bantry

TikTokers are currently infatuated with Chlorophyll and the craze has even reached West Cork – we’ve had a number of young people coming in recently asking for Liquid Chlorophyll because they have watched videos claiming that it is great for everything from aiding weight loss to clearing up acne. But what is Chlorophyll and why is it suddenly so popular?

Chlorophyll is actually all around us – literally so in Ireland, since it’s what gives grass and leaves their green colour! It is also what allows plants to convert sunshine into nutrients via photosynthesis.

One of the primary ways of including chlorophyll in the diet is by eating green vegetables, such as kale, alfalfa and spinach. Wheatgrass is particularly rich in chlorophyll and is available to purchase as a powder, juice, or capsule, or if you are very adventurous you can grow and juice your own. Wheatgrass Juice is probably the most concentrated form of



natural chlorophyll there is.

When people first started coming in looking for ‘Liquid Chlorophyll’ we were a little bemused. In Organico we have so many different Super Green supplements that all contain high levels of natural chlorophyll that it’s hard to know where to start – Liquid Gold is a particularly popular liquid multivitamin for example (it’s actually green not gold). Then you have Chlorella, Spirulina, Wheatgrass, Barleygrass, and options like NuZest Green Vitality powder (I’m taking this at the moment, and it certainly works as a morning energy boost). But while all these superfood liquids and powders contain chlorophyll, they aren’t called ‘Liquid Chlorophyll’.

Supplements actually called Chlorophyll drops and Liquid Chlorophyll aren’t entirely chlorophyll however. These contain ‘chlorophyllin’, a semi-synthetic, water-soluble version of chlorophyll created by combining sodium and copper salts with chlorophyll. This is a water soluble, so it’s unlikely to cause any problems if too much is taken, but we would still prefer to see people taking a

natural food-based Super Green supplement, because they have been around much longer and we have had many positive reports of how well people feel when they take them.

Many people take Super Green supplements for the antioxidant they contain. Because the water and sometimes even the fibre has been taken out, this is a way of getting a very concentrated dose of nutrients, which can help fill the gaps if your diet isn’t quite up to scratch, or you feel that you need a tonic to get over illness or get through a stressful period of time.

Antioxidants work as anti-inflammatory agents inside the body, helping improve the body’s immune function and response, as well as helping to protect our cells from the destructive effects of pollution and toxins in our food and environment.

Super Green supplements are also widely taken to boost energy and endurance, and some would be taken instead of a multivitamin.

As some people on TikTok have alluded to, scientists have also researched the potential an-

ticancer effects of chlorophyll. One 2001 study from Johns Hopkins found that “taking chlorophyllin or eating green vegetables – that are rich in chlorophyll – may be a practical way of reducing the risk of liver cancer and other cancers caused by environmental triggers,” as explained in a press release by study author Thomas Kensler, PhD. However the research is limited on the specific role chlorophyll might play in cancer treatment, and “there just isn’t enough data at this point to support these benefits.”

So what’s the take home message from this Tik Tok Chlorophyll craze? Chlorophyll occurs naturally in most of the plants we eat, so ramping up your green vegetable intake (particularly with veggies like spinach, kale and cabbage) is a natural way to increase the amount of chlorophyll in your diet. However, if you are interested in taking a chlorophyll supplement, we would recommend you look to a natural super-greens supplement that contains ingredients such as Wheatgrass Juice Powder, Spirulina, Chlorella or Blue Green Algae. As well as containing chlorophyll, these

Organico ONLINE

Over 3000 products including bulk foods & eco-cleaning

Nationwide shipping just €4.95



WWW.ORGANICO.IE

Physiotherapy
Sports Injuries
Orthotics
Acupuncture
Dry Needling




WEST CORK
CHARTERED
PHYSIOTHERAPY

BANDON &
CLONAKILTY

Fiona M. Collins M.I.S.C.P.

t 023 884 4688

m 086 278 4376

www.westcorkphysiotherapy.com

supplements will also contain protein, vitamin E, magnesium, phosphorus and many other essential nutrients. As always, we would advise you look for a good quality brand, and make sure the ingredients are organically grown.

Try your local Health Food Shop, or if you prefer to shop online we have a list of the Super Green supplements we carry under the Health category on www.organico.ie. For more advice email us on info@organico.ie. Have a great month!

Darrara “Zest4Life” May classes

Darrara Community Centre, like similar facilities around the country, remains closed due to the pandemic restrictions. However, this hasn’t stopped its committee from meeting up (online) and organising events for their community. Following several successful webinars, and a great online fundraiser for Daffodil Day, their next venture is a free online four-week health programme with Certified Nutritionist Michelle Ryan, who will coach people to re-think how they eat.

Michelle describes herself as a ‘health nerd, foodie and wellness advocate’. Her ‘Zest4Life’ community nutrition classes

include practical health advice, recipes, meal planning, health tips, weight management and wellness vision planning.

The four 15-minute classes will take place at 10am on Wednesday mornings starting this coming week, May 5.

Topics over the four weeks will include ‘Breaking the snack habit’, ‘Eating more plant-based foods’, ‘Balancing your plate and easy-to-assemble family meals’ and ‘How to escape the sugar trap’. Tasty nutritional recipes will be provided weekly.

The classes are free and open to all and log in details for the zoom talks are posted on the Darrara CC Facebook page.

Patient advocacy service offers support to people in Cork

A newly established patient advocacy service is offering support to people in the Cork area who want to make a complaint about the care they have received in a public hospital.

The patient advocacy service provides free, independent and confidential information and support to people making a formal complaint about their care in a Health Service Executive (HSE) funded public acute hospital.

People in the Cork area looking for support can contact the service’s confidential helpline on 0818 293003 to speak to a trained advocate who will help

them to get information on the HSE’s complaints investigation process, called ‘Your Service, Your Say’.

The professionally trained independent advocate will support and empower the person making the complaint, with the aim of highlighting their views and concerns.

The advocate will explain to the person how to write a formal complaint and what to include in it. They will also help the person prepare for meetings with the HSE about their complaint, and they will help the person explore their options following a response from the HSE to their complaint.

Service manager for the patient advocacy service, Claire Lehanne, said: “Until now, people in Cork and across Ireland who experienced difficulties in the Irish health service often felt there was nowhere for them to turn.

“The newly established service offers patients the guidance and information they need to make a complaint when they are unhappy with the care they receive. It is free, independent and run by our professionally trained patient advocates, who will use their compassion and knowledge to guide people through the HSE complaints process.”

For people in the Cork area

looking for advocacy support to make a formal complaint, you can contact the helpline on 0818 293003. The helpline is open Monday to Friday from 10am until 4pm, including lunchtimes. You can also email info@patientadvocacyservice.ie.

The patient advocacy service was commissioned by the National Patient Safety Office in the Department of Health and is provided by the National Advocacy Service for People with Disabilities. The Patient Advocacy Service receives no funding from the HSE and is therefore fully independent of the HSE.

Walking your dog: Part 3



CANINE CORNER

Liz Mahony

Liz Mahony is an experienced Dog Trainer and Holistic Therapist for all animals. In her monthly column, Liz aims to promote mutual respect between carer and dog. Contact Liz at corkdogtrainingclasses.com

The other day I was on a particular Facebook page about dogs. Someone had a new puppy and wanted to know how to get him to walk quietly on the lead. One guy replied that the first few times he put his dog on lead he held it so tightly near his leg and walked his puppy until he got used to not pulling! I suspect the only lesson he taught his pet in that moment was that his own strength and force was superior!

I believe that if you ask your dog to 'Sit', 'Stay' 'Walk on' you want him to perform those commands by choice rather than through fear or force. That's why we use rewards to

positively reinforce what we want.

I suggested in last week's article that you practice getting your dog to focus at home before you venture outside for a walk. You see, when you take your dog for a walk, it's so stimulating for him. Did you know that when your dog sniffs a lamp post where another dog has peed, he can tell the breed, sex, and height of that other dog just from his 'calling card'? Your dog also knows in which direction the dog was going and if he's a 'regular' or new to the neighbourhood. That's heady stuff. So then your dog leaves his 'calling card' for any passing canine! No wonder dogs have a difficulty listening to us when outside. But, it's so important to allow your dog to 'read' this information.

First and foremost, I believe it's important to hold the lead in both hands. I described how to use both connections of a double-ended lead attached to a harness last month. But, if you are using just one attachment, then it's important that your lead is attached to a ring on the front of your dog's chest. If you connect it to the one on his back, you have no control and end up 'wind-surfing' behind your dog. Not only that, he's not in balance because he can still lean and pull.

If you attach the lead to the front of the harness, you can move or turn his whole body. Let's say you are walking your dog on your right, then you slip your left hand through



the handle of the leash. You consciously keep your right hand loose around the lead and you can move it up or down as you see fit. If you need him to come closer to you, your right hand moves down the lead, and up the lead if you are giving him more freedom. Another advantage is that you can keep him on your right or left hand side. Also, loosening your firm, static grip on the lead lessens the tension in your own body.

There are definitely times when you need your dog to walk closely beside you in order to safely pass people, obstacles and so on. You can teach him to do this by holding a treat in the hand nearest to him and near your leg. Get him to focus on the treat as you walk a few steps. If he manages this, then say, 'Good' and reward with the treat as you keep walking. Once he has the hang of what you want, then add the cue such as

'Heel'. (Again, it's a really good idea to practice in the quiet of your own home before you try it out on a walk.) When your dog has passed the obstacle, then let him 'Walk on' or 'Go free' on a longer lead.

Keep your mobile in your pocket! You can't concentrate on your dog if you're texting or reading messages. You also miss the signals your dog will give you if he's excited, aroused, or fearful of something approaching. If you've picked up the signals early on by paying attention to them, then you can take action such as crossing the road, or giving your dog plenty of space.

Another useful tip to practice when your dog is excited is to change his focus. Have a pocketful of longer, high-value treats. He sees another dog approaching and begins to pull, bark or whatever. Stand still and put yourself in between. Try offering him one of those treats but keep hold of the other end between your finger and thumb. Encourage your dog to nibble at the other end. It's almost like offering him a soother so he keeps sucking at it while possibly glancing at the oncoming dog or person. If he manages to stay calm, then he deserves a Jackpot!

If you're really committed to teaching your dog how to walk on a lead then I recommend this book: *My Dog Pulls. What Do I Do?* by Turid Rugaas.

corkdogtrainingclasses.com

Aging dogs incorrectly impacts their welfare



Research carried out by Dogs Trust has found our dogs may not be in the age category we think they are, and the findings will enable all of us to take better care of our four-legged friends.

Many people believe that dogs age seven years for every one human year, but the charity's researchers have discovered it's not that simple. Dogs mature more quickly than people do. Many one-year-old dogs have usually reached their full height, and most will have also gone through puberty or be approaching the end of it, so they're most definitely not the equivalent of a seven-year-old human.

In Ireland, the average lifespan of a pet dog is approximately 12 years, but some reach the ripe old age of 15 and over. As some breeds live far shorter lives than others, it is common to adjust a dog's estimated age by their breed life expectancy to decide when they are 'senior' or 'geriatric'.

Dr Naomi Harvey, Research Manager at Dogs Trust explains: "Certain dog breeds are expected to have shorter lifespans, with some, such as the Great Dane, having an average life expectancy of just six years. In terms of their health, sadly these dogs do decline quickly, meaning they need additional veterinary care when they're much younger than other dogs.

However, while their bodies may be affected by health issues when they're still young, there's no evidence that short-lived breeds age behaviourally as they appear to be following the same trajectory as other dogs. In other words, short-lived dog breeds are not aging faster, they are simply dying younger.

The language we use to describe dogs and consider their age matters. By saying that these dogs are aging faster and using language such as 'geriatric' to describe a dog that is objectively still young, and a dog that should be in the prime of its life, we're masking the health and welfare issues associated with certain breeds of dog."

The review concluded there is evidence to suggest that a one-year-old dog is indeed still juvenile just coming out from puberty (so the comparison to a 15-year-old is about right) and that dogs don't become mature adults until they're two, which marks the end of adolescence (equivalent to when people are aged around 25). Dr Harvey found that dogs can be considered to be entering their senior years (when an animal is older but typically still quite healthy) at age seven, and that they can be classified as geriatric (a stage of aging where poor health or death becomes most likely), at age 12 and over.

Warning on edible products containing cannabis

The Food Safety Authority of Ireland has issued a warning for consumers about the danger associated with eating edible products, such as jelly sweets, containing cannabis components. This warning comes following a number of recent incidents whereby edible products containing significant levels of the psychotropic cannabis component tetrahydrocannabinol (THC) were intercepted by An Garda Síochána and Revenue's Customs Service. In at least one incident, sweets containing cannabis oil were consumed by a number of teenagers, one of whom subsequently suffered serious adverse health effects requiring hospitalisation. The particular sweets were apparently purchased online with the packaging carrying explicit warnings to eat the sweets cautiously and that a significant concentration of THC was present.

THC is a controlled substance in Ireland with no tolerance level set in the Misuse of Drugs Act, 1977. According to Dr Pamela Byrne, Chief Executive, FSAI, THC is a toxic contaminant and should not be added to any food.

The FSAI is liaising with other Government agencies including the Health Service Executive, An Garda Síochána and Revenue's Customs Service to detect and stop the import and sale of these dangerous products into Ireland. The FSAI urges anybody in a position of influence to educate children about the dangers of these illicit products and alert the FSAI or other enforcement agencies where they have information about the availability of these products.



NATURE TALKS

April Dannan

April Dannan is a food influencer, creating new trends in healthy sustainable living as part of her clinical practice as a Naturopath Herbalist Herbal Nutritionist Intuitive. She lives in West Cork where she is a natural bee keeper and can often be found in the hedgerows.

A call to women

There is so much to be said for the times we are waking up in; the least of which is all the change that must take place in order for the human race to rise enough to take up their missions and purposes on this wonderful planet.

The greatest of times call on the most ordinary people to take on tremendous paths and anchor specific energy in certain locations throughout the earth – vibrations and awareness that envelop and shape all of us as we walk through these first steps out of the darkness and into the light.

Women are being called to resume their posts and to open up their hearts, dust off their dreams and put them into action. All over the world women are waking up, looking around them and wanting to create something better.

For everyone.

So, if you are just starting out or if you have been marching to the music in your own soul for many years, or even if you feel completely lost and disconnected and longing to discover who you really are; your mission is waiting for you to claim it.

To be honest, I was never drawn to business. I never knew I had it in me to start up, develop and run a successful anything. I was only ever told and thus believed the opposite.

It wasn't until I was backed into a corner so far and let down by so many that I had to come out of this shell and make things work in my life better than they ever had before.

I was tired of living paycheck to paycheck, following someone else's ideas of how the world should be, all the while

pushing parts of myself down into despair. I knew there had to be another way and if there wasn't – well then, I would invent one.

If you are really ready to take a leap of faith, to not let anyone stand in your way and to only trust in the inner guiding voice that connects you to all of life and creation, you will be Universally supported in finding your mission and developing your purpose.

Finding, following and then creating a better life is not for everyone; it takes a little bit of a rebel to go against the tide and do what must be done and to not back down. Being female is the greatest asset you can have, your inner compass has already activated and it's leading you towards your mission.

Are you ready to rise?



HERBAL HEALING

Dr. Rosari Kingston

Dr. Rosari Kingston PhD, M.Sc (Herbal medicine) is a medical herbalist practising in Dr. O'Reilly's integrative clinical practice in Clonakilty, Co. Cork as well as Church Cross, Skibbereen. Dr. Kingston's area of research are the healing modalities present in Irish vernacular medicine and she incorporates them, where possible, into her clinical practice. In her clinical practise she specialises in infertility and digestive issues.

www.rosarikingtonphd.com

The blossom of the Hawthorn

As the amazing spectacle of the blackthorn covered in white blossom fades, we are honoured with the pink and white blossom of hawthorn adorning the hedgerows during May.

This bush is rich in folklore and a lone hawthorn tree is associated with the 'sí'. These bushes are also to be found near wells that have a reputation for healing. Hawthorn also makes excellent fuel for burning and is considered better even than oak. Charcoal made from it is even more effective for generating heat.

Hawthorn, or 'Crataegus oxyacantha' to give it its Latin name, belongs to the Rosaceae family with the flowers being cooling and the berries slightly more bitter, but still cooling.

Medicinally, hawthorn may be used by most people and is well known as a cardiac sedative, with the New York Heart Association seeing it being useful in deteriorating cardiac

capacity due to stage II heart failure. The herbalist sees it as treating heart fire (antispasmodic) and uses it in coronary heart disease, congestive heart failure, angina, post-myocardial infarction rehabilitation, and cardiac weakness following infectious disease.

It is a vasodilator for the coronary arteries and will strengthen and slow down the heart. As a vasodilator, it reduces peripheral resistance and decreases the heart rate and blood pressure from exertion. The European Medicines Agency (EMA), in its 2016 monograph on the leaf and flower, notes its long-established use for the relief of "symptoms of temporary nervous cardiac complaints (for example palpitations, perceived extra heart beat due to mild anxiety)...and for relief of mild symptoms of mental stress and to aid sleep." Interestingly, they also acknowledge that no interactions with other medicinal products have been recorded,



but Mashour et al (1998) have reported that Hawthorn enhances the activity of digitalis.

It may also be used for diarrhoea if this is caused by heat in the intestines and in Chinese medicine the haws of 'Crataegus pinnatifida' are used for blood stasis. In the Irish tradition we call that thick blood, and it presents with symptoms such as menstrual cramps, and lower abdominal pain. The haws of the 'Crataegus pinnatifida' are larger than 'Crataegus

oxycantha', more like small crab apples, bright red and tart. They may be stoned and roasted and are sold on street corners in North China as a popular snack food, which is a lovely way to reduce cholesterol. They are also used to make haw flakes, jams, jellies and alcoholic drinks. In Mexico, the fruits of their native hawthorn (Crataegus Mexicana) are also put to use and are eaten raw, cooked, made into jam, and also cooked with other fruits for a Christmas

punch. Interestingly, Mexico uses hawthorn to treat diabetes and it is considered very effective in the early stages of the condition.

Returning to Europe, Turkey also uses hawthorn to treat diabetes as well as rheumatism, cardiac pathologies, asthma, and nephritis. Hawthorn vinegar is produced in some local areas and the fruits and flowers are also consumed as tea.

This bush, then, deserves more than a glance as we drive by and note its amazing blossom. Chile exported ninety-three ton of its berries to Europe in 2007 and continues to do so. Maybe, some horticultural enterprise could be encouraged to develop a hawthorn that would give a slightly larger berry so would be easier to harvest, but even the current haw could be crushed and made into a paste or pate or some other delicacy. Anyhow this month, we can all start off with a cup of tea made from its blossom.

The double-edged immunity sword



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.

Most of us appreciate that vaccination against Covid is good and likely to get us back to normal and, while we all talk expertly about new variants, spike proteins, T Killer Cells, PCR tests and so on, I have some better news about immunity.

I recently attended a three-

day Zoom meeting for A&E doctors, of which a highlight for me was a presentation by a UK cancer specialist.

Cancer therapy with drugs involves giving one that targets rapidly dividing cells like cancer cells, however there is collateral damage, as normal cells get damaged as well, leading to nasty side effects. Worldwide trials have established the best drugs to use for a particular cancer treatment: This has been successful and many cancers are now curable with certain drug combinations, for example acute leukaemia in children.

But back to immunity...bear with me, as this is amazing! In health, as millions of new cells are made each day, this often goes wrong – the body detects the abnormal cell and bumps it off. All good. So what goes wrong when cancer cells appear? The cleaning-up operation is limited and cannot cope.

However we now know that our immunity has the potential to kill off cancer cells big time if this can be unlocked. Enter the T Killer Cells; the cavalry arrives and the battle is won. Drugs, which unlock this potential, are now available and being used with great success against particularly nasty cancers like

malignant melanoma. They are called checkpoint drugs. This is a major change, a paradigm shift, as they say, in treating cancer and is certainly very exciting!

If you understand what happens when immunity goes wrong you will get to grips with most illnesses that I come across. The immune system's attack on oneself, called autoimmunity, causes Type 1 diabetes if directed at the pancreas, your bowel, colitis, joints, rheumatoid, skin, psoriasis and so on. So we have to be careful if we liberate the really effective T Cells against cancer that we do not cause these autoimmune diseases where the body attacks itself. Steroids work in many autoimmune diseases, as they modify immunity. They are called immune-modulators.

However combining traditional cancer therapies with the new checkpoint drugs is most promising and now being used, which is why A&E doctors need to be aware of this exciting development.

If you have stayed awake you are now bang up to date with immune-modulation in cancer treatment and the double-edged immunity sword. More next month!

Recognising the differences between hay fever and Covid

As hay fever season begins, the Irish Pharmacy Union (IPU) has issued advice on recognising the difference in symptoms between hay fever and COVID-19. With one in five Irish people living with hay fever, it is important that people understand how to recognise the key differences; for example, a fever or chills is common with COVID-19 but isn't seen in those suffering with hay fever.

Hay fever, also known as seasonal allergic rhinitis, is caused by pollen and spores creating an allergic reaction affecting the nose and sinuses. While it can occur at any time of year, sufferers are particularly impacted from the spring until autumn. Although hay fever is a relatively common condition, the symptoms can be extremely unpleasant.

Ann Marie Horan, a community pharmacist and Executive Committee member of the IPU, issued the following advice to hay fever sufferers, "Hay fever can make life miserable, especially for people with severe symptoms. However, the condition can often be effectively managed with a range of treatment options, including antihistamines, decongestants, corticosteroid nasal sprays and anti-allergy eye-drops. The key



to treating hay fever is finding the treatment that works for you. Pharmacists are highly trained health professionals and experts in medicines and can play a significant role in the management of allergies, including hay fever.

"Obviously, during the current pandemic, people should only make essential journeys, and for some, including the over-70s, those with underlying health conditions, and people who have either symptoms or a diagnosis of COVID-19 (or if a member of their household does), they should not leave their homes. However, you can still phone your pharmacist for advice, and medicine delivery options are available for those who must stay at home."

Ms Horan added, "With everyone on high alert for COVID-19 symptoms, it can be difficult to rationalise which symptoms could be hay fever and which are associated with

COVID-19. The below IPU graphic illustrating the differences is very useful."

Ms Horan also provided some general advice on managing hay fever, "Sufferers should monitor the pollen forecast and take particular care when the count is high. You can reduce hay fever symptoms by doing the following:

- Keep doors and windows closed at home and when driving;
- Apply a little Vaseline inside the nose to trap pollen and stop it being inhaled;
- Wear sunglasses, preferably wraparound glasses which prevent pollen entering the eyes;
- Don't mow the grass and avoid working in the garden;
- Don't dry clothes outside if possible; and
- Wash your hair, hands and face when you come back indoors and change your clothes to get rid of any pollen."

Pharmacists also warn that as hay fever is a significant trigger for asthma, asthma patients should ensure they carry their inhaler at all times and use it as prescribed.

Up to date information on pollen forecasts in your region can be found at: www.met.ie/forecasts/pollen

people Health & Lifestyle

Looking in



Fern Higgins Atkinson, chairperson of BRÓD and Youth Development Officer in the Ability Programme, West Cork Development Partnership, chats with Maitiú Mac Cárthaigh. Maitiú speaks about his experiences as a young gay man, growing up in rural West Cork, and how they have influenced, shaped, and informed his journey into art.



BRÓD is an LGBTI+ Community Group based in West Cork. A mix of LGBTI+ people and allies, the group's mission is to 'Support, Advocate and Increase Visibility' for the LGBTI+ community in West Cork.

I have known Maitiú for a number of years, as a long-time friend of one of my daughters, as a force of energy that has frequented my home

and found a space in my family and, as a creative and grounded man. I know his family, where he comes from, his home and community. They are familiar, as they are spaces and localities that I also inhabit. I have spent most of my life living in rural West Cork. A beautiful space to be, beaches, mountains, walks, a rich and vibrant food and arts scene, a special place to bring up a family, I could go on. For people who were born and raised, (or, imported and raised) in this gorgeous environment, we feel a sense of connection and belonging. 'West Cork', they say, 'sure you live in a bubble down there'. It is true to an extent, there is no doubt. But the story that Maitiú shared does not really conform to this idyll of West Cork. The stereotype of community and belonging, the feelings of safe space and acceptance, proved to be ambiguous and fragile. Maitiú opened

my eyes to the way it was, and is, for him; an out gay man in rural Ireland. We are complex as humans, our relationships with ourselves, our communities, our peers. The musical artist, Joan as Policewoman discussed this, 'our human condition', Maitiú discusses his truth, his human condition.

"I don't know how to say this in a nice way, there was an overarching dread that you'll get found out. Like, everyone knew." Maitiú grew up in rural West Cork, in an agricultural setting. This was the opening to his exploration of life growing up and coming out in rural Ireland. He further discussed this dread and a feeling that something was wrong with him. His understanding of 'normal' was created in comparison to his feelings of 'abnormal'. Growing up in the country meant that he saw events in the natural world and saw this as a further declaration that his intrinsic

self was wrong; "what struck me was the idea that it doesn't happen in nature; this idea led to a prevailing sense that there was something very wrong with me. This further led to feelings of alienation and a growing tension between me and other people". Maitiú was talking about his growing sense of his sexual orientation, a discovery that heterosexual people often take for granted: The discovery of likes and dislikes, attraction and need, emotional and physical bonding with others. Placing yourself on a matrix in order to compare and contrast in an attempt to understand who you are. For developing young teenagers, it is a time of enhanced emotions, trying to fit in, finding your tribe, a rite of passage. Maitiú realised that he was not on the same sexual trajectory as most of his peers when he was in primary school and talked about an overarching theme for queer people – "too boy for girls, and too girl for the boys", this understanding brought with it a realisation of distance from people; "It took me a long time to figure out that I was gay and the distance from people was quite unnerving. People could be very understanding and welcoming, and in secondary school I had great support from



Maitiú Mac Cárthaigh

a teacher and friends. But the growing sense of alienation led me to leave West Cork".

Maitiú was very aware that he did not want to paint a very negative image for people; but that the truth of it is that he did have negative experiences. A theme running throughout our chat was the inner dialogue that narrated Maitiú's teenage years – the voice that questioned and confronted, separated and isolated. Throughout school, as mentioned, he did have a good

support system of close friends and teaching staff. His family had always been supportive of their son, brother, grandchild, nephew and cousin. We came back to the feeling of alienation though; this was a feeling that caused distance and feelings of isolation for Maitiú, although he was in the midst of caring people. His questioning of the very substance of his identity, the confusion it brought and, in

Continued on next page...

Marymount Hospice calls on the public to support its gardening appeal

In its second year of its fundraising campaigns and events being impacted by Covid-19, Marymount has been mindful not to put pressure on the public for support at this turbulent time.

"We are very aware that this is a very difficult time for people at the moment with financial and health uncertainty," explains Paula McGovern, Head of Fundraising and Communications with Marymount. "We have limited our appeals to very specific campaigns. Our gardening appeal is one we recently launched and one we hope people might support in a small way if at all possible. We hope to open up our garden spaces to facilitate more visiting for families as soon as we can while following all government guidelines. As we are unable to have volunteer groups onsite at present our gardens need some work to get us to a point of being able to adequately facilitate safe family visiting."

People who would like to support Marymount's Garden Appeal can do so by going to



justgiving.com.

The impact of Covid-19 on fundraising has certainly been felt by Marymount who again have had to cancel all regular fundraising events and campaigns in 2021 including the ongoing closure of the Friends of Marymount shop in Cork City. Even with the closures and cancellations the facility relies on fundraising to raise €3.5

million each year to sustain the current level of Marymount services.

"As always the people of Cork are great at rallying us and supporting us in creative ways," explains Ms McGovern. "While we are feeling the pinch this year we are also very appreciative of people's commitment and support of us at this difficult time."

The Beauty Spot...

Protect your skin with Neostrata

We all know at this stage that long term exposure to UVA rays will cause sun damage to the skin's thickest layer – the dermis – and result in fine lines, wrinkles, uneven skin tone, hyperpigmentation and the potential development of cancerous skin cells. Formulated using advanced laboratory researched and tested ingredients, dermatologically driven skincare brand Neostrata includes a range of SPF creams to suit all skin types.

Defend Sheer Physical Protector SPF 50 (Mineral Sunscreen) is an ultra-sheer, lightweight mattifying treatment, formulated to provide photostable, physical broad spectrum UVA/UVB protection with a sheer tint that blends with skin's natural tone.

Enlighten Skin Brightener SPF35 is an antioxidant-enriched moisturiser that combines NeoGlucosamine®, a gentle exfoliant with B-Resorcinol, a known brightening agent, to reduce the look of age spots and provide a more even skin tone;

Skin Active Repair Matrix Support SPF 30 is an age-defying day cream that targets the skins hydrating matrix to firm the skin's appearance and repair crow's feet and expression lines.



Thalgo brings the Mediterranean to you this summer

If we can't plan our next trip to the French Riviera just yet, let's pretend we are there with the new revitalising and hydrating body range Fraicheur (meaning Freshness) from THALGO. Infused with citrus fruits and patented algae extracts from the Mediterranean Ocean, this range is a must have for awakening, refreshing and luminating the skin! The range includes a daily shower foam, an exfoliating scrub (with Citric Acid to gently exfoliate alongside Aloe Vera to soothe and hydrate the skin), a silky moisturising gel and a hydrating body mist – all with a deliciously light aquatic fragrance.



people Health & Lifestyle

...Cont'd from previous page

the earlier days of his teens, the self-doubt that arose, was complex and hard to understand. Maitiú discussed the misplaced and well-meaning comments in social spaces, in discos and at gatherings. “You can be my gay friend” was a common one. Even safe spaces with trusted people were invaded when Maitiú’s sexuality was brought up; a passing comment, an introduction, an innocent yet misguided question on being gay. He says, “Allies, check yourselves! You might come from a good place, but please check yourselves before you say something”. We chatted about a workshop on LGBTI+ visibility that we had both attended but in different contexts and times. One thing that stayed with me from the workshop was when the presenter asked (to a predominantly straight, female audience); “Can you imagine if, every time you met someone, they asked if you were straight? How would it make you feel? Would you start to question yourself? Have you ever had to declare your sexuality as a ‘straight’ person?”. This line of questioning revealed that no, most people had not even thought about this. This example resonated with Maitiú, and the feelings of acute sensitivity that he felt at times in company.

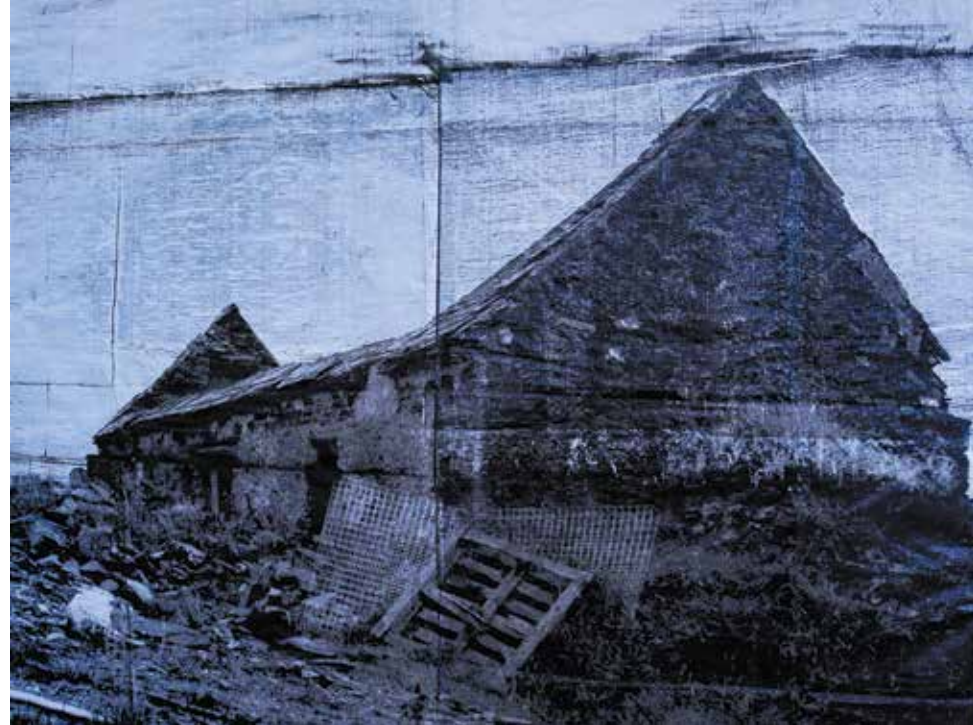
Maitiú navigated this path with enhanced awareness about his position in the world. His reaction to his experiences throughout his teens was to become a self-described ‘art weirdo’, his positive step towards forming an identity that was



not only defined by his sexual orientation. His love of art combined with his growing sense of self, a burgeoning confidence that helped him to embrace the reactions of others. He said he aimed to make eyebrows rise, as high as he could, when he walked into a room. He discovered that within the distance he felt from people, there lay a space in which he was able to discover who he was, a certain freedom to unpick the knots of confusion and self-stigma.

Maitiú now discusses how his experiences have made him acutely aware of injustice. He has made it his mandate to act on injustices brought upon other people in groups that may not be considered ‘mainstream’. We move to consider ways in which young and questioning young people may face challenges

now. Maitiú says that there have been tangible improvements in the awareness and acceptance of the LGBTI+ community, even in the five or six years since he left school, but he does suggest that there is still a long way to go. He raises the particular challenges that young people have at the current time, that is, due to Covid; young people are pushed further online and increasingly distanced from friends and potential supports. When the search for answers or representation is conducted online, it can be easy to be lured into what Maitiú calls “a fake sense of security and a commercial representation of the queer body”. He strongly suggests that the agenda of big TV is to make money and that some representations of queer can be poisonous and very dam-



aging to young people seeking information. While he admits to enjoying Sabrina as escapism, (“everyone’s pan sexual!”), he questions why the gay gods have to always be ‘chiselled’. The prevailing emphasis on body-shape as being sculpted and muscular is problematic and was for Maitiú who discussed the ‘queer body’. As many young people will relate, Maitiú was not part of a sporting group and struggled with body image as not fitting into the expected norm, although he does say that it must also be difficult being inside that traditional norm with expectations to fit into a body stereotype.

As our interview drew to a

close, there were some pieces of learning that Maitiú wished to lend to any young person that may be listening or reading. He highlighted the importance of being self-aware in order to build some emotional resilience. He found researching queer history was central to creating an understanding of his own position in the world and mentions that this may be helpful. He suggests that young and questioning people need to care for themselves, not throw themselves into situations that may cause them harm or distress. You can be vulnerable when you take the first steps into saying out loud what may have been untold before.

Maitiú found his catharsis, his way of maintaining comfort, his manifestation of storytelling, his personal journey, in the process of creating art. This cathartic process has led him to this point in time and he is currently preparing for his degree show exhibition in Crawford College of Art. His work “explores the position of the queer body in rural Ireland through acts of performative labour, to realise a new separate space created through print-media and installation”. The show will be an online showcase titled ‘Subject to Change’. Date TBC. Introducing, Maitiú Mac Cárthaigh.

COMPETITION: Natural daily care for all skin types with Dr. Hauschka’s New Day Lotion range

Dr. Hauschka Skincare Ireland is teaming up the West Cork People to celebrate the launch of their new Day Lotion Range by giving five readers the chance to win their preferred Day Lotion. The winners can pick from the newly relaunched Dr. Hauschka Revitalising Day Lotion (formerly Dr. Hauschka’s Revitalising Day Cream), the new Dr. Hauschka Balancing Day Lotion or the new Dr. Hauschka Soothing Day Lotion. There is a Dr. Hauschka Day Lotion available in the range to suit all skin types!

Dr. Hauschka Revitalising Day Lotion 50ml, €29.95

Made for pale, dry, dehydrated skin, this light daily moisturiser will enliven the skin and activate moisture. The silky-smooth texture has an active moisturising effect and will protect the skin all day long.

Dr. Hauschka Balancing Day Lotion 50ml, €29.95 (special introductory offer price until 31st May 2021, price after promotion €32.95)

Ideal for oily and combination skin, the new lotion balances combination skin prone to an oily

T-zone and slightly red cheeks. It will regulate blemished skin while moisturising with long-lasting effect.

Dr. Hauschka Soothing Day Lotion 50ml, €29.95 (special introductory offer price until 31st May 2021, price after promotion €34.95)

Specially formulated for sensitive and reddened skin, the new Dr. Hauschka Soothing Day Lotion will soothe the skin. Even skin that is prone to enlarged capillaries will appear less irritated.

To be in with a chance of winning this great prize simply answer the following question and tell us which of the Day Lotion range would best suit your skin. Email your answer with your lotion choice and your name, address and phone number to info@westcorkpeople.ie (subject ‘Dr Hauschka competition’) by May 16.

How many different lotions are there in the new Dr. Hauschka Day Lotion range? 1, 2 or 3?

For more information on the full Dr. Hauschka skincare range, or details of your nearest stockist log onto www.drh.ie



people Health & Lifestyle

Long COVID linked with Immune Response Signature in early research finding

APC Microbiome Ireland, a SFI Research Centre in UCC has completed the first study to show that patients with Long COVID have significant and demonstrable disturbances in immune signalling networks, up to nine months following hospital discharge. Prof. Liam O'Mahony, a principal Investigator in the SFI Research Centre APC Microbiome Ireland, Dept of Medicine and School of Microbiology, is leading a team whose early research findings suggest that an over-active immune response may be one reason why some patients develop long-term post-

COVID symptoms. Research into the long-term persistent effects of COVID-19 in some patients is important to understand how Long COVID affects daily functioning and the quality of life of these patients, and to better treat and manage these patients.

Prof. Liam O'Mahony says that through the results of this SFI funded study "It has become apparent that there can be significant detrimental long-term effects following SARS-CoV-2 infection that impact daily functioning and quality of life, even months after the initial infection has been cleared. However,

the reasons why some people develop these long-term symptoms are not clear. One potential reason is that the immune system may remain in a semi-activated state for a long time following infection. In order to test this hypothesis, we examined many of the chemical messenger molecules that are used by cells of the immune system to communicate with each other. We found that a subset of these molecules were elevated in some patients, up to nine months following hospital discharge."

Prof. O'Mahony's researchers collaborated with Dr Corinna Sadlier, Infectious Disease

Consultant at Cork University Hospital (CUH), to follow 24 patients who attended post-COVID infection clinics who had been in-patients during the first wave of the pandemic from March to May 2020. Clinical severity ranged from mild to critical during hospitalisation and the most common symptoms at follow-up clinics were fatigue and/or difficult or laboured breathing. The data suggests that there are long-term immunological consequences following SARS-CoV-2 infection, at least in those that had acute symptoms severe enough to require hospitalisation. The relatively

low number of patients included in this study to date does not allow for researchers to perform subgroup analysis, but the findings may be of clinical value if replicated in future studies.

While the study must be replicated before any firm conclusions can be made, this data suggests that there are specific disturbances in immune signalling networks that may contribute to symptoms experienced long after clearance of SARS-CoV-2 infection. The current clinical and public health priorities are designed to limit severe acute and fatal episodes of the disease, and to quickly roll out vaccines to the general population. However we should also now determine how best to refocus some of the clinical care priorities to caring and helping those who are healing from this

viral infection. Novel interventions, including dietary and microbiome supports, will need to be developed to help assist immune system recovery.

Dr. Sadlier says that "Given the scale of the pandemic and that up to 10% are experiencing long COVID type symptoms following primary COVID-19 infection the medical resource required to manage these patients in the future is likely to be significant. Translational research such as this will be critical in understanding the mechanism underlying these ongoing symptoms from both a diagnostic and therapeutic perspective so we can optimally manage these patients in the future."

High blood sugar is a common and serious health issue



Eoin Roe
Chiropractic

Last month we looked at normal blood glucose balance and how your body manages this. This month we are examining what happens when blood glucose levels get too high. Ultimately this leads to Type 2 diabetes, which is induced by diet and lifestyle choices and is the end stage of an increasing level of dysfunction that can take 15 to 20 years to develop.

Before we go on to discuss

the different stages leading to diabetes here is a list of common symptoms related to blood sugar levels that are too high: Fatigue after meals; general fatigue; constant hunger; cravings for sweets – not relieved by eating them; must have something sweet after a meal; waist girth is equal to or larger than hip girth; frequent urination; increased appetite and thirst; difficulty losing weight; migrating aches and pains.

Insulin Resistance

In normal physiology, as blood glucose levels rise, the pancreas releases insulin to push the glucose into cells so that the cells can use the glucose as energy. This works by insulin binding to receptors on the cell surface and then glucose is transported into the cell. If the levels of glucose and therefore insulin are too high or remain high for long, then eventually these receptors become resistant to the effect of insulin, meaning the cells cannot take up the glucose in the blood. This causes a further surge in in-

sulin and contributes to a vicious cycle of more insulin resistance.

At this stage, as the body can no longer store excess glucose in the liver or skeletal muscle, it will convert it into triglycerides, which will be stored as body fat.

Early on in this stage your fasting blood tests for glucose will still appear normal but you will start to notice symptoms, perhaps the most important of which is if you feel tired or your energy levels drop after you eat. The reason you feel tired is that your body is converting excess glucose into triglycerides and this takes a lot of energy.

Don't wait for blood tests to start indicating that your blood sugar is too high; now is the time to take action. The further you go on down this road to metabolic syndrome the more complex and difficult to resolve your issues will become.

Metabolic Syndrome

Further down this path is metabolic syndrome. You will start to find changes in blood chemistry,

though not necessarily in the fasting blood glucose levels. There will also be changes to the lipid panel, namely a decrease in HDL (good cholesterol) and an increase in triglycerides (bad cholesterol). You may also find your blood pressure starts to rise and an increase in waist size, as you put on weight.

As this pattern of dysfunction develops, further changes to your physiology start. High levels of glucose start to modulate your brain's ability to respond to leptin, which controls your appetite, with higher levels of leptin and resistance in the hypothalamus your appetite goes up meaning you never feel full.

Higher levels of insulin in the blood, which is trying to get the glucose into your cells, start to shift hormone balance in men and women. For men it causes an increase in oestrogen but for women an increase of testosterone. This can cause problems with fertility for women and men. Emotional problems, anxiety

and other issues can follow.

Additionally high blood glucose levels cause inflammation in the body, which can lead to gastrointestinal problems and also promote the adrenal glands to release cortisol and other hormones that effect the kidney which can be responsible for electrolyte imbalances and higher blood pressure.

All of these effects have an amplifying effect on the level of glucose, insulin and other hormones in the blood causing multiple vicious cycles making it harder and harder to reverse.

The good news is that you can do something about this problem by changing your diet and lifestyle. If you are in the very early stages and are just starting to notice that you have tiredness after meals, changes to your diet and adding some daily exercise like walking into your routine, may be enough to reverse your symptoms.

If on the other hand you have been having issues for a while

and notice changes to your energy, you are craving sugar and carbohydrates, you have started to put on weight and find it hard to exercise because it causes pain, you will have a complex web of symptoms and health issues and the usual dietary and exercise advice may not work for you.

Not only what you eat will matter, but how much and when will be important, having gaps between meals (fasting) not snacking and cutting out sweetened and carbonated drinks even those without sugar will be important.

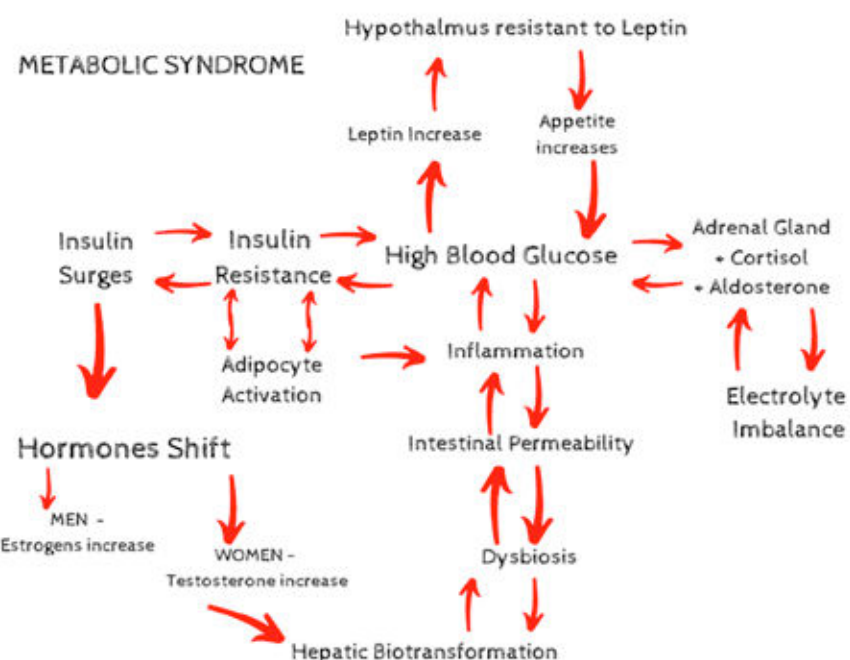
Seeking guidance from someone who understands the complex web of issues caused by high blood sugar will be able to help you with a more targeted approach to getting your blood sugar and health back under control.

If you would like help to manage your blood sugar or any chronic health problems please contact me on 087 9582362.

Eoin Roe
Chiropractic

Relief from Chronic Pain,
Restoration of Nerve Function,
Muscle Strength & Joint Mobility

Clinic in Skibbereen
Tel 087 958 2362
www.eoinroechiropractic.com



Great new products in the world of beauty



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.

With restrictions lifting, it's time to dust off your make-up brushes and celebrate the best new skincare, makeup and more...

CeraVe Hydrating Hyaluronic Acid Serum

Meet the newest addition to the CeraVe family – Hydrating Hyaluronic Acid Serum. Designed to deliver visible results and effectively address lost hydration as a result of a damaged skin barrier, this next generation hybrid serum contains moisture-boosting hyaluronic acid, CeraVe's signature 3 ceramides, Vitamin B5 and glycerin. The gel-cream texture is fast-absorbing leaving no residue on the skin and CeraVe's MVE technology, a unique delivery system, releases the active ingredients throughout the course of the day, for 24-hour hydration, €18 available in selected pharmacies nationwide, and online.

Clarins Extra Firming Energy Day Cream

This two-in-one treatment combines Clarins expertise in firmness with the enhancing effect of a radiance cream. When the skin is subjected to a fast-paced lifestyle, it becomes dull, fatigued, and wrinkles appear. Extra-Firming Energy helps restore skin's firmness and creates a revitalised, radiant complexion. And of course, each application provides a dose of wellbeing and a sensory experience, thanks to its creamy texture and fresh, energising scent. A treatment day cream that will put the spring back in



your skin and your step, €68 available from Clarins stockists nationwide and online clarins.ie.

LUNA by Lisa Jordan Airbrush 3 In 1 Primer, Highlighter & Tint

This is a three-in-one primer, highlighter, and tint. Airbrush diffuses the skin and acts as a beautiful soft-focus highlighter while evening out skin tone, fine lines, and pores for that 'your skin but better' finish. Wear on its own, over or under make-up for a glowing, dewier you. It's your guaranteed good skin day!

Available in five shades: Light, Light Nude, Beige, Tan and Deep Tan, €22 available in selected pharmacies nationwide and online.

John Frieda Violet Crush Intensive Purple Shampoo

Calling all blondes; knock out those stubborn, brassy tones in your hair with the new John Frieda Intensive Purple Shampoo. With crushed violet and blue pigments, in just one use, the rich intensive formula reduces both yellow and orange tones to keep blonde looking cooler and brighter. Safe for use on natural, colour treated, platinum blonde, and lightened brunette hair, use daily until desired colour is achieved or as a weekly treatment. There is also a Violet Crush Daily Shampoo and Conditioner in the range to keep hair on point between salon visits, €7.99 available in selected pharmacies nationwide and online.

IT Cosmetics Hello Results Wrinkle-Reducing Daily Retinol Serum-in-Cream

Hero skin and make-up brand IT Cosmetics has launched its first retinol cream. Developed



alongside a board of plastic surgeons and dermatologists, it promises to turn back the clock on your skin. Combining the power of an anti-ageing serum with the soothing care of a cream, the formula contains two types of retinol to renew your skin and reduce the appearance of fine lines and wrinkles, as well as niacinamide to support skin barrier function. According to the brand, within an hour it will have reached at least 15 layers deep into your skin, €69 available online from CH Tralee, Brown Thomas and Amotts.

Lancôme Teint Idole Ultra Wear Blush Stick

Inspired by the brand's much-loved foundation stick, Lancôme has now introduced the Lancôme Teint Idole Ultra Wear Blush Stick. In a single swipe, create a sun-kissed blush anytime, anywhere with this universal portable, cream blush stick. Its creamy lightweight formula is concentrated in pigments to maximize colour impact and glides on smoothly and effortlessly. Wear under cheekbones to sculpt the face, on the temples and on the corner of the eyes to create a glowing and contoured look. Available in three shades: Ambitious Pink, Daring Peach, and Wild Ruby, €30 available in selected pharmacies nationwide and online.

Balance Me BHA Exfoliating Concentrate

Natural and cruelty-free skincare brand Balance Me have launched their new BHA Exfoliating Concentrate. A fast-absorbing leave-on chemical exfoliant rich in salicylic acid, tiger grass, hyaluronic acid, caffeine and squalane, it



is the perfect addition to your skincare routine to clear blackheads, reduce pore congestion and refine enlarged pores, all whilst calming inflammation and hydrating the skin. A trial panel of 92 women who used Balance Me BHA Exfoliating Concentrate for over 30 days showed amazing results – 85 per cent noticed their skin was smoother after seven days, 75 per cent noticed a reduction in breakouts after 30 days and 78 per cent noticed a reduction in blackheads after 30 days, €32.50 available exclusively online from MyBeautyEdit.com and in selected pharmacies nationwide.

Thalgo Fraicheur Hydrating Body Mist

If we can't plan our next trip to the French Riviera just yet, let's pretend we are there now with the new revitalising and hydrating Fraicheur Hydrating Body Mist from Thalgo. Infused with citrus fruits, this gentle and refreshing toning treatment helps to keep the skin moisturised, calm, and revitalised. Alcohol-free and enriched with organic aloe vera, the mist will not only refresh the body with a light, aquatic scent all summer long but the patented Mediterranean algae extract also helps restructure and strengthen the skin's natural barrier function, €30, available from Thalgo Salons and Spas nationwide and online from thalgo.ie.

SkinCeuticals Silymarin CF Serum

A clear complexion starts with prevention. Daily environmental factors like UV and pollution generate free radicals that damage, or oxidize, skin's oils. Growing research shows this oxidative stress creates



an inflammatory environment that promotes blemish-causing bacteria, which may ultimately lead to blemishes. The result of six years of research and development, the new Silymarin CF antioxidant oil-free vitamin C serum, is specifically formulated for those who are acne-prone or oily and provides excellent environmental protection against UVA and UVB and pollution. Combining vitamin C, ferulic acid and salicylic Acid along with silymarin (a potent antioxidant, derived from the milk thistle plant, that helps inhibit sebum oxidation in the skin) this high potency formula shields the skin from daily damage whilst tackling breakouts and improving the appearance of fine lines and wrinkles, skin texture and skin tone, €165 from SkinCeuticals clinics/stockists nationwide and online.

Bioderma Biphase Lipo Alcoolique

Biphase Lipo Alcoholic is the first double-action barrier hand care that both protects your



health and takes care of your skin in one single step. Unlike traditional hand cleansers, Bioderma have added two nourishing ingredients that take care of the skin. Shea oil penetrates deeply to replenish, while squalane reinforces the skin's natural protective barrier. Easy to use, shake it and spray it on to eliminate 99.9% of bacteria and enveloped viruses. Your skin will feel immediately softer and will stay feeling soft no matter how often you use it! Convinced of the importance of this invention and faced with the situation created by the COVID pandemic, Bioderma are committed to donating 100% of profits made by the sales of Biphase Lipo Alcoolique to foundations, associations and NGOs working to prevent epidemics, for the duration of the pandemic, €8.80 available from pharmacies nationwide and online from www.bioderma.ie.

For details of my facial treatments and skincare consultations visit www.shernamalone.ie. Follow me on Instagram and Facebook @shernamalone.ie

Order online.
TwomeyJewellers.ie

Twomey Jewellers
excellence since 1976

4 Market Square, Dunmanway (023) 884 5366

people Health & Lifestyle



IMAGE

Louise O'Dwyer
Image Consultant

I was on a beautiful walk yesterday, rambling around the hills surrounding Rosscarbery and, despite the over-powering smell of slurry at times; I was lost in the beauty of my surroundings. Laugh all you want but when I reached the top of one hill, standing right next to the electric fencer was a group of cows, and it dawned on me that we have all been like those cows for the last year and a bit desperate to get past the electric fence or our restricted limits. They all just stood there, looking at the tantalising juicy grass just beyond their reach and I totally and completely empathised with those beautiful creatures. We have all been looking and wishing and hoping and praying that we can get to the juicy grass too – whatever that might be – a trip to Penneys, to our favourite beach, to look into the eyes or hold the hand of a loved one

because social media video calls just don't cut it anymore. We are almost there, just a breath away, so hang on in there for just a little longer.

I am bubbling with excitement to get inside the doors of a clothes shop and just relish being surrounded by fabrics that will adorn all of us. Yes, we will be catapulted into summer; our bodies might not be quite ready, but time is moving on, and soon we will be soaking up lots of Vitamin D to keep us smiling and healthy. So many have texted me to say that they have had to cast aside most of their summer clothes because they no longer fit. DON'T SWEAT THE SMALL STUFF and this is small stuff...

There are plenty of businesses out there that will gladly help you to replenish your clothes stocks, so as soon as the doors open, 'run' inside and find some new bits. If you are on a tight budget, high street stores will have all the little bits and pieces that will fill up the gaps in your wardrobe but always remember that quality lasts and I would rather have quality any day over piles of clothes. Be clever; jeans and loose or wide-cut trousers can look different every time that you wear them, so pick up lots of block colour tops and invest in a lightweight over-sized suit jacket, without a pattern and in a colour that is not too loud. This will allow you to wear it a lot and get compliments every time. I recommend a taupe/

biscuit/grey/cream because these colours go wonderfully with everything.

Fashion is courting a very 'loose and roomy' look and the clothes are not at all restricting or fitted. They are mirroring our newly found added freedom to allow plenty of movement but in a classy way. I'm not so sure about the block or chunky sole sandals but that's just my opinion. I have always felt that

footwear should add a little something without causing too much of a distraction. Beware that this style of sandal will dwarf someone who would like to be taller rather than add height, as they pull the eyes down to the feet!

Silk scarves are very much ever-present and it's completely up to you where you wear them – on your head, in your hair or around your neck...the young ones can even wear them as boob-tubes. The 'head-to-toe in neutrals' look is my absolute favourite; it's classy yet under-stated and effortlessly comfortable. Mix cream with white and biscuit or very pale grey, the result is a 'wow' every time; and this year everything is loose and airy, which adds a certain extravagance! Whether you tan easily, like to embrace the pale look, or embrace fake tan, and if you are blonde, dark, red or grey, these colours will look gorgeous on you. And if you want a splash of colour, add some huge bold beads.

Mix prints, stripes and spots and the more colour the better in a flowing dress. Seek out something that is tiered and bright this year and make the most of the fact the look is 'loose'. These dresses are great for anytime, day and evening, especially for all of those barbecues that we will be having and going to. They are also the ideal cover up after a swim!

The biggest 'wow' look on the catwalk was the half pro-half

biker look. This might not be for everyone, but I always love a new look and this is very funky. Mix a timeless blazer with a basic white T-shirt and then add your cut-off denim shorts or biker shorts – just add some strappy, wear-everywhere sandals.

Most of us have been around long enough to know that our summer weather can be quite fickle, so you need to have some summer looks ready for cover-up on chilly days. Little cropped cardis are back, some with buttons, some with a draw-string tie but both looking just as sweet and pretty. Denim jackets will always be a godsend so make sure that your one still fits and if not, invest in a new one. Lightweight long trousers are perfect on rainy days when you don't want to expose your legs.

Midi skirts and little tank tops are universally sweet and chic. Depending on how much you mix 'n match and accessorize, this look can be effortlessly worn morning, noon and night. Add a pair of espadrilles and an over-sized tote bag and you are good to go.

When you don't feel like a neutral day GO BOLD. Bright red is big this year, I adore it and yes, everyone has a shade of red, so take the time to find your perfect shade, even if it is just a bold red silk scarf to wear in your hair or as a belt around your waist. Slip dresses are hovering around too! they are for those really hot days or those

nights that you want to get hot on the dance floor. This season's midi slip dress with a high slit is to be worn as many ways as possible, with a little cardie or cropped lightweight sweater over it and flip flops, with an oversized blazer, or simply and beautifully on its own. It's entirely up to you, so if you invest you will most definitely get your money out of this little number.

The last year and a half has taught each of us some different lessons but the most important thing that has been to the forefront is our need for human connection. This summer, I will chase you with a big stick if you say 'no' to an invite anywhere or to anything. Get out, go, do whatever it is, be tired, have sore feet, leave your make up on and stain the pillowcase (the sign of an absolutely brilliant night) but most of all LIVE. Live for the people that we lost. Laugh and smile when you see all the older teenagers having fun – they have a lot of lost time to make up for...maybe sit down and have a chat with them, it will keep you young! Have the courage to do something this summer that you never did before, go on a drive somewhere to see the sun setting, stay up all night so that you can see the sun rise. Here's to all of us being absolutely exhausted at the end of a summer of love, connection, hangovers, painted toes, lots of dresses and great underwear...Just remember the bit about the stick!



ADVERTORIAL : CNM



Dr Suraya Diaz, CNM Graduate in Nutrition, Naturopathy and Herbal Medicine recounts her hugely successful fusion of scientific research and natural medicine.

I graduated from CNM in Nutrition, Naturopathy and Herbal Medicine. CNM was my first college of choice because it provided a comprehensive academic programme with practical hands-on clinic experience, while allowing me to complete it while working

full-time as a post-doctoral researcher. Also, CNM courses are recognised and accredited internationally.

During my years in medical research, (I completed a PhD in Biochemistry and Molecular Biology and did research in prestigious institutions, such as the Francis Crick Institute in the UK), as I realised that good health and wellbeing are influenced by diet, lifestyle and environment, I decided to combine my scientific career with natural medicine. My CNM studies were enlightening and ground-breaking, opened my eyes to a different approach to health and gave me the opportunity to make life-long friends.

I have now founded my own company, 'Dr Suraya Diaz, Committed to Health', offering consultancy services in nutrition,

naturopathy and herbal medicine and manufacturing the first and largest organic-certified Irish herbal and cosmetics products range. My goal for the company is to become the first name for premium quality services and products, while contributing to a healthier and sustainable future. And being a people person, consultancy gives me a wonderful opportunity to help people on a one-to-one basis. There is no nicer feeling than seeing someone's life change for the better!

CNM is an excellent platform, whether you want to acquire invaluable skills and knowledge to improve your own health and the health of others or, indeed, if you want to follow a similar path to mine and start your own business.



Study with the No.1 Training Provider in Natural Therapies. VOTED BEST COLLEGE/UNIVERSITY 2021 in the IHCAN Education Awards 2021.

Change career. Improve your own health. Help others. Become a Natural Health Practitioner. Study In class or Online. Colleges in Cork, Dublin and Galway.

CNM has an exceptional track record in training successful practitioners – over 80% of graduates are practising.

Attend our next FREE Online CNM Open Evening. Call 01 878 8060 or book online naturopathy.ie

people Health & Lifestyle



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.

This month I'm taking you back to where it all began: With exercises you can do at home to build and preserve your strength. Summer is at the door and all of us longing for a long, warm, hopefully confinement-free season – you might find yourself wanting to shape up, while still being in the comfort of your home.

To be strong is not just to look muscular or fit; to me it has more to do with trusting your body to have the strength to do all the stuff you like to do, from having finger strength to open up jars, strong arms to knead bread, core and shoulder strength to go surfing. In short, it's about different

Getting strong for the summer

strengths for different purposes.

To build up strength or to preserve it, you need consistency more than anything else. It's like with everything in life: If you want to be good at something, you need to do it on a regular basis, be consistent. And to get better, you'll need to challenge yourself once the routine starts to feel easy.

A good summer look is a strong silhouette. You'll need a strong back and a strong back will also give you a good posture, which will give you a healthy looking attitude to life and a strong silhouette.

Here are a few of my favourites for back training strength exercises you can do at home or outside in your garden or in a park.

To get visible results, I will suggest a minimum three sessions a week. If you keep the breaks between sets short, you should be able to start and finish within 15 minutes.

Standing: Bend over Rows are wonderful because they target all the big muscle groups; besides the primary upper body, they also work legs, core and triceps. Stand on the floor with feet shoulder width or a little further apart. Slightly bend your knees and pivot a little from the hips, so your upper body is leaning slightly over. Keep your back straight and core engaged. Hold the weights in your hands, arms straight down. Lift the weights up to the chest, while keeping

legs and core engaged. Lower weights to straight arms for a full movement. Use anything from water-filled bottles to dumbbells for this exercise. Do three to five sets with 10-12 repetitions depending on your level.

Floor exercises: Supermans and back/leg raises. Put a mat on the floor; lie tummy-side down, arms over your head, legs straight. For Supermans, raise upper body and legs simultaneously. Clear both upper body and thighs as much as you can from the floor. Let yourself down gently and controlled to complete the movement.

If the Superman is too difficult, you can divide the exercise into two parts: Upper body lifts and leg lifts. Do the same movement, but for only one part of your body at a time. Three to five sets with 15-20 repetitions.

Standing: Overhead Squat. Feet shoulder width or a bit more apart, stand up straight, hold arms above your head. Keep them up, as you squat down; engaging your core to keep the back as straight as possible. Squat down to horizontal and stand back up, with arms above your head to end the movement. Use weight, such as a water-filled bottle or a dumbbell, kettlebell or weight plate if you can carry it (if you're just starting out, use something light, that won't hurt or ruin if you drop it). Again three to five sets, 10-12 repetitions.

Hanging: Pull-ups/Chin-ups.

This exercise needs a pull-up bar or a solid tree branch you can hang from. It's the king of back exercises, but it takes solid work to build up the strength and technique. If you are new to this and find it's impossible to pull yourself up, regardless how your grip is on the bar, I suggest just hanging to begin with. Get used to carrying your own weight by holding on to the bar for any amount of time you can. Maybe it's five seconds. Then hang for five seconds twice the first week or two of training. After it becomes easy or you are getting used to it, you can either add extra seconds or more reps. Once hanging becomes natural, you can start working on the pull movement. The underhand grip is the easiest. It primarily uses biceps and upper back in the pull. Grab the bar with your palms facing you. Bend your arms by the elbow, as you pull yourself up, chin over the bar, to perform a proper chin up. Lower yourself in a controlled movement to finish the exercise. Once you have learned the pull, you can start thinking in reps and sets.

I hope this has inspired you to train or to keep training. Going about your life, working, studying, cooking, writing, reading – everything we do, shapes us. Don't forget to shape your body too. You need strength to lift your children, to swim, bike and run, to play ball, climb and dance, and you need it to carry



you through life, into your senior years, so you can remain agile to do what you want.

Covid-19 evidence appears to support regular physical activity that can prevent you getting badly sick, which is another good argument for prioritising health.

There is beauty in strength and it's ancient wisdom to take care of your body; remember

this as we walk into summer. It's the best time of the year for staying active, eating well and being outside. Go for it and make it your summer.

Comments and questions are always welcome via mail taniaskitchenfitness@gmail.com or via Instagram [@trainwithadane](https://www.instagram.com/trainwithadane).

HOME MOBILITY SOLUTIONS

- ✓ STAIRLIFTS
- ✓ HOME CONVERSIONS
- ✓ NATIONWIDE SERVICE
- ✓ GRANTS UP TO €30K

FIND OUT IF YOU QUALIFY FOR A GRANT

021 - 4708652

www.kchstairlifts.ie

people Arts & Entertainment

World premiere of a major new adaptation by Marina Carr broadcast as part of the Cork Midsummer Festival

Hatch Theatre Company and The Everyman, in association with Pavilion Theatre and Cork Midsummer Festival, present Virginia Woolf's 'To The Lighthouse'. This masterpiece of modernism is brought vividly to dramatic life by Ireland's foremost playwright Marina Carr in a world premiere from award-winning director Annabelle Comyn. Filmed on The Everyman stage this digital capture of the stage production will be broadcast as part of the Cork Midsummer Festival on June 25, 2021.

The play opens on the Ramsay family and carefree days spent with friends by the sea.

Children play, Mr Carmichael reclines with handkerchief over his face, Lily paints her picture and six-year-old James wants to sail to the Lighthouse. Life is sweet.

But what appears tranquil on the surface, masks deep currents of longing and frustration which the characters struggle to contain.

With the promise of a trip to the Lighthouse cancelled tensions in the home, and beyond, rupture violently and fling these lives into turmoil and change. The world is in transition and death becomes a footnote to a seismic global change, those who remain try to cope in a



The shake by Laura Murphy, part of the CMF 2021 lineup.

new era and with the loss that it brings.

With an all-star cast including Maura Bird, Colin Campbell, Declan Conlon, Derbhle Crotty, Aoife Duffin, Nick Dunning, Olwen Fouéré and Kyle Hixon, 'To The Lighthouse' receives its world premiere, as part of Cork Midsummer Festival 2021.

Woolf's text is written in a form where thoughts and emotions are foregrounded. Marina Carr's adaptation captures the constant flux of the characters' inner thoughts, and re-imagines them in a theatrical landscape. It recalls childhood emotions and highlights emptiness and yearning in adult relationships. Among the play's many themes are those of loss, subjectivity,

the nature of art, unity and the problem of perception.

To The Lighthouse is presented internationally in partnership with the Irish Arts Center, NY and Theatre by the Lake, UK. Broadcasts Friday, June 25 at 7:30pm and available until midnight June 27. Tickets €25/€30 for households with multiple viewers. The Everyman Box Office: Tel: 021 450 1673 everymancork.com. Pavilion Theatre Box Office: Tel. 01 231 2929. paviliontheatre.ie.

Last year saw Cork Midsummer Festival bring most of its programme online and the 2021 programme retains an important digital element, so everyone can be part of it no matter where they are. CMF Online gives

audiences the chance to experience new theatre, literary events, music and more from home. The festival team are also keen to share live, participatory arts experiences this June, delivered safely, always within Government guidelines.

Tickets for the online events are on sale now from corkmidsummer.com. Tickets for the remainder of the programme will go on sale on Monday, May 24, subject to Government guidelines.

Despite the challenges of the ongoing pandemic, Cork Midsummer Festival 2021 retains

the essence of what makes it such a special festival. CMF 2021 will once again premiere exciting new work, continue to support and showcase artists at all stages of their careers, invite audiences to experience art in site specific and unusual locations, continue to work with partners across the arts and arts organisations in Cork and put active participation at the very heart of the art experience. The programme also includes work-in-development, sowing the seeds for some performances, which will take place next year.

KINSALE COLLEGE DRAMA COURSE

Full time Theatre Training.

Enrolling now for September 2021

www.kinsalecollege.ie
www.woodenothatrecourse.com



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

May Sun Signs

May is a busy month and it may even be a merry month for some. Bealtaine marks midway between the equinox and the solstice, indicating we are well on the way to midsummer. The true astronomical date of this cross-quarter day is the fifth of this year. Many of the standing stone rows or circles have markers for the sunrise or sunset on these significant Solar dates. The theme of fertility, symbolic union and abundance is still celebrated in many places with bonfires, maypole dancing and other pageants that involve community gatherings, feasting and much merrymaking of all kinds.

There is a noticeable shift in the energy, as Jupiter makes a move into Pisces, its own sign, mid-month. Another planet coming 'home' is Mercury, as it slips into Gemini on May 4 and, due to the retrograde, it stays in

this sign until early July. Venus also spends the month in Gemini after May 9.

Saturn starts a retrograde phase from May 23 and we have the first eclipse of the year, a total Lunar event on May 26.

With all this to integrate, we are off to a flying start in the first week. The recent conjunctions of Mercury, Sun and Venus to Uranus, the planet of change and freedom, carries this energy forwards as an unsettled and rebellious undercurrent when Mercury connects with Pluto on May 2, then Jupiter on May 3. Venus following in its footsteps does the same on the May 6 and 8. This theme brings communications right to the top of the agenda.

The month may start out with a few surprises and unexpected tidbits of information being leaked or announced. The pace of conversation picks up as

Mercury the fast-paced planet of communication and connections slips into Gemini. This dual sign is symbolised by the 'twins' and they seek union and concord. There is the ability to see both sides and have discussion or debate to reach a harmonious position. When Venus joins the Gemini trend, the talking really begins. We may have a more open flow of information or plenty of revelations with alternative viewpoints and possibilities being presented. The retrograde of Mercury at the end of the month means that much of what happens agreed to or arranged, this month will need to be open to revision and review during June.

The New Moon on May 11 brings that Uranus spark with it and this may create tension and discord in the following weeks if the basic requirements for physical and material comfort

or security are in any way compromised.

The big feel-good story this month is Jupiter moving in to Pisces for the first time since its last visit from January 2010 to January 2011. In the most metaphysical sign, Jupiter can really do its stuff and bring out the best in us. Pisces is all about connection. But the focus is on the spiritual side of life. In Pisces, we get to know about a natural flow and divine order that interconnects our reality. Jupiter seeks the best and highest expression and always aspires to a positive or win-win scenario. The few weeks from mid-May into mid-June give us a taste or preview of what's to come in 2022, but we have to wait for the full story until after late December because Jupiter turns retrograde after only travelling a couple of degrees into Pisces.

We have the Lunar eclipse

on May 26, which is part of an 18-month Sagittarius Gemini series of eclipses. The focus or effect is often far-reaching and unfolds over many months rather than on the day of the event. This eclipse theme has the beliefs and ideals of Sagittarius the seeker who looks for new ideas and fresh insights combined with the Gemini ability to hold in mind more than one opinion, fact or version of the truth. The Lunar eclipse is a point of release and has the potential to bring a new perspective or version into our experience. We can expect a shift in focus in the following months as events unfold in this direction.

May has a New Moon at 22 degrees Taurus on May 11 at 7.59pm and a Full Moon Lunar Eclipse at six degrees Sagittarius on May 26 at 12.13pm.



Aries: You may receive special attention from your friends and people around you. Maybe it's time to reassess the relationships you have with the people in your local area. Women, younger people, and your home environment may contribute somehow to improve your financial standings giving you a sense that you have support and back up. This is a good time to respond to new ideas and find a footing on which you can build firm a foundation. You may be gathering your resources, with the desire to act on vital ideas or impulses that you've experienced. Projects benefit from nurturing and growth.



Taurus: Your mind and inspiration focus on questions of finance and material support. You could come up with new ideas relating to money, possessions, values, and potential investments. Friends and family unite to support you. Use that security to turn away from the outer world, focusing now on personal and inner changes. This is a good time to let go of anything that is worn out or unused and only bring what you need into your improved personal life. You may be more concerned with appearances than usual and you'll come across in a good light in any group or social gathering. New information is delivered, triggering your imagination.



Gemini: Understanding and generosity from friends or family leaves you feeling more inclusive and ready to dissolve outworn defences. Your efforts to be helpful and give freely of yourself are well rewarded. Put up with minor inconveniences and irritations for the sake of what is really important in your life. Creating a harmonious environment becomes priority. Sacrifices made now will be more than repaid later. This month's New Moon helps you appreciate humility and patience as you reach for goals beyond the personal. You have an increased ability to bring things to life and make dreams real.



Cancer: Community concerns and altruism are highlighted this New Moon. This is a good time for resolutions and solutions. People around you unite to make long-term goals and ideals seem more possible. You may feel inspired to work on long-term and mutually beneficial projects. Even on a solo level you want to put into practice your heartfelt desires and make your dreams a reality. Your business sense is enhanced, and you are able to really focus on what is important when it comes to choices affecting your material welfare. Short term is no longer of interest to you. Instead, things of lasting value and with future potential are most appealing.



Leo: There is a lot of support for you to make job-related and practical decisions. Your ambitions could receive encouragement from friends, co-workers, and those around you. This is a time when your practical vision may be at a high. You can see what needs to be done and how to go about doing it. Ambitious goals and projects may benefit from the increased clarity you possess. You become aware that a little self-sacrifice and an understanding attitude on your part could have far-reaching effects on your own life-path and general direction during this time period. Energy invested now could really pay off later.



Virgo: This is a time to concentrate on essentials and to focus on the essence of your situation. 'Take care of business' is the key to making the best of this month's Moon phase. It's good time for deep thinking and evaluating what has real value. A lack of superficiality finds you straight to the point. Choices and tough decisions may need to be made. You can expect support and encouragement if you are candid and honest. Perhaps your philosophical and spiritual beliefs need to be rekindled. Now you are only interested in the truth of things and you want this to be the only foundation for your future.



Libra: This month is time for getting down to business, clearing away and discarding non-essentials or even memories of things past. Your situation benefits from some mental or physical housecleaning. Separate the wheat from the chaff, concentrating only on the genuinely important things. You are in an unsentimental mood and this allows you to let go of outworn or flimsy goods, ideas or relationships. You can create space in your life for exciting and elevating new experiences. Innovation, inspiration and even unconventional approaches to being productive or making money are all possible now. Your response to life becomes more courageous as you allow this energy to flow once more.



Scorpio: This New Moon is a very social time for you and you can receive all kinds of support from those around you. You may drop internal concerns in favour of making personal connections. Partnership and co-operation is a strong urge. All relationships are nourished and very much in focus. This is a time for turning away from your personal experiences by responding in a more spiritual and socially minded manner. You can handle your own past, and you want to share, especially by directly relating to others either intimately or through joint ventures. You are able to love and care for both yourself and others. You recognise the value in being part of something bigger than your self.



Sagittarius: Any recent efforts to improve your health, diet, and physical condition will show results. This is the time for sorting through the experiences of the last several months, separating the worthwhile from the worthless and, in general, salvaging what you can. This is a time of discrimination and possible self-examination and it's helpful to attend to nagging details, just to get them out of the way and regain your peace of mind. Expect relationships to take up more of your attention now. You may be urged to adopt a more open or impersonal attitude toward yourself or others. Self-acceptance and taking responsibility for your actions are equally important.

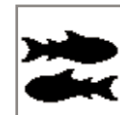


Capricorn: The trend for you this month is to be more creative and expressive. Others may urge you on toward a more self-confident and outgoing attitude. You have had the experience and lived through something important over these last months. Having fun and physical expression is your remedy. Perhaps there is a dawning awareness of who you are now and what you have, which is of real value. Together with a growing sense of self-discovery you may find yourself very

appreciative of your more imaginative qualities. You enjoy expression from the heart and real life dramas. This is time to indulge in the innocent and child-like, simple pleasures of life.



Aquarius: This month the focus is on your home and private life, which could be very rewarding now. A desire for security may make you seek seclusion for a time. Reflecting on past memories can bring you to the end of a phase of questioning. You've created a solid base to build on and sent down roots. With a new sense of where you stand you can enhance your position. Understanding whatever limits there are you'll find it's time to move forward with greater ease. This could be a creative phase for you, in particular regarding ideas, concepts, and expressing or communicating yourself. You can put your experience and feelings into words and may be at your most witty and dramatic.



Pisces: Your ideas, words and ability to communicate works well for you this month and you find needed support or backup from those around you. Your ideas and thoughts may be very deep and rich and memories are especially vivid. You are exploring and searching for new territory on mental and physical levels. You are busy linking things together, following up connections, making contacts and seeing where the limitations are. You may come full circle and once again decide that you need to work things out on your own, but you're clearer about the supports you have for when you next reach out to them.

ASTROLOGY

Personal & Traditional

Phone consultations available

Your Questions Answered

Relationship, Career, Moving House, Business Venture, Lost Items.... resolve your problems

with **Traditional Horary Astrology**

No birth data required

Horoscopes & Birth Charts

Personal Consultations & Chart Readings by Appointment

Printed Astrology Reports

Yearly Forecasts Relationship Analysis
Delivered by post or email ~ The perfect gift

Kate Arbon

089 9608286

www.katearbon.com astro@katearbon.com

Songs of Salt and Crystal: Modernism and the art of Tom Climent



THE SHAPE OF THINGS

James Waller

James Waller is an Australian born artist and poet based in West Cork. Through this column James explores the world of art, introducing the reader to major works of art and artists and reflecting on what makes them so engaging.

Last month I looked at the ink works of Laura Wade, giving special attention to the geometric overlays in her work. This has led me to consider the work of another Cork artist, Tom Climent, whose geometric constructions inform and heighten sensations of landscape. His work is the tip of an iceberg of modernist thought: a wellspring of great colourists, from Matisse to Klee to Martich-Severi, some of whom I'll also touch upon here.

Tom Climent's prismatic colour-symphonies occupy a rich and well-acknowledged space in

Ireland's cultural landscape. Soft geometric constructions unfold across his canvases like divinely coloured crystals unearthed by a matrix of time, memory and salt. Layers of oil, sand and – surprisingly – plaster, generate organic moments of opacity, texture and translucency; the plaster holding earth and the oil refracting coloured light. In this way one encounters both earth and prism – the chromatic cubism of Marc Chagall grafted onto tidal-flat and estuary.

Climent's crystalline yet earthed abstraction has its roots in the glory years of early European modernism; the years of the 'Fauves' (Matisse, Derain et al), 'Der Blaue Reiter' (Kandinsky, Klee et al), the years of Chagall, Delaunay and Albers. Colour was the key and its liberation was paramount. These painters sought to give colour the same status as that of sound in music – pure colour as a value in itself, as a note in an abstract harmony.

Whilst Climent's work glows with the spirit of modernist colour-song it never yields fully to the abstract plane. In all of his canvases there remains a sensation of landscape, of impossibly coloured crystal, dwelling, rock or mountain perched upon land against sky. Works from 2006-12 reveal Climent's gradual emergence from glowing interiors, dwellings and landscapes, the colour heightened in segments, teasing abstraction yet always yielding to reference and earth tone.

Since 2013 Climent's constructions have become more

independent of reference, more internal and two-dimensional. The connection with landscape and atmosphere, however, has not disappeared; rather it has become even more refined. Works such as 'Sidhe' and 'Atlas Peak' from 2018-19 are a case in point. In these works we see a mountainous horizon line separating what could represent landform and sky. Climent here foregoes geometric construction, instead allowing his materials to 'dissolve' into sensations of sediment and salt. In this work he has something in common with fellow Cork artist Michael McSwiney, whose panoramic fluctuations of matter are ever-dissolving and blooming, like algae, lichen and lava flowing and flaking across his canvases.

Works such as the monumental 'Eden' (2018-19), acquired this year by the Crawford Art Gallery, return us to the full prismatic beauty of Climent's vision. Crystalline facets of high-key colour breathe out and up, and yet even here they remain crucially welded to earth and decay, various facets 'dissolving' like salt into mud and ochre. Climent strikes a delicate balance between a hard and soft edge, between acidic and neutral colour, between earth and prism. I say "crucially welded to earth" because it is this link which gives Climent's work its longevity; earth reveals crystal and crystal refracts light, the colours of which sing to the heart.

The following words of Henri Matisse could apply equally well to Climent: "I offer a



Eden (244 x 183cm)

fragment and I lead the spectator by the rhythm, I lead him into following the movement of the fragment that he can see, so that he has a feeling of totality." (Matisse Cut-Outs, Taschen. P. 285)

The quest for an arrangement of infinite resonance, for a syntax which 'speaks the spirit true' is at the source of all composition. The work of Tom Climent is an authentic ripple in the ocean of this grand tradition, which renders all art historical distinctions meaningless. It is the work of constant revelation, a creed of colour, which will – for as long as humanity persists – always bloom. Eden's recent acquisition by the Crawford is timely and a wonderful gift for the people of Ireland in these troubled times.



Sidhe (30 x 30cm)

Zurich Portrait Prize and Zurich Young Portrait Prize open for entries

The National Gallery of Ireland has launched the Zurich Portrait Prize and Zurich Young Portrait Prize competitions. For the Zurich Portrait Prize, the annual competition showcasing contemporary portraiture, the Gallery invites submissions from across the island of Ireland, and from Irish artists living abroad. The Zurich Young Portrait Prize is open to young people aged 18 and under.

The Zurich Portrait Prize aims to encourage interest in contemporary portraiture and to showcase the National Portrait Collection at the National Gallery of Ireland. The winner of the competition will receive a cash prize of €15,000 and

will be commissioned to create a work for the national portrait collection, for which they will be awarded a further €5,000. Two additional awards of €1,500 will be given to highly commended works. Judges for the Zurich Portrait Prize are: artist Eamonn Doyle; Róisín Kennedy, art critic and Lecturer/Assistant Professor in the School of Art History and Cultural Policy, UCD; and Seán Kissane, Curator at IMMA.

The Zurich Young Portrait Prize returns for its third year in 2021. The inclusive art competition is open to children and young people of all abilities aged up to 18 from across the island of Ireland. Winners in four age categories and an overall winner

will be chosen from a shortlist of 20 works. Winners will receive a bespoke art box and a cash prize.

Sean Rainbird, Director of the National Gallery of Ireland, said, "We were overwhelmed with the tremendous response to last year's Zurich Portrait Prize and Zurich Young Portrait Prize. Following a challenging year for artists and children, we hope to learn more about how art has inspired, provided an escape or brought joy to people across the country in recent times."

Neil Freshwater, CEO of Zurich, said, "Zurich is proud to have supported these important competitions since 2018. Working with the National Gallery of Ireland to shine a spotlight

on talented artists of all ages has been a fantastic experience. We're looking forward to seeing the shortlists for both the Zurich Portrait Prize and Zurich Young Portrait Prize later this year."

The closing date for entries to the Zurich Portrait Prize and Zurich Young Portrait Prize is June 23, 2021. Exhibitions featuring shortlisted works in both competitions run at the National Gallery of Ireland between November 13, 2021 and April 3, 2022. The exhibition will continue to partner Crawford Art Gallery, Cork where it will be displayed between April 23 and July 17, 2022. Details of both competitions can be found at www.nationalgallery.ie.



'Portrait of a Boy, Morning' by Aidan Crotty, Winner of the Zurich Portrait Prize 2020.

people Arts & Entertainment

Annual Ballydehob Jazz Festival 2021 presents outstanding music programme

Ballydehob, has against all the odds this year, are rolling out another outstanding festival programme featuring some of Ireland's finest contemporary jazz artists.

While they will not be taking to the streets this May Bank Holiday Weekend, or piling into venues to watch live music, Ballydehob Village have been working hard to plan events so they can celebrate the community, the art and the music that makes this the best small festival in the West!

Previous years have seen the festival grow in size and stature. Ballydehob Jazz Festival headliners have included bands from New Orleans (Meschiya Lake and The Little Big Horns) (Stephanie Niles), Paris (Jack and Jills Swing Band), USA (Lake Street Dive), and Berlin (The Good Night Circus). Welcoming thousands of visitors to join the infamous Ballydehob New Orleans Jazz Funeral Parade, as well as hosting an international swing dance program.

Last year the festival, which

has been running since 2007, had to go online and, like all of Ireland, the streets went quiet. "It's been the strangest, toughest year in anyone's living memory and we're still not out of it yet, but the show must go on. We had to ask ourselves what can we do?" Joseph O'Leary, Ballydehob Jazz Festival Director.

On May 1, 2 and 3, at 8pm each night, Ballydehob "The Little Village with the Festive Heart" will Jazz it up in a virtual kind of way:

A series of concert performances recorded right in the heart of the village in the newly revamped Community Hall will be streamed online via the Ballydehob YouTube Channel. Performances from ReDiviDeR including Matthew Jacobson who been called "one of the most dynamic forces in Irish jazz, on and off the stage" by The Irish Times. Cuar, an Irish Chamber Music ensemble led by Neil O'Lochlainn, The Cormac McCarthy Sextet, and festival favourites Niwel Tsumbu and Eamonn Cagney (with very spe-

cial and much loved guest singer Camilla Griehsel).

And to top it all off, a Headline Concert like the festival have never staged before... A performance of Loch Trasna (Roaring Water Suite) an original piece of music commissioned by the BJJF and written by Paul Dunlea, Cork trombonist and composer. A new suite in four movements inspired by the extraordinary efforts and courage of local men and women of Cork during the War of Independence. Performing with Paul will be four of Ireland's leading improvising jazz musicians – Chris Engel, Sax; Chris Guilfoyle, Guitar; Dan Bodwell, Bass; and Matthew Jacobson, Drums.

In the village

And it's not all online! Ballydehob Jazz Festival has partnered with Working Artist Studios, the local art centre, to create family creativity packs filled with all the materials to make your own Jazz decorations (including a stained glass design) which will be used to decorate



Pic: Jason Lee

the Village Windows throughout the weekend. Contact workingartiststudios@gmail.com to pick up your pack - donation welcome.

Continuing on this year's theme of Roaring Water Bay, as well as arts participation in the community, a New Village Wall Mural has been commissioned by BJJF and created by Cork Artist Anthony Ruby. It will be unveiled on a village wall over the weekend.

A Photograph Exhibition showcasing previous years Jazz Festivals, captured by local photographers Jason Lee and

RT Breathnach will be displayed across the village over the weekend, accessible to all.

Ticket Information: All music concerts will available for ticket holders to view via the Ballydehob Jazz Festival YouTube Channel, premiering from 8pm each night (Friday Saturday, Sunday, May 1-3). Tickets on sale now at ballydehobjazzfestival.org.

Price is a donation of your choice (suggested donation €15 per night / €30 for weekend (includes three nights, five concerts).

Stay posted to the website and BJJF social pages – the May Bank Holiday Weekend is just the beginning for this year. More events will be rolled out as and if public health restrictions will allow.

The Ballydehob Jazz Festival is made possible by the support of Cork Co Co and Cork County Arts, Pure Cork, The Arts Council of Ireland, local businesses and a vibrant community that cannot be kept down.

www.ballydehobjazz.org
Facebook/Instagram/Twitter

Award-winning Irish poet Molly Twomey to special guest at May Spoken Word

One of the brightest young stars in the beautiful firmament of Irish poetry, Molly Twomey is the special guest at the next DeBarra's Spoken Word on May 19.

Originally from Lismore (Waterford), Molly has already been published in Poetry Ireland, Banshee, the Irish Times, the Stinging Fly and was featured on RTE's Arena. She also won the Padraic Colum Poetry Prize 2019, as well as the national Waterford Poetry Prize 2020. Molly holds an MA in Creative Writing from University College Cork, where she received the title of College Scholar and has been given the Eavan Boland Mentorship Award.

Not bad for a 25-year-old! And yet, if appearances and intuition are anything to go by, Molly is down to earth and far from big-headed. She has blogged extensively about mental health and isn't afraid to examine her own experiences. What she writes has a searing honesty, including the poetry she has so far published. Molly was one of two Cork-based poets (alongside Jim Crickard) selected in 2020 for the Twin Cities poetry exchange between Cork and Coventry that has occurred yearly since 2008.



Normally two Coventry-based poets would visit Cork, and vice versa, to do a short poetry tour in the other country. Of course, everyone stayed at home in 2020 while visiting events online and 'in spirit'.

Fortunately, a chapbook (Southern Syllables, available in PDF) was produced to mark the occasion; part of the 'spoken worlds' series published by Ó Bhéal, the poetry powerhouse in Cork that organises the exchange. In her 10 (prose) poems, Molly shows herself to be a keen observer of women, men, parents, the homeless, interactions:

Sometimes grim, often with a hint of irony and/or humour, but unfailingly compassionate and poetic. She uses vivid images to paint persons and scenes but a lot is left to the imagination and there is always a 'story behind the story'.

On May 19, from 8:30pm onward, Molly will be reading from her own work at the online DeBarra's Spoken Word. She will also facilitate a workshop around an ancient myth, Persephone and Demeter. "A lot of my poems are based on mythology," she said in a recent zoom interview. "It is a really good way to create a boundary between myself and my autobiography. Go into a different world." The Greek nature goddess, Demeter, presides over the harvest, agriculture, and the fertility of the earth. When her daughter, Persephone, is abducted by Hades, the god of the underworld (a move approved by her father, Zeus), Demeter tries to locate and rescue her daughter. To express her anger, she goes on strike. The crops wither in the fields, animals die, and a famine spreads across the earth...

This, of course, is only the

start of the story, which has many angles and underlying themes. Molly will not just explore the myth itself but also look at poems by several authors that approach it in very different ways. "Some poets use it to talk about a mother-daughter or even a father-daughter relationship. Or, they capture it from a humorous perspective... I want to open up people's minds about mythology. When I started out, I found mythology really scary and thought I'd have to read all these big and complicated books. But in reality, it's about quite accessible stories... We can make sense of the crazy world we live in through poetry and mythology."

It should be said that the workshop, which includes an exercise, is open to all-comers and not just to people (already) writing poetry but also to those who prefer to write stories, non-fiction, or even songs. An Open Mic will follow as per usual.

If you want to take part in the session, please send your email address to debarraspookenword@gmail.com or go to the event on DeBarra's Spoken Word's Facebook page.

Cork-based podcasters reveal how you can win an Oscar

ACork-based podcast has revealed the method film production companies often use behind the scenes to increase their chances of bagging an Academy Award.

Ahead of last Sunday's Oscar ceremony, the hosts of the Random Questions Podcast broke down the concept of 'Oscar Bait' and the difficulties the Academy has faced in recent years concerning diversity.

The weekly podcast, which began in early March, is hosted by Robert O'Sullivan (Tower) and Jill Kingston (Clonakilty), two friends and former journalists.

Robert, an award-winning radio producer and broadcaster, said that researching the 'mysteries' behind the Academy made for an interesting few evenings: "As a movie watcher you kind-of presume there's some unwritten rules as to what gets nominated for an Oscar. But looking into it, it shocked me almost how regimented it is. If your movie is about a war, about a famous figure, or is a period piece, and you really shop it around to Academy members, you have a really good chance of getting a nomi-

nation on your poster.

"Some films even time releases to use potential nominations in their marketing materials. The Deer Hunter used that strategy to great effect, because audience reactions in test screenings made the producers wonder how to market what they felt was a thoroughly depressing movie.

"What was also interesting was to read studies as to what movies the Academy really doesn't like. We can all probably think of movies that aren't exactly 'prestige' but I was still taken aback to see that – especially in light of the Academy's historic issues about diversity – that a 2014 study showed that 'black independent films' ranked alongside phrases like 'zombie' and 'breast implant' as the most Oscar-toxic topics to use."

The podcast, which releases every Wednesday, is available on Apple Podcasts, Spotify, and most other podcasting platforms. The podcast can be found on Instagram and Twitter by going to the username @RandomQsPod, or searching 'Random Questions Podcast' on your podcast platform of choice.



A COTTAGE GARDEN PROJECT

Jean Perry

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...

Watching the garden gradually coming back to life over the last few months has been very comforting in these still uncertain times. The regular signs of new growth confirm that life goes on regardless of pandemics and lockdowns. On a personal basis, one of the

Going wild in the garden



A flowering cherry at Glebe.

hardest things for me during the pandemic has been not seeing one of my daughters for nearly a year now. She and her family live in Glasgow, so near and yet so far. Technology has allowed us to keep in contact but there are limits to Skype and Zoom; there is no replacement for the real thing. A couple of years ago she and her family moved to a house with a large garden – the only drawback being that the garden is on a steep slope, with the house sitting halfway down. She has a demanding academic job and with three children

hasn't had much time or interest in gardening until now. Like many people, her interest in the garden increased during the Covid pandemic. The instinct to provide the family with some fresh fruit and vegetables, and the need for them all to get outside as much as possible brought the garden into a new perspective. Gardening on such a steep slope proved very challenging and this spring she and her husband called in a landscape gardener to try to make some sense of the space. Now, with gently curved

slopes, new hedging, vegetable beds, a composting area and a patio for an outdoor table and chairs, the garden has become a new focus for all the family. It has also given my daughter and myself many hours of chat, exchanging ideas, talking of seeds and plants, biodiversity, advice on varieties and so much more. Starting a new garden is both exciting and daunting. While my other daughters are also on the same journey, they happen to live close by and I can give them advice, plants, seeds and cuttings and so on, just as fam-

ilies have done for generations. With Mia, it is harder, but the new garden has brought us closer, with constant photos, lists of suggestions, even phone calls for advice while she is in the garden centre. Starting from scratch has enabled her to consider everything she plants from the biodiversity point of view so the hedging is a mixture with beech, hawthorn, hazel, and rosa rugosa in the blend. Other suggestions for shrubs that are great for wildlife are Berberis darwinii and Ribes sanguineum for early flowers, Ceanothus, Hebes, Buddleia, Viburnums and many others. Now, before I buy a plant I check its wildlife credentials. There is a wealth of information in seed catalogues, gardening books and of course on the Internet.

Mia's new garden is full of nooks and crannies and her first instinct was to fill them up, but

I have advised her to take things slowly. It is easy to fill gaps with annual flowers, marigolds, nasturtiums, cornflowers and so on (all good for pollinators), this gives time to live with the space and make good choices. I have bought so many plants in the past that have caught my eye, without any idea of where I will plant them. I am embarrassed to think how many never found a permanent home. Now I make wish lists of plants so that if I happen to find myself in a garden centre, I look for plants on my list that are sure to find a waiting spot in my garden. It has only taken about 40 years to learn that lesson.

I am looking forward, like so many of you, to the time when we can all safely meet again and swap seeds and cuttings and chats about the garden, hopefully in the not-too-distant future.

Outdoor living at Deelish Garden Centre



With so many people finding themselves spending more time at home and in the garden, Noah and Maya of Deelish Garden Centre in Skibbereen have, since last summer, been sourcing unusual and practical items that enhance our outdoor living areas.

As the new covered sales area is now complete at Deelish, these unique additions have been put on display all under one roof. "We have found a real need for quality affordable outdoor living furniture, fire pits,

barbecues, outdoor ornaments, as well as specimen plants," shares Noah.

Noah's parents, Bill and Rain, former proprietors of Deelish Garden Centre, opened the outdoor living area on Saturday, April 3.

"The reaction from our customers and visitors so far has been amazing," says Noah. "Most people prefer to see and feel the quality of our outdoor living products for themselves compared to purchasing on the internet from a few images."

Some of the more unusual items include: Massey Ferguson table tops and chairs, fire logs (sometimes called Swedish candles), outdoor candles, laser cut steel fire bowls, chimenea fires and cookers, outdoor cooking accessories (including waffle irons, popcorn pans and cast iron slow cooking pots), and even a life size drift wood stag!

Deelish also stocks quality barbecues from €50-€500, barrel smoker barbecues, tripods for cooking over camp-style fires or fire bowls, grills for outdoor cooking including fish, as well as a range of different sized outdoor steel fire bowls (there are some unusual shapes and sizes).

"Our outdoor furniture has

been hard to keep in stock, with some pieces finding new homes even before being assembled," says Noah.

Deelish stocks rattan lounge and dining sets, nest chairs, hammocks and hammock seats, as well as a full range of wooden chairs, including rocking benches, companion sets, dining sets and arbors. One of the most popular benches at the moment is made out of a recycled whiskey barrel!

For the more adventurous, there are also hammocks, swing chairs, rope ladders and wooden swings!

"We have garden ornaments to suit everyone, including Maoi Heads from four inches to seven feet, a huge range of Buddhas, monks, warriors, ganesh, fish, elephants, lotus bowls, to name just a few!"

DEELISH GARDEN CENTRE

We're on the banks of the llyn, 1 mile west of SKIBBEREEN on the old Baltimore road. Fully signposted off the N71.

Open Mon to Sat 10am - 5pm
Sunday and Bank holidays: Closed
Phone: (028 21374) © f

Create a unique outdoor living space....

hammocks, swing chairs & much more!

Visit us for high quality (yet affordable!) outdoor seating and dining furniture, parasols, fire pits, barbecues, unique ornaments and specimen plants.

people Home & Garden

THE TREE COMPANY
PROFESSIONAL TREE MANAGEMENT & MAINTENANCE

All aspects of tree work carried out.
Commercial and domestic tree care.
Emergency tree care.
Supply and planting of any size trees.
Fully trained and insured.

Contact for FREE quotes:
T: 028 37630
M: 086 8795755
E: info@thetreecompany.ie
www.thetreecompany.ie
follow us on



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

at Lisavaird Main Branch, Clonakilty. Ph: 023 8836917
Open 7 days! including Bank Holidays

AMAZING RANGE OF NEW SEASON SHRUBS & PERENNIALS IN STOCK.

We fill hanging baskets & window boxes to order
Spring/Summer bedding plants now available.

Great selection of house plants and garden accessories in our NEW SHOP!

INTERIOR STYLING FOR YOUR HOME & BUSINESS

Virtual Consultations on Zoom, FaceTime or Skype

Single room to full home designs

Virtual Staging Consultations

Online personal shopping service available

Virtual Colour Consultations

Mood boards with store availability listings

Maura Mackey Design
ALL THINGS INTERIOR

087-7699714 maura@mauramackeydesign.ie
www.mauramackey.ie

FACHTNA McCARTHY ENGINEERING

● Steelwork for Conservatories
● Security Gates and Railings (automated or manual as required)
● Balconies
● general steel work

SPECIALISING IN Entrance Gates & Railings

Castleventry, Rossmore, Clonakilty.
Home: 023-8838724 Mobile: 087-2519690

A crash course in design styles

As a designer, one of the questions I always ask my clients is 'Do you know what interior design style you are?' For those of you still finding your feet around defining your own style, I've put together a reference list that should help you out when you're searching for design inspiration for your home.

Before starting a project with a client, I always first look at the style, if there is one, in their home. I then navigate through likes and dislikes, running through different 'design styles' so to speak. This process involves pointing out key features of each style, so we can identify together the look they're aiming for in their home. Most people nowadays know what they like but putting all those elements together and defining a particular style is quite another matter entirely and can benefit from outside advice.

Styles are constantly changing and evolving and many of us will go for combinations but here's my crash course in design styles to hopefully get you inspired if you're feeling out to sea.

Traditional

This is one of the oldest and most common styles and is rooted in heritage and traditional shapes and forms. It's a time-less classic taking its cue from the 18th and 19th centuries, incorporating classic art and antiques. Styles and pieces reflect historical design elements using natural material and colours.

BOHO

Bohemian style (BOHO) has become very popular in the past five years, although its roots date back further than that. Boho style is all about pulling together natural and organic elements into a very layered and collected look. The Boho style incorporates a lot of caning, rattan, bamboo and textiles with bright and saturated colours. It's a very playful and exotic look.

Organic Modern

This is a very casual style – neutral and inviting. It has a clean aesthetic and colour palette, which is very modern but is also about layering neutral textiles and textures to create interest rather than introducing additional colour. You'll find lots of light-toned woods and relaxed textiles mixed with iconic lighting in black, brass, and chrome.

Eclectic

Honestly I think this could be called the 'slightly refined

Boho' style, or a cousin of Boho so to speak. This style has a lot of similarities, as far as the collected nature, the colour combos and the curated aesthetic. However, the pieces are less organic and more styled. Eclectic rooms could be filled with iconic pieces from just about every style, and when done right, it all works well together.



This desk from woodesign.ie epitomises the modern organic aesthetic.



Soft pastels and light-toned woods in a Scandinavian style kitchen.

Modern

On the opposite end of the spectrum from Boho and Eclectic, lies Modern. This refers to a sleek and uncluttered style, which reflects a fuss-free approach to life. Designers keep décor minimal while emphasising industrial materials. Many people feel modern can be cold, stark, and sterile but in reality modern style is very much rooted in square shapes and forms. Typically this style has a more neutral colour palette with the occasional pop of colour.

Contemporary

Fundamentally a contemporary style of decorating is defined by simplicity, subtle sophistication, deliberate use of texture and clean lines. It showcases spaces rather than things, as well as colour and shape. Contemporary interiors are sleek and fresh. To achieve this look, neutrals, black and white and grey are the key colours. You will see high ceilings, bare windows and geometric shapes in wall art, even bare walls – less is more in this style. Structural elements are often incorporated.

Industrial

This leans towards more the 'factory/machine look', as it uses a lot of metal, rustic wood and leathers, however the softness comes through its neutral colour palette and the



Reflect a coastal location in your interior with blues, whites and bleached wood.

use of found objects, which can instantly give a room some soul and character.

Coastal

This is all about the beachy atmosphere that you'll find in many homes around the coast in West Cork. It's all about bringing the natural elements of the coast inside your home and includes whitewashed woods, blue tones and lots of white to help all that coastal sunshine bounce around the room!

Scandinavian

This is a very simplistic and modern approach style; a soft colour palette of pastels mixed with light-toned woods and lots of whites, creams and tans. It's very simple, clean, yet very

warm and relaxed in its styling of natural materials.

Modern Farmhouse

The style uses a lot of found and salvaged objects pulled together in a modern and refined way. Rather than being overly rustic and farmhouse-esque, it is more refined. You'll see blues, greens, and lots of white and black used in this style. It is very inviting and comfortable and has a slight tinge of traditional in it without being too formal. Think rustic yet refined.

Whatever style you lean towards, it's important to keep in mind the words of interior designer Albert Hadley "Be faithful to your own taste, because nothing you really like is ever out of style".

'The Coffee Bee' lands at Future Forests

One of West Cork's much-loved garden centres, Future Forests, will reopen in May after being closed to the public since Ireland entered Level 5 restrictions in December, and will soon welcome a new café 'The Coffee Bee' into the fold.

Celebrating 35 years in business next year, Future Forests in Kealkil, Bantry has built up an enviable reputation for the quality and competitive pricing of its plants and, while the garden centre may have been closed to footfall, business has been far from quiet behind the scenes. This pandemic has nurtured an appreciation in all of us for the quality of life that exists outdoors and garden centres such as Future Forests have been flat-out over the past year filling online orders for gardens all over Ireland.

Maria Collard and Mattie Keane are the couple behind this successful plant business, which was set up by Maria's father Mike Collard in 1987. While the garden centre was closed to the public, the couple took this opportunity to realise a long-held ambition and built a coffee shop onsite. Created out of two large converted containers and fitted with a full commercial kitchen, 'The Coffee Bee' sits snugly into the five-acre hillscape at Future Forests and, once the sod roof starts sprouting, it will no doubt look like it's always been a part of the scenery.

'The Coffee Bee' at Future Forests will be managed by mother and daughter team Bria Evans and Sora Barnett, who share an appreciation for seasonal and local produce and



will be serving up delicious takeaway vegetarian fare and baked goods over the summer months. It's never been difficult to lose oneself at Future Forests for a few hours but with a freshly roasted coffee in hand one might never emerge again! The glass doors at the front of the coffee shop open out fully, so when restrictions allow, there will be seating both indoors and outside on the café's patio overlooking the garden centre. "I think, like everything at Future Forests, the coffee shop will evolve and expand its offering over time," says Maria. "We're delighted to be able to offer our customers this service while they browse or wait for their orders to be filled."

In the eighties, when Mike Collard first started Future Forest, plants were sold from the family's homeplace up in the hills behind the current nursery. Mike's business was in local timber but over time the sale of plants took over and the unusual wooden buildings still onsite are a nod to the sawmill days. Maria and Mattie took over the business when Mike retired and have continued to

nurture and grow the business. They were recently awarded a €30,000 grant from Enterprise Ireland to improve the customer experience on the Future Forest website.

Future Forests sources quality trees, shrubs, conifers, fruit, hedging, roses and perennials, Irish where possible, and you'll also find so many unusual specimens at the nursery. The nursery supplies plants in containers all year round and has just come to the end of its busy bareroot season, which runs from November to March/April. "Our diverse range and low prices are what makes us stand out," says Maria "and our online mail order service allows us to reach customers all over Ireland. Throughout the pandemic we have also had our own van on the road for three days a week delivering plants all over Cork and Kerry. We now have a team of between 25 and 28 people working here."

Whatever your planting needs, Future Forests is there to meet them: Looking for a special fern to fill a shady spot, some summer bedding, a grass that will thrive in West

Cork's coastal conditions, or perhaps you want to invest in some native hedging to create privacy between you and your neighbour's garden or have been searching for an unusual tree with all-round seasonal interest...and now you can get your caffeine fix too. Make a day out of it and head to Kealkil – if you can't fit all the plants in your car, they'll deliver!



specialists in water filtration

Do you want
**CLEANER HEALTHIER
TAP WATER**



**6-STAGE REVERSE OSMOSIS
FILTERS WILL REMOVE:**
flouride, arsenic, chloride, copper, aluminium,
lead, manganese, mercury, sulphate & more!

**FITS
UNDER
SINK**

☎ 086-3331411 @ f t i n s t a
✉ aquafilterinfo@gmail.com





Useful, Fruitful & Beautiful Plants



**We look forward
to welcoming
customers back to
our garden centre.**

**New Café
opening soon
serving takeaway
tea, coffee, cakes
& vegetarian fare.**



OPEN THURSDAY - SATURDAY, 10AM - 5.30PM SUNDAYS 12PM-5.30PM

Ireland's natural nursery & mail order plant people
Kealkil, Bantry • 027 66176 • www.futureforests.ie f i

people Home & Garden

Getting your plants in the ground

Mags Riordan of Bumblebee Farm continues to guide us all through the planning, planting and caring of a bed for cut flowers. By the time summer arrives the bed should boast an abundance of pollinator-friendly flowers ready for cutting and enjoying. This month we're planting.

It's the month of May so that means planting time. You've nurtured your babies and hardened them off and now we're going to get them into the ground. The grid I use isn't a traditional straight line like when planting veg. Instead, you're using a slightly more intensive method with closer spacing and the rows are designed to utilise more ground

by alternating each row spacing this in turn gives roots more room and access to nutrients.

Putting in lines for each row is recommended, as it can be a bit confusing and, if this method is new to you, it's easy to get lost in keeping the rows straight. I know this from experience!

Start with the first row of five plants, coming in six inches or 15cm from the edge and run your first string the length of the bed – a piece of bamboo cane either end of the bed stuck in the ground will do for this and tie the string taut to this. Mark your next row nine inches or 23cm and run the string again. Your next three rows will have that nine inch spacing.

With rows marked, your first three plants will go in alternative rows and the last two will be planted 4.5ins or 11cm further down the bed. This gives the appearance of being off-centre and is where it can get confusing, hence the string as a guide. The second row of

plants is put in at nine inches or 22cm from the last plant. We use a length of stick marked with the spacing to help guide us with the correct distances because I find it hard to judge this by eye alone. This saves time in the long run and using the string keeps the rows straight.

If you've added manure and food at bed preparation time, then you can plant straight into the soil although we do add some mycorrhizal fungi to the planting holes to give the roots a boost and help them absorb more water and nutrients, but they also help soil microbial build up; this leads to a healthy living soil, which in turn keeps plants healthier and better-equipped to deal with stress and adverse weather.

We will be demonstrating this planting method, how to make your own compost tea, and putting in stakes and netting to support the plants as they grow on our next Instagram live.

Bee Kind.



GARDENING

John Hosford

The Weekend Garden Centre

We are all hoping to be out of danger from frost towards the end of this month, which is always very busy in the garden.

Continue to protect tender bedding, patio and vegetable

Gardening in May

plants against overnight frosts. Covering with frost protection fleece or even broadsheet newspapers overnight, will give protection to plants. A thermostatically-controlled fan heater is a great addition to a greenhouse.

If you don't have a waterproof plug in place it is worth getting your local, registered electrician to install a double socket. The fan heater, where it is thermostatically controlled, will be a great addition to your greenhouse. It will give you peace of mind on cold nights and protect precious, tender plants against fatal frosts.

Protect frost-vulnerable fruit trees and bushes that are blossoming with sacking, hessian or old blankets overnight when frost is forecast. Keep a careful

watch on the weather bulletins on TV, radio and on mobile weather apps.

Jobs for the month

Prune spring-flowering shrubs after flowering.

Plant out dahlias, begonias, cannas and other tender bulbs after they have been well hardened-off at the end of May, adding a good organic fertiliser at the time of planting. Mark your bulbs with a good robust cane and a waterproof label. Make provision for staking tall Dahlias.

Two or three inch diameter five foot (150cm) posts are a good choice with sheep netting pulled taut over four posts. This can be adjusted upwards as growth progresses throughout the season. Take adequate precautions against slug damage especially in damp or wet weather.

Lilies

Lilies come in a great range of colours and many have the additional bonus of a powerful fragrance. Watch out for lily beetles, which are a bright, red luminous colour, as they can quickly devour and decimate your lily foliage. A regular weekly feeding of a seaweed based liquid fertiliser is recommended.

Weeds

Continue to hoe weeds on dry, sunny mornings using a sharp Dutch hoe. Hoe regularly and don't allow weeds to go to seed.

Bedding, Patio Plants and Seasonal Colour

Bedding and patio plants give great value with some of the better varieties flowering for five to six months. They can be planted outside once all risk of frost is over. If planting up containers do check the drainage outlets. Discard old, spent compost and use fresh compost when planting.

You can buy bedding or patio plants in named or mixed colours. Named colours are a better choice as you can colour co-ordinate your displays whether they are in beds, borders or containers.

Bedding or patio dahlias are a good choice for tubs, barrels and large patio containers. Begonias and busy Lizzies are a good choice for shaded or northern aspects. Fuchsias will also perform well in shaded or northern aspects, often flowering well into the second half of November.

Geraniums (Pelargoniums) are a good choice for sunny positions. Geraniums are available in upright or zonal varieties with trailing varieties known as ivy-leaved varieties. Geraniums come in a great range of colours, which include whites, reds, pinks, salmons, violets and lavender.

Greenhouse

Plant up tomatoes. There are a number of varieties available, which include: Cherry fruited varieties such as 'Sweet Million', which has abundant

crops of sweet, flavour-charged fruit. Choose 'Tumbling Tom' in red or yellow fruit for hanging baskets or patio containers. 'Ferline' is a good, heavy, yielding, blight-resistant variety.

As the weather warms up, plant cucumbers, melons, aubergines and peppers.

If you have space in the greenhouse, plant up hanging baskets, window boxes and patio containers, allowing them to settle in and become established before moving into their summer flowering quarters. Check that chains are in good order, replacing if not in good condition.

Ventilate the greenhouse well on warm, sunny days.

Spring Bulbs

All spring bulbs that have finished flowering will benefit from weekly liquid feeds to build up the bulbs and flowering capabilities for next year. Move and divide bulbs that have become overcrowded at the latter half of the month or in early June.

Vegetable Garden

Plant any remaining seed potatoes without delay. Earth up potatoes. Start off courgettes, outdoor cucumbers, pumpkins, squashes, sweet corn, French, runner and climbing beans under cover. Sow early this month for planting into their final quarters at the end of the month to early June. Start off in 9cm-12cm pots or cell trays.

Lawns

Sow or turf new lawns

Plants for damp or wet areas

While everything may not thrive in damp areas, there are many delightful, colourful and interesting plants to create interest in such an area. Choose ferns, hostas, primula candelabras, astilbes.



Fruit Garden

Ensure no plants suffer from lack of water after flowering, particularly wall-trained stone fruits. Remove shoots growing directly towards or out from the wall on wall-trained plums and damsons.

Open one side of your fruit cage to allow easier access to pollinating insects.

Protect blossom from frost-Keep the grass short.

Visit **The Week-end Garden Centre** by John Hosford Just 1 mile off the N71 Bandon-Clonakilty road. Signposted – We are on Road no.L6033. john@hosfordsgardencentre.ie Follow us on Twitter & Facebook for regular updates, news & advice, opening hours.

SAT 11am-5pm: SUN 2pm-5pm: May Bank Hol 2-5pm

**Colourful Perennials
Bedding Plants
Patio Plants
Shrubs**

Tomato & Vegetable plants

Gardening locally since 1980. 087-6121285 / 086-4426450

SPORTING
TALES

Paul Lordan

Paul Lordan is a sports and history enthusiast, and he is delighted to combine his passions in his column. Paul is well placed to comment on sport as a former hurler and footballer with Shamrocks. He is also a former Munster Senior League soccer player and manager with Avondale United, Casement Celtic, Garryduff and Passage AFC. Paul's grá for all things West Cork results from the fact that he is descended from a family of farmers in the Coolmountain area.

Like many of those born in West Cork in the 19th and 20th centuries, John Lordan emigrated to the United States once he reached adulthood. He settled in Boston, Massachusetts and resided in the Cambridge area. Cambridge was something of a fertile breeding for distance runners at this time. Lordan was the first ever student of fellow Cambridge resident and nationally renowned coach, Frank 'Tad' Gormley. Gormley was an extremely interesting character in his own right. He started his sporting career as a professional boxer, but quickly realised that his coaching ability far exceeded his in ring capabilities. Gormley would go on to have an illustrious college coaching career in both track and field, and basketball. He was elected to the National Athletic Trainers' Association Hall of Fame, the Louisiana Sports Hall of Fame, the Greater New Orleans Sports Hall of Fame and the Louisiana Athletic Trainers' Hall of Fame. City Park stadium in New Orleans was also renamed Tad Gormley stadium in his honour in 1957. While starting out as a coach, Gormley coached Timothy Ford of the Hampshire Athletic club to victory in the 1906 Boston marathon. However, his earliest sporting achievement occurred in 1903 when his first protegee John C. Lordan, secured a momentous victory in

The Boston marathon winner who defied the odds

Erected by a public subscription organised by the Bandon Athletic Club and expertly crafted by Carrigaline's Eamonn Casey, a plaque in Allen Square in Bandon pays homage to a long forgotten athlete from Ballyangly by the name of John Charles Lordan. John joins an illustrious list of famous Lordan's that includes the jockey Wayne Lordan, Cillian and Cathal Lordan of Cork City FC fame and English actress Elaine Lordan (perhaps better known to Irish TV audiences as Lynne Hobbs in Eastenders). Aside from his love of sport, sharing the same surname, one that is relatively obscure outside of West Cork, piqued an interest in this overlooked sporting great for **Paul Lordan**, who shares his findings here.



Monument in Bandon

the Boston Marathon.

Despite the negative headlines brought about by the tragic events of the Boston Marathon bombing in 2013, the Boston Marathon is better known as being the world's oldest annual marathon. Given Massachusetts' significant Irish immigrant population, it is unsurprising that the marathon has traditionally attracted a lot of interest from Irish athletes since its inception in 1897. Before his victory in 1903, John Lordan competed in the 1901 and 1902 events, finishing fifth and third respectively. Despite this, his victory still came as something of a surprise to many commentators. The pre-race favourites included a slew of future Olympians such as Sammy Mellor Jr (the 1902 Boston Marathon Champion), Michael Spring (who would

go on to win the 1904 Boston Marathon), and Jack Caffrey (the 1900 and 1901 Boston Marathon Champion). Lordan struggled with illness in the run up to the event and was allegedly advised against competing by a doctor on the day of the race. This fact, coupled with a less than ideal training regime (Lordan could only train in the evenings after a long shift at the Pump Manufacturing Company of East Cambridge), meant that his victory was rightly lauded as a remarkable achievement.

Following his victory, John Lordan was selected to compete in the 1904 Olympic Games in Saint Louis and was amongst the favourites to take gold in the marathon. He represented a rather sizable United States Olympic team, and would go on to participate in a race regarded by many as



Lordan at the finish line of the 1903 race with the huge crowd being held back by police.

being one of the most bizarre in Olympic history. Although the 1904 Olympic Games proved to be an anti-climactic affair for Lordan, his forced withdrawal after less than 10 miles would prove to be decidedly less newsworthy than the fates that befell some of his competitors in the field. The first participant to cross the finish line was an American called Fred Lorz. However, he was later duly disqualified after it transpired that he had only reached his destination with the assistance of a motorcar. Another American, William Garcia was discovered lying on the track with severe internal injuries, said to be caused by breathing in clouds of dust kicked up by the cars on hand to transport the race officials. Of the 32 participants that started the race, only a mere 14 athletes managed to complete it. The eventual winner was Thomas Hicks, a friend and neighbour of Lordan's from the Cambridge area. His victory was considered to be quite controversial. With only 10 miles remaining, Hicks' support team had to intervene to prevent him from dropping out of the race due to exhaustion. In coming to his aid, they gave him several doses of strychnine mixed with brandy in order to see him through to the end of the race. Strychnine would later be classified as a banned substance. In the end, the strychnine and brandy cocktail was not sufficient, and his support team had to help him across the finish line. Alarmingly, it was said that Hicks lost eight pounds

over the course of the race.

John Lordan continued to compete as a long distance runner in the United States until 1910, and remained in the Boston area for the rest of his life. His improbable Boston Marathon victory, against seemingly insurmountable odds ensures that he is rightly regarded amongst the very finest distance runners in Irish athletic history.

takethat**.ie**
MOVING & STORAGE
of Clonakilty
086 - 2515145
info@takethat.ie
www.takethat.ie
*Moving you
with Care*

CARBERY
OILS & ECO FUELS



WWW.CARBERYOILS.IE

FRANK: 086-2468555

JC Daly: 087-1027901

028-23890 / 027-52199 / 023-8833999

people Motoring

CAR
REVIEWS

Sean Creedon

Mercedes goes electric with EQV

First up from the German manufacturer is the electric cross-application EQV.

It's a quiet, spacious people carrier with an almost inaudible drive train which, at its introduction, was billed as the world's first fully-electric luxury MPV. Mercedes say it will meet every expectation in terms of features and appointments whilst delivering 'three-pointed star' standards of passenger comfort and prestige.

Prospective owners are likely to include those with large and extended families for whom generous seating and ample carrying capacity will be key factors. High on the list also will be corporate clients, hotel

and hospitality providers and the chauffeur-drive rental sector whose needs include airport transfers, guest transport and VIP fan groups and celebrities whose preference is for discreet transport.

Used for group travel, six individual seats convert the EQV into a high-quality people carrier while, alternatively, easily installed individual or bench seats can convert it into a roomy seven or eight-seater.

Ciaran Allen, sales manager for Mercedes-Benz passenger cars in Ireland, said: "This new car represent a new milestone in the growing family of Mercedes-Benz electric vehicles, EQV matches impressive driving characteristics, high functionality and aesthetic design with 21st century emissions-free mobility."

Models available in Ireland will be the EQV 300 with six seats as standard and prices starting from €95,955, which is a bit steep. Recent changes mean that the SEAI grant of 5k is not available for electric cars that cost more than 60k. Seven and eight seat options are available.

Considering its shape, size, overall spaciousness and carrying capacity, designers have given the EQV a dynamic appearance. Highlight features include EQ-specific interior and exterior elements, a black panel radiator grille with chrome fins and stylish 18-inch alloy wheels.

Interior space is given over entirely to passenger and luggage carrying capacity thanks to the positioning of its high-voltage battery beneath the floor for space-saving reasons,

a low central location that has an additional benefit in terms of handling.

Available in two wheelbases, its technical features include a 150kW battery driving a 204hp motor with power consumption weighted of 27.6 - 32.2 kWh per 100 km, a top speed of up to 160 km/h, 0-100km of 12 seconds and zero CO2 emissions.

When it comes to electric cars, 'range anxiety' seems to be the biggest worry for motorists. Mercedes say that the EQV will allow you travel to up 350 kilometres before a charge is needed. A rapid-charging facility can boost battery power from 10-80 per cent in approximately 45 minutes. Or you can opt for a Mercedes wall-box home charger that delivers a 10-100 per cent home charge in around ten hours.

Standard features include electric sliding doors, MBUX infotainment system and voice activated 'Hey Mercedes' driver assistance feature.

A high-resolution, ten-inch media display keeps the driver updated with information across a host of headings, many relating to energy flow, battery power and usage and others relating to driving modes, voice-activated features, infotainment, navigation and route planning.

The top five top selling car brands in March were: Toyota, Volkswagen, Hyundai, Skoda and Ford. The electric VW ID.4 was the best selling car in March, but so far this year the Nissan Leaf is the best selling electric car with 445 sales in the first three months, bringing the number of Irish people who now own a Leaf to 5,650.



UNIVERSAL TYRES Ltd.

- CAR • VAN • TRUCK • TRACTOR
- COMPUTERISED WHEEL ALIGNMENT
- BALANCING
- PUNCTURE REPAIRS
- ALLOY WHEEL REPAIRS
- FREE TYRE & OIL CHECK

023 8836583 / 8833182
Larkin Street, Clonakilty

CLONAKILTY CAR CENTRE

The By Pass, Clonakilty, Co. Cork
087 7401942 / 023 8834862

Large selection of Hybrid Vehicles in stock

SERVICING NEW & USED CAR SALES VALETING

SPECIAL OFFER FOR westcorkpeople READERS
Combine a Full Service and Value Valet for €160

Full Service includes:	Value Valet includes:
✓ Oil Change	✓ Car washed
✓ Oil Filter	✓ Hoover including boot
✓ Air Filter	✓ Plastics Cleaned & Shined
✓ Vehicle Health Check including brakes, tyres & suspension	✓ Glass Cleaned & Polished
	✓ Tyres Shined

*Offer applies to certain makes and models. Please call 023 88 34862 to make an enquiry.

Check out our website clonakiltycarcentre.com

Find us on **facebook.**

people Sport

Cycle Against Suicide working with local communities to prioritise mental health support

Increased stress, anxiety and depression are all side-effects of Covid-19. For some people this translates to feelings of hopelessness, despair and for some suicidal thoughts. Cycle Against Suicide is calling on communities to prioritise peer to peer support as a means to identify and help those who may be vulnerable.

Cycle Against Suicide is working to prioritise mental health support by training mental health support 'Buddies' into communities across Ireland. The Cycle Against Suicide 'Community Buddy'

programme trains and equips participants with practical, hands-on skills and knowledge they need to deliver local support to those in mental health distress.

According to Cycle Against Suicide CEO, Caroline Lafferty "communities are in a powerful position to mobilise themselves in support of the individuals who maybe struggling. Research shows that the greatest impact is made when support is provided locally by people and organisations who are part of the communities they service".

For individuals who would

like to nominate their local clubs or associations and support the training of a Buddy for their community, Cycle Against Suicide invite you our join their virtual cycle 'Share the Load on the Road'. By joining this 670km virtual cycle from April 24 to May 31, you will be helping Cycle Against Suicide to create a valuable group of skilled and knowledgeable 'Buddies' who can provide support to people in your community.

Further details are available at: www.cycleagainsuicide.com.

If your community has been affected by suicide and you want Cycle Against Suicide to help, please email info@cycleagainsuicide.com.

If you or someone you know is struggling, information about where you can get help for mental health issues, please visit www.cycleagainsuicide.com.

Cycle Against Suicide in a volunteer based national suicide awareness/prevention charity. If you would like to get involved with our work, please email: info@cycleagainsuicide.com