



westcorkpeople

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LIFESTYLE
pages 26-40



ARTS & ENTERTAINMENT
pages 40-47



HOME & GARDEN
pages 48-52



Ardfield NS sixth class girls relaxing after a day of surfing and orienteering at Inchydoney beach.
(L-R; Julia Soden, Lucie Hodgins, Holly Murray, Erin Pettit-Mee, Shannon Griffin)

Lombard calls for clampdown on idle Airbnbs

Government must move swiftly to ensure enforcement of Airbnb agents operating without planning permission who are soaking up the rental market by limiting the availability of affordable properties according to Fine Gael Senator Tim Lombard.

Senator Tim Lombard welcomed work by the Housing and Tourism departments on ensuring the enforcement of legislation brought in by former Minister for Housing Eoghan Murphy which guarantees homes in areas of high demand are not exclusively used for short term lettings.

Senator Lombard said: "Airbnb is effectively sucking the life out of rental markets in villages, towns and cities across the country, leaving local people locked out of accessing homes."

"An Airbnb property which is occupied for three months during the summer season can make significantly more money than a property rented out for 12 months. However, by letting properties on a seasonal basis, large amounts of homes across the country are lying vacant for the vast majority of the year."

"During a time when we're facing a critical lack of supply of housing, we can't afford to have perfectly good homes lying empty for over 50 per cent of the year. While tourists might want to book a holiday home for a two-week break during the summer, local families are left struggling to find a home at a price they can afford."

"For example, Kinsale has seen rental prices increase dramatically over the past few years due to lack of supply in the local property market. At the same time, we've seen hundreds of houses become available on the Airbnb website for holiday use. The majority of these houses are in residential areas, and when they received planning permission it was on the basis that the properties would be for residential use only."

"We discussed the impact of short-term lettings on the housing market during the Fine Gael Parliamentary Party meeting last night when we heard from Minister Darragh O'Brien. The Minister agreed that enforcement is needed regarding these lettings following the 2019 legislation brought in by former Minister for Housing

Eoghan Murphy.

"Under the 2019 legislation, people who let a second property on a short-term basis have to apply for 'change of use' planning permission. The granting of such planning permission is dependent on the availability of housing in the areas, taking Rent Pressure Zones (RPZs) in particular into account..."

"The Minister committed to ensuring strict enforcement of this legislation to tackle vacant properties. He also stated that he's currently working with Minister Catherine Martin on plans to further regulate short-term lettings."

"We have these regulations in place, we now need to ensure that they're being actively enforced so that local communities can feel their tangible benefits."

"We're in the middle of a housing crisis where supply of homes is our number one issue. We need to look at putting a scheme in place to provide alternative tourism accommodation and drive Airbnb properties back into our residential housing market. Surely our towns would be the better for it," concluded Senator Lombard.



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Learning



Jessica Mason, a founder, trustee, facilitator and parent of two children at the school says “the first year has really been amazing, as the seeds of the community and culture start to germinate.... It is really fabulous to see the students start to realise that this is their school and how beneficial being seen as an individual is.”

When Jessica first heard about the Sudbury model through the success of the Sudbury school in Wicklow,

she was homeschooling her two children. “I was immediately excited and motivated to try and start a similar school here in West Cork,” she shares. After a series of public meetings, a core team of five formed and started work on making the school a reality. Lots of volunteers with different skillsets came on board and the school got its official charitable status last December.

With a background in environmental and social activism,

Jessica has worked in both formal and informal education settings, including running school gardens, teaching ecology, youth work, running summer camps and working as a class teacher in a Waldorf-inspired school in Goa, India.

Other facilitators in the school have experience ranging in settings from mental health to outdoor education. The skillset is varied and everyone is interested in learning through living.

Last June, in the midst of a pandemic, the wheels were set in motion towards a very different model of education in West Cork. As the school year draws to a close, the West Cork Sudbury School Bantry – where students have an equal part in the democratic running of the school itself and where they decide what, when and how they learn – is celebrating all that has been achieved since its inception and, as it evolves, the many things there is to look forward to. Next September the Sudbury school year will begin with an increased cohort of students at a more suitable premises with lots of outdoor space in Coomhola.

The mission of the West Cork Sudbury School is ‘to provide a space for children and teens to grow and flourish; where they experience their voices being heard and valued and that they can be trusted to be contributing members of their community.’ It is a model that embraces diversity and creativity.

There are currently 16 students at the school, ranging in age from eight to 17 and ten more students will be joining in September with a growing waiting list. “

“We have a very dedicated group of pioneer families and it’s very new for everybody but we hope to keep growing gradually,” says Jessica. While on a day to day basis, the younger

and older students may not have much interaction, Jessica says there are “these wonderful times when you have the different ages mixing and possibly interacting in a way they wouldn’t get to in mainstream education. Our older students have the opportunity to be role models.”

The school will see its first student graduate in June. “She is a 17-year-old who joined the school when she was experiencing a lot of stress about having to make choices,” says Jessica. “While at West Cork Sudbury, she completed an equine psychology course online and is now going on to work with horses.

“Mainstream education is very focused on Junior and

Leaving Cert exams and college. And if that’s not working for you it can make you feel like a failure.

“We’ve seen youth, who have been marginalised in previous schools because of their unique abilities and views of the world, shine with their abilities in the space they are given at Sudbury.

“One of our students who really struggled in mainstream education said he learned how to be happy in school here at Sudbury. He has really thrived, as a result of being given the time to explore and immerse in what really interests him.

“One student, Archer Little, after winning a board game competition in lockdown last year, completed an online

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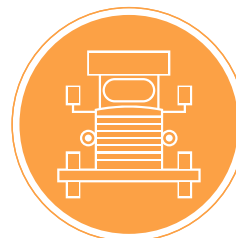
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through living

course in board game design. He has since started designing his second game, a complex civilisation building strategy game, and is trying out his prototype on staff and students alike. His time at school has given him the space to think and get creative and use his talents.”

No two days are ever the same at West Cork Sudbury School. There are drama and science, maths and philosophy clubs, art, music, cooking, sewing and skateboarding workshops, to name a few. Every Thursday is lunch club where students can sign up to cook a dish that everyone else then pays a small amount to eat. A lot of the daily activities are discussion based, covering such varied topics as neo-liberalism or the Palestinian-Israeli conflict.

Conflict within the school setting is seen as an opportunity to change and grow,” says Jessica. “We use a form of conflict resolution based on transformative justice whereby we learn how to be open and talk things through in a conflict.”

Decisions are made through consensus rather than majority voting. “A decision is made based on people’s objec-

Decisions are made through consensus rather than majority voting. “A decision is made based on people’s objections rather than wants,” she explains. The school follows a book of ‘agreements’ rather than rules, which everyone who attends the school meetings over the year has the opportunity to have a say in.

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over the year has the opportunity to have a say in.

“Several of our students have joined the School Meeting Committee, leading and facilitating school meetings with dedication, creativity, organisation, and humour; making the meetings so much more interesting than the facilitators ever did!” says Jessica.

“One of our students brought his idea of a school shop to the school meeting. The idea and start-up funds were approved and the students have all enjoyed what the shop has to offer.”

Without State funding, the financial running of the school is a challenge, and of course opening a school in a pandemic hasn’t been easy, but Jessica says that moving to the new premises in September, which will greatly increase the outdoor space the school has “will inherently change the school”.

“And if something’s not working, we just change it,” she says sagely. “We are learning through living.”

For more information www.westcorksudburyschool.ie

Below: Every Thursday is lunch club where students can sign up to cook a dish that everyone else then pays a small amount to eat.



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Avoid being a victim of cyber-related crime

Community Garda Damian White advises on the types of scam and fraud attempts the public needs to be aware of and how deal with them



Gardaí are aware that the recent cyber attack on the HSE has raised concerns amongst the general public. People have genuine concerns regarding the possible leaking of their personal data,

and fraudsters and criminals will try to exploit people's fear and anxieties.

Please be reassured that the HSE, An Garda Síochána, Department of Social Welfare

or other state agencies will never cold call a person looking for you to disclose personal information such as Date of Birth, PPS number, or bank account details. Gardaí encourage any member of the public who has reason to suspect that they are the victim of cyber related crime, particularly the recent criminal cyber-attack of the HSE, to make a report at their local Garda station.

Scam and Fraud attempts continue and every person needs to be scam aware.

Types of scams include:

- Underpayment/ Overpayment for some goods or service
- Eligibility for a refund or Social Welfare payment
- Being investigated in relation to criminal activity
- Possible leak of Personal Information

Anonymous online fraudsters use automated phone calls, texts and emails to contact random persons. These fraudsters have not gained people's personal information but rely on the current fear and concern amongst members of the public.

These scams may appear to

emanate from official or authentic numbers and have included State offices including allegedly from Garda Síochána numbers.

If you engage with these callers, during a conversation they may gain your personal information and then use that information to suggest they already knew it, gaining your confidence.

You can check the legitimacy of the caller, by terminating the call and then make contact back, using a publically advertised number for that organisation/agency/company, directly

dialled by yourself, DO NOT redial a number.

On receipt of these communications the advice from Gardaí is:

- DO NOT engage with the caller
- DO NOT press the number you're prompted to...1 etc
- DO NOT click on any links in emails or text messages
- Do not download APPs / remote access software

If concerned please contact your local Garda station

Clon Access Group praises initiative by local Camogie members

Clonakilty Access Group, which campaigns for enhanced facilities and infrastructure in public places for people with physical disabilities, has commended the Clonakilty Camogie Club whose members have decided to undertake an online fundraising initiative to provide a beach wheelchair at Inchydoney.

Physical access to most

beaches is a huge challenge, if not impossible, for most wheelchair-users. Narrow wheels on wheelchairs, even with strong people pushing or propelling them means they sink in the soft sand.

In the whole of County Cork, there is just one special Beach Wheelchair, based at The Warren, Rosscarbery. The beach wheelchairs have wide

tyres and specifically designed for beaches and soft surfaces, enabling people unable to walk or use a standard wheelchair to access the sandy beaches and also enter the sea itself.

Since its introduction a couple of years ago at The Warren, the beach wheelchair there has proven to be very popular and well used.

Clonakilty Access Group has

called on the County Council in the past to make these special wheelchairs available at all popular beaches so that people with physical disabilities can enjoy the beaches and the seawater in the same way as able-bodied people. The beach wheelchair at The Warren, is particularly popular and in much demand by children and younger people.

A member of the Clonakilty Access Group said: "We want to salute the awareness of the young women and girls of Clonakilty Camogie Club in identifying the need for a Beach Wheelchair at Inchydoney – often hailed as one of Ireland's most popular beaches. This facility is badly needed there and we commend the club members on not just identifying

the need, but actually taking action themselves to make it a reality at Inchydoney.

Even though they've already raised more than half of the €5,000 target in the first couple of weeks, we encourage everyone who can to support the Go Fund Me page.

Well done Clonakilty Junior and Intermediate Camogie Club members".

Have your say in the future development of Cork County

Holly Cairns, TD is running a series of webinars to understand people's concerns and help individuals and communities make submissions to the final draft of the new County Development Plan 2022-2028, which is open for public consultation until July 1.

When I was on Cork County Council, there was a proposal to amend the County Development Plan to allow for the building of a 'Kildare Village style' retail outlet centre in East Cork.

I was one of only a few Councillors who opposed the proposal. Why? Because it directly contradicted a range of

objectives in the Development Plan and national policies.

The retail centre would take business from local towns, a further blow to small family-run businesses, and create thousands of new car journeys when we need to decrease them. Subsequently, the Office of the Planning Regulator and the Minister of State for Local Government and Planning, Peter

Burke, refused permission, but it is going to judicial review.

At the centre of this issue was the County Development Plan and its role in shaping the type of society and economy we want. The Plan, developed every six years, lays out the priorities for the Council and the framework for all building and infrastructure. It is a substantial document which Councillors and Council staff work on for months. It is important then that the plan is as rigorous as possible and is adhered to.

The final draft of the new County Development Plan 2022-2028 is open for public consultation until July 1. This plan will decide how your area

will develop over the next few years. I encourage everyone to make a submission. We need to get this plan right. We need to ensure it has objectives that reflect community priorities. As we recover from the pandemic, this plan will be crucial in creating sustainable employment and securing the future of our towns and villages.

Making submissions can seem confusing and daunting, but at its heart, it is about sharing your perspective on issues that affect you. To help individuals and communities make submissions, I am running a series of webinars to understand people's concerns and also advise on the best way to make

a submission.

I have already run workshops with Primary and Secondary School students from across the constituency. On Wednesday, June 9 at 7pm I am holding a webinar for the general public.

I also have surveys available or you can email me your thoughts and I will add to them the submission that I am writing along with Councillor Ross O'Connell. All details are available on hollycairns.ie.

Here are some key points to note:

You have until midnight on Thursday, July 1, 2021 to make a submission.

The proposed plan is available and open for submissions

on the County Council website (Some of these documents are very large file sizes and might be difficult to download. Email hollycairns@oir.ie if you'd like us to email you smaller versions. We can also post printed copies.)

The plan comes in several volumes with overall objectives (Vol. 1) for different policy areas, such as housing, transport, climate action, and geographical areas, with a West Cork specific Volume (Vol.5)

Children and young people: I have simple surveys for young people to fill out which I will add to our submission. Go to hollycairns.ie or my social media for all details.



HOLLY CAIRNS TD

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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.

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Visit the new eco-trail at Harbour View this summer

Cork County recreation amenities are being enhanced in anticipation of an outdoor summer. An eco-trail showcasing the flora and fauna of scenic Harbour View Beach, just outside Kilbrittain, is progressing towards completion with interpretive signage and a focus on raising awareness of the sensitive nature and ecological value of the area.

With the support of Cork County Council and the Outdoor Recreation Infrastructure Scheme, works on the community-led project commenced with an eco-trail through the sand dunes in the designated EU Special Area of Conservation. In consultation with the National Parks and Wildlife Service, an ecological assessment was carried out on the site and based on the report's recommendations, vehicle access has been restricted with the addition of gates and bollards to protect at-risk dunes. Upgraded seating and tables have been installed and interpretative signage, designed by a local artist, provides



information on the dunes and biodiversity locally.

Mayor of County Cork, Cllr Mary Linehan Foley congratulated the community group on their work saying, "Outdoors is the theme of Summer 2021, as we all look forward to enjoying all that the county has to offer, and County Cork has more than most. Community groups working in collaboration with

the local authority to improve their local amenities generate huge benefits for the local community and the local economy. We have great natural assets in the county and these types of projects that both improve and protect these assets are to be applauded."

West Cork beaches score again in 2021 Blue Flag and Green Coast Awards

The International Blue Flag and Green Coast Award recipients for 2021 have been announced by the Education Unit of An Taisce. The number of Blue Flags awarded this season set a new record for the Republic of Ireland.

Cork has 12 Blue Flag beaches and marinas for 2021 (mostly in West Cork), a record setting total for the rebel county. In total, Cork has 22 beaches receiving awards in 2021, more than any other county. Inchydoney East is one of only six sites nationally that has received a Blue Flag and a Green Coast Award.

The Warren in Rosscarbery has achieved Blue Flag Status for the first time since 2013. Blue Flag status has been retained at Kinsale Yacht Club.

The Blue Flag is one of the world's most recognised eco-labels. The programme aims to raise environmental awareness and promote sound environmental management of beaches, marinas and inland bathing waters around the world. The 83 Irish beaches and 10 marinas that have achieved this accolade must adhere to specific criteria related to water quality, information provision, environmental education, safety and site management.

The Green Coast award recognises beaches for their clean environment, excellent water quality and natural beauty. An



important aspect of the Green Coast Awards is the involvement of Clean Coasts groups in the management of awarded sites.

Mr. Ian Diamond Coastal Awards Manager for An Taisce speaking at the virtual presentation ceremony said: "I would like to thank and acknowledge the work of the Local Authorities and marina operators with us today for all their efforts in ensuring that the sites being awarded this year have achieved the excellent standards required by the Blue Flag. I would also like to commend the many thousands of Clean Coasts volunteers who make an invaluable contribution to the protection of Ireland's coastal environment, not just at the beaches receiving a Green Coast Award today, but all along the coastline and along riversides, canals and lakeshores inland. Without the collaborative approach to beach management demonstrated by Local

Authorities and Clean Coasts groups around the country the Green Coast Awards would not be possible".

Blue Flag beaches in West Cork: Barley Cove; Garretstown; Inchydoney West Beach; Inchydoney East Beach; Owenahinch; Tragumna; The Warren; Garrylucas;

Green Coast awards in West Cork: Sherkin Island, Silver Strand Beach – Sherkin Island Community Group; Ballyrisode – Goleen Community Council; Galley Cove – Goleen Community Council; Rocky Bay – Roberts Cove & Rocky Bay Residents Association; Dooneen Pier – Sheepshead Way Community Group; Red Strand – Ardfield; Inchydoney East – Inchydoney Residents Association; Cadogan's Strand – Schull Tidy Town & Community Association








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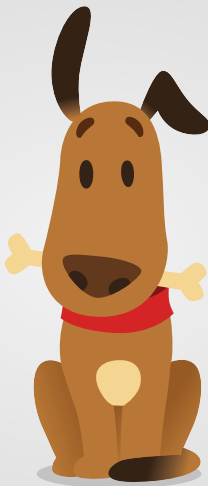
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Lockdown lessons



A WEST CORK LIFE

Tina Pisco

Last week, an envelope filled with documents arrived from my solicitor. Along with the usual 'sign here' stickers, was a note to arrange a zoom call to go through it with her, which I thought was rather considerate. Once we had connected, however, it became clear that the reason for our zoom call was the fact that my solicitor needed to witness me signing the documents. I dutifully signed, held them up to the camera, and all was done and dusted in ten minutes. Thanks to the lockdown restrictions I had avoided a 70km round-trip, navigating traffic on a foul day, finding – and paying for – parking, walking to her office in the cold and rain, and essentially wasting an entire morning only because my signature needed to be witnessed. Instead of having to reschedule work around this appointment, I simply took a coffee break et voila! My solicitor



tor benefitted even more, as she has a three-hour daily commute to the office, as well as two small children. This way of doing things isn't only good for the planet; it's good for people and their families. It made me think about how remote working, along with other changes due to lockdown, have been a blessing as well as a royal pain.

My partner has been working remotely for over a year now. I thought that he would miss the office, but he really enjoys the extra hour's sleep, and the fact that he can be out in the garden five minutes after he gets off work. At under 10km, his commute is a mere fifteen minutes at worst. But even that adds up. Working from home five days a week, for fifty weeks, has saved him travelling 5,200km. A rough calculation of what that means for the team he works with is mind-boggling. There are approximately 30 people in his team. If they each have a 10km commute (and some live much father afield) that is a whopping 150,000km saved last year.

Many people have found the advantages of remote work too

good to give up. I know of four families who, after spending the first lockdown in the countryside, have decided to permanently relocate to West Cork. They are part of a worldwide trend that is reversing over a century of country towns emptying out as people moved to the city and suburbs to find work.

Another change over the last year has been discovering what could be called more 'simple pleasures', both inside and outside the home. Being restricted in our immediate surroundings has made us more aware of the beauty of nature. Walking the roads, visiting beaches, sea swimming, or birdwatching have brought much joy to many. Better yet it has underlined the importance of preserving our natural resources, not just for the health of our planet, but also for our mental health. It has also reinforced the idea that you don't have to go shopping for something new to be happy. All our newfound simple pleasures are free, and more valuable because of it.

Similarly, cooking, baking and bread making, along with gardening and board games have been life-enhancing substitutes for consumer entertainments and aspirational buying. With more time on our hands, and less places to spend it, we have discovered the delight of creating something with our own hands, whether it's sourdough bread or Ramen, lettuces or a 2000-piece puzzle.

As for me, I have just finished a seven-month writing residency with Cork City Libraries that was carried out entirely remotely. To be honest, before Covid-19 I would have been horrified to think that I would not be able to travel, as the job generally implies a lot of visiting libraries and groups, and attending launches and festivals. And yet after running several on-line workshops and a collaborative project, I would be inclined to continue using zoom for teaching adults. Once we figured out the mute button, it was so much easier for everyone to attend, and did not feel like we were missing out. As for enjoying literary events, I have probably attended more classes, launches and lectures than I would have normally – and further afield than I would have been willing to travel (and stay overnight!) I even attended the Cuirt International Literature Festival in Galway, and the Cork World Book Festival in the same week. Some events were even on the same day!

We all know that we need to do more than just recycle and use keep cups, if we're going to avoid the looming climate catastrophe. Let's hope that the changes we were forced into by lockdown will become a lesson well learnt.

Letter from the Editor

Welcome to the June edition of West Cork People,

Like the weather, May was a bit of a mixed bag and I'm glad we're into June. There were a few highlights of the month however; I took part in my very first moonlit swim, albeit we arrived too early so it was more like a swim just before the moon rose, but it was worth waiting around for, as it was May's full 'flower' moon and really quite something to witness. I also bumped into our Taoiseach out walking the Seven Heads, which was kind of surreal, as we really were in the middle of nowhere. Not recognising him under his very dapper hat, we asked for directions to Butlerstown. I copped on quickly and of course gave him a very big 'hellooo' before losing my nerve and voice, however the penny never dropped for my walking companion, so there was a fair amount of chat before he was finally allowed on his way, looking rather bemused by the entire encounter!

And finally, drumroll, I registered for my vaccine today, which definitely felt pretty momentous after the long year we've had. It's starting to feel like we really are coming to the end of this pandemic. Like everyone, I can't wait to meet up with friends again and relax in a beer garden on a sunny day. Eating indoors in a restaurant will be like winning the jackpot altogether, and of course we're spoilt for choice in West Cork.

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

Knockawaddra residents to trial Starlink satellite broadband campaign



A community in Knockawaddra, West Cork is a step closer to securing reliable broadband as two campaigners and local business women receive a trial kit from Elon Musk's Starlink. Installation of the trial kit follows the campaigners' direct appeal to Elon Musk.

Local business women, Emma Fitzpatrick and Lesley Cox, were contacted by Elon Musk at SpaceX, offering them the opportunity to trial the Starlink satellite programme in the broadband dead-zone of Knockawaddra.

People living in the area are without sufficient broadband access, causing major difficulties with online learning, remote working and running a business, as well as general connectivity.

Emma Fitzpatrick comments: "We are hopeful that Starlink will solve our broadband problem in the short-term. In the longer-term, it is crucial that the National Broadband Ireland expedite the roll-out of fibre in our area. Rural communities are being failed by government on access to broadband."

The campaign continues to address the wider issue of poor and unstable broadband within the Knockawaddra community calling on the Irish government to act on delivering rural broadband, enabling micro-businesses and residents there.

Campaigners Emma Fitzpatrick and Lesley Cox will trial Starlink broadband over a period of one month.

West Cork People
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www.westcorkpeople.ie

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Mizen Head's 'Mair' recognised for outstanding community activism in Ireland's Student Achievement Awards Ireland 2021

Mair Kelly, a 22-year-old student from the Mizen Head, was recently named 'Student Activist of the Year' at the Union of Students in Ireland's Student Achievement Awards Ireland 2021. Sponsored by Amnesty International, the award recognises Mair's significant efforts to challenge inequality, support our community and instigate positive change.

Growing up in rural West Cork, Mair has always been surrounded by a small close knit community; she attended National School at Lissagriffin, right beside Barleycove Beach. Surrounded by beautiful biodiversity and an active community in the stunning, but isolated most South Westerly point in Ireland has inspired a strong commitment in her to addressing climate change, rural isolation and community support.

Mair was introduced to the concept of International Development through becoming involved with the YMCA in 2015, where she gained a greater insight into global issues. She was also inspired by the Schull

Community College Lesotho Exchange, which led to her studying the Bsc in International Development and Food Policy in University College Cork. Getting involved with UCC Fáilte Refugees Society and the Cork Migrant Centre changed her perception of community. "It isn't necessarily a set place or location, it's about a group of people supporting each other and that whether you're living in Cork City, Goleen or halfway across the world, we are all intrinsically linked," says Mair.

Mair has thrown herself into any opportunity to support her community and was awarded an Overall Garda Youth Award in 2016 for her commitment. In 2015 she learned about direct provision, learning about the dehumanising prison that people seeking asylum are subjected to. She then got involved with Clonakilty Friends of Asylum and, on joining UCC, also joined the Fáilte Refugees Society and the University of Sanctuary Working Group. The first day at the coffee morning in Clonakilty, she described being met with "huge warmth and kindness". Mair aims to ensure

that empathy is returned, that the refugee and asylum seeker community is supported, and their contribution to our society is celebrated and appreciated.

A strong Climate Justice Advocate, Mair says this was instilled in her through her rural upbringing and is unwavering in her belief in the importance of a just transition for all in relation to climate change mitigation. She recently interviewed guest of honor Mary Robinson at the Launch of the Climate Justice Manifesto, created by the NYCI Young People's Committee, developed a workshop with SpunOut.ie on Climate Justice for young people and constantly ensures that rural Ireland is not forgotten in discussions on climate change.

While Covid-19 opened up a world of opportunities, ones that she normally was unable to access due to where she lives, Mair also recognises the huge negative impact it has had upon the mental health and wellbeing of youth in Ireland. She was a member of the DCYA Youth Mental Health; the Covid-19 Advisory Group,



Now in her third year at UCC, Mair is currently undertaking the five-month placement aspect of her degree, working online with the Human Rights Centre Uganda.

which led to the 'How's Your Head' Report on Youth Voices during Covid-19, a project focused upon amplifying the voices of youth, their needs and fears during the pandemic. She is also the Welfare and Accessibility Officer for UCC Societies executive, supporting over 100 societies, as they work to support students and provide opportunities for connection in

a predominantly online world.

Now in her third year at UCC, Mair is currently undertaking the five-month placement aspect of her degree, working online with the Human Rights Centre Uganda. She has no plans to cease her work, as she moves into her final year.

Mair believes to enact real, tangible change, "we need to ensure we amplify voices typ-

ically unheard in our society, actively listen to them, hold those in power accountable and push for positive change". She cites "community" as the drive behind her work, and she strongly believes that every member of our community deserves the opportunity to live a happy, healthy and safe life.

Slow down and make West Cork a safer place to walk and cycle

For the sixth UN Global Road Safety Week (May 17-23) the UN called on policymakers to act for low speed streets worldwide, limiting speeds to 30 km/h where people walk, live and play. This call echoes the 2020 Stockholm Declaration where Ireland was one of the co signatories pledging 30kph urban speed limits.

30km/h speed limit introduces calmer, safer roads and shorter braking distance. It gives the driver a better view of their surroundings and makes it easier for them to see any pedestrians crossing the road, cyclists and other vehicles and allows more time for drivers to react to the unexpected. This is partly and simply because when a motorised vehicle is travelling at 60kph and hits a pedestrian, only one in ten would survive, but at 30km/h, nine in ten would survive. It is also a low cost solution to create friendlier, greener centers.

For 2021, the theme of the week was 'Streets for Life' and this has never been more

important, as people spend more time in their own localities. 30km/h makes our cities, towns and villages safer places to live. It allows children and those with limited mobility to move more freely and it creates vibrant people-friendly spaces. Children are encouraged to cycle to school but this is a difficult choice in towns like Skibbereen and Clonakilty where cycling to school can be dangerous. Road traffic injuries ranks among the top four causes of death for all children after infancy. Crashes on the roads account for one third of all injury deaths across all age groups – pre-schoolers, older children or teenagers.

"Numerous streets in West Cork would be improved with a 30km/h speed limit. In Skibbereen, residents on Townsend St signed a petition years ago asking for traffic to slow down. The Cutting/Rossa Rd would also benefit from traffic calming measures such as a 30km speed limit. It needs to be identified as a shared space for pedestrians,

cyclists and motorised traffic," says Ruth Bullough from CycleSense.

Allison Roberts of the Clonakilty Bicycle Festival added, "Cyclist, pedestrian and parent-led groups are continually asking for safer streets in Clonakilty. Our town has been planned in a way that does not encourage cautious driving through many built up areas, cars have priority and are a present danger, especially to the most vulnerable. Many of us drive sometimes, but we are all pedestrians first, we need to make sure a choice to walk or cycle is as safe as a choice to drive". She continued, "A people-first town plan would, as a baseline, include the infrastructure needed for kids to get to school safely by bike and foot, we all know how congested the roads become at school times. Wouldn't it be great to see kids on bikes cycling safely to school each day? It happens all over the country, all over the world."

The overall measures taken



Photograph taken in Skibbereen by Cycle Sense

to reduce road trauma are working; between 2013 and 2019, Ireland saw a 26 per cent reduction in road traffic fatalities, compared to just a six per cent reduction across the whole of the EU 27. We had the two safest years on record for road fatalities in 2018 and 2019 and slowing down will ensure that this overall downward trend in accidents and fatalities will continue.

In 2020 there was six per cent increase in the number of

people who died on Irish roads, despite a reduction in overall traffic volumes. A total of 149 people died on Irish roads in 2020 – compared to 140 in 2019 – a six per cent rise. This included 10 cyclists.

Many cities and urban areas have introduced widespread 30km/h limits. Several countries are introducing default 30 km/h speed limits in all urban areas including Netherlands, Spain, and Wales (20 mph). Some locations have speed limits as

low as 10 km/h. Ireland, as a signatory of the Stockholm Declaration, must follow this best international practice and legislate for a default 30 km/h limit in all built-up areas.

Let's make the streets of West Cork towns and villages safer places for people to relax and enjoy. For more information or to get involved contact your local cycling advocacy group or visit www.cyclist.ie.



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KNOW YOUR RIGHTS

Citizens Information share supports available for carers

National Carers Week (June 7-13) is a key event in the calendar year, a dedicated time to celebrate Ireland's 500,000 family carers. The aim for this week is to raise awareness of family carers, so their work is properly recognised, supported and empowered. The importance of this week and what it represents is a great opportunity to highlight some of the information, advice and support Citizens Information can provide to carers.

Carer's payments are made to individuals looking after someone who needs full-time care and attention because of age, disability, or illness, including mental illness. They include, Carers Allowance (means-tested), Carers Benefit (PRSI based), Half-Rate Carers, Carer's Support Grant and the Domiciliary Care Allowance. If you qualify for Carer's Allow-

ance you may also be eligible to qualify for Free Household Benefits and a Free Travel Pass. If you qualify for Carers Benefit you may be eligible for a GP visit card.

If you don't qualify for a weekly Carers Allowance or Benefit payment but are caring for someone full-time you may be eligible for the Carers Support Grant which is paid annually in June – €1,850.

Citizens Information can give you all the information you need and discuss if you meet the eligibility criteria set out by the department. They can also help you with the application process and give you some guidelines on what to include with your application to give you the best chance of a successful outcome.

If you feel that you have been wrongly refused a carers payment, or you are unhappy about a decision of a Social Welfare

Deciding Officer about your entitlements, Citizens Information may be able to support you to appeal this decision.

Citizens Information can also discuss how to maximise your income if: You are already on a social welfare payment and caring; You are caring for more than one person; You are sharing the care responsibilities with another person; You wish to continue to work part-time; You wish to take carers leave.

Speaking about National Carers Week, Anne O'Donovan, West Cork's Citizens Information Manager, said, "As we reflect on the past year, one of the most striking aspects of it all has to be the commitment, dedication and resilience of our healthcare workers and carers. National Carers Week is the perfect time to come together and celebrate these individuals for their hard work and the

unimaginable challenges they have faced during the pandemic. Our goal is to let every carer know that we are here to advise and support them, regardless of your query, call your local centre and we will guide you in the right direction."

For anyone needing information, advice or have an advocacy issue, you 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 Thursday from 10am to 5pm, and 10am to 4pm on Friday. Alternatively, you can email on bantry@citinfo.ie or log on to www.citizensinformation.ie for further information

Push or pull

By Clonakilty
Amnesty Group

Many who read this column will have grown up during the period of the Cold War when the absolute and conflicting ideologies of Communism and Capitalism were threatened by each other, and some of us feared nuclear war.

Decades later we have the European Union – a kind of buffer of social democracy. But though we should criticise its shortcomings, it has been a bastion of a more benign civilisation despite its flaws, and has become a global economic force.



However, have we become complacent? Although we have the European Court of Human Rights, it does not mean that we are not struggling with upholding Human Rights, the most glaring of which is in the treatment, or not, of Asylum Seekers.

The human rights aspect of anyone seeking asylum to have their case judged worthy or not appears to be almost stagnant – it seems to have become dominated by 'fear of the stranger'. It is barely a political football – the ball is stuck in Greece in the net. Hungary is one member state where curbs on freedom are at risk; although they have

recently repealed a law that hindered the work of civil society, at the same time they are introducing new measures, which threaten NGOs... Other member states are opposed to integrating asylum seekers; fortress Europe is becoming ever more so. Even Denmark

The human rights aspect of anyone seeking asylum to have their case judged worthy or not appears to be almost stagnant – it seems to have become dominated by 'fear of the stranger'

has been trying to send back Syrians to areas where they will be at risk – another serious abuse of a basic human right.

The European Commission has newly unveiled a migration pact. Amnesty International's EU Advocacy Director, Eve Geddie, pointing out the weaknesses in the act, said:

"Pitched as a fresh start, this pact is, in reality, designed to heighten walls and strengthen fences. Rather than offering any new approach to facilitate bringing people to safety, this appears to be an attempt to rebrand a system, which has been failing for years, with dire consequences.



This pact will do nothing to alleviate the suffering of thousands of people stuck in camps on the Greek islands, or in detention centres in Libya. Nor will it provide the needed support to countries where people seeking safety first arrive.

"While the commitment to monitor abuses at the borders is welcome, this does not make up for the fact that the pact makes detention the norm and relies on deterrence, containment in camps and cooperation with abusive governments."

In defence of the pact, there are those who consider the deterrence effect to be necessary. However, Ingeborg Eliassen, author of 'The Uncounted: Invisible Deaths on Europe's

Border' writes, "If people are able to move on to northern Europe's welfare states from camps in Greece, this will only encourage more migrants to come."

This is how the 'pull factor' logic of migration policy, justified by some, can be summarised. This logic has underpinned a number of European asylum policies, especially since 2016, while migration has become a major divisive issue across the continent.

The opposite force – the push factor – is, however, very real, according to the UN refugee agency.

Push factors are "the conditions of insecurity, the conflicts and persecution that make people undertake very dangerous and desperate journeys. A ma-

majority of the people arriving to Greece come from the largest refugee-producing countries in the world: Afghanistan and Syria".

"Moria and other camps on the Greek islands have had very bad conditions," she adds. "Nevertheless, people have kept coming. The conditions did not deter them, because their reasons to flee what they came from were more overwhelming."

We believe the urgency and severity of the push factors far outweigh the fear of the pull factors and fear of the stranger.

No Monthly Amnesty meetings until further notice. But we are still welcoming new members! Phone Sue 023884505 or Derry 086 2227616.

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Trying to make sense of the Israeli and Palestinian conflict



HISTORY & POLITICS

Kieran Doyle

The history of Israel is long, complicated and far too complex to cover it in a single article (even in a book some would say). The spotlight was on the region once again when the Israeli military killed 230 civilian Palestinians in a series of air attacks. Israel suffered 20 casualties due to Hamas's mortar fire into Israeli-occupied territory. The reason the Israeli death rate was so low is mainly due to a multi-billion-dollar defence system created and funded by the USA, which intercepts 90 per cent of any rockets launched in an attack.

In Ireland we only know too well that a tit for tat killing spree only perpetuates generational hatred. Counting mounting casualties may be currency for a propagandist but the real price is more graves and more devastated families. Irish people can also counsel that the 'I was here first' argument will get you nowhere. It has been a hundred years since partition, but two traditions living peacefully together on the island of Ireland, rather than in an endless cycle of conflict, is the only way forward. The new UUP leader, Doug Beattie, recently spoke about being British but identifying as Irish. He said, "There is so much to represent me. Gaelic games, Ulster rugby, the Irish language, God Save the Queen... all these things represent me." This hybrid Irishman does not fit simply into Catholic Irish speaking nationalist on one side and Protestant, Orange Order loyalist on the other. We've tried that and it didn't work. While the Irish question is far from fixed, it's light years away from what it once was. Maybe Israel and Palestine need to begin sharing identities rather than entrenching them. Until the bloodletting desists, this will not happen.

It is probably easier to try to understand this conflict as being a war between tribes as much as nations. It's complex. Both 'tribes' have ancient connec-

tions to the land. Palestine is not just a place. Palestinian Arabs occupied the area we now call Jordan, Israel and part of Egypt for centuries. We know from the Old Testament that the Israelis, after escaping from slavery under the Egyptians, occupied the region of Canaan, which is roughly the area of modern-day Israel. I told you it's complex... hold on to your hat! In the intervening centuries, this part of the world was a vital crossroads for the silk trade between Europe and Asia and North Africa. Three religions spawned from the general region, Judaism, Christianity and Islam. It has been fought over, occupied, and settled by Greeks, Babylonians, Turks, Crusaders, Ottomans and the British. It is as contaminated a region as anywhere in the globe and I, for one, can't understand how anyone can claim it as exclusively 'theirs' after all that. But everyone has got the right to live in a safe place and in a homeland, correct? And now we come to the seeds of the modern-day problem.

The Jewish people have reason to be labelled the most wretched, oppressed and pillared people in history. Anti-Semitism literally means anti certain tribes such as Hebrews and Canaanites. It has been an ugly part of history. The Christian crusaders would routinely warm up with the massacre of Jews on their way to massacre Muslims in the Holy Land, i.e. Israel. For centuries they were shunned, forced into ghettos and subject to apartheid laws. Shakespeare's anti-hero Shylock wasn't a creative fancy of the great scribe. To a modern audience, it looks like a negative stereotypical view that depicts Jews as greedy and money grabbing. Shakespeare was mimicking real life scenarios. The Jewish people were denied entry into most professions except for a few, like money lending. Shylock

was a victim of his profession. We had the penal laws for 200 years; the Jews had their own version of penal laws for a thousand. Europe was a cold house for Jews and many European governments were only too happy to expose Jews when the Germans came looking. The Holocaust was the culmination of centuries of hatred towards Jews and an attempt to finally eradicate them from the face of the earth. They were a people scattered and disjointed. Historically, they had only one place to call home but the trouble was someone else was already living in the house.

Europe was a cold house for Jews and many European governments were only too happy to expose Jews when the Germans came looking. The Holocaust was the culmination of centuries of hatred towards Jews and an attempt to finally eradicate them from the face of the earth. They were a people scattered and disjointed. Historically, they had only one place to call home but the trouble was someone else was already living in the house.

One needs to step back on the timeline a few decades before the Holocaust. During World War One, the British wanted the support of influential and prominent Jews to back the war effort. There was a growing Zionist movement at the time

(Zionism is the desire for the creation of a nation state for Jews); understandable given they were unwelcomed in most nation states. Enter British Foreign Secretary, Arthur Balfour, who devised the idea to carve out a Jewish homeland in Palestine. On a simplistic level, the area was historically associated with Judaism and Jews needed a place where they would not be discriminated against or subjugated by the whims of other nations.

The trouble was the land wasn't empty. History has many examples of attempting to settle people in occupied lands. Ireland had the 16th and 17th century plantations. The Boers told the nomadic South Africans, if you don't own it, it's ours to take. The Americans forced thousands of Native Americans off their lands so they could colonise them to fulfill their 'Manifest Destiny'.

Understandably the Palestinians were not too happy about Balfour's plan but imperialist Britain was always more interested in what benefitted its empire rather than doing the right thing. The original concept was to do a two-state approach. What has happened since 1948 is a land grab by Israel and an aggressive settlement policy, which has meant the eviction of more Palestinians from their land to make way for Jewish settlements.

Nothing in history is a simple black and white. Israel wasn't exactly in a friendly neighbourhood; a combination of Arab countries attacked Israel when they became an independent state in 1948 but lost badly. Their intentions to destroy Israel backfired and, in fact, their actions helped cement the foundation of this new state. Another attack in 1967, this time a combination of Egypt, Jordan, and Syria, over six days, resulted in Israel once again vanquishing its oppo-

nents and taking control of the Gaza Strip, the West Bank, and Golan Heights. Today most of those areas are still 'occupied' by Israel and remain disputed lands by the Palestinians. Israel declared Jerusalem its capital but so did the Palestinians. That is why it was diplomatically a fiasco when Trump recognised Jerusalem as the capital of Israel; previous administrations had avoided doing the same in an effort to sidestep fanning the flames in an overheated theatre. In fact, decades of American support have resulted in Israel becoming the fourth best-armed military in the world. They act like a guard dog for American interest in the heart of the Arab sphere of influence. When the state of Israel has tried to develop settlements in these regions, deadly consequences follow, like the recent killings. No side has the moral right to claim their dead are more important than the other, but something has to give.

The saddest aspect perhaps is that a nation built on the trauma of persecuted refugees has become so divorced from what it was once like and has become a suppressed people. What has happened in recent years too has been an attempt by the Israeli government to accuse anyone who criticises their policies as being anti-Semitic. Clever, because most of the civilized world has nothing but sympathy for the history of the Jews; but by merging Judaism and Israeli politics, it has shielded their governments from justifiable criticism. The British Labour party had some serious issues with anti-Semitism within its

ranks, which quite rightly was not tolerated. But it seems that some of the members accused were sanctioned because they were anti-Israeli State policies, but it got spun as anti-Semitism. For balance, no one could or should support a Palestinian military assault either and this is equally wrong. So where do you go? We have power sharing in Northern Ireland. When Mandela got to power, generations of white settlers were not expelled from South Africa. There is hope. When the guns were silenced in the north of Ireland the voices of reason could be heard. It's an on-going issue here; but that journey has started and will take time. Israel and Palestine have had too many false starts.

Two philosophical theories have spawned centuries of debate about the true nature of humanity. It has been a contest between followers of Hobbes and Rousseau. The seventeenth century philosopher Thomas Hobbes claimed that man is intrinsically brutal and violent. We need the civilising influences of nationhood and governments to soothe the true nature of the savage beast within us. Writing a hundred years later during the Enlightenment, Jean Jacques Rousseau saw it differently. Man and woman are born free and naturally good but become wicked by the creation of nationhood and government. Israel and Palestine are at the heart of where our civilisation began – yet it has only been a long history of war and misery in the cradle of civilisation. So far, Rousseau is winning.



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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.

The War of Independence, or Anglo Irish War, lasted from early 1919 to July 1921 when a Truce was agreed. The Rising of 1916 didn't have popular support but the execution of the leaders caused a change of attitude towards the revolutionaries and their aims. From early 1917 on, various groups and individuals began to prepare for another war. In the Mizen peninsula, individuals like Seán O Driscoll, Ballydehob and Seán Lehane of Scart, Bantry, became involved. Sinn Féin clubs and 'Conradh na Gaeilge' (The Gaelic League) branches helped keep the spirit of nationalism alive.

On January 5, 1919 a meeting of staff officers of the Volunteers was held in Kilnadur, Dunmanway. It was presided over by Michael Collins and it inaugurated the Third Cork

Centenary of the daring raid on the Fastnet Lighthouse

Brigade to become known commonly as The West Cork Brigade. It consisted of six battalions, Bandon, Dunmanway, Clonakilty, Skibbereen, Bantry and Castletownbere. Schull became the Seventh Battalion in July 1920. O'Driscoll and Lehane established companies in Schull, Lissagriffin, Goleen, Glaun, Dunmanus, Leamcon, Dunbeacon and Skeaghanore, Ballydehob.

The Schull Battalion had Seán Lehane as its First Commander, Gibbs Ross as Adjutant and Jim Hayes as Quartermaster. From early 1920 until the Truce there was a reign of terror; the British sent a new force, the Black and Tans in March and in August the Auxiliaries. There was a campaign of shooting, looting, torturing and burning.

The raid on the Fastnet carried out by the Schull Battalion on June 20, 1921 is a very famous one. Since the British forces were travelling mostly in lorries, the Volunteers realised that the most effective way of coping with mechanical transport was to use road mines. Explosives were required and it was known that 'gun-cotton', used in activating a fog-horn, was stored in the Fastnet Lighthouse. The idea of a raid on the Fastnet was first mooted by Ricky Collins, captain of the Goleen Company, who had been employed on the Fastnet for six years (1912-1918). Unfortunately, Collins was arrested because of his republican activities.

However, John O'Regan, of Pier Road, Schull, volunteered his services for the expedition.

The raid was planned by Lehane and O'Driscoll. This was a daring raid, requiring courage, experience of the sea, 'know-how' and luck. The sea around the Fastnet is notoriously dangerous with large swells. On that Saturday night, June 18, John O'Regan, accompanied by Alex McFarlane, piloted the motor boat 'Golden Fort', owned by William Cadogan, out of Schull Harbour and headed for Gunpoint, west of Schull. There Michael O'Donovan, Captain of the Leamcon Company, had assembled some of the Schull Battalion – Seán Lehane, Seán O'Driscoll, Jim Hayes, Charles Cotter and John Hickey. They left the shelter of Long Island Bay and headed towards the Fastnet. It soon became apparent to John O'Regan that, due to high swells and rough conditions prevailing, that it would be too dangerous to attempt a landing. Lehane then made the decision to land on Oileán Cléire.

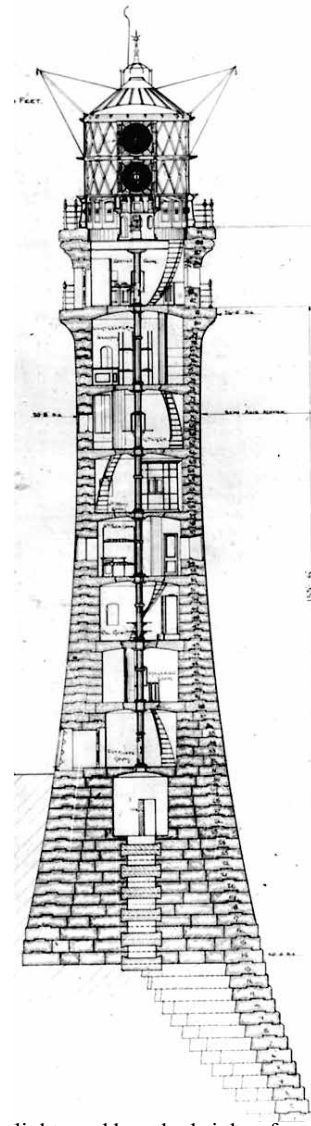
On landing at North Harbour, Lehane declared that they would make the raid the following night. John O'Regan and McFarlane returned to Schull in the 'Golden Fort', leaving the others on the island. John O'Regan wanted to ensure that his presence in Schull should be noted; he went to 11 o'clock Mass and spent some time chatting with neighbours afterwards. The

situation in Schull was intense with danger. There were 47 armed marines in the Coast-guard Station not far from the pier and the military could show up at any time.

On Sunday evening, June 19, John O'Regan left Schull in his own boat, the 'Irene', and collected Tim Murphy (Colla), Michael Murphy (Gunpoint), William Daly (Lowertown) and Michael O'Donovan, Leamcon at Gunpoint. Landing at Cape Clear, they discovered that the boat, 'Máire Cáit', had been commandeered for the raid. The 'Máire Cáit', the property of Tadhg O'Regan, was the Cape Clear mail boat. Built in 1902 in Baltimore Fisheries School, she was an open 28ft, 6.44 ton sailing boat with an auxiliary engine.

Michael O'Donovan and Tim Murphy brought the 'Irene' back to Gunpoint where they would, hopefully, take the munitions from the 'Máire Cáit' and hide them. As the 'Máire Cáit' left Cape Clear, in it were John O'Regan, Wm. Daly, Michael Murphy, Charlie Cotter, Seán O'Driscoll, Seán Lehane, Jim Hayes and John Hickey, all from the mainland. They were joined by Dan Leonard, Dan Daly and Dan O'Driscoll and Seán O'Regan from Cape Clear. As they headed out into the open sea, the navy patrol boat passed, heading for Crookhaven, but did not hail them. They watched her in trepidation. They had evaded her search-

This month marks the centenary of a dangerous raid by the West Cork IRA on Fastnet Lighthouse, which the British authorities used to store arms and explosives. Eugene Daly shares the details of the famous deed.



lights and breathed sighs of relief. Moonlight flooded the sea. O'Driscoll writes: 'Our boat came nearer, rising and falling with the heaving of the sea. Poised on the bow was John O'Regan, a rope tied to his waist, a revolver in his pocket. It was his job to land onto the landing platform. He had to time his jump exactly. As a wave erupted its strength from the deep, the boat rose high over the landing place'. O'Regan jumped, the rope trailing behind him, and landed

on the slippery rocky surface in front of the lighthouse. O'Regan grasped the landing ring, and in seconds was hauling the boat towards the landing space. Charlie Cotter, on the boat, held the other end of the rope; it was his job to haul John O'Regan out of the sea if he had fallen in. O'Regan made the boat fast and the rest of the party landed. Seán O'Driscoll, in his witness statement, states, 'It may be said that due to his skill (John O'Regan) and daring the raid proved a success'.

The steel door of the lighthouse was open. Lehane led the way up the circular staircase to the light-room, where they held up the lighthouse keeper on duty and informed him that they had come for the guncotton. The other two lighthouse-keepers put up no resistance. In all, they got 20 boxes of guncotton and three boxes of detonators, which were loaded onto the 'Máire Cáit' by means of a derrick. At Gunpoint, Michael O'Donovan and the men from the Leamcon Company were waiting to unload the cargo. Before dawn the spoils were hidden near Michael O'Donovan's house.

Liam Deasy, author of 'Towards Ireland Free', paid tribute to the Schull Battalion of the I.R.A. as follows – 'They rose manfully to the demands that were made on them and gave of their best in achieving the objectives placed before them, but of recognition and appreciation for their heroic services they thought nothing'.

Clon historical lecture on West Cork people in US Civil War

The Dúchas Clonakilty Heritage zoom May lecture on 'Recovering the Voices of West Cork in the American Civil War' by historian, archaeologist and a former curator in the National Museum of Ireland Dr. Damian Shiels was another great success and enjoyed by the large crowd who 'tuned in'.

In his wide-ranging talk,

Damian said that it is estimated that around 250,000 Irish Americans fought for the Union during the American Civil War and the records left behind offer some of the most detailed insights into the ordinary lives of Irish emigrants in 19th century America.

Utilising new research, he explored what these records tell about emigrants and emi-

gration from West Cork to the United States, and what they reveal about how those from the area were impacted by the war. The words of the men and women themselves, left behind in their letters and statements from more than 150 years ago were quoted throughout the talk.

Dr. Damian Shiels runs the [www.irishamericancivil-](http://www.irishamericancivil-war.com)

[war.com](http://www.irishamericancivil-war.com) website and has written a number of books on this topic. The lecture was recorded and the recording is available to look at for members of Dúchas Clonakilty Heritage who have been emailed out the log in details.

Membership of Dúchas Clonakilty Heritage is free for 2021 and all details are on their Facebook and website.





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.

Victor Lustig was an incredibly charming man. The book 'Handsome Devil' by Jeff Maysh is based on his life. A precocious young boy who grew into a highly intelligent man, fluent in five languages, university-educated, very well spoken and extremely well dressed; he was likeable – and all of the above allowed him to integrate well amongst many different groups of people, most notably wealthy people. It was this likeability that garnered him the trust of high-ranking officials and wealthy people within his circles; they trusted him, which in turn meant he could con them. Every conversation, every meeting, every twist and every turn was a confidence trick to lure his mark. His brilliance in conning people eventually led him to selling the Eiffel Tower! Not just once, but twice.

Lustig was born in Hostinné, Bohemia, Austria-Hungary, which is today known as the Czech Republic. He became infatuated with money. He wanted to get it, he wanted it to appear that he had it and he wanted to give the impression he came from it, which is why he dubbed himself the 'Count', a title with which he concocted a background story. Lustig told people he came from Austrian-Hungarian royalty – again another confidence trick. He used this self-imposed moniker to great success with his first of many cons.

The Rumanian Box was Victor 'Count' Lustig's first venture into con artistry. Lustig claimed this relatively small mahogany box could 'print' money and he brought one with him wherever he travelled. Exceptionally well made and beautiful, decorated with gold hinges and other ornamental details; on the outside the box was made of varnished mahogany, solid except for two slots, similar to the slot at an ATM today where you collect your money. One was an entry slot where a blank sheet of paper was placed. The other was an exit slot that 'printed' a

The extraordinary life story of the man who sold the Eiffel Tower twice

\$100 bill. Lustig presented his machine to wealthy people he had befriended. However, he did this discreetly, as if he was sharing a secret, and never to a large group. Lustig never tried to sell the machine. He simply displayed it to his 'friend', waiting until the friend made an enquiry as to how he or she might acquire one – then he would sell. The trick worked on the basis that the box already contained several genuine \$100 dollar bills. Therefore you put in a blank sheet the same dimensions as a \$100 bill and the machine would return a genuine bill. Lustig said it took six hours for the machine to create the money. They inserted the blank sheet together and he waited the six hours with the mark until the machine 'printed' the money. After any last-minute suspicions were allayed through successful test runs, Lustig then took the mark to a bank of their choosing to have the note verified. He sold these machines for between \$10,000 and up to \$30,000 in some cases. He'd fill the box with a few genuine bills, sell the machine, and then disappear. The mark would print several real bills over the course of the next 18 to 24 hours before the box stopped working and they realised it was a scam. By which time Lustig was in a different country!

After fleeing one such sale, Lustig found himself in Paris, where he concocted possibly the greatest con of all time and the one he is most famous for performing: The sale of the Eiffel Tower...and not once, but twice.

While reading a newspaper article about how difficult it was to maintain the Eiffel Tower in post war France due to a lack of available funds, Lustig saw an opening for the Eiffel Tower con. His best one yet. At the time, the monument had begun to fall into disrepair and the city was finding it increasingly expensive to maintain and repaint it. Part of the article made a passing comment that overall public opinion on the monument would move towards calls for its removal, which was key to convincing Lustig that using it as part of his next con would be lucrative. It is important to note that the Eiffel Tower was initially erected in 1889 as the entrance to the Exposition Universelle or the World's Fair. The tenth Exposition Universelle was organised in Paris in 1889, from May to November 6. It was never meant to be a permanent landmark and, at first, it was hated; even causing regret for the people involved in its creation, as they felt it tarnished their legacy and the beauty of France.

After researching what he needed, to help him utilise the

information from the article, Lustig set to work preparing the scam, which included hiring a forger to produce fake government stationery for him. He sent out letters on fake stationery, claiming to be the 'Deputy Director of the Ministère de Postes et Télégraphes' and requesting meetings that, he told them, might prove lucrative. In exchange for such meetings, he demanded absolute discretion. He took a room at the Hotel de Crillon, one of the city's most upscale hotels. Lustig rented limousines and gave tours of the tower, all to discern, which dealer would make the ideal mark.

Lustig wine and dined his marks, giving a presentation on the topic. He announced that the government had decided to tear down the Eiffel Tower, and the resulting 7000 tons of metal would be for sale to the highest bidder among them. As part of his pitch, he reminded his guests that the Tower was built as an entrance arch to the 1889 World's Fair and was never meant to be permanent. He quoted Alexander Dumas, who had once called the Tower "a loathsome construction", and writer Guy de Maupassant, who said, "What will be thought of our generation if we do not smash this lanky pyramid". Lustig gave an emotional performance and then, in a resigned tone, explained that the costs to maintain the Tower were simply too high. Of course, the government's decision to tear it down was controversial and the information must at all times be kept in the strictest confidence.

A few days later his 'marks' submitted their bids. But Lustig had already chosen his mark. André Poisson, a scrap metal merchant who owned his own business, was fairly new to the city, which is why Lustig quickly decided to focus on him. Lustig told Poisson that, as a public official, he didn't earn much money and finding a buyer for the Eiffel Tower was a very big decision. Lustig informed Poisson that he would give him the right to the Eiffel Tower's metal. But there was a small problem. Lustig said that while public servants like himself were expected to dress well and entertain lavishly, they made a meagre salary. Poisson had been in Paris long enough to know what Lustig was getting at. He was being asked for a bribe to secure the deal, and he obliged. Poisson would pay Lustig \$20,000 in cash, plus an additional \$50,000 if Lustig could see to it that his was the winning bid. Lustig secured the \$70,000 and, in less than an hour, he was on his way back to Austria. He waited for the story to break, with, possibly, a de-

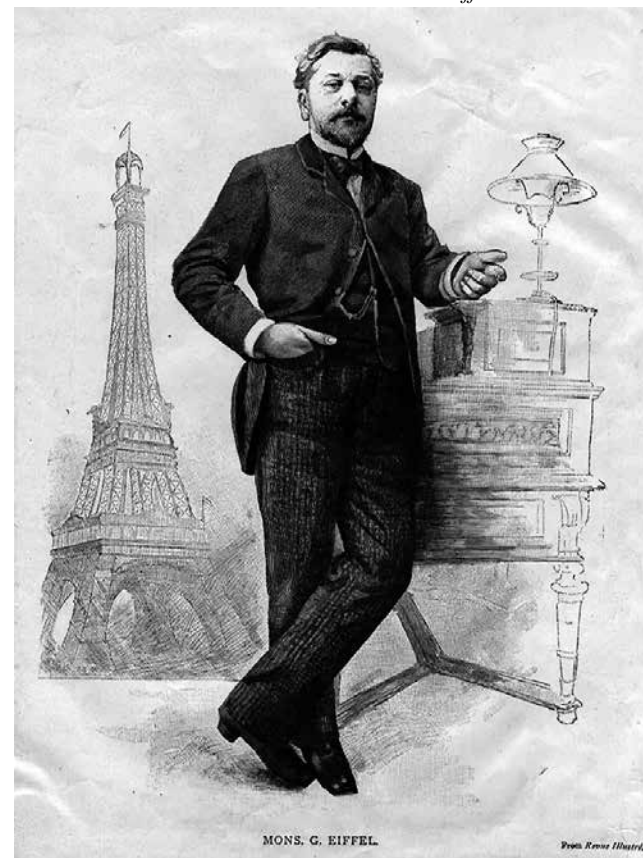
scription and sketch of himself, but it never did. Poisson, fearful of the embarrassment such a disclosure would bring upon him, chose not to report Lustig's scam.

Lustig suspected that when Poisson found out he had been conned, he would be too ashamed and embarrassed to inform the French police of what he had been caught up in, yet despite this belief, he maintained a check on newspapers while in Austria. His suspicions soon proved to be correct when he could find no reference of his con within their pages. Thus he decided to return to Paris later that year to pull off the scheme once more. However, ever cautious, the Count came to suspect that one of the new scrap dealers he contacted had notified the police, so he fled to the United States.

When the Great Depression hit, Lustig concocted a risky scam aimed at Al Capone. For Lustig, the scam was not a straight-out con, but again another confidence trick. Lustig asked Capone to invest \$50,000 in business and then kept the money given to him in a safe deposit box for two months before returning it, claiming the fictitious deal had fallen through. Capone got the impression that he was dealing with an honest man. At this point, Lustig told Capone that the failure of the deal meant he had lost all means of supporting himself. He then convinced Capone to give him \$5,000 so that he would have the means to support himself until another possible business opportunity arose. He took the money and again disappeared.

Victor Lustig then entered the counterfeiting business. Teaming up with gangland forger William Watts, Lustig created banknotes so flawless they fooled even bank tellers. "Lustig-Watts notes were the super notes of the

"Being the most striking manifestation of the art of metal structures by which our engineers have shown in Europe, it is one of the most striking of our modern national genius."
- Gustave Eiffel



era," says Joseph Boling, chief judge of the American Numismatic Association, a specialist in authenticating notes. Lustig daringly chose to copy \$100 bills, those scrutinised most by bank tellers, and became "like some other government, issuing money in rivalry with the United States Treasury," a judge later commented. It was feared that a run of fake bills this large could wobble international confidence in the dollar. The fake money became known as 'Lustig' Money and millions of dollars was produced. They were so successful that the US economy feared that the amount of 'Lustig' money in the economy would start to interfere with inflation rates. Eventually, a scorned close associate informed on Lustig and he went on the run. Remaining on the run for many years, he was eventually arrested on May

10, 1935.

At the time of his arrest, Lustig was wearing a beautiful coat with a velvet collar and was carrying a suitcase full of expensive clothes. On searching him, police officers found a key in his wallet. Lustig would not give any information as to what the key opened. After some time, the police traced to key to a bank deposit box. Inside was \$51,000 in counterfeit notes and the plates used to forge the notes. Lustig was sentenced to 25 years in Alcatraz. In the course of his 'career', he used 47 aliases and carried dozens of fake passports. The name Robert V. Miller is the pseudonym used on his Alcatraz paperwork.

Lustig died of pneumonia on March 11, 1947. On his death certificate, 'apprentice salesman' was written as his occupation.



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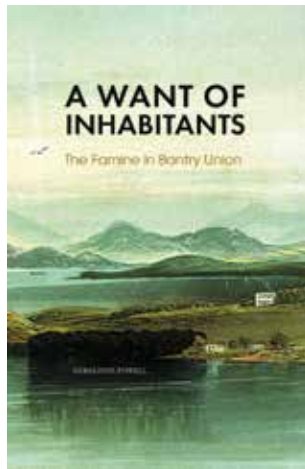
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New book covers the untold story of the famine in Bantry Union

In the idyllic setting of Bantry Union, thousands of the poorest inhabitants starved to death in the decade of the 1840s. Little is known about the sequence of events of the famine in the Union and how this tragedy unfolded. Many people living in West Cork today think that the ravages were less severe in Bantry than in neighbouring Skibbereen Union. Not even the geographical extent of the Union is clearly known. We do know there was no happy ending. This vital work, combining archival research and social history, seeks to lay bare the factors that led inexorably to catastrophe.

During the 1980s and 1990s, the author Geraldine, her husband and three children visited West Cork frequently and bought a holiday home there, a cottage in an old clachan near Bantry. Over twenty-four years of visits, rehabbing, exploring and reading



about the area, she became fascinated by the extreme contrasts and complexity of society in nineteenth-century Munster. When, in 2016, she returned to live in Ireland, she continued researching and received an MA in local history from UCC.

About the author

Geraldine Powell grew up in Dublin in a family that emphasised scholarship. After qualifying in medicine, Geraldine moved to the United States. She worked as a pathologist, then as a psychiatrist with Vietnam veterans, and later with prisoners and in the community health system. In addition to her medical career, she studied creative writing at the University of California, San Diego. A few of her short stories were broadcast in the United States and on RTÉ. Geraldine Powell now lives with her husband in Dungarvan, Co. Cork.

A Want of Inhabitants: The Famine in Bantry Union by Geraldine Powell. Published by Eastwood Books in March 2021, priced €17.99.



Bantry workhouse from first OS map, 1845. Fever hospital not yet built.

Dunmanway street brightened by mural



At the Castle Street wall mural are (l-r) Johnny Murphy, Phyllis McCarthy, Brendan Hayes, Maureen Hurley, Declan Hurley, Sheila and Martin Kelleher.

Creativity flowed among residents in Castle Street Dunmanway recently resulting in a beautifully painted mural in different shades of white, grey and black. Divided into several panels, the mural

features silhouettes of native Irish hares, the resident fox and the swan who frequents the marshy area alongside the green area. The furthest over panel, divided by a gate, features some of the former residents from the

street. The street housed several tradespeople including seamstress Catherine (Kitty) Collins and blacksmith John Sheehy, both featured in the mural.

Painted by local residents with the support of artist Sheila

Kelleher, her husband Martin and friend Pat, the mural, from inception, design and completion, took less than three weeks to complete.

The project was co-ordinated with the support of Tommy Col-

lins, Dunmanway Community Council and Kathryn Kingstons, West Cork Development Partnership with funding from the Social Inclusion Activation Programme (SICAP).



Donagh Hurley helping Declan Hurley

people Enterprising West Cork

Network Ireland West Cork announces its Businesswoman of the Year 2021 finalists

Network Ireland West Cork Businesswoman of the Year winners will be announced at a celebratory event, which will be held online on June 24, 2021. MC for the event is Ciara Wilson. Network Cork president in 2017 and

Business Awards Coordinator for 2018 and 2019, Ciara knows first-hand the commitment involved in entering these awards and the benefits that can be achieved.

International bestselling author, columnist and West

Cork native Louise O'Neill will give the keynote address at the virtual awards.

Tickets for this event are €15 and available on Eventbrite. Branch winners will go on to represent West Cork at the National Network Ireland Awards on October 8, 2021.

All ticket revenue will be for the benefit of Network Ireland West Cork chosen charity for 2021, Embrace Farm, a not-for-profit organisation whose aim is to provide a support network for farm families who have lost a loved one or suffered serious injury in a farming accident.

Network Ireland West Cork Branch president, Katherine O'Sullivan says the networking group is thrilled with the response to this year's Businesswoman of the Year awards. "There has been a 50 per cent increase in entrants this year, which reflects the incredible entrepreneurship and achievements taking place across West Cork," she explains. "This year, also for the first time, we received entries in all categories, which shows the incredible work being done across the board by all of our members." Of the 24 entrants in this

year's Awards, 15 are also finalists in the 'Power Within' category, which is open to all members regardless of employment, who have used their 'Power Within' to great impact.

This year's Network West Cork Businesswoman of the Year 2021 finalists are –
EMERGING NEW BUSINESS: Catherine Clooney; Jeanne Sullivan Billeci; Michelle Ryan; Sara Devoy; Sharon Huggard; Tara Copplestone.
CREATIVE: Anna Groniecka; Claire Marie Barton; Kata

O'Donovan; Maura O'Connell; Sophie Miall.
EMPLOYEE SHINING STAR: Louise Bunyan; Majella Galvin; Mary Cadogan; Yvonne Cahalane.
ESTABLISHED BUSINESS: Maeve McCarthy; Nollaig Hurley; Sandra Maybury.
STEM: Jacinta Collins; Olivia Norman; Ruta from KOKONO.
SOLO BUSINESSWOMAN (REGIONALS): April Danann; Susan Collins Duggan.
EMPLOYEE RISING STAR (REGIONALS): Michelle Kingston.

people Enterprising West Cork

Cotton Caterpillar hungry for success

In 2020, 'Handmade by Kata' metamorphosed into 'Cotton Caterpillars' and introduced itself to the world. With the help of her Local Enterprise Office business owner and creator Kata O'Donovan brought her rebranded vibrant and funky organic cotton range from Clonakilty to Dublin to Showcase Ireland at the RDS. Suddenly Cotton Caterpillars had the attention of almost 3000 retailers from across the world and orders started flooding in. Kata is now expanding her business; she has her eye on a premises in Clonakilty, aims to employ up to three people to assist her in creating beautiful clothes for children and adults and in the long run anticipates opening a gallery supporting other individuals who are at the beginning of their creative journey.

"I think most importantly you have to have a vision," says Kata of her business success. "Without that, you will just circle around and never end up anywhere!"

For Kata, her journey into self-employment started when her son was born in 2013. "I couldn't find the colourful and comfortable outfits on the High Street that I wanted for him," she explains. "Realising that I wasn't the only one struggling to find vibrant and multi-coloured clothes that would allow

my children to play and explore the world freely, I decided to make outfits for sale."

With that, this caterpillar started moving and changing shape.

Designed and made in Ireland, all of Cotton Caterpillar's products are created using quality organic and sustainable materials, with children who love exploring in mind. The 'Grow with Baby' collection has products for mum and baby ranging from comfortable neckwarmers to jumpers and dresses.

"As a small child in Hungary, I often wore handmade clothing sewn by my mother and grandmother," explains Kata. "I enjoyed wearing clothes made to my measurements. Today I still love picking out patterns and playing around with different type of fabrics."

Kata's path to her current profession was a winding one. Unable to fulfill her dream of becoming a hairdresser because of family finances, she instead enrolled in a special highschool programme that prepared girls for joining the police academy in Hungary. When this programme ended unexpectedly, although she still had her heart set on becoming a hairdresser, Kata chose instead to go to Budapest where she trained at one of the biggest dental technician schools in the country.



"Suddenly I was a dental technician, making dentures and retainers," she says pulling a face. "I had a good enough salary but I wasn't happy. Doing a job that was forced on me was hard to handle...and then I had enough!"

Kata took a life-changing week's holiday to visit Ireland. "I had a fantastic time here – the sunshine, the kindness of the people and the view all blew me away. I came back home and started to work on my escape

plan!"

Kate gave up her job making dentures, packed her bag and left Hungary for Ireland on one sunny September day. "Before I crossed the border to Austria, I called my father," she says. "He begged me to stay and even offered to drive five hours to bring me back. But I knew I had to go. I had a fire in my belly, I couldn't turn back."

The next day Kata boarded the ferry from France. "As the mainland grew smaller and



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www.cottoncaterpillars.ie



smaller, and the ferry travelled further and further out to sea, the reality of what she had done started to dawn. "I looked around me and all I could see was water. I asked myself 'what have I done?'"

Kata drove from Rosslare to the tiny village of Timoleague in West Cork. On her own, with just enough money to last a

month, she immediately began her search for work. Just a few days before her savings ran out, Kata secured employment in Clonakilty.

"My plan was to work here for a couple of years and go back to Hungary to buy a house and start a family," she explains. "But it all changed when I met my husband Gerry..."

Continued on next page...


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people Enterprising West Cork

...Cont'd from previous page

Now happily married and settled in Ireland and mother to two young boys, Kata still has a fire in her belly; and that steely determination and sense of adventure that brought her to Ireland has created a successful and sustainable business model.

"When my children were babies, I worked into the night to get the business off the ground," explains Kata. "Life got easier when my youngest son started Montessori; I had a couple of hours in the mornings to do my orders. With both of my boys now in school, I have three full hours a day to drive the business. I follow a strict schedule: check and reply to all my emails first thing in the morning before 7am and from 9am, I am cutting



and sewing and sorting orders until it's time to pick my youngest son up from school."

Life may be hectic during the week but after a health scare a few years back, Kata has learned to take time off. "It was an eye-opener for me...as the saying goes, I learned that 'you can't pour from an empty cup'."

Although she still does some sewing at the weekends, she brings her eldest son Darragh (8) with her, teaching him the

skills her grandmother and mother passed on to her.

"My grandmother really inspired me," shares Kata. "She always had a smile on her face no matter how hard she worked, and she loved everyone. She was well-respected and always gave more than she received."

As time moves on and her business expands, Kata hopes to follow in her grandmother's generous footsteps and offer support to others starting out in her field. "I'd like to become a mentor to someone starting out, using my own experience and knowledge to help a small business grow," she explains.

Wherever her business lands, Kata's dream is to create a happy space, where beautiful clothes will be created for young and beyond...



Coaching to empower

Mindset and Confidence Coach Anna Healy has always hankered for adventure or, as her family might put it, she was "mad for road". The road this Kerry native took in life eventually led her to starting her own business in 2019. With a fierce desire to help and empower others to access their true potential, Anna is exactly the type of person you want standing behind or beside you when starting off in business or making a life-changing decision.

'Anna Healy, Mindset and Confidence Coach for Women' offers coaching through all areas of life, career and business and Anna's 'Wingwoman Programme', running for three months of one-to-one sessions, will help any woman build confidence and achieve key goals in life, career or business. "A Wingwoman is someone who is there on the side lines

encouraging you to be your best self," explains Anna passionately. "A Wingwoman is there with the tissues on the tough days and the champagne on the good days. Everybody needs a Wingwoman!"

Anna also runs an online coaching and mentoring group for women in business: Held in small groups to allow for meaningful and authentic interaction, 'Lighthearted Women' is a community of like-minded business women who support each other through the challenges and successes of building a successful business. "What I love about this group is that everybody shows up weekly and shares their wins, their challenges, their goals and their support for everyone there," says Anna. "Everyone has a voice in this group and everyone has their own wisdom that can help the others in the group. We have workshops and soapboxes and there is a

private Facebook Group for follow up and networking. To see these women flourish and thrive in their business is such an honour."

Prior to setting up her own business, Anna's career was varied but with a common thread running through – the desire to help and empower others.

Anna has recently launched a new programme for women in business called 'SMASH'. The six-month group coaching programme starting on June 4, is focused on goal setting, mindset and accountability. "So many entrepreneurs have great ideas on how we want our business to develop and having an accountability group

to support you and keep you motivated through the tough times is essential," explains Anna. "There are mindset workshops, audiences with the experts and one-to-one and group coaching with me." With this programme there is no doubt that you are going to 'SMASH it' with Anna!"

Prior to setting up her own business, Anna's career was varied but with a common thread running through – the desire to help and empower others. She worked with children in residential care for 10 years, and then as a job coach with EmployAbility West Cork for 12 years, supporting people who have experienced illness, injury or disability to find and keep work. Throughout her career, she has gained years of knowledge and experience in advocacy and empowerment, and learned how mindset is key to living the life you really want.

Continually up-skilling in areas that interest her, as well as achieving an Honours Degree in Social Care, Anna studied HDip in Personnel Management in UCC by night, Higher Certificate in Advocacy in Waterford IT and has completed a Diploma in Life, Business and Leadership Coaching and a Diploma in NLP.

Her can-do approach to life and enthusiasm for taking on any challenge means she is well placed to help others in business. "I see opportunities for others and I encourage them to go for it," she says.

When starting out in business, The Local Enterprise Office offered Anna fantastic support. "I received mentoring



and also received the Trading Online Voucher to help me update my website. Network Ireland was a great support also, as I have made great friends and Mentors there and having their support was wonderful. The events that are held throughout the year are informative and inspiring and are a great motivator."

This year, Anna was honoured to be elected Programme Manager for the Mentoring for Success Programme with Network Ireland. It is a free service for members of Network Ireland, with over 40 Mentors available on the programme. "I have made many new friends through this and I have gained lots of advice and support through accessing the programme," she shares.

For anyone starting out and wanting to succeed in business, Anna's advice is to "Find yourself a group of like-minded people that you can share your journey with and get professional coaching."

"Coaching is essential to

tap into your inner potential and become aware of the mind blocks that are holding you back. It also helps you take a step outside of your business and look at things from a different angle.

"I love the 'aha!' moments that my client's experience. I am inspired by their passion and hunger for something more. I feel humbled to be witnessing their journey from idea to achievement."

"I have no idea," she laughs when asked where she sees herself in 10 years time. If you told me 10 years ago that I would be running my own successful business I would have laughed at you! What I love is that we can decide who we want to be or what we want to do at any age or stage of our lives. What I do know is that I will be continually evolving and growing my career in line with my strong values of supporting, empowering and inspiring others."

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West Cork face painting business honoured with Irish Enterprise Award

Premier Face Painting Ireland based in Bantry has been awarded 'Best Professional Face Painting and entertainment company' in the Irish Enterprise Awards 2021. The face behind this colourful enterprise is Bantry native Selena Cassidy, who shares that while she may have started the business on a wing and a prayer, all of her hard work and determination eventually paid off and the business is now reaping those rewards. Selena also gives credit to the supportive people around her. "Without my amazing staff and the support of my husband Jason, the business wouldn't be what it is today," she says.

Premier Face Painting specialises in providing high quality face painting and other entertainment at events all over Ireland. While the pandemic has taken a toll on the business, Selena has turned the unexpected time off into an opportunity, writing a series of children's picture books with her talented daughter and illustrator Rosie. Mother and daughter up-skilled in design programs Adobe Photoshop and Illustrator and have completed two out of the series of four books, which are based around a little girl who gets face painted and turns into the face painted creation, enjoying adventures in magical lands and bringing back messages on how to love and protect our world. The books have already received interest from publishers.

After leaving school, Selena travelled and worked her way around the world, picking up invaluable skills and life experience along the way. Coming from an artistic background (both her parents are artists), she naturally followed that path in life; her very first job was as a sign writer. She trained as a makeup artist later in life and completed a business course with the help of her Local Enterprise Board. In 2013, Premier

Face Painting Ireland was born, over time spreading its wings from fledgling idea to successful enterprise.

"Our first event was an absolute flop, as we hadn't done our research before starting the business and the make-up market was saturated," explains Selena. However it was at this first event that she noticed a small group of extremely busy face painters. Selena decided to chance her arm at it and booked into the Westport music festival pretending she was a world-class face painter! "I spent a day practicing face painting with my 14-year-old daughter and her friend. None of us had done it before and I had no idea if it would work," she explains laughing. They were the busiest stall at the festival and Selena hasn't looked back since. For the next few years, she worked hard, visiting all of the large festivals and events, trading on a pay per face basis. Her Facebook page, where she posted pictures of clients, soon gained a large following and the bookings started flying in. Premier Facepainting was suddenly in demand with Ireland's main event organisers, corporate and promotional companies and city councils. In 2017, Selena decided to leave the adult festival circuit and concentrate on private clients. "We still do some of our favourite family festivals – Rose of Tralee, Laya, Riverfest, The Summer Show and a few others but now the work is mostly booked privately."

Over the years, the Local Enterprise Board has provided immeasurable support to Selena and her business. With their assistance, she completed a business course and a number of marketing and social media seminars and networking events. "I learned a lot about advertising and how to streamline the business and focused on presentation and up-skilling both myself and my staff," she says.

Selena runs the company from her home in Bantry; taking bookings, meeting clients, organising equipment and training up and organising the team of entertainers, who are based in Dublin, Cork, Limerick and Bantry. For the 'Lapland' season and any work abroad, the staff have to be skilled on-flight entertainers, as well as understanding how to interact with large groups of people in a fun, professional and calm manner.

"Seeing people's reactions and bringing fun and joy to people is the best part of this job," says Selena smiling.

Her aim now is to build the business back up after Covid and be in a position where one of the team can help run it. "This was something we were in the process of before the pandemic," she explains "and it would give my husband and I time to do some humanitarian work, which is something we love and want to do more of."

Her advice to anyone starting out in business and looking to succeed is to do a business and marketing course first. "Learning those skills gave us a backbone to the creative side of our company," she explains. "Before I did this, we were floating in the wind, having lots of fun and experiences, but not earning any money. I didn't understand how much you have to put in to a business before you get a return!"

She also understands the importance of a good work-life balance and when she has time off, Selena spends it relaxing with friends and family and fishing with her husband Jason. In ten years time, she'll be celebrating her 60th birthday, so this face painter's ambition is to have the business scaled up to a position that allows her even more time off to go fishing!

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National award for innovative Bandon students at Enterprise finals

Students from Colaiste na Toirbhirte Bandon were awarded the prize for most Innovative Social Media in the Senior Category at the National Final of this year's Student Enterprise Programme.

Supported by Local Enterprise Office Cork North and West, Kate O'Connor and Emily Barry of Hook R Strike took one of the main awards at the event, which was watched by thousands of students and teachers all over Ireland. Kate and Emily worked under the guidance of their teachers Liz O'Dell and Lisa McCarthy and achieved huge attention in the run up to the finals with their innovative lifestyle hack for keeping the home clutter free from sports gear which they sell online at hookrstrike.com in Bandon Co-Op and Cummins Sports.

The ambitious students are hoping to continue with their company for the summer. Sports mad, the girls say it was the clutter in their everyday lives and last-minute search for sports gear that spurred them into finding a solution to

the problem.

The dynamic duo is delighted with their recent success in the social media awards. "We put huge emphasis on our social media campaign, as we felt this was the way forward for business development during a global pandemic," explains Kate.

"The Hook R Strike social media platforms were constantly active and we posted pictures and fun videos about the latest news every day and ran competitions on our Instagram pages," continues Emily.

Kate and Emily hope to continue receiving orders, develop more products for the company and expand to more stores in West Cork! Make sure to check out their social media and get your sports rack today!

There were 72 student enterprises competing in this year's National Final in what is Ireland's largest entrepreneurship programme for second level students. The initiative, funded by the Government of Ireland and delivered by the 31 Local Enterprise Offices in local authorities

throughout the country, saw 29,000 students from almost 500 secondary schools across the country take part.

Praising the winning students, Kevin Curran, Head of Enterprise with Local Enterprise Office Cork North and West "This is a proud day for student enterprise in our region. We would like to congratulate Kate and Emily, their families and their teachers at Colaiste na Toirbhirte on winning this national award in Croke Park. Year-on-year the Student Enterprise Programme continues to produce the very best of ingenuity and entrepreneurship amongst our secondary school students."

Since the Student Enterprise Programme began in 2003, over 250,000 students have taken part, learning key skills on how to create a business idea, start a business and grow a business. Full details of all this year's 72 national finalists are available on the Student Enterprise Programme website at www.StudentEnterprise.ie

people Farming

IFA and RSA issue road safety appeal as silage season starts

With silage cutting season underway, the Irish Farmers' Association (IFA) and the Road Safety Authority (RSA) are appealing to drivers of farming machinery and other road users to share the road safely.

With national travel restrictions now lifted and traffic volumes increasing, the roads are getting much busier. There are more people out walking, cycling, and riding horses on the public road at this time of year, and these activities have also become more popular during the current pandemic.

Both organisations want farming contractors and other drivers to remember this and to always be on the lookout for such vulnerable road users.

IFA President Tim Cullinan said "it's going to be a busy time on farms in the coming weeks as farming contractors bring in silage around the country. Both the IFA and the RSA are renewing our annual appeal for motorists to be on the lookout for tractors, trailers and other agricultural machinery exiting from fields and farmyards. We are also asking



anyone driving farm machinery, especially on rural roads, to cut back on their speed, not to get distracted and understand that around every corner could be a neighbouring family or friend out for a walk, a cycle or maybe riding a horse. We all need to expect the unexpected because the road has become an ever-changing environment since the pandemic began."

Mr. Sam Waide, Chief Executive, RSA, "This is a very busy time of year for farmers. The number of tractors and trailers out using the roads will increase dramatically. I am asking all drivers to be on the lookout

for tractors, trailers and other farm machinery on the road. If you are travelling behind farm machinery, please be patient and only overtake when it's safe to do so. Farmers should be aware of traffic building up behind them and keep left where possible and safe to do so to allow other vehicles pass safely. Travel restrictions have only recently lifted and drivers may very well be rusty because they haven't driven much in recent months. It is important that drivers recognise this, pay extra attention to the road and always be on the lookout for other road users."

Drivers of agricultural vehicles are being reminded that they are subject to all road traffic legislation. They are required to carry the appropriate licence and farm vehicles are required to be taxed, insured and must be roadworthy, including fully operational lights front and rear.

Farmers are also being reminded of the following safety tips:

- Plan and prepare for all work with machinery. Always allow adequate time for the job.
- Always practice the SAFE STOP procedure. Reverse park safely, handbrake on, controls in neutral, lower all attachments, engine off and remove keys!
- Carry out regular checks and maintenance of all farm vehicles, particularly brakes.
- Never remove or modify guards in order to save time.
- Only use machines if you know how to use them safely and have received suitable training.
- Always drive at a safe speed and know your limits.

€1,500 fine issued for out-of-season Skibbereen tree and scrub clearance

A Skibbereen landowner appeared before District Justice Colm Roberts on Tuesday, April 27, to answer charges under Section 40 and Section 69 of the Wildlife Acts 1976 to 2018. The case resulted from an investigation by National Parks and Wildlife Service West Cork Conservation Ranger Patrick Graham into the destruction of vegetation on uncultivated land during the closed season for such activity.

The incident, on farmland near Skibbereen, was observed by the Conservation Ranger Patrick Graham on June 22, 2020, where he noted that the clearance of a range of tree and scrub species, including ash, willow and hawthorn had occurred very recently and was therefore illegal under Section 40 of the Wildlife Acts. This prohibits such activity between the dates of March 1 and August 31 – the critical period for nesting birds.

The case was taken by the Minister of Housing, Local Government and Heritage against the farmer.

Having interviewed the landowner under caution, the conservation ranger recommended that the prosecution be taken under Section 40 for the destruction of vegetation and Section 69 for soliciting a person to commit an offence and for causing a machine to be used as an aid in committing that offence.

At the court hearing the farmer pleaded guilty to the charges and was fined a total of €1,500.

District Justice Roberts said that farming was a business or industry and those engaged in any business or industry should be aware of the laws pertaining to the running of that business or industry.

He said that there was very good reason why farmers should know the law in relation to managing the environment given the importance of the correct management of the environment under their control. He also said that it was important that the court send out this message to landowners.

This is one of a number of cases listed for hearing in the courts in the coming months following investigations by Mr Graham and his Conservation Ranger colleagues in the Southwest Region in relation to illegal habitat destruction. Such cases will reiterate the message to landowners sent by the Skibbereen District Court that knowledge of, and adherence to, the provisions of the Wildlife Act are a critical part of management by landowners.

A West Cork Farming Life: Paddy McCarthy, Ballydehob



Interview by Tommy Moyles

Describe your farm

I'm milking 40 cows on a spring production system supplying milk to Drinagh Co-op.

There's about 105 acres on the farm, about 50 acres would be considered grazable. I focus on producing milk from grass and the cows would be out grazing grass on average about 300 days a year. The cows are a British Friesian herd crossed with Jersey. Calving starts here around January 10, and around half the herd are calved by the end of January. Breeding season in full swing at the moment and starts on April 6.

What is your focus on for the next few years?

The focus the next few years is reseeded. Recently I reclaimed a wet acre of ground and I'm in the process of getting it ready for reseeded at the moment. I'll be using the top monoculture grasses like Abergain to try to increase tonnes of grass grown on the farm. I'll use more clover in the mixes too, as this will help reduce chemical nitrogen fertiliser usage. I've an interest in using some of the Multi species mixtures too, like a combination of grass, clover

and plantain.

What do you think are the pros and cons of farming in West Cork?

The fact the four co-ops down here through the Carbery Group are delivering the top milk prices in the country for West Cork farmers is a definite pro. The fact we are that bit closer to the coast means we have an advantage too, as we have slightly earlier growing season. Grass growth can kick off a bit quicker down here in West Cork.

On the downside, compared to other European countries, it feels like Ireland is in the Stone Age in relation to Broadband speed. Broadband and overall internet speeds needs to be improved, as more farmers are using farm apps in an effort to improve profitability and become more efficient on their farms.

What challenges do you see facing the sector?

Climate change and carbon emissions produced in agriculture is a big challenge. I think farmers who start growing more clover in their swards and use more multi species varieties to reduce their farm carbon footprint should be credited for

doing so in the future, possibly it should be linked to CAP payments.

My personal view is mental health in the farming sector is, and will be, an issue for farmers going forward. I have to give credit to Macra na Feirme and other organisations for tackling this issue over the past few years. But I think more needs to be done especially with new young farmers coming into the industry.

For me, joining a discussion group back in 2006 was a major factor in upskilling my knowledge in relation to grassland management etc. Not alone that, but when it comes to mental health, it's good to meet up. If you're having a tough time on the farm with bad weather or whatever else can go wrong, you might think you're the only one with that problem. When you go to a discussion group meeting you realise that most farmers in the group could be going through the same things. You come home from the group meeting feeling like a weight has been lifted. Farmers don't go to the marts as much anymore, so the discussion group is the new social outlet for farmers.

Young farmers, especially

those starting out, are very hesitant to join discussion groups. That scares me. Especially in the dairy sector where young farmers are starting off with over 100 cows.

I totally understand that for a young farmer starting out, it's an exciting time, but they need that support. It's no joke with the amount of capital invested into dairy farms these days and if there was a bad milk price or a disease outbreak in the first few years of starting up that could prove a big challenge without the support of other farmers to talk things through with.

Is there anything that would help in your opinion?

I assume Ag Colleges have dealing with stress in farming or potential mental health challenges in the curriculum, and if they don't, then it needs to be seriously looked at.

We have untapped potential in fantastic leadership from Macra members around the country. I'd love to see members who have been farming for a few years visit Ag colleges and possibly chat with students about stresses they have come across in their career in agriculture.

people Farming

Ups and downs

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
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I can't recall ever hearing the saying, 'A wet and windy May fills the barn with corn and hay', as much as this year. We're paying for our dry April now but hopefully things will balance out again over the summer. Usually you would notice a few more yellow fields appearing, as the silage harvest

gets under way. That's not the case this year. There was a burst of early cutting in the first half of May and some contractors in the eastern parts of West Cork reported about 25 per cent of their clients had cut. Progress in that regard came to a firm stop for the second half of the month. No matter how often farmers check the weather apps on their phones, there doesn't seem to be a run of three or four dry days coming together.

On a more positive note, farmers are experiencing record levels of prices across all sectors. As it stands, the prices farmers are receiving for beef, lamb, milk, and grain are outperforming last year by up to 20 per cent, and more in some cases. Beef alone is up 50c/kg and, at that, Irish farmers are still lagging behind the UK beef price. Lamb is still at over €8/kg, which is about €1.50/kg and grain prices are on the rise with a tonne of grain now worth between 20 and 30 per cent more than 2020. The base prices paid for April will average 33c/l excluding VAT, up from 28c/l excluding VAT in 2020, an increase of almost 20 per cent for one of the peak supply months.

One of the big issues for farmers is that input prices have seen a similar rise. Steel and timber are up 25 and 30 per cent in the last six months alone and in some cases builders are only able to quote prices on a fort-



Breeding has commenced on Tommy Moyles farm. His Hereford bull has been with the heifers in Ballinascorthy for the last three weeks.

nightly basis such is the speed that some materials are rising in price. It's in part down to the emergence of the economy from Covid-19. During both world wars in the last century, demand for commodities boomed, food in particular.

Maybe Covid-19 was the 21st century version of those global events. It changed western society like no one could imagine and, for a period in March and April last year, shops couldn't keep products like flour and dairy on the shelves. There are a number of downsides to this mini economic boom. Inevitably it will come to a halt and if I were putting a farm business plan together today, I would be basing it on a year where prices were lower. At least then it allows you to survive a tough year

and thrive in a good one.

The last week of May is turning out to be a critical one for EU farmers as the details of the Common Agricultural Policy (CAP) are being finalised. The next CAP will run until 2027 and is the first in a UK-less Europe. Negotiators sit down for two days of talks billed as a 'jumbo trilogue' by European Commissioner for Agriculture Janusz Wojciechowski. The commissioner from Poland has been very firm on his desire to see change that will have a positive impact on the environment.

At stake in the negotiations is over €10bn in subsidies that stand to be paid to Irish farmers and filtered into rural areas over the lifetime of the CAP.

It appears that between 20 and 30 per cent of direct payments

will be ring-fenced to fund climate, environment and animal welfare measures. Eco-schemes remain one of the biggest unknowns but they will have a major bearing on farmers' direct payments.

The European Parliament is seeking a figure of 30 per cent of a farmer's payment to be linked to these measures. Portugal currently has the EU presidency and they have offered to move up from its original 20 per cent position, with ring-fencing starting at 22 per cent before rising to 25 per cent. In financial terms this would equate to €300m in Irish direct payments annually.

Going to print, it's all to play for.

While there is concern over the unknown elements of the CAP negotiations, there is

farmer interest in Environmental schemes. Last month I wrote about a pilot environmental scheme REAP. While the department of Agriculture had allowed for 2,000 participants, there was closer to 11,000 applications. The Minister for Agriculture, Charlie McConalogue is attempting to see if there is flexibility there to allow extra participants in this pilot project.

On the home farm, breeding has commenced and I'm coping ok with grass growth and getting it grazed. I've escaped the need to re-house or feed stock yet, although I might introduce hay to the stragglers who have left to calf. All I can do for now is sit and wait for the sun to reappear.

Carbery and Teagasc launch new joint programme 2021-2025 for West Cork farmers

West Cork based dairy processor Carbery Group and Teagasc Cork West have renewed their ongoing long-term joint programme for dairy farmers for the next five years. The objective of the Monitor Farm programme, running since 1998, is to lead and demonstrate the development of carbon efficient and sustainable dairy farming in West Cork.

Thomas Curran, regional manager of Teagasc in Cork West expressed his thanks to Carbery and the four West Cork co-ops (Bandon, Barryroe, Drinagh and Lisavaird) for the renewal of the programme, commenting: "The joint programme is a critical part of our advisory programme in leading the development of dairy farming in the region. We, as an advisory team, are looking forward to working with all farmers and people in the wider agricultural industry in West Cork over the next five

years."

Carbery Chairman TJ Sullivan also welcomed the renewal of the programme, stating: "Farmers are always keen to see best practice farming in action, and they learn the most from what other farmers are implementing. This has been the secret of the success of the Monitor Farm programme to date. With a big focus on farmers to operate more sustainably, it is great to see supports like this in place from Teagasc, Carbery and the four co-ops."

The new joint programme will focus strongly on promoting and demonstrating the practical farming practices that improve sustainability and reduce carbon footprint. The Teagasc MACC curve (Marginal Abatement Cost Curve) and the Leaf diagram, as well as learnings from the Carbery Greener Dairy programme will be central in the new joint programme. The programme will also engage and support the

new Teagasc Signpost Programme –Farmers for Climate Action, throughout the region while also engaging with the Farm Zero C project in Shinagh Farm, Bandon.

The programme will be co-ordinated by John McNamara of Teagasc, supported by the Teagasc dairy and dry stock advisory teams in West Cork. The team will collaborate and work closely with Carbery and the advisors and staff in each of the four West Cork co-operatives, Bandon, Barryroe, Drinagh and Lisavaird.

Milk Quality: A new addition to the joint programme is the availability of Don Crowley (Teagasc Milk Quality Advisor) to all Carbery suppliers through their co-op milk quality advisor. Don is one of Ireland's leading experts in producing quality milk and is renowned for his broad knowledge and practical farming advice on achieving high standards of milk quality.

Choose your wild flower mix carefully

The highly invasive blackgrass weed has been found in a commercial wildflower mixture that was grown in an experimental plot in Carlow. If this weed is widespread in mixtures, which were planted on farms, schools, gardens, and amenity areas across the country, it poses a huge risk of contamination to tillage crops and the Irish tillage industry.

In recent years, Teagasc has had a policy of increasing habitats and improving biodiversity on all of its research and college farms. In Oak Park, which is predominantly in tillage, this has included establishing new hedges and field margins on cultivated fields. A range of field margins, from native grasses to mixtures of grasses and wild flowers, have been established. Researchers have been monitoring these field margins for beneficial insects and their impact on insect pests in adjoining crops. Additionally margins of native grass mixes of cocksfoot and timothy have been particularly effective in stopping sterile brome, which is a grass weed in cereals from spreading

from the hedgerow into the crop.

One such field margin planted last autumn was a diverse mix of wild flowers and grasses. On inspection by the Teagasc farm manager in Oak Park, John Hogan in recent days, it has been noted that this mix was contaminated with blackgrass, which is a particularly pernicious weed of cereal crops; if left uncontrolled it can produce up to 6,000 seeds per plant. These seeds will spread quickly by machinery or on plant material.

John Spink, Head of Crops, Environment and Land Use Programme in Teagasc said: "Blackgrass is widespread in the UK where it is also resistant to a wide range of herbicides and very costly to control, in some instances requiring the destruction of crops." John added: "If the wildflower seed has been imported from the UK, then resistant blackgrass may have been imported with it. The blackgrass is just beginning to flower and because of the risk of spread of seed into neighbouring crops, unfortunately, this field margin has had to be destroyed".

Such wildflower mixes are frequently used in domestic and amenity situations. Michael Hennessy, Head of Crops Knowledge Transfer in Teagasc said: "We strongly encourage anyone with such seed mixtures sown to inspect the area and if they notice blackgrass, which has a narrow dark purple to black seed head, to remove it immediately before seed is formed and can spread into any neighbouring crop areas."



OUT & ABOUT IN WEST CORK

Send your photos (with captions) to info@westcorkpeople.ie



Ardfield NS sixth class pupil David Hurley enjoying a surfing lesson at Inchydoney Beach with his classmates.



Congratulations to young football player Jay McGrath, who has been called-up to the Ireland U19s training camp. Jay is the son of former Ireland U21 international John McGrath and has strong connections to West Cork; his great-grandmother Mrs Horgan lives in Pedlars Cross, Clonakilty, his grandmother Julianna Horgan lives in Clonakilty and many aunts and uncles are scattered around the vicinity. Jay currently plays for English Championship side Coventry City and has high hopes for the future.

people Environment : Making a difference

Public participation welcomed in identification of bathing waters

Local authorities must identify official bathing areas in their area every year so that they can be monitored for safety, water quality and their level of use. To help with this process, Cork County Council is asking people who swim at beaches, lakes and rivers to tell them if they think they should maintain existing designated bathing waters designations or give a new official bathing area designation to areas that are commonly used for swimming, but not identified at the moment.

Under European and Irish law, Irish local authorities must identify bathing waters each year so that these areas can be monitored to ensure they meet stringent microbiological water quality standards. In some cases, the official bathing areas are also the areas where local authorities focus their resources providing lifeguards during the summer season. These laws also require that the local authority prepares detailed descriptions or profiles for each of the identified bathing water sites that describe not just the bathing area but also areas in the surface waters catchment

area that could be a source of pollution. The profiles include an assessment the risk of pollution and what action would be taken if pollution occurs.

Further information on Cork County bathing waters and the EPA Submission Form are available on the Council's website, www.corkcoco.ie.

If you wish to propose your favourite beach/river etc as a new bathing water site or comment on an existing site please forward your submission to beaches@corkcoco.ie.

Closing date for submissions to Cork County Council is June 17. For further information please contact Municipal District Operations on 021 4285982.

Local authorities are required under the Bathing Waters Directive and the Bathing Water Quality Regulations 2008 (SI No 79 of 2008) to identify bathing waters on an annual basis. The Directive requires that water quality at all designated bathing waters meets stringent microbiological standards in order to protect the health of people who choose to bathe there.

Irish Ambassador connects West Cork with Portugal and Czech Republic at webinar

Green Skibbereen took part in a European-wide webinar last week to present on 'Community led approaches on climate action and energy.' Irish Ambassador to the Czech Republic, Ms. Cliona Manahan hosted the event.

Ms Manahan opened by saying, "I had read with great interest about the interaction between the three localities, Myross Wood House, Cascais, Portugal, and Kladno, Czech Republic, earlier this year so I invited their speakers to share this experience first hand.

"Mary Robinson just last week said there is a need for frontline voices from climate vulnerable countries to be heard and the need is for communities to embrace ground up approaches to our Climate Action responses." Ms Manahan said. "Mary Robinson reminds us regularly that our transition needs to be a just one and we mustn't leave anyone behind in our efforts."

Alexandra Revez, from the Environmental Research Institute, UCC, presented on 'Innovative approaches to develop pathways to a low carbon and climate resilient future', which drew from their research

project, Reimagining 2050. UCC ERI has held many talks with Green Skibbereen and there are plans to partner again on upcoming projects.

"These projects, many informed by state-of-the-art research and demonstration, are key to the delivery of EU climate ambition." Noel Casserly said, in presenting plans for Myross Wood House. "Such activities will open opportunities for business and job creation in the transition to climate resilience, as EU countries rebuild economies and refocus priorities in a post-pandemic world."

João Dinis, Coordinator of the Urban Transition Acceleration Division, from Cascais, Portugal, spoke about their local experiences of innovative climate action solutions and citizen engagement.

"Carbon neutrality and climate action are becoming inevitable development subjects for EU countries and their respective regional or local governments." João said. "Coming together to work together presents a unique opportunity for climate and energy-related stakeholders across Europe to simultaneously share and learn best practices



Green Skibbereen has ambitious plans for Myross Wood House as a centre for Climate Action and Sustainability

from frontrunners in our three locations."

The third European site involved in this project was the Kladno Municipality in the Czech Republic and their sustainable and zero carbon community was presented by David Škorňa.

"I want to live in a future where our environment and economy are in mutual balance with no harm being done to our environment or to our prosperity," David told the audience. "We are seeking smart and resilient solutions to these problems which always have to be about people first. This event can create momentum for successfully fulfilling

our path to carbon neutrality at local levels through European collaborations."

Ambassador Manahan closed the meeting by emphasising the Irish Governments support for these projects.

"It's critical to hear from local communities in Portugal, Czech and West Cork, Ireland. I encourage each and everyone of you to connect with each other and to develop these relationships which are at the heart of our European project."

The event can be watched in full on the Green Skibbereen website at greenskibbereen.ie.

people Environment : Making a difference



ENVIRONMENTAL MATTERS

Fiona Hayes

Oyster farm proposed for Clonakilty could pose serious threat to ecosystem

The Irish Government has committed to restoring biodiversity and mitigating against climate change but traditional forms of aqua culture like oyster farming affect our eco-system and degrade the security of wild populations. With the closing date approaching for written submissions regarding the application for a licence to farm oysters on trestles in Clonakilty Bay and local residents voicing concern, **Fiona Hayes** looks at the company behind the application, the impact such a farm may have on Clonakilty Bay and how government investment in restorative aquaculture could support the shellfish industry in Ireland to safeguard rather than destroy marine habitats.

AG Oyster Limited was set up as a company partially based in Dublin on Friday, December 11, 2015 and is listed as a 'micro company'; which means that it has a turnover of €734,158 or less and 10 employees or less. However Adrien Geay, the sole director of the company, is also a director/owner of Huitres Geay, which has an annual revenue of \$1 million (USD) and employs 20 people, and he is also director of Geay Production, which has 10 employees and generates \$639,000 (USD) in sales. Adrien is the fifth generation of Oyster farm operators in his family in France and continues the family business that was started in 1874 in the Marennes-Oléron's basin on the west coast of France and supplies Oysters to Tokyo and Singapore as well as to France.

As Climate change warms up Mediterranean waters however, Oyster farmers are looking at more northerly territories, where the cooler water is more conducive to growing the shellfish. Warmer temperatures raise the oyster's metabolic rate, which raises its oxygen and energy requirements.

Adrien Geay, trading as AG Oyster Limited, has applied for numbers of licences to farm Oysters on trestle tables around the Irish Coast. To farm oysters in bags on trestle tables requires an intertidal area where the trestle tables are exposed at low tide. This allows access along the sand by tractors, trailers and workers; and in Clonakilty Bay he expects to eventually employ six full-time workers and some seasonal workers.

The oysters harvested will be sent to France for depuration, a process by which the oysters are held in tanks of clean seawater under conditions, which maximises their natural filtering activity, resulting in expulsion of contaminants before they are sold for human consumption.

The oysters that Huitres Geay/AG Oyster would grow in Clonakilty Bay are Pacific Oysters, a variety that originates in Japan and is listed on the Irish Statute Book as an invasive species. This listing is partly



because it spawns prolifically competing with native oysters and partly because it can carry a small parasitic worm called *Ceratomyx*. This worm is an oyster driller that feeds on young oysters and mussels destroying whole populations of shellfish. In farmed populations of oysters it causes 25 per cent mortality. It is native to Asia and was introduced to other locations around the world by the stocking of Oyster Farms with Pacific Oysters. Sadly this worm not only attacks the farmed stock of oysters but also will attack Ireland's native wild oysters and will attack mussels.

Ireland's Native Oyster is 'not' the Irish Rock Oyster. That name is simply branding applied to the invasive Pacific

Oysters farmed in Ireland. Native to Ireland is the much-depleted European Flat Oyster, currently being studied by The Marine Institute with a view to providing a project to restore populations.

Whilst Oysters farmed on trestles create a net loss of energy in the form of phytoplankton, extracted from the ecosystem, they also deposit organic nitrogen-rich bio-deposits to the bottom sediments. Bacteria then decompose these sediments forming ammonium.

Shading provided by the oyster bags and farm infrastructure; and farm activities, such as boat, vehicular and pedestrian traffic between and around the trestles, may have a detrimental impact on the flora and fauna



such as the important seagrass beds; and is likely to compress the natural structure of the sea bed.

However oysters, in addition to being commercially valuable and a significant potential source of income for coastal fishing communities, provide valuable ecosystem services such as carbon sequestration, maintenance of water quality and provision of a structural habitat that supports biodiversity.

Oyster reefs are one of the most severely impacted marine habitats on earth. A study led by The Nature Conservancy found that 85 per cent of oyster reefs globally have been lost due to over-harvesting, hurricanes, disease and changes in freshwater flows. This decline has serious consequences for marine and estuarine ecosystems especially those bays and estuaries that are plagued by eutrophication, often a side effect of the overuse of nitrogen based fertilisers. The nitrogen-based nutrients trigger dense phytoplankton blooms that occlude sunlight and create 'dead zones' under which life cannot be sustained. Shellfish are the biggest removers of excess nitrogen. They incorporate it into their shells and soft tissues, thus oyster reefs filtration can help reverse this eutrophication and consequent habitat loss.

A single adult oyster can filter more than 200 litres of water a day, removing excess nutrients, toxins and other pollutants and making the water clearer, which helps the seagrasses to grow, increasing nutrient availability for marine species such as crustaceans and worms. With the nutrients unlocked, oyster reefs can act as nursery areas,

increasing the numbers of baby fish and thus increasing the fish stocks.

The 'Supporting Oyster Aquaculture and Restoration' (SOAR) programme run by The Nature Conservancy and funded by The Pew Trust advocates 'restorative aquaculture'; a practice that pairs extraction with restoration in a type of circular economy. They postulate that the sea cannot be neatly portioned off, and that over-extraction collapses ecosystems. Many marine biologists believe that restorative aquaculture can create a positive feedback loop, increasing the productivity of marine ecosystems and benefitting the seafood industry in result.

The world's biggest reef-restoration project is in Chesapeake Bay, Virginia where The Nature Conservancy (nature.org/en-us/) and Pew Charitable Trusts, along with multiple aquaculture companies, are creating 144 hectares of oyster reef. These are not trestle tables but are restored reefs which filter out \$3 million (USD) worth of nitrogen annually, add \$23 million (USD) worth of fish production to the waters annually and in this particular location, boost returns from blue crabs by \$11 million (USD) per year.

As The Nature Conservancy and their partnerships have demonstrated, as well as being good for the environment Restorative Aquaculture is a wise investment; but for the benefits of Aqua Culture to be truly realised the distinction between restorative aquaculture and more traditional forms that degrade the security of wild populations must be recognised.

A whole report published last November – European Native

Oyster Habitat Restoration Handbook – aims to provide foundational and practical guidance on the restoration and conservation of native oysters (*Ostrea edulis*) and native oyster habitat across the UK and Ireland (nativeoysternetwork.org).

With the public consultation to assess expanding Ireland's Marine Protected Areas in full swing and the closing date for the receipt of written submissions regarding the application for a licence to farm Oysters on Trestles in Clonakilty Bay, closing on June 5, we ALL need to remind the government of their commitment to restoring biodiversity and mitigating against climate change.

There are other more eco friendly and more profitable ways of working. With the right support, the shellfish industry in Ireland can safeguard marine habitats – a responsibility that conservation bodies and the general public alone, cannot uphold."

The closing date for the receipt of written submissions regarding the aquaculture application is June 5 and submissions can be emailed to APC@agriculture.gov.ie ahead of this date.

The public consultation on Ireland's Marine Protected Areas runs to July 30, 2021. Submissions can be made online at gov.ie or by email to marine.env@housing.gov.ie or by post to MPA Public Consultation 2021, c/o Marine Environment, Dept of Housing, Local Government and Heritage, Newtown, Wexford Y35 AP90.

people Environment : Making a difference

Ireland stands united in support of Palestinian people



GROUNDLED

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.

It has been a week to be proud of for Ireland, who have shown support and anger at the plight of the Palestinian people. I'm proud of the strong political leadership and compas-

sion displayed by Irish politicians, who stood out from the crowd in a cross-party display of solidarity, passing a motion publicly condemning the de facto Israeli annexation of Palestinian land.

The ongoing situation on the ground in this appalling crisis, sees daily abuse of human rights, with NGOs and activists reporting on the decades-long Palestinian experiences of systemic inequity – social, economic and legal.

I've been active around the Israeli-Palestine conflict for a number of years now, since I first supported the tireless work of my Seanad colleague, Senator Frances Black. Frances has shown great dedication in fighting for the rights of the Palestinian people over the years. It is down to the efforts of people like Francis, along with a number of my Green Party colleagues, Irish human rights activists and NGOs, that Ireland has become known internationally for its commitment to the plight of Palestinians.

Since shortly after being elected as an MEP, I've been the only Irish MEP to be a full member of the European Parliament's Delegation on Relations with Palestine, and my work in this field continues.

The recent outbreaks of violence were distressing, so when news broke a few days ago of the Israeli security cabinet approving a ceasefire with Hamas in Gaza, a sense of relief spread throughout the world. Israel has said the ceasefire was proposed

by Egypt and will be 'mutual and unconditional'. That's obviously good news, but in the wake of the suffering and death toll, things can't go back to the way they were.

It's imperative that the Gaza blockade be lifted, and that a steady supply of humanitarian aid be allowed through (including the aid pledged by Ireland). On a more long-term basis, there needs to be investigations around the possibilities of war crimes having been committed, and movement is needed on progressing a Two-State Solution.

One of the particularly distressing aspects of the recent outbreaks, was the unprecedented communal violence that was seen on the ground in mixed communities. Revisiting the possibility of future political unity in elections seeing Palestinians come into the political arena is unlikely to happen in the short term, but in the wake of lives being lost in the latest mis-matched and brutal assaults, I hope that mechanisms can be explored that can give some hope of a lasting peace.

It's hard to be optimistic on this issue. When we hear news like that about US approval of \$735 million dollars in weapons sale to Israel, it can make those of us who want to see a fair resolution of this decades-long dispute, despair.

In the EU too, as I indicated in a speech to the European Parliament last week, many member states give tacit approval to the recent and previous disproportionate Israeli onslaughts, by



A Palestinian boy and Israeli soldier in front of the Israeli West Bank Barrier. Picture taken by Justin McIntosh, August 2004

their inaction and silence.

Ireland's views on the plight of the Palestinian people, are clear. They're views that are not so widely (publicly at least) shared by many members the European Parliament and indeed parts of the wider international community.

The Israeli-Palestine conflict is not a straightforward one. The complexities and strongly held views on both sides are deep and challenging, and it's hard to see any clear path to lasting peace.

Over the past couple of weeks I've been deeply engaged and outspoken on the situation. Over the most intense days at the height of the recent outbreaks of

violence, I contacted Minister Simon Coveney and asked him to put pressure on his US counterpart to show leadership on this issue in the UN Security Council.

Last week I addressed the European Parliament on the issue and I submitted a priority Written Question to the head of the EU's external action, Josep Borrell. I suggested the EU should use all tools available as Israel's biggest trading bloc, to demand an end to forced evictions and enlargement of Israel's illegal settlements, including targeted sanctions and reassessing the EU-Israel Association Agreement.

Just yesterday I addressed a

European Parliament meeting with Human Rights Watch, where I questioned how it might be possible to get other EU countries to join Ireland in challenging the Israeli annexation of Palestinian lands.

Ireland has stood firm and united on the issue for a number of years, but this week we really shone, and took a position which I support and applaud. Here's hoping that other countries throughout the EU and beyond will see fit to follow Ireland's lead and publicly condemn the human rights violations that Palestinians face, day in, day out.

Get snapping for Love Your Coast photography competition

Clean Coasts' 12th annual Love Your Coast photography competition is now open for entries. Capture the uniqueness of our coastal communities, environments, or waterways and you have till August 30 to submit your best images.

With some of the most spectacular coastlines in the world, make sure you bring your camera as you explore the Irish coast this summer and capture its beauty. There is a prize fund of €5,000, up for grabs across five categories: Coastal Heritage, Coastal Landscape, People and the Coast, Wildlife and the Coast and new category, Creativity and the Coast.

Visit Clean Coasts to find out more about the competition and how to enter.

Take two minutes and pledge to make a difference for our marine environment

Clean Coasts are calling people in county Cork to sign up to receive a #2minutebeachclean kit and join it's mission to protect our coast, sea and waterways

The Irish coast offers numerous opportunities to have fun and, with the nice weather having arrived, an increasing number of people are enjoying the beautiful coastal areas in county Cork, whether it is for sea swimming, water sports, or simply enjoying the stunning landscape.

However, we have all seen marine litter along our coastline. For all the beach lovers out there, here's an opportunity to do something about it in just two minutes! Clean Coasts are calling people around Ireland to visit their website and pledge to do a #2minutebeachclean to receive a reusable individual beach clean kit containing a tote bag and gloves.

How to take part in the

#2minutebeachclean? The next time you are out and about along the coast or near a waterway, take two minutes to pick up some litter you see, share a picture of it on social media tagging Clean Coasts and using the hashtag #2minutebeachclean and dispose of the litter properly.

Marc McCarthy, a Clean Coasts volunteer and Ocean Hero nominee based in Schull has been a huge supporter of the #2minutebeachclean campaign through the years and he's now inviting other people in the area to sign up to get their kit too: "Living in Schull with my family, I love the coast. Whenever possible you'll find me on the water or at the shoreline. The #2minutebeachclean is a fantastic way to show that even the smallest handfuls can make a difference!"

Dave Ludgate, aka Subowti, Clean Coasts volunteer and SUP eco-warrior from Cork, is also a big #2minutebeachclean support-

er. He takes two minutes to make a difference every time he is out paddleboarding. "Why I do what I do? For our beautiful ocean and for the next generations, who will hopefully get as much enjoyment from the ocean as we do."

Sinead McCoy, Coastal Communities manager said: "The #2minutebeachclean is such a great initiative to get involved in. Everyday, so many people around Ireland share their #2minutebeachclean on social media, and that helps show how easy it is to get involved and make a difference. By taking part, not only you make an immediate positive impact for the marine environment and wildlife, but it's also a chance to spend time outdoors by the sea, exercise and even practice mindfulness."

To sign up to receive your own #2minutebeachclean kit, visit the Clean Coasts website at www.cleancoasts.org.



Marc McCarthy, based in Schull, is a huge supporter of the #2minutebeachclean campaign

people Environment : Making a difference

O'Sullivan formally objects to oyster farm

Cork South West Deputy Christopher O'Sullivan has formally objected to a proposed oyster farm at Ring, Clonakilty, telling the Department of Agriculture of the proposed farm's severe negative impact on the local tourism economy and environment.

Deputy O'Sullivan wrote to the department outlining six key objections to the proposed 22.65 hectare site between Middle and North Ring.

"Clonakilty Bay, Ring

Village and Inchydoney are among the most special places on Earth. They were my playground as a kid and today they continue to inspire and fulfill my love of nature and wildlife. I want it stay that way. I want it to hold on to that magic and I know I'm not the only one who does," Deputy O'Sullivan said.

"It makes no sense to position an oyster farm in the middle of that natural beauty. The proposal is for 22 hectares. That's 30 soccer pitches. It would damage

habitats and threaten our area's tourism appeal and that's a threat to livelihoods, including the livelihoods of the local fishing community, our vibrant rowing club.

"This proposal should be an absolute no go and I've made these points in my submission."

In his letter to the department, Deputy O'Sullivan outlined in detail the impact of the proposed farm to several aspects of the community, as well as the severe threat to local

wildlife.

"One of the things that makes the harbour so beautiful is the abundance of waders like the Black-tailed Godwit, Dunlin and the critically endangered Curlew who use this exact area of the bay for feeding and roosting. It's also a well known roosting area for Gulls and Terns. This proposal, if it's followed through, will cause their displacement," he said.

What's in a tree?

Not so long ago, trees, hedgerows, coppices, and shrubs were a natural part of the Irish (agricultural) landscape and taken for granted. Now, these features are rapidly disappearing or have disappeared in many places; to the detriment of biodiversity and the environment, the beauty of the landscape (and thereby to tourism), and a certain quality of life.

However there are movements in the opposite direction. Farming for Nature is an independent, not-for-profit initiative, which aims to support high nature value farming in Ireland. The initiative aims to acknowledge and support those farmers who farm, or wish to farm, in a way that will improve the natural health of our countryside.

Agroforestry is also advancing, particularly Silvopasture, the combination of trees and livestock on the same land. According to Teagasc, it is 'generously funded under the Afforestation Grant and Premium Scheme'.

Eugene Curran plays a pivotal part in the latter. He is a Forestry

Inspector at the Department of Agriculture, Food and the Marine, based in Skibbereen. Twenty years ago, he was involved in putting together the Native Woodland Scheme.

"I figured there was a strong emphasis on commerciality and less so on environment and social action. We managed to get a scheme up and running that focused on the conservation and establishment of native woodland," he explains.

His bread-and-butter job is to process planting and felling applications and to look after tree health in his district. Promoting agroforestry is his passion. He sees it as a win-win-win situation. "The trees help to intercept siltation coming off the surface of the land and to introduce biodiversity through invertebrates and birds. The foliage increases the organic matter in the soil and thereby the number of worms, beetles and insects. Carbon is sequestered and branches can be used as firewood (biofuel)."

He explains that more trees will improve the health of animals. "Cattle didn't evolve on billiard table-type grass. Or in

a shed. They are never happier than in amongst some trees that provide shelter from sun, wind, rain, sleet and snow. There is a field near Dromillihy wood with a tall oak tree. I remember that on a very hot day it cast a pencil-like shadow across the field. All the sheep were just strung along it. Quite extraordinary. Look at the likes of willow – there is salicylic acid in the foliage, it's like aspirin, and when sheep are sick they will feed on it to get better." And there are other benefits. "Trees actively help to drain the land, eliminate rushes, protect watercourses and wells. They introduce birds that will feed on insects, which protects crops. Lambing mortality could be halved when sheep have access to trees. Farmers should be totally made aware of that. The tree that pays is the tree that stays!"

He thinks some changes should be made to the system. "All these environmental schemes are coming in, encouraging people to plant trees, and yet the basic payments

system can penalise farmers for having copses of trees or shrubs. There is no point in planting little trees here and there if big trees are taken out that are protecting watercourses and capturing carbon etc. The retention of trees on farms needs to be encouraged." To him, trees are a comfort. "I have my own little woodland and I'm never happier than when I am in there, surrounded by wildlife. The amount of money we could be saving the Department of Health by just advising people to go for a walk in the fresh air in the woodlands!"

Eugene started to run agroforestry trials with local farmers around West Cork in 2015. "It was very slow at the beginning, people were sceptical. Now more and more farmers are buying into the concept."

At a recent well-attended agroforestry conference, the Irish Agroforestry Forum was set up and will go 'live' within a few months. Members include the National Organic Training Skillnet and Queen's University (Belfast); and Trees on the Land (Ballineen), whose

Moze Jacobs looks into the benefits of agroforestry

Christopher O'Sullivan TD

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To ensure the safety of all my office on 40 Ashe St, Clonakilty is open by appointment only. Please contact me on 023 8811 011 or via email to arrange a meeting or appointment.

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founder, Imogen Rabone, has been instrumental in planting over one million trees across the island of Ireland. "There is a huge diversity of tree-planting styles in agroforestry," she says, "which benefits biodiversity, habitats. And farming."

"With forestry, we always look at cramming trees in tight, rapid growth, but there is real value in trees on open ground. The trees will get more light, more space. A good sustainably-managed system will allow for high-quality timber. It is possible to apply proper thinning systems, take premium trees out. And don't forget coppicing, which implies cutting (and harvesting) some of the stems and allowing them to regrow."

"But agroforestry doesn't have to involve timber

production. Protecting existing trees is vital from a biodiversity point of view. Figures suggest that a mature oak tree supports up to 1000 species. Many we wouldn't even see. Insects including butterflies, beetles, lichens and fungi, birds and mammals. Bluebells might grow underneath other rare plants. And then what's going on below the soil. Worms, beetles, bacteria, fungi again.

"A tree is part of an ecosystem; an interdependent web. Mess with it too much and it will come apart. Agroforestry isn't something new. It is about not putting all your eggs in one basket. The more diversity of habitat, the more resilient an ecosystem is and ultimately, your farming ecosystem. And income."



Leave no trace to preserve the beauty of our woods

Coillte has revealed that the most commonly illegally dumped items to the nation's forests over the past year include: Washing machines/fridge freezers (these are almost always free to recycle at your local bring centre); household waste, for example, black sacks sometimes with food, nappies, cans and bottles (the latter two can be re-cycled at no cost); tyres; beds and sofas, household furniture; building rubble i.e. old bricks, wooden planks and soil.

"Illegal dumping and fly tipping remain a serious issue for the nation's forests" said Mick Power, Coillte's National Estates Manager. "The vast majority of visitors are respectful and bring all their litter home, which Coillte and staff on the ground appreciate enormously".

There is a small number of people who make the public roads and entrances to our forests unsightly, some of the rubbish is foul smelling, attracts vermin and is a health and safety hazard for families, their children and their dogs," according to Power.

Coillte has spent almost €2million to remove illegally dumped waste from its forests over the past five years. This material is often discarded at forest entrances or along the forest boundaries, which makes it unsightly and

unsanitary for visitors.

Illegal dumping causes serious environmental problems including damage to habitats and biodiversity and pollution of soils, rivers and drinking waters.

Coillte takes the issue of illegal dumping extremely seriously and works closely with the Gardaí and the local council authorities to ensure offenders are prosecuted. In known blackspot areas, Coillte has increased its surveillance by deploying remote cameras to monitor illegal dumping activity and to help seek prosecutions.

Coillte encourages the public to report all instances of illegal dumping to the relevant Local Authorities immediately or contact Coillte directly via its confidential forest security hotline on 1890 800 455. Coillte also operates a "Love this place, leave no trace" litter policy.

"We continue to welcome people to Coillte forests knowing they provide a much needed physical and mental boost for so many during Covid. We ask all visitors to the forests to bring home any litter with them - just like you were never there," said Power. "That way forests remain beautiful for everyone."



people Environment : Making a difference

West Cork towns embark on pollinator plans

Following the successful development of a Pollinator Plan for Midleton, Cork County Council has commenced the roll out of Pollinator Plans for the towns of Carrigaline, Kinsale, Bantry, Macroom, Kanturk and Fermoy, with community workshops hosted by ecologist Tony Nagle. The plans were developed in late 2020 and will help guide how the Council manages

publicly owned spaces within the towns in a way which is sympathetic to bees and other native pollinators that are an essential component of a healthy environment.

The populations of many of our pollinator species are declining in numbers, and it is estimated that one-third of our native bee species are now threatened with extinction. Like all animals, our pollinators

need adequate supplies of food provided by a range of flowering plants throughout their life cycle. They also need places to nest. Pollinators can nest in long grass, in burrows in bare earth, or in crevices in old walls or wood, depending on the species. As landscapes become more intensively managed and tidied up, there is less food and fewer sheltering opportunities for many species.

Chief Executive of Cork County Council, Tim Lucey welcomed the expansion of the plan saying, "The introduction of Pollinator Plans for six County Cork towns demonstrates our commitment to supporting and protecting biodiversity in the county. Through these plans, Cork County Council, with partners from Tidy Towns and other community groups, will manage public spaces in these towns to

provide more food and better sheltering opportunities for our wild pollinator species. We look forward to expanding the project even further, with plans to include additional county towns and villages in the near future and to provide training to our staff and support to interested community groups."

The plans have been prepared in accordance with All-Ireland Pollinator Plan Guidelines and

the project has been funded through the National Biodiversity Action Plan fund with co-funding provided by Cork County Council.

For more information on pollinators, visit www.pollinators.ie.

Cork Greens welcome €51,600 funding for biodiversity projects

Cork Greens have welcomed the allocation of €51,600 for biodiversity projects in Cork County and City as part of the Local Authority Biodiversity Grant Scheme. The Minister of State with responsibility for Heritage and Electoral Reform, Malcolm Noonan TD, announced that all 31 Local Authorities have received funding under the scheme, with a total of €1.35 million made available in 2021. Biodiversity projects that have been allocated funding in Cork County include: The development of County Town Pollinator Plans in Cork County; Cork County Council, in partnership with the Bride Valley Farming with Nature Team

plan to survey, map and treat invasive alien species along the Bride river valley.

Announcing the successful projects, Minister Noonan said: "There is good news for nature in every Local Authority in Ireland today! I'm thrilled to see so many excellent biodiversity projects receive funding under the Local Authority Biodiversity Grant Scheme, which I doubled funding for this year. Community-level action is so important, and the initiatives provided for through this grant demonstrate the scale and breadth of interest in biodiversity and the natural world across the country. I can't wait to get out and visit them over the coming year."

Pollinator Trail to open at Fota House

A partnership between the Office of Public Works, The Irish Heritage Trust and the Irish Bee Conservation Project has resulted in the development of a new and exciting Pollinator trail at Fota House, Cork.

Bryan Murphy of Irish Heritage Trust and General Manager at Fota House, Arboretum and Gardens stated "how delighted Fota House are to collaborate with IBCP in a project that brings an understanding of pollination and bee conservation to a wide audience. This project is very much in line with other sustainability and biodiversity initiatives being undertaken at Fota House.

Speaking ahead of the launch, Tony Varian, Chairperson of the Irish Bee Conservation Project said "that it is a great privilege to collaborate with Fota House Arboretum and Gardens in the development of this Pollinator Trail" and suggested that "this trail will become a benchmark for

pollinator trails throughout the country into the future."

He also mentioned that the Irish Bee Conservation Project (IBCP) was established to provide information to communities regarding bee habitat requirements and to increase the survival of all species of native Irish bees through research, education, ecology support and biodiversity protection.

The IBCP works to protect native Irish Honey Bees, Bumblebees and Solitary Bees, and is entirely run by a team of committed volunteers.

The trail will consist of a total of twelve stations, each having a particular relevance to Pollination and Biodiversity, including 'What is Pollination', 'The Bee Lodge', 'Plants Good for Pollination' together with stations with specific information on different bee types including the Queen Bee and Worker Bees.

The final stop on the trail is an Observation Hive where visitors

will have an opportunity to see the work of bees as they go about their daily chores.

The importance of bees to our ecosystem cannot be underestimated as it is reported that up to 75 per cent of the food we eat and the drinks we consume require pollination to exist, and bees are a keystone species in this regard.

There are over 20,000 distinct bee species throughout the world, many of whom have seen a serious decline in numbers in recent years brought about by a number of factors including habitat loss, decline in wildflowers, pests and disease, agricultural chemicals and climate change.

In Europe it has been reported that hive numbers have decreased by over 30 per cent in the last decade or so. In Ireland more than half of Ireland's bee species have undergone substantial declines in their numbers in recent decades. Two species have become extinct while six species are considered to be critically endangered, ten

species are endangered and a further 14 species are considered vulnerable.

Ireland is home to 97 native bee species who are active in their role as pollinators from early Spring until Autumn each year (March to August).

From an economic perspective, it is reported that pollinators contribute €53 million annually to the Irish economy.

It is hoped that the new pollinator trail at Fota House Arboretum and Gardens will inform visitors about the importance of pollination and will help draw attention to why bees are so necessary in our eco system in a way that will encourage visitors to become aware of the issues affecting bees and what each person can do themselves to alleviate the situation.

For further information on Bees please check out www.ibcp.ie

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What is changing with the new EU energy labelling?

New energy labels are coming into effect to bring EU consumers a better understanding of their carbon footprint and energy consumption. Irish lighting company Solus outline what exactly is changing when the mandatory new European Commission energy labelling regulations come into effect on September 1, 2021

A brand-new version of the widely-recognised EU energy label for light bulbs and light sources will be applicable in all shops and online retailers from September 1, 2021 with an 18-month transition period for products already on the market.

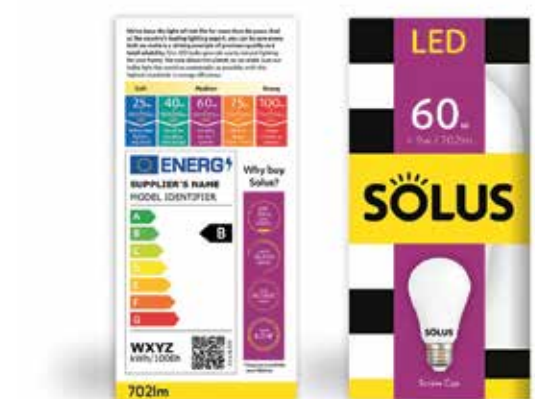
The most important change is a return to a simple A-G scale on energy labels because more and more products are now achieving ratings as A, A+ or A++ according to the current scale causing confusion for consumers. The new energy label will leave empty energy efficiency classes at the

top of the scale for advancing technologies and to encourage manufacturers to develop more energy efficient products.

SEAI Programme Manager Tim Stokes said "The energy labelling regulation for light sources and its sister regulation relating to eco-design will have an estimated combined energy saving of 42 terawatt hours per annum by 2030"

A further significant change is the introduction of a QR code. By scanning the QR-code, consumers can find additional information about the product model. By law, all energy labelled products on the EU market have to be registered in a new EU-wide database – European Product Registry for Energy Labels (EPREL).

Eco-design rules are mandatory for almost all lamps sold in the EU. From September 1, 2021, the existing rules will be repealed and replaced to include circular economy requirements. According to Elizabeth O'Reilly



from WEEE Ireland, "3.2 million light bulbs were recycled in Ireland in their last full recorded year in 2019 and 38,000 tonnes of electrical waste was taken back from landfill for use in manufacturing again."

The extensive new EU regulations are the result of nearly five years of negotiations and it will be mandatory for all manufacturers and retailers to comply. The new rules consist of the Single Lighting Reg-

ulation (SLR) and the Energy Labelling Regulation (ELR).

"We are in a time of transition to tackle climate change and create a new green economy. It is important that this change happens at a political level, at a corporate level and at a consumer level," said Minister Pippa Hackett, as she commended Solus on taking a proactive approach to sustainability and the new regulations.

people Environment : Making a difference

Coastal plants of West Cork

Continuing the theme from last month, BirdWatch Ireland (West Cork Branch) committee member **Fiona O'Neill**, writes on her passion for wildflowers.

During the past year, many people have become more attuned to birdsong and the presence of birds in their surroundings. Early summer is a good time to turn that focus on plants, especially coastal plants, as we naturally gravitate towards the sea. There's more to the coast than sea and sand; these places are botanically rich.

Most of us are familiar with the ubiquitous Thrift or Sea Pink since we were children, its lollipops of papery pink or white flowers emerging from mounds of evergreen cushions are a sure sign that summer is near. Common Bird's-foot Trefoil lends a splash of deep yellow sunshine (sometimes orange or with red streaks) to sand dunes and short grassland. It's a member of the pea family and its narrow brown seed pods resemble a bird's foot, hence the name. As well as being a delightful plant, it is an important food plant for caterpillars of the Common Blue butterfly, and a rich source of nectar and pollen for many insects.

Some favourite places

West Cork is fortunate to have an abundance of beautiful and unique habitats; some have been designated as special areas of conservation (SACs) because of this. Three of these – Barley Cove, Inchydoney and Harbour View – are popular spots to visit for a walk or for a day by the sea, but there's more to discover on a visit.

Barley Cove

Well known for its beautiful beach and dunes, Barley Cove is home to many of the common plants you'll find at the coast, but it also holds botanical treasures, including Autumn Lady's-tresses, 'Spiranthes spiralis', the unusual parasitic plant, Dodder, 'Cuscuta epithymum',



and the tiny Early sand-grass, 'Mibora minima', known only from Barley Cove and North Bull Island, Dublin.

In August, Autumn Lady's-tresses appear in the short turf of the dunes, it's a slender orchid with small white and green flowers arranged in a spiral up the stem. The plants can be difficult to spot, but when you do it's worth getting down to eye level with the flowers to appreciate their scent and subtle beauty.

Dodder is an odd plant, easy to overlook. It's a parasite that attaches itself to other plants such as gorse, heather, or wild thyme. If you see a tangle of what looks like red string strewn on the ground, stop and take a closer look, it might be Dodder, hopefully not litter.

Inchydoney

Along the high-tide mark at Inchydoney, plants have the odds stacked against them; they cope with salt, wind, lack of moisture, and shifting sands. Those that thrive have fleshy leaves to help retain moisture, and only one has what we might traditionally recognise as a flower, that is Sea Rocket, 'Cakile maritima', with four-petaled pale pink or lilac flowers. The others have a variety of inconspicuous flowers, often their leaves and fruits are more noticeable: the silvery Frosted Orache, 'Atriplex laciniata', Sea Sandwort, 'Honckenya peploides', and Prickly Saltwort, 'Salsola kali'.

The dunes at the east side of Inchydoney aren't easily accessible by everyone, they're quite steep in places, but they are home to a wide variety of attractive flowering plants, including several species of orchid (Bee, Pyramidal, Early-Marsh



Common Bird's-foot Trefoil (*Lotus corniculatus*)
Pic: Fiona O'Neill



Bee Orchid (*Ophrys apifera*) Pic: Nicholas Mitchell

and Frog Orchids). Scattered throughout the dunes in summer are Wild Thyme, 'Thymus polytrichus', Lady's Bedstraw, 'Galium verum', and the little Wild Pansy, 'Viola tricolor'.

The Inchydoney Dunes Conservation Group works to help conserve and promote awareness of the biodiversity and wildlife of the area. You can get updates on their social media pages.

Harbour View

Furthest east on our whistle-stop tour is Harbour View, part of the Courtmacsherry Bay SAC.

Recent works have seen new information signs erected and barriers put in place to prevent vehicles driving on and damaging the dunes.

The sandy path behind the dunes is edged with Lady's Bedstraw, and on a sunny day in summer its honey scent is a joy. When dried it smells of newly-mown hay and was used in the past in straw mattresses to keep insects and lice at bay. In Scandinavia, it was used as a sedative and analgesic for women in childbirth. Pyramidal Orchid, 'Anacamptis pyramidalis', pops up in the short grass



Slate sign at Harbour View Pic: Fiona O'Neill



Frog Orchid (*Coeloglossum viride*) Pic: Nicholas Mitchell



Autumn Lady's-tresses (*Spiranthes spiralis*)
Pic: Mary Mahony

adjacent to the path, its shape reflecting the name. Another common plant there is Kidney Vetch, 'Anthyllis vulneraria', the flowers range in colour from yellow to pink to wine red.

At the saltmarsh, Thrift and Scurvy-grass (not a grass at all) are abundant in early summer, later the small-flowered plants there may require closer attention to be appreciated, Sea Milkwort, 'Glaux maritima', and Lax-flowered Sea-lavender, 'Limonium humile'.

There are many more places in West Cork to appreciate coastal plants; once you start

noticing them your visits to the coast will be greatly enriched.

The Botanical Society of Britain and Ireland (BSBI) regularly organises visits to areas of botanical interest, you can find out more on their website, bsbi.org/ireland, and on social media.

BirdWatch Ireland West Cork Branch

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



New swift boxes for Bandon

Last month Bandon Environmental Action Group (BEAG), in partnership with Birdwatch Ireland (West Cork Branch), arranged for the installation of five swift boxes on or adjacent to McSweeney's Quay – two treble boxes and three doubles. The hope is to increase the numbers of this iconic master of the air in Bandon.

Swift numbers have been in

serious decline globally; one of the reasons for this decline is the absence of suitable nest sites due to modern building techniques. Swifts depend largely on nooks and crannies in old buildings to breed but spend almost all of their lives, outside of breeding, in the air!

This project could not have happened without the generous cooperation of proprietors in

Bandon, notably McLoughlin's Pharmacy, O'Donovan's Family Grocer and the Bandon Methodist Church. Special thanks are also due to Ward and Burke Construction for kindly agreeing to install the boxes.

Thankfully the boxes are all up in time for the arrival of our summer visitors who fly about seven thousand miles to be with us each year.

Some incredible swift facts include:

- They can live for at least 21 years.
- During their lives they fly about two million miles, equivalent to more than four trips to the moon and back!
- Their annual migration is a 14,000 mile round trip.
- To make their nest, they catch bits of stuff from the air, like

feathers, leaves, dandelion clocks and dry grass. Then stick it together with their saliva.

- After they leave the nest they keep flying for two-three years until they're ready to find a partner.

people Health & Lifestyle: A flavour of West Cork

It's salad season

May was certainly a blow out; the weather meant we didn't know whether we were coming or going. I was sat here one evening with the sun on one side of the house and rain on the other and my husband said it was just like living in the tropics. I love this optimism – 12C, socks on and we're in the tropics!

The garden has jungle potential with all the rain and the seedlings have been rather battered. I'm hoping that by the time you are reading this the sun is shining, it's warmed up and I'm getting to use my newly-purchased barbecue.

I'm very excited about the barbecue, it's not a cooking skill that I've ever mastered but after



A FLAVOUR OF WEST CORK RECIPE

Karen Austin

so long without any socialising, I'm ready to learn and looking forward to sharing plates of food with friends.

Despite the crazy weather we have plenty growing in the tunnels, lots of salad, spinach, fennel, chard and herbs. The beans and peaches are coming on and the beetroots are ready.

This signals the beginning of salad season. Baby beetroots are delicious and we always grow a few different varieties, which are great for the colour scheme.

A favourite combination is beetroots, peas, lentils, and mint, the earthiness of the lentils complementing the brightness of the beets and peas. In better weather years, the peas might be thinking of podding up in June but this year there's not a chance, they're hugging the ground but hey ho we have frozen peas to fill the gap.

We have plenty of mint, it doesn't mind the weather and we have a big patch growing outside. Mint is one of these herbs that comes back every year, in fact if it wasn't contained it would invade the entire garden. We'll be able to pick this all summer long, well into autumn when the cool nights will burn the leaves and it'll die back for the winter.

No barbecue recipes this month though as the bbq's just arrived and is still in the box, but this salad recipe would be

great alongside whatever has been cooked on the grill or for a summery lunch. We ate this with whipped West Cork ricotta on top, which was a delicious combo.

Beetroot, Peas, Lentils and Mint with Whipped Ricotta

- 200g Puy lentils or lentils vert
- half tsp salt
- 100 mls extra virgin olive oil
- 4-6 small/medium beetroots
- 200g peas, fresh or frozen
- Handful fresh mint
- 1 red onion (optional)
- 1tsp sugar
- 2 tbs white balsamic or white wine vinegar
- 1 tsp Dijon mustard
- 200g ricotta
- Salt and black pepper

Wash the beetroots, trim the greens off but leave a little at the top otherwise the beets will bleed. There are two ways to cook the beets, roasting or boiling. Roasting definitely boosts the flavour but takes three times as long as boiling. For me, how I cook the beetroots, depends on how organised I am.

To roast the beets, pre heat the oven 180c. Wash the beetroots then rub a little olive oil over each one then put into a small roasting tray and cover with foil. Roast for one and a half hours at 180c, then check whether they are tender by piercing with a sharp knife.

To boil, cover with water, bring to the boil then simmer for 30 minutes. Check by piercing with a sharp knife, if it slips in easily they're ready, if not give a further five-10 minutes cooking and try again.

Whichever way you cook the beetroot – this can of course be done ahead of time – they need to cool enough for peeling. The skins should just slip off when ready.



To cook the lentils put them into a small saucepan with at least twice the volume of water. Bring to the boil then cover with a lid and turn to a gentle simmer for 20 minutes. Check that they are ready then tip into a sieve and rinse under the tap. Put the lentils into a bowl, season with salt and drizzle a little olive oil over.

Blanch the peas in boiling water for a couple of minutes then drain and refresh under the cold tap.

If you are using onion, peel it and slice very thinly. I like to rub the onion slices with a little salt. This tenderises and separates the rings.

Rub the peel from the beetroots then dice into roughly 2cm pieces. Season with a little salt. Strip the mint from the stems then chop small. Put all of the above ingredients into a

bowl but don't mix yet. The less mixing the brighter the salad will be.

Make the vinaigrette in a small bowl. Whisk the vinegar and Dijon together then slowly drizzle in the oil whisking continuously to emulsify. Taste to check, if it needs brightening up add a little more vinegar and/or salt. Pour the vinaigrette over the salad and gently toss together. Do not overmix.

For the whipped ricotta, drain any liquid from the pot then tip the ricotta into a bowl. Season with a little salt and a few grinds of black pepper then drizzle over one-to-two tbs extra virgin olive oil then whisk together with a fork and it's ready to go! (A great trick for pasta too.)

Serve the salad with a spoonful of whipped ricotta on top.

Here's to a sunny June and socks off!

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Final call for applications to the LEADER Food Initiative

Small food businesses are being encouraged to apply for funding under the LEADER Food Initiative – a €5 million investment aimed at assisting businesses to deal with the challenges posed by Brexit and COVID-19.

The funding will help artisan, micro and small food businesses to respond to challenges posed by Brexit and COVID-19, while also supporting diversification in agriculture.

In December 2020, Ministers Humphreys, McConalogue and Hackett announced the extension of the LEADER Food Initiative into 2021. As part of that announcement, the maximum rate of aid available to projects involving economic activity was increased from 50 to 75 per cent for project applications received on or after 1st April 2021.

Visit www.secad.ie/leader-food-initiative for more information.

New community food bank launched in Drimoleague



A new food bank, which aims to support the West Cork community by providing free food hampers packed with nutritious healthy food, has been launched in Drimoleague.

Recent findings indicate that 10 per cent of people in Ireland are living in food poverty.

The West Cork group of

volunteers has partnered with Feed Cork and local supermarkets to support the communities in West Cork and The Feed West Cork food bank offers free weekly food hampers with essential food items for collection.

If you or someone you know needs a helping hand, please make contact.

Book a free hamper via phone, text or Facebook Messenger

For further information contact Esther 087 2879118. Collection every Friday from 2-3:30pm at The Methodist Church, Drimoleague (P47 W297).

For more information visit Feed West Cork Drimoleague on Facebook.

A flavour of West Cork

Success on a plate served by UCC Diploma

Recent graduates Norza Daud-Collins and May O'Donovan would both agree that participating in UCC's part-time Diploma in Speciality Food Production programme last year made a big difference to the successful development of their food businesses.

Norza, owner of Malay Kitchen restaurants in Cork, has developed a range of wonderful sauces and pastes, which can be bought through the shops or website. May's wide range of fabulous Asian food products can be bought in her store 'SensAsian Fare' in Ballincollig, or at the Mahon Point farmer's market. Both businesses have benefitted from the wide range of technical and business topics provided by the Diploma, plus the many opportunities to network with like-minded food entrepreneurs, trainers and support agencies.

Applications are now being taken for the next cycle of this Diploma, and substantial funding is available for eligible applicants. The Diploma will start



on October 12, 2021, and will run on a part-time basis until May 2022. It may be necessary to deliver part of the Diploma programme using a suite of on-line delivery tools as a result of COVID-19 restrictions.

To learn more you can contact Dr Angela Sheehan, a.sheehan@ucc.ie, or by visit www.ucc.ie/en/fitu.

*Top: May O'Donovan
Right: Norza Daud-Collins*



UCC PART-TIME DIPLOMA IN SPECIALITY FOOD PRODUCTION

Are you passionate about developing a food business?
Excellent funding available from the Department of
Agriculture, Food and the Marine.



PART-TIME DIPLOMA IN SPECIALITY FOOD PRODUCTION

The Food Industry Training Unit, University College Cork is now taking applications for the next cycle of UCC's part-time Diploma in Speciality Food Production.

Past participants have described this course as invaluable and would strongly recommend it to those starting or developing artisan and speciality food businesses. Many graduates have gone on to develop successful food enterprises.

The Diploma starts in October 2021 and will run on a part-time basis until May 2022. The programme is typically delivered over two days, every three weeks, and consists of lectures in conjunction with practical's, case studies, site visits and workshops.

Note: Due to ongoing COVID 19 restrictions it may be necessary to deliver part of the Diploma using a suite of on-line tools.

The fee for the Diploma is €2,800 and funding (64% of the fee) is available for eligible applicants from the Department of Agriculture, Food and the Marine.

Application forms and further information are available from Dr Angela Sheehan, Programme Manager: a.sheehan@ucc.ie or by visiting www.ucc.ie/en/fitu.



OUT & ABOUT IN WEST CORK

Send your photos (with captions) to info@westcorkpeople.ie



Anna and Deidre Hurley were pictured having fun on Dunmanway lake last month.



Clonakilty town was "photobombed" recently by the girls of St Joseph's Girls NS when photos taken by the pupils for a photographic competition to celebrate Creative Schools Week 2021 were displayed in various shop windows.

people Health & Lifestyle

A content and happier life

There is no 'end goal' when it comes to practicing mindfulness meditation. When you learn the skills of compassion-based mindfulness and practice these skills regularly, it very much becomes a way of approaching, living, and enhancing your life. I was particularly struck recently, at the last session of an introductory mindfulness course, by the simplicity of feedback offered by one very lovely older gentleman. He reported that "It kind of crept up on me" and, even though he wasn't quite sure

how or why, he found himself "content and happier" at the end of the course. By showing up, in this case every week, and learning the introductory skills of compassion-based mindfulness, that is how to gently and kindly train the mind to come back to the present moment, there is potential to grow in happiness and contentment: Isn't that just gold dust?

In my experience, we can begin to feel, as another participant described it, "happier in my skin" relatively quickly; but to sustain and continue to reap

the benefits we need to cultivate our skills and our practice consistently and on an on-going basis. The practice is simple but anyone who practices mindfulness meditation will know that it is certainly not easy. In fact, no matter how long we have been practicing mindfulness meditation, it can be quite difficult to stay still and silent, as we get to know our own minds. Usually we prefer to move, or seek distraction outside of ourselves, often developing and deepening habits of distraction, for example, using music

or noise to "drown out" our thoughts. Sooner or later, it is likely that we will notice that some habits, developed over the years, no longer work for us, or indeed, may have become detrimental to our happiness or contentment. This is where the compassion piece comes in, when we meet ourselves or our minds, as most of us habitually do, with self-judgement or self-criticism, we learn the skills to soften the way we relate to ourselves by applying self-compassion as a soothing, healing balm. Compassion-based mindfulness can also help us to soften how we relate to others, which is such an important skill for living our lives.

Mindfulness and compassion are often described as the two wings of the same bird and, to develop these attributes, we need skills training in both, as well as the practice of mindfulness in everyday life – it is not simply a case of either one or the other. In the course of my work, I have heard people make a distinction between meditation and what they describe as "my mindfulness", and I remain curious about this interesting distinction. For me, one flows into the other – they are not so distinct. I would encourage us not to view mindfulness and meditation as so separate from each other but rather view them as very much complementing one other. The essence of the "formal" practice is to train the mind and strengthen our mindfulness skills, so we then



MENTAL HEALTH & MINDFULNESS

Susan O'Regan

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

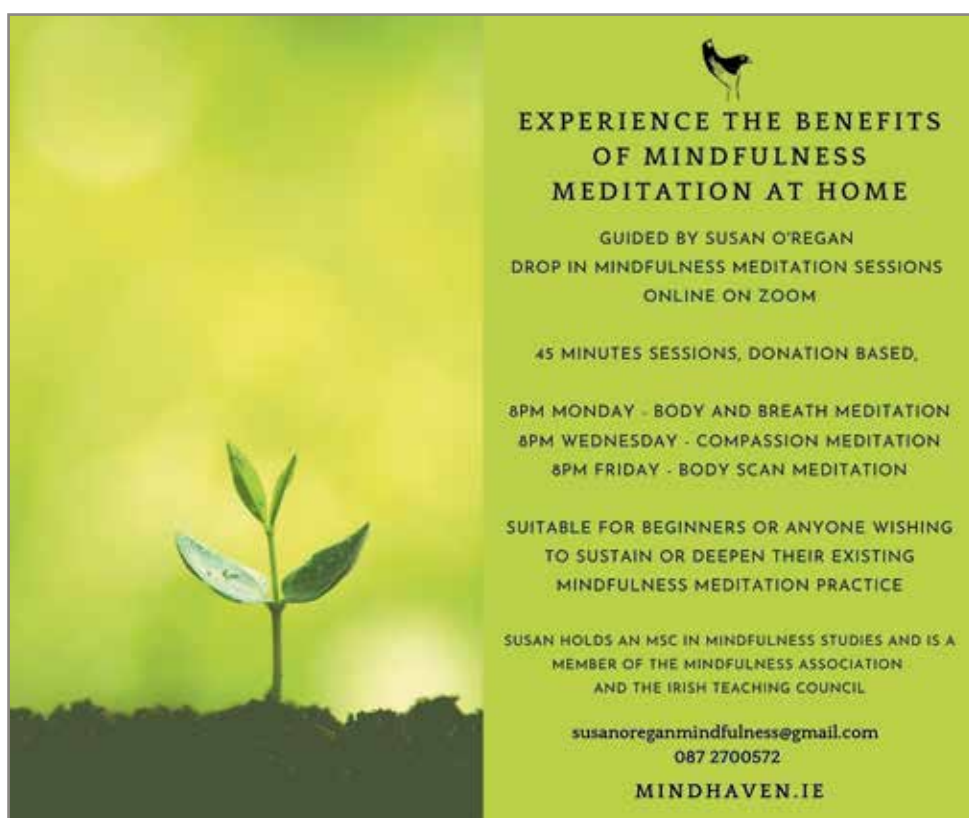
For more information contact: susanoreganmindfulness@gmail.com Mob: 087 2700572.

have the capacity to apply our mindfulness skills in everyday life, by repeatedly bringing our minds back to the present moment when in the process of carrying out everyday activities. We practice mindfulness meditation formally by sitting, lying down, mindful walking or movement. The more 'formal' meditation we do, the more we can apply the skills of mindfulness and compassion to everyday life, and we grow and develop in ways which can support us when faced with very real and difficult challenges and situations.

If we have learned anything from the past year it might be the realisation that being human is not so easy at times, and that there are new joys and challenges that we are presented with every single day. When it comes to learning the skills of mindfulness and compassion, Professor Paul Gilbert, renowned for his work on compassion, uses the analogy of learning to swim, we do not wait until the water gets too choppy, we learn to swim when the waters are relatively calm. If you wish to dip your toes into the waters of compassion-based mindfulness, please do get in touch with me. It can be hard sometimes to begin or maintain a mindfulness meditation practice by yourself, so if you need some support to begin or to deepen your practice, I am always happy to help 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 Summer outdoor 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.



OUT & ABOUT IN WEST CORK

Send your photos (with captions) to info@westcorkpeople.ie



Páistí from Gaelscoil Mhichíl Uí Choileáin donated a total of €1,331 to this year's Clonakilty Daffodil Day fund when they dressed up in yellow and green on the day and gave donations of their choice. Therese Hayes of the Daffodil Day Committee, (back right) recently collected the cheque from pupil representatives in the presence of Príomhoide Pádraig Ó hEachthairn (back left) and expressed a sincere "Go raibh maith agaibh" to all for their most generous donation. (Griangraf: Máire Ní Chróinín)



Kilmeen & Kilbree GAA Club referees Vincent Dullea and Connie Murphy did a sponsored cycle last month for their underage GAA and camogie clubs.

people Health & Lifestyle

Bodyfix Physical and Holistic Therapies Centre opens in Skibbereen

Bodyfix Physical and Holistic Therapies Centre has just opened on Townsend Street in Skibbereen (premises above Roycroft Cycles) where rehabilitation and holistic therapist Veronica Stynes will be helping individuals of all ages to maintain their health and fitness and prevent injury and reduce pain using exercise and evidence-based physical therapies.

Working in the field of health and sports therapy for over 15 years, Veronica began her career gaining ITEC qualifications in Swedish massage, Reflexology, Indian Head Massage, Aromatherapy, Stress Management, and Sports Massage. On completion of her initial studies she embarked on a further course of training and study of Physiology and Health Science's and from here went on to complete a BSc Sports rehabilitation and athletic's specialising in the treatment and rehabilitation of soft tissue injuries that can be attained through sports or physical activity. She has worked out of Skibbereen for a number of



years.

As well as having an interest in sports rehabilitation and therapy, Veronica has a love of all things sporting, and is a qualified exercise and fitness instructor with a strong emphasis on strength and conditioning.

She is currently studying for a qualification in Craniosacral therapy.

The new centre will provide a combination of physical and holistic therapies. Physical Therapy treats soft tissue injuries, and musculoskeletal injuries both acute and chronic, utilising cold laser therapy, ultrasound, dry needling, manual therapy, joint mobilisation and exercise prescription.

Veronica also provides

holistic treatments, for example reflexology or aromatherapy massage for people who just want to get away from the stresses of daily life and to help them unwind and relax.

"It gives me great job satisfaction to be able to alleviate people's discomfort and pain," says Veronica. "I also enjoy helping people unwind and relax from the daily stresses in life. While the two therapies I provide are quite different, I do tend to combine them quite often depending on the individual's needs."

An easygoing and relaxed individual, Veronica says the importance of self care and making time for yourself can not be underestimated when it comes to your health. "People need to remember that there is more to life than just working, which can have a great impact on your quality of life and overall health."

For more information or to make an appointment email veronica@bodyfixcork.ie or phone 085 1646243. www.bodyfixcork.ie



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When you're pulled in too many directions



Amanda Roe

Trauma therapist
& Mind coach

Are you a busy woman with more commitments than you have time to manage at your best? Perhaps you are working, a mother, a carer, or all three, stressed and struggling to catch-up.

Do you feel like a juggler trying to keep all the balls in the air at the same time? Or perhaps a firefighter constantly stamping out fires only to find a new emergency suddenly ablaze and melting your front door.

More and more women today are experiencing burnout, but don't realise what it is. Life in 2021 is more intense, more demanding and more restrictive than ever before. Covid-19 has made it so difficult to support our

loved ones, to grieve, to let off steam and recharge our batteries with social gatherings and fun activities.

There is immense pressure to be strong, to be the one holding your family together and your emotions in.

As a woman you are the heart and centre of your family's world, so many people rely on you. It is natural to prioritise others, especially if you are the eldest, the only girl, self-employed or the one living closest. It is normal to feel like you are not doing enough and guilty when you believe others need more of you.

These stresses can overwhelm you and negatively impact on your health. So please take a moment and ask yourself these questions: Is your menstrual cycle easy and regular? Is your mental health good? Is your mind quiet or does it race at night, affecting your sleep and your mood? Are you exhausted? Have you lost your appetite or are you emotionally eating and concerned about your weight?

What would it feel like to slow down...to take care of yourself...to breathe? What would it feel like to talk with someone and release the pain in your heart and pressure in your head? What

would it mean to you to wake refreshed before the alarm, smiling and looking forward to the day?

There is no limit to what you can accomplish when you give yourself permission and surround yourself with the right resources. I know this can be difficult, so what would you do differently if it was your friend, your partner or your child who was feeling the way you are feeling right now?

Take a moment to imagine what self-care would mean to you. What would it mean to be able to step through your fears, find your strength, your purpose and balance in your life? What would it feel like to fill your cup; to stop emotionally eating; and be true to your own needs? How important is finding natural solutions for your mental, emotional and hormonal health?

If you have any questions or would like to discuss an approach that is personalised to your needs I am looking forward to hearing from you.

Amanda Roe is an Acupuncturist, Clinical hypnotherapist and Life and Health Coach. For more information call/text 087 633 1898 or email amanda@marketstclinic.com.

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Learn about the teachings of Bruno Gröning in online lecture

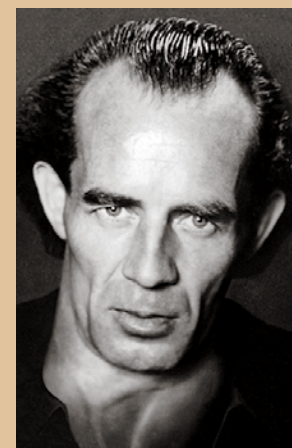
Interested members of the Cork public are invited to an online lecture 'A natural Path to health for body and soul through the teaching of Bruno Gröning'. The lecture is part of an international series on Gröning and his teachings.

The ancient civilizations of humanity spoke of the existence of a higher power that can help and heal. Bruno Gröning (1906–1959) called this power 'Heilstrom' or healing force. Among other things, he taught how one can absorb this natural healing power.

In this lecture, individuals will report about their healing experiences. It's claimed that the healing power can be experienced during the lecture.

The speakers are volunteers and hold lectures in their spare time. The Bruno Gröning Circle of Friends is a non-profit organisation.

Register by emailing lectures@bruno-groening.org. The lecture takes place online on Tuesday, June 29, 2021, 7pm. Everyone is welcome – Admission is free, donations appreciated



More information on www.bruno-groening.org.

people Health & Lifestyle



HEALTH

Hannah Dare
Organico Bantry

Picnicking – the Organico family way

a picnic we shared with our mom and extended family in the late '80s.

"This is one of our strongest memories," Rachel says. "Recently we recreated a (more extravagant) version of our childhood picnics. We met in Derreen Gardens in Kerry to spend time with our sister who we hadn't seen during the most recent lockdown. She roasted an organic chicken and my niece made a really tasty, simple pickled cucumber. We brought

focaccia from the bakery in Organico, and there was hummus and carrot sticks, Keogh's Crisps, pickled gherkins, boiled eggs from our chickens, and a selection of cheeses. For dessert Hannah picked up some beautiful strawberry custard tarts from Maison Gourmet, the French bakery in Kenmare."

From a health perspective, getting outside for a picnic can offer loads of benefits. Time spent outdoors has a way of calming us and reducing stress

and anxiety (yes, please!), and making us feel happier...

Most of us have experienced that uplift in mood when you finally get to feel the sun on your face after being trapped indoors for several rainy days. A 2018 report looking into the links between seasonal changes in mood suggests a scientific explanation for that mood boost, putting it down to the sun's potential ability to stimulate serotonin production when it hits our skin.

It's known that sunlight increases nitric oxide in the body, which helps lower blood pressure and protect against insulin resistance. (Just make sure to use a natural mineral-based sunscreen so the risks of sun exposure don't outweigh the benefits. Ask in your local Healthfood Shop for the best one, or check out Green People's range on our website, we think they are great)

Spending time in nature can also counteract the 'fight-or-flight' response by activating your body's parasympathetic system, also known as the 'rest-and-digest system'...which is perfect for appreciating the joys of a good picnic.

If you get out for picnics this summer, packing your own is the way to go. Not only is it more affordable than buying takeaway, but it cuts down on the excess packaging and single-use plastic that have become a significant source of litter during the pandemic.

When it comes to packing and transporting a picnic, we love these reusable food and drink storage containers from Cheeki, Black & Blum, and Stasher, and if it's an alternative to cling film and plastic food bags you're looking for, we have compostable single-use bags, compostable paper

sandwich and snack bags, and beeswax reusable food wraps, all on our webshop and instore in Bantry.

For us, as a family, a picnic isn't complete without a tuna fish rice salad. Stir together cooked rice (ideally short grain), with small diced carrot, cucumber, pickled gherkins, chopped chives and parsley, tinned tuna, and sweet corn. We always use Shines Tuna, caught off Ireland in a sustainable fashion. Tuna is a bit like chicken – eat less of it and eat really good quality, or don't eat it at all.

For the dressing, mix a few spoonfuls of mayonnaise (we stock some great organic mayos made with good healthy oils) and yoghurt, black pepper and salt and a little cider vinegar. Adjust seasonings to taste. Rachel says she thinks the addition of a little diced cheddar is a recent one, but these details may be argued between us! Now, get out there and make the most of the picnic weather days every chance you get... fingers crossed this summer is filled with them.

And as always, if there's anything specific you're looking for that you can't find in the online shop, let us know (info@organico.ie) and we'll see what we can do to source it for you.



If there was ever a summer for family picnics, it's got to be this summer. After being cooped up indoors for most of the year, we're ready to get outside, to socialise (safely), and to share these tried-and-true picnic menus that please eaters of all ages. And if you are in Bantry and looking for picnic bits, call in to our new deli-shop-bakery, which we have extended into the space our cafe used to be in, as we have everything you need for a great lunch out!

There's so much to love about picnics. They're highly adaptable for any occasion and extremely family-friendly. They can be as fancy as an artisan cheese board or as simple as a cheese sandwich.

You could even go the 'whole roast chicken route', as demonstrated in the photo from

PCOS and Covid

Even though we are now entering a more positive time in our efforts to quell the storm Covid unleashed on our society and way of life; it is also time to look at those who may be more at risk from the virus and who need to be ultra-vigilant in maintaining all Covid preventative measures. One such group is women who have polycystic ovary syndrome.

A new study, published in the European Journal of Endocrinology by A Subramanian, A Anand, and others, has identified women with PCOS as having a 28 per cent increased risk of COVID-19. Because of this, they advise women with PCOS to be "specifically encouraged to adhere to infection control measures during the COVID-19 pandemic."

The authors of this study carried out a population-based closed cohort study in the UK during January-July 2020 (first wave of epidemic). This group included women with PCOS, and a control group matched for different variables. Their inves-

tigation revealed "a 52 per cent increased risk of COVID-19 infection in women with PCOS, which remained increased at 28 per cent above controls after adjustment for age, BMI, impaired glucose regulation and other explanatory variables."

We already know that PCOS is the most common endocrinopathy in women of reproductive age and it is a leading cause of infertility and pregnancy complications. It is also associated with insulin resistance, metabolic syndrome, non-alcoholic fatty liver disease, plus an increased risk of developing type 2 diabetes. Added to this, there are anecdotal accounts of women with PCOS developing long terms COVID symptoms which to date include: Fatigue; Shortness of breath or difficulty breathing; Cough; Joint pain; Chest pain; Memory, concentration or sleep problems; Muscle pain or headache; Fast or pounding heartbeat; Loss of smell or taste; Depression or anxiety; Fever; Dizziness when you stand; Worsened symptoms after physical or mental

activities.

So, rather than trying to deal with the problem after the event, let's look at what drives PCOS in the first place and how to reduce it. By doing this it is possible to reduce the long-term effects of this condition. The main drivers of PCOS are genetics, insulin resistance, and an increased inflammatory response. We can't do much about our genetics and research scientists working in this area are discovering that the issue is like a maze. They go in one direction only to discover there are several other branches linking to it with no clearly identifiable pattern.

I have spoken before on addressing insulin resistance, and the best way, without drugs, is a low intake of carbohydrates and a high protein diet. Carbs should not form more 25 per cent of the diet and a good rule of thumb is to avoid any food that is white, potatoes, parsnips, rice, bread, and so on. Actually, if at all possible, consider eliminating gluten completely, as it contributes to inflammation, as

well as blood stasis/congestion. Sugar, in any form, should not even be entertained and this is difficult, as sugar is present in so many prepared foods, especially sauces. Yogurt is also a culprit so make sure to check the label.

As well as diet, the next aim, for any woman wanting to manage PCOS, is to drive down the inflammatory response. Often women start with trying to lose weight, but this is very difficult, as the obesity caused by PCOS is not driven by excess eating but by the many factors involved in the syndrome itself. If one gets the inflammatory response to decrease, the obesity issue tends to improve also.

The following supplements help in decreasing the inflammatory response and are available in health food stores and pharmacies. They are omega-3 and 6, royal jelly and bee propolis. The latter may also support the endocrine system. I have already mentioned cutting out gluten and in its place eat plenty fruit and vegetables.

Herbs that are useful for

home care are ginger, marigold, and turmeric. The first two can be taken as tea and the easiest way to take turmeric is to include it in curries and sauces. If the taste is a problem purchase it in tablet form.

So, by eliminating gluten and sugar, reducing carbs, increasing fruit, vegetables (the coloured ones), and some supplements and herbs, it is possible to offset the increased risk of serious outcomes in the event of getting Covid. The medical herbalist has a wider range of tools at their disposal but the above advice is a good place to start for anyone suffering from PCOS.



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

Radical wellness with WildFit

WildFit is an extraordinary revolution in potent nutritional health that is sweeping across the world and has now arrived in West Cork with Ireland's premier WildFit Coach, Freya Sherlock. While WildFit has helped thousands of people to successfully and lastingly release pounds and kilos of unwanted weight, it is equally popular with anyone wanting to make their health a priority and discover robust ways to cultivate optimal health, fitness, consistent energy and productivity with the sports world and business community also leading the way in shifting to living the WildFit Way.

Freya Sherlock is an Acupuncturist and Chinese Medicine practitioner in Dunmanway. She was motivated to take part in the WildFit 90 Day Challenge initially as a way to learn how to support her patients to make the dietary changes necessary to improve their health alongside their treatment. She was increasingly observing how her patient's health was being significantly impacted and undermined by their diet. Ninety days later, she was so impressed by the results for herself that she set about officially bringing WildFit to Ireland.

Many modern illnesses and diseases are either rooted in or compounded by the nutritional deficiency and toxic load in our modern diet. WildFit is an inspiring journey to wellness that penetrates food psychology and our relationship with foods, that educates and enlightens, that cultivates an instinct for healthy eating, all while guiding clients through significant physical transformation in a manageable and achievable



Freya Sherlock

way with online training and accompanying group coaching via regular video calls throughout.

While we have evolved tremendously socially and culturally over the millennia, biologically and physiologically, we really haven't evolved that much. As such, our bodies are not well equipped to tackle many of the modern foods that are now the norm. Consequently, the body's digestive forces struggle to breakdown, transform and extract the nutrients so imperative for human health from the foods we typically eat today.

In Chinese Medicine, these poorly and incompletely transformed foods are perceived to form 'Internal Damp' in the body. Put in simple terms, instead of becoming physiological fluids in the right place, doing the right thing, they be-

come pathological fluids in the wrong place, doing the wrong thing. This typically initiates a wide range of pathological cascades into illness depending on whether this Internal Damp obstructs and disrupts the digestive system, the respiratory system, the circulation, the immune system, the urino-genital or gynaecological system, the lymphatic system or the endocrine system and so on.

Whether her patients came in with fertility issues, low-immunity concerns, the effects of long-Covid and respiratory disorders, IBS, acne and skin conditions, anxiety or depression or Diabetes Type II, to name a few examples, Freya could see how the accumulation of Internal Damp from the non-functional foods in their diet was a significant and complicating factor in their illness or condition. Our

body's evolutionary inability to transform many modern foods and production processes is a causative factor in how and why Internal Damp forms.

During the 90-Day programme, clients are led incrementally through micro-changes that over the course of 13 weeks amount to transformative progress, not only in body size, shape and weight but more importantly, in a way that genuinely unhooks clients from the grip of addictions to non-functional foods and the ploys of the food industry that has entrained us to consume nutritionally compromised foods to our detriment. Rather than being a short-term prescriptive approach, WildFit is about finding freedom with food but in a way that leaves you naturally wanting to eat in a highly nutritious way.

While weight loss is not the primary aim of WildFit, it is an almost inevitable consequence of re-calibrating our body and physiology so that it burns its fuel sources efficiently and effectively, resulting in not only shedding unwanted weight, but an incredible additional range of life enhancing benefits from improved quality of sleep, sustained energy levels, and wellsprings of positivity to reduction in recalcitrant symptoms from skin conditions, blood sugar related conditions, digestive and bowel disorders, endocrine and fertility conditions to name a few.

Book in a free 15-minute discovery call with Freya Sherlock or visit her website www.freyasherlock.com/wildfit for more information about joining the next cohort for the 90 Day Challenge on Monday June 21, 2021.

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Pictured are Lions' members Meg Wilson, John Dervan, Mike Dunning and Francis Greaves setting up the Cake and Bake Sale in Bantry.

Bantry Bay Lions Club Diary

The Bantry Bay Lions held a Cake and Bake Sale to raise money for the Alzheimer Society of Ireland in Wolfe Tone Square in Bantry on Friday, May 14. The sale was well supported by the local community resulting in €514 being raised.

Past President Nora Lynch liaised with SuperValu, Lidl, Centra and Mace stores who very generously donated their products for this sale. The Lions extend a huge thank you for this contribution. Lions' members also baked their specialties to support the sale. Unsold cakes

were given to the Meals on Wheels organisation.

The Bantry Bay Lions donated €500 towards the fundraising effort to assist India in their Covid 19 crisis. This money will be used by Lions Club International Foundation to purchase PPE and other requirements as needed.

The Bantry Bay Lions Club is a non-profit organisation and is affiliated to the Lions Club International Foundation (LCIF), which has 100 years of service. Lions are dedicated to giving back to the community and supporting those in need at home and abroad. All members

are volunteers and pay a yearly membership fee to cover administrative costs. Any costs for travel and sustenance are borne by the members so that 100 per cent of all funds raised go directly to the charity or disaster relief it is collected for.

Bantry Lions normally meet at the St Goban's Centre at 7pm on the second Thursday of the month but due to Covid 19 restrictions meetings are now being held via Zoom. www.bantrybaylions.com

Provided by John Dervan, PRO
— Bantry Bay Lions Club



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Adults with Type 2 Diabetes sought for smartphone behaviour and mood study

Health psychology researchers at UCD School of Psychology are looking for adults with Type 2 Diabetes to take part in a study using smartphones to explore health and well-being. Dr Sonya Deschênes is an Assistant Professor and Amy McInerney is an Ad Astra PhD student and they are interested in how behavioural, lifestyle, and psychological factors interact and influence health and well-being in people with diabetes.

What is this research about? This study uses a smartphone app called Beiwe, developed by Harvard T.H. Chan School of Public Health. Many of us use our smartphones every day. In many cases, our smartphones know more about important health factors, like how much we move and rest each day, than our doctor does. In fact, this important behavioural information often cannot be measured accurately in a check-up with your GP. This

research aims to harness the power of smartphone technology to measure health and well-being in a safe and ethical way that protects people's privacy and data.

Why is this research important? Using technology in this way offers great potential for assessing well-being outside the clinic, in an easy, cost-effective way. Smartphones collect information on how much we move each day and how much time we spend on our screen. Combining this information with questions asked by a smartphone app (like "how stressed are you feeling today?") could help us better understand how well-being changes day-to-day.

Who can take part? To take part you must: be over 18 and under 70 years of age; live in the Republic of Ireland; use a smartphone daily; and understand English. This study is particularly interested in recruiting people with type 2 diabetes, but anyone can take

part.

What's involved? Participants in this study are asked to download the Beiwe smartphone app. The app asks brief questions each day (for example, "how did you sleep last night?") and is provided with information from smartphone sensors (for example, in relation to screen-time and mobility). The app can not access any other content from your smartphone, such as the websites you visit or what your text messages say. This study was approved by the UCD Human Research Ethics Committee and consists of not-for-profit research. The only aim is to learn how we can better assess, and ultimately improve, psychological well-being in the community.

For more information or to sign-up, please visit www.ucd.ie/psychology/research/projects/smartphonebehaviour-mood/ or email Amy at amy.mcinerney@ucdconnect.ie.

Darrara clothes collection

Darrara Community Centre is undertaking a clothes collection fundraiser. People may donate unwanted clean items in strong plastic bags tied at the neck over on Saturday morning June 5, between 11am and 12 noon and on Wednesday, June 9, from 2-3pm.

Volunteers from the community centre will be on hand to accept the donations at those times and dates.

Items accepted include ladies, gents and children's clothing and household textiles, for example curtains towels and bed linen. Shoes handbags and belts should be bagged separately.

Duvets and pillows are not accepted. This is a good opportunity to go through the hot press and wardrobes and do a clearout of items no longer needed.

For any enquiries, please ring (086) 3903597 or (087) 7984325.

WALKING IN MY SHOES

Elizabeth Walsh

Walking in my shoes – accessibility explained. Each and every day our lives impact on each person's life whose path we cross, metaphorically and physically, positively or negatively!

The alarm shrills, breaking into the young man's sub-conscious, as he struggles to wake on a wet autumn morning. He never dozes on waiting for a second alarm, as many of his friends might do, he needs the time to prepare for his day's work, which he loves: The fun in teaching young people a skill, which may be challenging for them to learn, and the satisfaction when they finally master the skill, which may enable them to find employment.

The young man needs to be out early on a wet morning, as there will be an extra demand on transport, there always is when it is raining.

He pushes slowly up the incline to the bus stop, where already there are a few familiar faces. Some nod in recognition.

Left out

A bus looms in the distance. As it advances, windows steamed, the passengers push forward, rather like a charge at a football match. The young man finally manages to get noticed by the bus driver. The driver points over his shoulder and shakes his head. "Sorry, son. Buggy back there. No room for a chair on this one. Better luck on the next bus." Through the steamed-up glass, a young self-righteous looking girl, avoiding his eyes through the fogged window, sits with her hand on a (fully collapsible) baby buggy in the space allocated for wheelchair users. One space per bus: It is not considered that two wheelchair users might wish to travel together or that more than one person in the same family or group might be a wheelchair user. Other passengers all get spaces on the bus and leave. He is on his own.

The rain is heavier. A second bus speeds by, does not even stop. Time ticks by. A third one arrives; once again, there is a buggy in the space allocated for a wheelchair user. Other passengers find spaces. He is again on his own. Finally a bus arrives, which the young man

can board. However he is now late for work.

Today is his Mum's birthday! He has invited her out tonight, into the city. He has booked the nice restaurant, which she favours. They will take the bus to allow her to have a glass of white wine with her meal to celebrate.

The evening kicks off

to a good start. The food is delicious, tasty, different, and they chat and laugh, as they eat, enjoying their celebration. They have dessert, as a treat, and linger over it. Time to go, it is late.

There are only two other passengers at the bus stop when the bus arrives. They wait for the ramp to drop. Nothing happens.



They wait. Nothing happens. His Mum speaks with the driver. The mechanism is jammed. He wants to leave them there, in the middle of the city, in the dark, and it is getting late. His Mum says that she will manage the wheelchair onto the bus. The driver says he cannot allow her to do that. She says that she will do that, if the ramp will not work. The passengers are beginning to get disgruntled. One shouts at her, "Come on Missus, off with ya, you're holding up the show. You'll have to wait. You're just delaying us all." Another joins in, agreeing. No one offers to help. The bus pulls away and darkness engulfs the night, as the celebration somehow gets shattered.

He puts down his phone, laughing, "we are going to that film tonight that I was telling you about. We will meet early so that we can both get there".

When they meet at the bus stop, they have already tossed for who will take the first bus and who will wait. A bus trundles to a stop, as they register the driver shaking his head. Buggy in the space for wheelchair users. A second bus arrives, this time there is

a wheelchair user already on board. A third bus arrives, the ramp is lowered and one wheelchair user is underway, to wait at the other end for his friend. A twenty-five minute journey has taken roughly two-and-a-half hours by the time the two friends meet up again at their destination.

Ireland is 'opening up'. Cities and towns are becoming pedestrianised. "Hop on your bike, catch the bus, leave the car at home" blasts out of the mouths of talk-show hosts. Abandon people with disabilities. Throw obstacles in their path; in fact make it a complete obstacle course for them. Deny them their human rights to independently access their cities and towns, call it progress, people like to party in pedestrianised areas, don't they? Who is responsible for inclusion and human rights of everyone in society? Everyone is. You are.

How accessible is your town or city? How accessible is public transport? What have you done about it? Do you care?

Walk in this young man's shoes and experience what exclusion and discrimination feel like.

people Health & Lifestyle

Tír na nÓg Play Therapy and Family Support opens in Bantry

Tír na nÓg Play Therapy and Family Support has recently opened its doors in Bantry, offering creative therapeutic support to children and adolescents. Caitríona Ní Liatháin (Child and Adolescent Psychotherapist specialising in Play Therapy) is quite well known within the community and has many links with local community organisations in providing Play Therapy support and workshops for the past number of years within the Bantry area. Caitríona previously worked under The MAPP Centre West Cork until they closed their doors the beginning of last year.

On returning from Maternity Leave, Caitríona felt this service was critical to have within the community, in particular after the past year. Over the past number of years, Caitríona has seen the need and importance of this service within West Cork. Caitríona provides Play Therapy support to children from age three right up to 18-years-of-age. Caitríona takes referrals from families, GP's, Schools, Family Resource Centres and Social Work Departments, to name a few.

Creative Therapies, such as Play Therapy, is a preferable type of therapy for those who find it extremely difficult to talk about experiences or issues



they have faced or are facing presently. Some extremely traumatic experiences are often unbearably hard to verbally express and it can provide a different platform of communication for the individuals attending. It can provide a less intimidating setting for a child or adolescent to be able to express themselves. Some referral issues include, bullying, parental separation, illness/death, self-esteem, emotional/behavioural issues, anxiety and abuse to name a few.

Play Therapy helps to promote emotional stability, self-regulation and to build relationships, as children/adolescents may not have the language to talk about their

experiences. Creative therapy offers them different expressive outlets, such as Play, to express their feelings, within defined and professional boundaries.

Caitríona is trained to create a safe space where creativity can be used in a healing way by tapping into the right brain capacity of the individual. The process in Play Therapy is much more the focus of the therapy, rather than the product. Caitríona works in supporting the families alongside the individual attending. This is an important part of our work in ensuring the family is fully supported throughout also.

Caitríona has also expanded the service into providing tailor-made group workshops to

schools, various professionals, parent workshops and children's workshops in providing education and support within the community. Caitríona is an accredited member of IATP, Fully Insured and Garda Vetted.

For additional information on Play Therapy Support or group workshops Caitríona Ní Liatháin can be contacted on 086-1542755.

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SVP launches special appeal

The Society of St Vincent de Paul (SVP) has launched a special appeal for donations, as it predicts a wave of calls for help in the coming months.

In the first three months of this year, SVP received more than 500 calls every day from individuals and families struggling to make ends meet on a reduced or inadequate income.

Rose McGowan, SVP National President said: "To continue to support those who seek our help we need the kindness of the Irish public who have responded generously in the past. We need that generosity now more than ever."

"People around the country who have lost their businesses and lost their livelihoods have reached the end of their tether and are calling SVP for the first time. In addition to that, those who we may have supported in the past but were now standing on their own two feet, have been completely knocked to the floor again by this pandemic."

"We hear a lot about people saving during the pandemic and the millions of euro waiting to be

spent when the economy opens fully. But that does not apply to the thousands of people who are seeking help from SVP and the many more we expect in the coming months."

SVP says that the removal of the moratorium on energy disconnections and evictions, in addition to the winding down of the Pandemic Unemployment Payment (PUP) will cause further hardship for thousands of families.

These changes are also coming at a time when families with schoolchildren will be preparing for back-to-school purchases and the recently announced increases in energy prices are impacting. SVP is concerned about the cumulative impact on families already struggling.

Rose McGowan explains: "We recently received a phone call from a father who lost his job of 30 years after the business he worked for folded under the weight of the coronavirus and all that came with it. When he at last called SVP, he told us: — 'I've just €10 in my pocket until next week, I don't know how I'm

going to buy food for my family.' You could hear the pain in his voice."

"We called on the generosity of the Irish public a little over a year ago when the first of the lockdowns meant people lost their livelihoods overnight. It was a call they heard with their heart. You won't see it but right now in communities all around Ireland even more families are now suffering through this pandemic. We need the generosity of the Irish again to help their neighbours get through this."

Ways to donate:

Online: svp.ie and nominate your local area
By phone: 0818 176 176 (ROI) or 028 9075 0161 (NI) and nominate your local area
By post: to SVP, PO Box 1234, Dublin 1, cheques made payable to 'Society of St. Vincent de Paul' or direct to a regional office, addresses can be found on www.svp.ie.

Blue envelopes: Keep an eye out for special blue envelopes that will be in newspapers and churches throughout the country.

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people Health & Lifestyle

Back to pen and paper

Just as things were starting to look up in the hospitals – on Friday, May 14, we were hit by another disaster.

I thought this month that I might pass on a few tips to patients attending A&E during what is likely to be a long, drawn-out period with almost

zero IT in our hospitals.

It is fair to say we are using 'systems' that existed when I qualified in the 1970s! It is back to pen and paper referrals for blood tests and all special examinations like CT and MRI. Mistakes are being made with poor handwriting and



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.

misspellings. All our notes will eventually have to be entered into our IT systems if anybody can read them!

I will give you a few examples: You need an X-ray, a tatty form is filled in and a porter takes it to X-ray. The radiographer then logs the patient in, sends a porter to collect the patient, an X-ray is performed and the doctor is then called to go directly to X-ray to view

the film. It might need a second expert opinion. The doctor then contacts the radiologist who then handwrites a report. This process can take several hours.

Blood tests are taking up to four hours to be processed, which creates huge backlogs. We cannot, as yet, access previous X-rays or blood tests.

You might need a blood transfusion urgently. One tiny mistake on the handwritten request understandably leads to instant rejection of the sample. A further sample has to be taken. There is no room for alterations here. This can be life

threatening.

I don't fully understand how all our sensitive data has been stolen, encrypted and possibly stored in the Dark Web. We are being held to ransom by persons unknown, as we wait for the Anti Cyber Crime Unit to sort it all out. It all sounds like something from a James Bond movie, but this is real!

So take it from me; our A&E Departments are really struggling. We have put all our eggs in an IT basket, which has now been stolen! Even if the HSE pays up, we might not get all our eggs back!

So what can patients do at the moment? Ask yourself do you really need to go. Your GP should be the first port of call. Face to face consultations are a lot safer than they were months back and nothing beats your regular GP eye-balling you. I personally find phone consultations really difficult and always prefer to see and examine my patients.

If you do need to come, try to get a letter from your GP with your medical summary, allergies and current drugs you are taking. The GP can fax this. Read and understand YOUR medical history.

Failing this, bring your tablets or a copy of your script along, and give some thought as to what important illnesses and allergies you have had, as we currently cannot get this information from your computerised hospital records.

It is basic stuff I know but makes such a difference.

I was about to take a week's break last week but was called in to provide extra cover; I am amazed at the resilience of the staff – I am so proud to work with them but we do need YOUR help here.

While last week we all thought there was light at the end of the tunnel, it has turned out to be an approaching train!

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Izzy Walton, CNM Health Coach Graduate

Most people already know the answers and what changes they need to make, but they don't know how. As a Health Coach, I help facilitate change using all my coaching, nutrition

and fitness knowledge.

I've always had a strong interest in natural health which evolved alongside my interest in yoga. Many years ago, I studied complementary therapies, reflexology, reiki and aromatherapy. These therapies brought me closer to my interest in nutrition and where I am today.

I was already working in

"I'm now able to support and empower clients to make positive changes"

the wellness industry running corporate wellness events, yoga retreats and wholefood catering, so studying to become a Health Coach was another step towards practicing naturopathic wellness. I wanted to do a course that offered a holistic health offering, comprising of both of food, nutrition and mindful movement for both physical and mental health support.

For the first time, I feel like I've found where all my previous studies and qualifications have been leading me to. I always knew I wanted to help people achieve optimum health, whether that be through their diet or through yoga practice. Now with all my competencies, I have the skills and knowledge to do this with health coaching.

The content on CNM's Health Coach diploma was

very in-depth and each module explored all parts of health coaching, including business, marketing and promotion modules; this is something that other courses didn't seem to cover.

The course was immersive and I got to experience everything first-hand. When we explored a topic, such as fasting, cleansing or fitness routines, we completely embedded ourselves in that topic and we were encouraged to experience and practice it for ourselves. This learning experience was invaluable and helped cement the knowledge for me.

Since graduating, I've been working with clients remotely in my practice and I have a few collaborations lined up for the next few months. I'm also still teaching my regular yoga classes.

What I love most about practicing is being able to offer my clients' space. Many people just don't honour themselves the time to really enquire into their own health and understand why they are manifesting their symptoms. As a Health Coach, I help facilitate change, and use all my coaching, nutrition and

fitness knowledge to best support and empower them towards achieving their health goals.

CNM's Health Coach diploma is a unique course which has naturopathic principles at its heart, something most health coaching courses don't offer.



CNM Health Coach

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Astrology and you



International astrologer **Martha Clarke**, who specialises in astrology and astrocartography, gives an insight into this ancient science and how we may benefit from it.

Astrology is the ancient science of interpreting your soul's natal birth chart, which is your astrological DNA. Your natal birth represents what your soul came into this lifetime to learn and experience and what your soul's journey is.

Your natal birth chart represents what areas of your life are emphasised, where your true gifts and talents are, how

you communicate, how you nurture, how you express your radical authentic self, where your creativity lies, how you 'do' relationships.

Your transit chart then represents where the planets are currently in your chart, and what area of life is being activated. We all go through major life transits such as the Saturn Return at the ages of 28-30 when Saturn returns to its natal place in your birth chart. It is a time of growing up and taking on real life responsibilities, and second time round, between the ages of 58 to 60 is when we totally restructure our lives for the next thirty years.

Then we have the Uranus opposition between the ages of 38 to 42, which is when Uranus opposes itself in our natal chart. It is a time of unexpected change and if we are not living an authentic life, radical life changes can happen, which forces us down a more authentic life path.

Between the ages of 49 to 51, we have our Chiron return, which is when Chiron returns to its natal place in our chart. Chiron represents where we are

wounded and need to heal these wounds and by healing these wounds, we inspire others to heal. It often represents a time when we turn to alternative therapies or indeed, even become a healer ourselves.

Astrocartography then is a highly specialised branch of astrology. We map the planetary lines in our natal birth chart across the world, thus helping us find the most supportive places to live and work. With all the major changes we have gone through this year, many of us are planning on relocating to a place where we feel more supported, expansive and can live a more creative life.

In doing an astrocartography reading, we also generate what is known as a relocated chart. This gives us vital additional information as when we relocate, different areas of our life are highlighted. For example, moving to where your Moon moves to your fourth house, means you will feel more at home in your new location. Moving to where your Sun moves to your tenth house, means you will shine more in your new location.

It is essential to have a natal chart and then a transit chart reading done before an astrocartography reading. That way the client understands the main themes of their natal chart, and also the current themes of their transit chart. Wherever you move in the world, your transit themes will still be playing out! If Pluto is transiting Venus, then your value system is being deeply transformed, no matter where in the world you are.

Often, we think we are moving for one particular reason, but in fact the transit themes can mean we are actually moving for a different reason. We may think we are relocating to enhance our career, but maybe we are really moving to live a more creative life. Or to deepen our sense of home.

The beauty of astrology and astrocartography is that you are seen instantly for who you really are, not who the world thinks you are. How wonderful to be seen for your true self!

To find out more see www.marthaclarkeastrology.com

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DIY FITNESS

Tania Presutti

Danish freelance journalist and fitness professional Tania Presutti, who now resides in Clonakilty, delivers a series of efficient DIY fitness exercises you can do at home.

I have a confession! It's a bit shameful and I feel exposed for saying this, but due to life and everything that happens in it – moving, packing and finding new homes for stuff that's too good to throw away – I've more or less forgotten that I have arms.

This sounds weird, I know. You're probably thinking, what is she on about? She's writing this article using her hands (which are attached to arms). So what am I on about? Well for one thing, the fact that I had trouble lifting some of the heavier boxes. This was my first

Lift me up June

wake-up call. Lying in bed and replaying some of the day, I realised I'd found the boxes heavy. This was a bit of a surprise, as I'm used to lifting my son, who is almost 20kg.

The next morning I took a look and a feel of my arms and was disappointed. There weren't much muscles left (being older definitely sucks when it comes to retaining muscle mass. It's an on-going battle to keep them from deteriorating). Flash forward a week after the move and I'm joining my son on a playground and want to hang – possibly go for a pull-up – on the play tower. I was capable of a semi-pull-up and also realised my grip strength was fading. (This really shows when you want to open up jars). All in all, I have to confess I've neglected my arms.

'How did that happen?' 'How

can you be in fitness and not be fit?' There's no explanation other than I'm human and I was preoccupied with running. Running fast, running hills, running long and running slow. And after getting back from a run, all I thought about was a shower and getting on with my day with a big smile and a good conscience from the endorphins boost. So while two limbs got all the attention and challenges, the two other were just along for the ride – but that has to change.

I am therefore inviting you to join me for a month of 'Lift me up June' challenges. Every weekday in June, I'll post an exercise to do on my Instagram @trainwithadane. And I hope you will join me. If you put up photos or videos tag them #liftmeupjune and I will like and follow your progress.

To get you started I'll post the

first two weeks of action here. These drills are all meant to be short and effective – and are a trial to see how far you can get with just bodyweight, normal furniture and outdoor possibilities.

At the end of June, I hope we are all stronger, can carry more and open up jars more easily. And hopefully, we will continue to use those arms and hands of ours.

Week 1:

Monday: 3x 8-10 Push-ups (from toes or knees. Keep core tight and straight)

Tuesday: 3x 10-15 Dips from chair/ sofa/ bed

Wednesday: 10-20 Elbow-to-hand movements in Plank Position (Start a plank on elbows, change to hands without putting knees on the ground)

Thursday: 3x 10 Horizontal Flies (Grab a 0.5L bottle w/ water/ liquid in each hand. Stand against a wall and raise them up in straight arms to each side)

Friday: 3x 10-30 sec plank

Week 2:

Monday: 3x 8-12 Push-ups (from toes or knees. Keep core tight and straight)

Tuesday: 3x 10 Lateral Flies (Grab a 0.5L bottle w/ water/ liquid in each hand. Stand against a wall and raise them up in straight



arms in front of you)

Wednesday: 3x 5-10 seconds hang (find something to hang on. A bar on a playground, a tree, a towel on a doorframe). Either 'lie down' or bend your knees if the place your hanging from is too low

Thursday: 3x 10-30 sec Plank

Friday: 10 Push Ups with two second pause at the bottom

If you are in doubt on how to perform the exercises, you're welcome to email me, alternatively Google the name of the exercise and watch the video result. Remember a lot of the exercises are not just for your arms to benefit from. Core, abs and back also gets activated in many of these and are key areas to perform well.

I will be posting small videos

and photos on my Instagram each day with the daily exercise on my story. If you don't have access to Instagram, you can take the first two weeks and add time/sets or reps for the final two weeks with the existing exercises. The reason I'm not posting all four weeks here, is to give myself room for creativity for the last two weeks.

And if you already have good arms, just keep up whatever you're doing; or if you're in a gym, you know the barbells and dumbbells are calling you. In any case, keep your arms happy!

Join in and 'Lift up June' with me! I promise it'll be worth it.

Questions and comments are as usual welcome at: taniaskitchenfitness@gmail.com or via www.instagram.com/trainwithadane

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people Health & Lifestyle

Clonakilty Food Co welcomes Cork LGFA to the family with three-year sponsorship deal

Clonakilty Food Co., the West Cork family-run business and makers of Clonakilty Blackpudding, recently announced their sponsorship of Cork LGFA's Underage Championship teams. Their three-year partnership incorporates the sponsorship of Cork LGFA's three Championship underage sides U-14, U-16 and U-18, Football Development Academies, Summer Camps and sleeve sponsor of the Senior

Cork Ladies.

Previous underage Cork LGFA Championship representatives Katlyn Sheehan (Glanmire; East Cork LGFA Division), Lia Heffernan (St Mary's; North Cork LGFA Division), Liadh McMahon (St Vals; Mid Cork LGFA Division) and Millie Condon (Clonakilty; West Cork LGFA Division) came to the home of Clonakilty Food Co. in Clonakilty town to mark the occasion alongside Clonakilty

Food Co. MD and owner, Colette Twomey.

Clonakilty Food Co. is a proud Cork business with strong community ties, their Blackpudding was first made in Clonakilty West Cork almost 150 years ago. Since the Twomey family took responsibility for the Blackpudding and its secret spice recipe in the 1970s, its popularity has continued to grow in Ireland and now around the world. Over the years they have extended

their product offering to include Clonakilty Whitepudding, Sausages, Rashers and most recently Veggie Pudding.

Colette Twomey, MD and Co-Founder, Clonakilty Food Co. said "Clonakilty is not just a brand it is a family – from the people who work with us every day, to the local community from where our story began, to the many families across the county and country who enjoy our quality products.

"We are delighted for Cork LGFA to join our extended family and to offer our support to players and their coaches in reaching their full potential at club and inter-county level. They are, after all, the senior county stars of the future.

"Above all, we want to play our part in fostering and facilitating the underage Ladies Gaelic players to continue and develop their love of sport, and to celebrate the joy in taking part."



Katlyn Sheehan (Glanmire; East Cork LGFA Division)



Eoin Roe
Chiropractic

Managing Functional Hypoglycaemia

resistance, you will always find some element of insulin resistance and some element of reactive hypoglycaemia together, the trick is to understand whether you tend more to insulin resistance and metabolic syndrome or to low blood sugar and hypoglycaemia.

The difference will be evident when you start to look at your symptoms and how you eat – people who tend towards hypoglycaemia often are normal or low weight, eat what is considered a healthy diet, often with lots of fruit and vegetables, skip meals especially breakfast, and find that food makes them feel better immediately after eating.

Some of the common symptoms associated with low blood sugar are: Increased energy after meals; Cravings for sweets and snacks or coffee between meals; Irritability if meals are missed; Becoming lightheaded if meals are missed; Eating relieves fatigue; Feeling shaky or jittery; Feeling agitated and nervous; Poor memory and forgetfulness;

Blurred vision; Becoming easily upset.

Probably the most important early sign is a change in energy level after you eat. If it improves, it is likely that you are suffering from low blood sugar and when you eat you feel better because your blood sugar has stabilised.

One of the most important things to understand about a healthy diet is that it needs to provide enough energy, not only to support what you are doing throughout the day, but also to provide enough fuel so that your body can store this as glycogen for use in times of fasting, such as when you are sleeping. Eating a diet that is high enough in protein and fats is also important. Your liver converts protein and fats into glucose when your body needs it. It is also important to understand that your brain only uses glucose for fuel, so if your blood glucose is constantly low, your ability to function and feel at your best is always impaired.

Low blood glucose can

also impact your ability to stay asleep. When your body is functioning normally, four to five hours after you have eaten your blood glucose will drop; this will be balanced by your adrenal glands releasing cortisol, which promotes your liver to produce more blood glucose, by converting proteins and fats. If your liver is unable to do this because there is not enough stored glycogen, the excess cortisol in the system will wake you up. If you wake in the middle of the night and have something to eat, and you can then fall back to sleep, this is a sure sign that you have low blood sugar.

Lack of sleep is a major factor that impacts your health and feeling of wellbeing and further adds to the mental symptoms that can be caused by not having enough blood sugar. When you are asleep is the time that your body can rest and

repair. Good sleep is important to help your immune system function properly and waking in the middle of the night will disrupt your circadian rhythm, which can have knock-on effect to hormone balance throughout the body.

There are many people reading this who may relate to the symptoms mentioned here and are trying to deal with other health issues like hormone balance problems, gastrointestinal problems, autoimmunity or other chronic health issues. If you are trying to deal with these whilst you have functional hypoglycaemia, where you don't have enough energy to function properly throughout the day, it is going to be very hard to overcome them.

As with insulin resistance and metabolic syndrome, functional hypoglycaemia is caused by diet and lifestyle choices; reversing these will mean a change to

diet and other lifestyle factors. Where as those suffering with insulin resistance may need to limit the amount of calories they are eating and periods of fasting can be very helpful for them – those suffering from hypoglycaemia should never fast – in fact they need eat more regularly, perhaps every three hours, and avoid snacks and foods that are high in sugar or carbohydrate and start eating a breakfast that is high in protein and fats.

If you would like help to manage your blood sugar or any chronic health problems please contact me on 087 9582362.

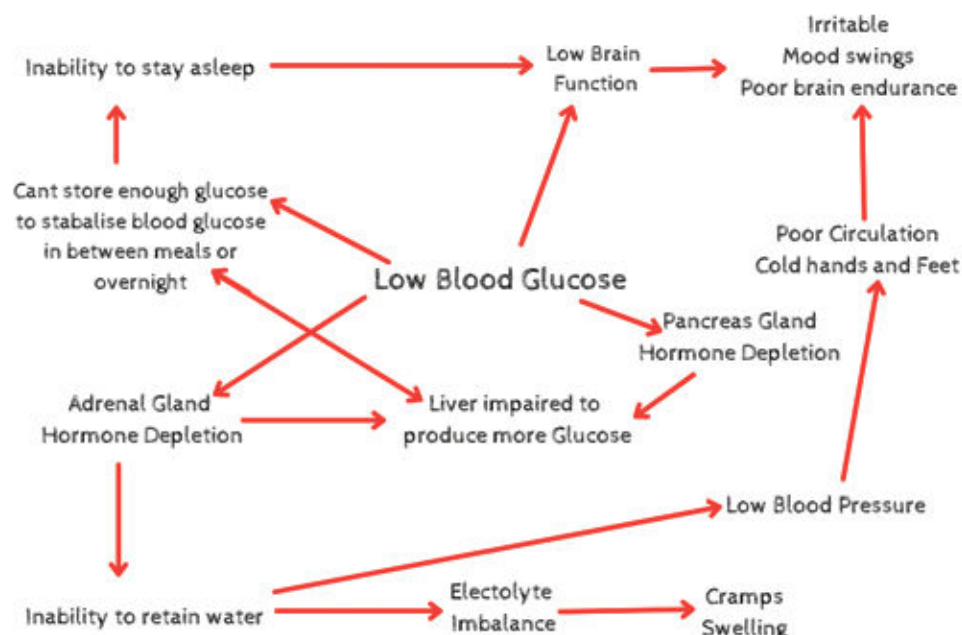


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Hypoglycemia





LGBTI+ MATTERS

BROD 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.



Lisa Brinkmann is a Clinical Psychologist and Psychotherapist working in private practice in Clonakilty and is one of the core members of BROD. Lisa also has a degree in Sex Research and Forensic Psychiatry and works with clients with any psychological or mental health problem, but is also specialised in the area of sexuality and gender. Lisa is also a proud mother of two young girls and lives with her family in West Cork.

Last month saw the national LGBTIQ+ awareness and inclusion week running from May 17-23. It was a wonderful week of people, organisations, businesses and councils raising the rainbow flag and signalling LGBTIQ+ awareness and support. From Cork County Libraries having LGBTIQ+ specific reading and book tables, the county mayor raising the rainbow flag in different places around Cork (including the City hall), the Irish Navy flying the rainbow flag at their naval base, nurses standing outside hospitals with rainbow flags, to our local Credit Union in Clonakilty wearing rainbow colours to show their support: All around the country support, acceptance and inclusion was celebrated and shared.

It is incredibly important that LGBTIQ+ awareness weeks and days and events exist. It furthers

the understanding of LGBTIQ+ lives, realities and circumstances and creates more tolerance and acceptance. It is important that we keep raising this awareness and make the mainly cis-gendered and heterosexual world more informed, sensitised and supportive of LGBTIQ+ lives and matters.

In this month's article however, I don't want to talk about LGBTIQ awareness or how we can broaden our awareness in regard to LGBTIQ+ in a classical sense. I far more want to use this opportunity to talk to you about the awareness that I have gained about myself and aspects of my life by being surrounded by people from the LGBTIQ+ community. A gift and blessing I am forever grateful for.

In order to do this, I have to take you down memory lane with me and tell you a little about myself. So let me begin:

In 2004, nearly 20 years ago, I graduated from University as a Clinical Psychologist. My first position was as a Clinical Psychologist at the Institute for Sex Research and Forensic Psychiatry at the University Hospital Hamburg. Two weeks into my job as a freshly baked psychologist, my professor and boss at the time invited me to come along to a LGBTIQ+ conference where she was invited to give a talk. This conference was organised by people from the LGBTIQ+ community for the LGBTIQ+ community in the heart of Berlin.

Nothing prepared me for what I experienced at the conference: From the moment I walked through the door my mind was blown. I saw drag queens, gays and queers in all sort of colours, transgender people at different stages of transitioning, beautiful women in suits and masculine men wearing dresses. Women proudly growing and showing off facial hair and people whose gender was a total mystery to me. The place was buzzing, and for the first time in my life I knew what it felt like to be in a minority.

As a cis-gendered, heterosexual woman, I was definitely in the minority. And I remember being hit like a lightning bolt with the awareness that 'this must be how these people feel every day of their lives, everywhere, except here'.

At times, I felt like an intruder, not sure if I had a right to be there. Sometimes I wondered if people could recognise that I wasn't LGBTIQ+; maybe there was a certain look about me or way I behaved that might give away that I wasn't 'one

of them', and I worried what they might make that mean...I felt a little insecure and overwhelmed. But equally in awe of every single human I saw.

I was amazed and in total awe of their courage to be their true self...exactly who they were and how they wanted to be.

Something that, as a 24-year-old, I was still grappling with... and even to this day, despite a dedicated practice of daily yoga, mindfulness and meditation, never mind the amount of therapy and self-development I have under my belt, I still aim towards. And these people seemed to already be there. Their true selves.

Another insight that struck me equally hard on that day, was how small and narrow-minded my cis-gendered and heterosexual world was. How limited my definitions of male and female were, how narrow-minded and limited my concept of heterosexuality was. I left the conference a different person. It definitely was a baptism of fire for the budding psychologist and sex researcher I was at the time and, looking back on it now, I can see that this might have been the full intention of my boss at the time.

It was a push into the deep end of the pool, and I stayed swimming in that deep end ever since, spearheading research on transgender health care and intersexuality in Germany. And later continuing my work in Ireland where I have been working with and supporting people from the LGBTIQ community for over 14 years.

And I have learned so much: About myself, my definitions of gender and sexual orientation and how that impacts my own sense of self.

After the conference my mind was literally blown. And I came home questioning so many things, that until then I hadn't even perceived as being questionable. It made me think about my own definition of femininity and masculinity, sexual orientation, gender and sex.

As a cis-gendered woman, I felt so liberating to extend my definitions and boundaries of my own femininity. I remember getting a very short pixie haircut at the time and really enjoying expressing myself in different ways. Without that having to mean anything.

Since then, I have been on a wonderful journey of bursting through gender stereotypes and freeing myself from limiting beliefs and conceptions I have held around my own womanhood. If I had to put a name on it, I think I would label myself



Mercy Hospital nurses with their rainbow flag.

as a cis-gendered feminine tomboy (But don't hold me to it, it may be subject to change). And that doesn't take anything away from me being a woman. If anything, it adds!

And the same holds true for my sexual identity. Only because I have been exclusively in monogamous relationships with men, my 'heterosexuality' does not need to confine me to just solely finding men sexually attractive. Once I freed myself from limiting definitions, I found myself seeing attractive humans everywhere. Males, Females, effeminate gays, butch lesbians, transgender people, just to name a few. What a liberation!

I could go on and on and make countless more examples as to how my own sense of self, gender and sexual identity has expanded, liberated and changed and made my life for the better. And I would have never found this awareness within 'my' cis-gendered, heterosexual community.

I am so grateful to each and every member of the LGBTIQ+ community for being such an incredible teacher to me and bringing so much awareness to my life.

So when we are celebrating LGBTIQ+ awareness week, I am of course celebrating bringing awareness to LGBTIQ+ matters. But on a very personal level, LGBTIQ+ awareness week to me means celebrating all the awareness I have received on my own personal journey through the LGBTIQ+ community. And for that I am forever grateful.

LGBTQIA+ Book Club

A new initiative from Cork County Council Library and Arts Service is seeking expressions of interest from adult members of the LGBTQIA+ community to join its first online LGBTQIA+ Book Club.

Staff are currently selecting books for the groups, where LGBTQIA+ Book Club members can look forward to discussing titles such as 'Real Life' by Brandon Taylor, 'Cleanness' by Garth Greenwell and 'The House Among the Trees' by Julia Glass.

This Book Club is the first initiative planned as part of Cork County Council's 'Words Will Change Worlds' project, which is funded by the Department of Children, Equality, Disability, Integration and Youth to help increase visibility and awareness of the LGBTQIA+ Community, as well as alleviating some of the issues felt, such as social isolation, especially in rural areas.

Plans are also in place later this year to deliver a festival for younger library members, where participating classes and groups will be invited to read from a selection of books and will have an opportunity to hear from the Authors.

The Library Service will provide LGBTQIA+ themed books and facilitate the meetings. Adults over 18 are welcome to join. Expressions of Interest can be emailed to bookclubs@corccoco.ie or telephone 021 4546499.

This project is supported by the LGBTI+ Community Services Fund 2020.



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IMAGE

Louise O'Dwyer
Image Consultant

'Don't be into trends. Don't make fashion own you, but you decide what you are, what you want to express by the way you dress and the way you live.' - Gianni Versace

There simply has to be a toss-up between Christmas and June for the 'Best Month of the Year' title! In the month of June there is an abundance of hope, joy and life (According to the Google!). We are halfway through the year and I do hope that you have found your 'happy level' again; that vitality for life that has been suppressed this last while. I suppose the flower most synonymous with June is the rose, the ultimate display of love, passion and beauty and smothering yourself in Nature is probably the best tonic for weary minds and weary bodies. I guess we are a bit like roses now; we are getting ready to bloom, getting back to life in all its grandeur and glory. Maybe some of us are a bit delicate, nervous even, but that is ok, because we will emerge into a breathtaking blossom once we have, like a rose bush, secured

The best month of the year

ourselves onto a good support system. That's what I was doing early this morning, helping my rose bush, in the garden, to trail along the best path; and that is why our friends are so important – we have come through this rollercoaster more united and more 'real'. No more time for BS-talk, it's all very real now, real love, real support and real beauty and, there is no better month to celebrate that, than in June.

I'm loving the new frenzy around clothes and shopping and looking good, not just because it is helping our shell-shocked economy but mainly because there is a dramatic increase in the 'feel good factor'. It is so wonderful to see so many wide smiles, not just mouth smiles but those smiles that connect to dancing and sparkling eyes. I've been saying it for years; it is this feature that makes a good outfit look sensational and why designers send 'pouting young pull-throughs for rifles' down runways is beyond me. We all want lots of colour now, the brighter the better, so brace yourself for a fashionable month. Summer is all about dressing up and getting out and we have a lot of 'getting out' to be catching up on. The best piece of advice that I can give you is to take a little time to get your summer wardrobe ready so that you can go to absolutely everything you are invited to or maybe just go to everything that is on and open!

Your motto this summer should be less is more, don't 'over-try' or 'over-match', heels will be an after-thought for quite a while yet... maybe because we will all be moving around so much, like toddlers we will want to meet everyone and go

everywhere. Stock up on flip-flops, great white sneakers and funky wedge sandals that are not too high. Jeans will always be your 'go to' so make sure that your post-lockdown body has the most gorgeous pair to snuggle into. I'm definitely sold on MOS MOSH jeans for comfort, that moulding or sculpting effect is incredible... especially when you are no longer in your 20s or 30s! Invest in two lighter coloured pairs; I'll go so far as suggesting that you get a white pair – especially if linen trousers are not your cup of tea. Linen trousers can look so wonderful but they exaggerate wobbly thighs, which means that a lot of women wear long tops or a smock effect to hide it, a bit of an overload, especially if height is not on your side. BUMS, THIGHS AND BELLIES are a never-ending source of income via the weight loss world and the constant bombarding message that we must all lose weight is soul-destroying. Girls, there comes a time in our lives that we must choose between our face and our ass; excuse my bluntness but at a certain age you just can't have both (unless you go down the surgery route and a few exceptions with fantastic genes) so pick your poison and get over yourself. Wear clothes that you like or love, not because you should be hiding a part of your body but because you are flesh and blood and real. Stay away from social media gurus, neuroscience has proven that we all feel deflated when we cannot exactly copy what they are preaching and immediately see the results – our brains are struggling with filters and fake-ness. It is your responsibility if you have young daughters to remind them

continually that our world, their world, is a stage, a performance and they must learn to look behind the scenes or they will be miserable, continually searching for a visual perfection that is computer-animated.

The on-trend summer hues are to die for. I love deep or light lavender, sky blue, Granny Smith apple green, white and yellow – there is a lovely combination of innocence, vulnerability and strength to these colours and it's easy to see why they are making an entrance now. Sweatshirts simply must be in everyone's wardrobe, some snugly fitting and a few slightly over-sized, as they have become the cardigan of summer 2021. Be brave, go for a bright colour and if you are busty, choose a sweatshirt that has small slits on each side rather than a band around the bottom. Well fitting 'gourmet' leggings, impeccable runners and a dressy top with fully make-up and sculpted or well-groomed hair is another key look going forward. The outfit is complete with an oversized blazer (but not too big) and a cute cross shoulder bag or extravagant back-pack bag. Spend at least a few hours creating outfits from your existing wardrobe and then make a list of what you are missing or what will add or re-invent something that you already have. Don't be adamant that something is 'winter' because you might be depriving yourself of a really cool summer look, especially with a skirt or a dress.

Get your dresses out and get wearing them. Nobody has perfect legs, well practically nobody – so suck it up and wear your dresses. The shops are full

of sweet little floral numbers that look as good with a pair of converse as they do with a pump so wearing a dress does NOT mean that you are over-dressed for your supermarket shop. Over-kill is doing your supermarket shop in a dress, matching heels, colour co-ordinated handbag and perfect hair and make-up. There needs to be a definitive line between getting dressed up and just going out; overkill tends to happen when self-esteem is at an all time low.

Cane or straw hats and handbags are so pretty and effortlessly stylish, grab both and make them part of your summer attire. A straw hat adds a bit of 'fun young girl' without trying desperately hard to look younger. Skirts, whether long

or short, look stunning in every season, especially summer.

While prints on prints can be a little tricky, there is a knack to it. A big bold print skirt can look sensational with a small and minimalistic print top and choose contrasting colours that blend. The off-shoulder top has been trending for the last couple of years and it is a trend that is not dying off anytime soon. It is a super edgy and cool style and I have just picked up a deep red one with statement sleeves... to be paired with some jeans.

Denim skirts are visiting us again and are so funky with half boots or ankle boots so go find your perfect length, add a cute t-shirt or embroidered shirt, big sun glasses and a cute straw bag and off you go to just about anything anywhere. Floral maxi's will be finding their way into lots of wardrobes this summer, some in a semi-flared jumpsuit variation. Go bold with the colour and super light on accessories and footwear. These glam outfits will definitely be conversation starters!

Go get yourself a ruffle blouse, they are a big and soon to be bigger hit. I adore them because they just pizzazz a pair of your favourite jeans and you are ready for the limelight in a flash. In a nutshell, this summer you need to invest in a few glam blouses and wear them casually but most importantly use what you already have and have the confidence to re-invent time and time again. Be YOU in the clothes that you wear, don't let them smother or hide you because we have missed seeing you, we have all missed seeing each other.



Clonakilty's growing multiculturalism embraced at midsummer bazaar

A mid-summer international bazaar event that will give the local community the opportunity to learn about some of the different cultures that make up Clonakilty's diverse and growing community will take place on Sunday, June 20 in Spiller's Lane, Clonakilty.

Co-ordinated by Zimbabwean native Doria Sibinda, who has been living and working in Clonakilty for the last four years, it promises an afternoon of food, fashion and fun.

More than ten countries will have display stalls with the chance to taste cuisine from across the world and to get a flavour for international style and fashion. It will also be an opportunity to learn more about the different cultures in the town.

A fashion show will be held from 3.30 to 4pm, featuring clothing from some new businesses that have been established by current and former residents of Clonakilty Lodge.

Admission is free, however the fashion items, along with craft and jewellery will be available for purchase on the stalls.

Covid protocol will strictly apply, and only limited numbers will be allowed into the lane at any one time. Masks are essential and all the food will be displayed in packaging in adherence to current guidelines. Food samples will be free although visitors to the bazaar will be encouraged to take it home to nibble.

The event is funded by a Department of Justice Community Integration Fund with administrative support from Clonakilty Friends of Asylum Seekers Service Coordinator, Kitty Sisson and Committee Member Kathryn Kingston.

If you are living in the area and interested in taking a stall to display food or fashion from your own country, please email kitty_sisson@hotmail.com to make your suggestion.

FUN FASHION FOOD

MID-SUMMER INTERNATIONAL BAZAAR

Sunday 20 June 2-5pm

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Míchumais, Láimhírtíochta agus Óige
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Funded by Community Integration Fund

Facial sunscreens your skin will love



INSIDE OUT BEAUTY

Sherna Malone

Skincare and beauty expert Sherna Malone shares her knowledge and expertise of all things beauty – from skin care do's and don'ts to the latest products out there.

By now, we all should know the importance of incorporating a facial sunscreen into our skincare routine whatever the weather. For Consultant Dermatologist Professor Niki Ralph “Sunscreen is the number one anti-ageing product you can use”. By spending just a minute every day applying sun protection, you could scientifically future-proof your skin for years to come. Thankfully, sunscreen formulations have come a long way from the thick, heavy, irritating greasy creams of old. Now we have sheer, light, expertly-crafted formulations that can ward off those damaging UV rays along with offering many other skincare benefits.

When it comes to choosing a facial sunscreen, it's important to remember that not all sunscreens protect against both UVA and UVB rays. Make sure your sunscreen is labelled Broad-Spectrum, which means it contains a combination of ingredients to protect you from both UVA and UVB rays.

Here are a few recommendations you might like to try...

La Roche-Posay Anthelios Age Correct SPF50

This is a new sunscreen launch and formulated to feel like a luxury day cream with skin beneficial ingredients to match. Formulated for sensitive skin, this revolutionary new face cream protects the skin whilst correcting signs of ageing in just four weeks. Broad-Spectrum UVA/UVB Protection combined with fragmented hyaluronic acid to deeply hydrate, PHE-Resorcinol, which is an enzyme inhibitor to reduce pigmentation and niacinamide to refine pores and brighten. And it goes without saying, La Roche Posay's iconic Thermal Spring Water with its antioxidant properties is in there too, €26 available in selected pharmacies and online.

Clarins UV Plus SPF50

When it comes to protecting your skin against UV rays and pollution, Clarins has always been decades ahead of the curve with UV Plus Multi-Protection, a botanically powered solution, first developed in 1991, and perfected ever since. Today, new UV Plus, their most advanced Broad-Spectrum protection yet, offers a high tech, invisible screen that helps to lock out skin damaging UVA/UVB rays and five types of pollutants. Oil Free, it has a lightweight and moisturising gel cream formulation that quickly sinks into the skin. It comes in two finishes, translucent and rosy, which makes for a brilliant makeup primer, delivering a fresh, rosy glow, €39 available in selected pharmacies nationwide and online clarins.ie.

Avène Intense Protect 50+

For the last 20 years, expert scientists in the R&D departments of Pierre Fabre Laboratories have worked tirelessly to bring us the creation of their first sun filter. TriAsorB is the first organic sun filter on the market with the unique ability to absorb and reflect the harmful part of the solar spectrum, which includes UVB rays, short UVA rays, long UVA rays, and also



high-energy visible blue light. Water resistant and biodegradable, the formula cloaks the complexion with Broad-Spectrum protection, leaving the skin soft and supple, with a velvety texture. Thanks to a lightweight consistency, the formula is effortlessly absorbed by the skin without leaving a sticky, white or oily residue. Enriched with a potent blend of antioxidants, the formula also shields the skin against harmful environmental aggressors. Suitable for everyone including babies from six months of age, €22.50 available in selected pharmacies nationwide and online.

Heliocare 360° Colour Cushion Compact SPF50+

A great option for continued protection throughout the day, is the new Heliocare 360° Colour Cushion Compact SPF50+. This combines Broad-Spectrum UV protection and light, dewy coverage in one innovative product. The non-comedogenic formula contains Heliocares exclusive Fernblock FC technology alongside powerful antioxidants, to shield the skin's surface from damage and also defend the skin from within. Available in two shades beige or bronze, the buildable foundation coverage contains sheer makeup pigments to minimise the appearance of imperfections and can be easily topped up whenever needed, thanks to the handy mirror included in the compact, €36 available from Heliocare stockists nationwide and online from millies.ie.

Skingerdients Skin Shield SPF50

The Skin Nerd's Broad-Spectrum SPF and primer has a mineral formulation, which can be more easily tolerated by oily or spot-prone skin. Featuring niacinamide (vitamin B3) and vitamin E for antioxidant protection, it's oil-free and non-comedogenic, meaning it won't sit in your pores and block them. With a lovely peachy universal tint, to even out your skin tone, it dries to leave a dewy finish and doesn't

leave your skin feeling greasy. It also protects against HEV/blue light, €42 available in selected pharmacies nationwide and online from theskinnerd.com

NeoStrata Defend Sheer Physical Protection SPF50

A lightweight, translucent fluid, offering physical (mineral) Broad-Spectrum UVA/UVB protection along with anti-ageing benefits. A PHA/Bionic complex preserves collagen and protects and strengthens skin while antioxidants by way of vitamin E and green tea extract combat the effects of free radical damage. Sheer and mattifying, this has a universal tint to even out discolouration and redness while providing a smooth base for make-up. Ideal for everyone, but especially those prone to redness, congestion, and sensitivity, €37 available online from neostrata.ie and in selected pharmacies nationwide.

AlumierMD Moisture Matte SPF40

Moisture Matte is a powerful Broad-Spectrum SPF40 which gives protection against harmful UVA and UVB rays using a combination of Zinc Oxide and Titanium Dioxide. Added antioxidants such as caffeine, silybin and knotgrass protect the skin against free radicals. This formula lightly moisturises to smooth and hydrate while absorbing excess oil to create a matte finish. An ideal option for those days when you want to skip your makeup regime, the encapsulated pigment beads blend on the skin creating a sheer tint and healthy glow. Available in three different tints, Ivory, Sand and Amber, €48 available from AlumierMD stockists nationwide.

For all the latest beauty news follow me on Instagram and Facebook @shernamalone.ie

To make a booking for one of my facial treatments or a skincare consultation head over to www.shernamalone.ie.

Dunmanway fashion graduate launches debut collection



Pic: Colin Horgan

Dunmanway designer Tegan Hurley, who recently graduated with a BA in Fashion Design from Limerick School Of Art and Design, has just launched her debut collection – Off-The-Clock. Inspired by the jazz culture of the 1930s through to the 1960s, the collection has a particular focus on Louis Armstrong and Ella Fitzgerald, who were important influencers at this time; they were both part of a black community who responded to prejudice and oppression through the dramatic rhythmic flow of jazz music. The musicians saw jazz as a way of protecting their cultural identity and escaping their reality. Tegan's garments are an exploration of the sound

of this music – the contrast between a quick upbeat tempos and the subtle rhythm of the blues. Her interpretation of a Zoot Suit (pictured above) uses subtle tailoring and dramatic use of boning to represent movement and rhythmic flow.

Tegan wanted this six-piece collection to bring a feeling of fun and movement – she wanted the garments to feel alive with the sound of music.

To see more of Tegan Hurley's work follow her on Instagram @teganhurley_designs

people Health & Lifestyle

Dealing with separation anxiety



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.

Finally, lockdown is coming to an end with more and more restrictions being lifted. It's exciting for people, but I bet your pets aren't as enthusiastic.

Many people invested in puppies over the past eighteen months because we were all spending time at home. Therefore, the only thing your dogs

know is the constant access to you and your attention. If you have been indulging them, then they're in for a big shock if you never taught them to be alone or amuse themselves without your input.

Did you know that rescue dogs that have been adopted tend to bond with one person in particular, often to the exclusion of anyone else? Not only that, they tend to be overly possessive about that person unless taught otherwise. In moments of honesty we can admit that we rather like being the centre of their attention and feel gratified at their dependency on us. But, realistically, that's a rather unhealthy relationship. And with lockdown, it's not just confined to rescue dogs.

Let's view that relationship in human terms. Would you like someone to be so dependent on you as for it to be virtually impossible to leave him/her? Or you were unable to go off to work without his/her presence beside you. A bit dramatic and cloying, isn't it? You would long for your own company sometimes and the opportunity to do your own thing 'alone'! In addition, that person would be incapable of developing his/her

own potential.

That's what happens when we allow our dog to be so dependent that he can't think or act for himself and suffers anxiety in varying degrees when separated from us. His emotional and psychological growth is severely stunted.

The country is re-opening and we now have the opportunity to travel, go shopping and even return to the workplace either part or full time. For many of us, our dog was a resource to help us get through those tough times of isolation and loneliness. So we invested our emotions in our dogs. There's absolutely nothing wrong with that, as long as we manage to keep things in perspective.

Talking to friends and family, this lockdown has been much more difficult and stressful than those of last year. This stress has definitely taken its toll on relationships, lifestyle, outlook, everything! But, did you also know that the most stressful situation for dogs is living with us? So, imagine how much more difficult it has been for them. And now, it could seem to them that we are walking out on them. Not that we are consciously doing this but it's a

bit like 'Now you see me; now you don't', as we resume our disrupted lives. However, there are things we can do to ease the transition from constant to intermittent companionship.

If you have a dog who follows you everywhere, even to the bathroom, you need to gently break that habit. Try walking out of the room and closing the door. If there's someone else left in the room, she has to studiously ignore any manifestation of anxiety. The more we reassure our dog, the more he realises this action gets attention and it turns into a learned behaviour. And many dogs go OTT when the person returns to the room, as though she's been gone for ages. Every re-appearance should be as low-key as possible.

Putting in a child gate can be a real game changer. The dog can still see you until you walk out of sight and, more importantly, he can't try to tear the door down in your absence. Once that behaviour starts, it's but a short step to working himself up to full-blown hysteria, which is distressing for everyone.

Try not to feel guilty about leaving your dog. As long as it's



not for long, it's actually a necessity for you to go shopping, to work or whatever.

The following are just a few ideas to help:

- You can leave some article of clothing, which carries your scent as a comfort in your absence.
- Get a dog walker, friend or relative to look in, walk the dog or just break the monotony.
- Register with a doggy day care. There are one or two really good ones where you could leave your pet once or twice a week. Most dogs

enjoy the stimulation of interaction.

- Come home at lunchtime if that's feasible.
- Leave interactive toys lying around to amuse him.

Occasionally, it's a good idea to get a professional to make a home visit to give you advice on how to proceed. Admittedly, separation anxiety is one of the hardest things to erase but not always. A professional will be able to view the whole situation in a pragmatic manner. And, there are essential oils and flower remedies which can really help both owner and pet.

people Arts & Entertainment

West Cork Literary Festival workshops

West Cork Literary Festival is delighted to announce the first of this year's creative writing workshops, which will take place online in June and July. The adult workshops cost €200 per person and will have a maximum of 10 participants.

The Short Story workshop with Louise Kennedy will run from Monday, June 14 to Friday, June 18 - 10.30am-12pm and 2- 3.30pm daily. In each session, short stories by two participants will be workshoped by the group and there will also be a focus on an element of short story craft: point of view, structure, place, dialogue, editing. Louise Kennedy is an experienced facilitator and has taught writing at both Queens and Sligo Institute of Technology. In 2019 and 2020 she was shortlisted for both the Sunday Times Audible Short Story Award and the writing. ie Irish Short Story of the Year. Her critically acclaimed debut collection, 'The End of the World is a Cul de Sac', was published in April 2021.

The Crime Writing workshop with Andrea Carter starts on Tuesday, June 15 at 7pm and there will be two sessions per

week for four weeks for one and a half hours per session. Andrea Carter is the bestselling author of the Inishowen Mysteries, most recently The Body Falls (2020). Her first three books are in development for TV. She has facilitated workshops for Laois Libraries, in Dublin and Donegal, and has written a weekly column on creative writing for 'Women's Way' magazine.

The Memoir and Life-writing workshop with Alexandra Heminsley starts on Thursday, June 17 at 7pm and the first session will last one hour. There will be sessions on Tuesday and Thursday evenings for the subsequent four weeks and these will be an hour-and-a-half each. Each session will be themed and topics covered may include finding your voice; motivation and goals; storytelling; identifying and using key moments; journaling – the mental health benefits of writing for oneself alone; boundaries/mental health: self-care in writing about oneself for publication. Alexandra Heminsley is an author, ghostwriter, journalist, broadcaster. Her books include 'Running Like a Girl', 'Leap In' and 'Some Body To Love', which was published in January 2021.

The Novel Hothouse with Gavin Corbett starts on Tuesday, July 13 at 2pm. There will be two one-and-a-half-hour workshops each Tuesday afternoon for five weeks. The workshop is aimed at those with a novel in progress and in the first two weeks the participants will receive feedback on their submitted chapter. The workshop will also discuss the technical aspects of the craft of fiction and novel-writing. Gavin Corbett is the author of three novels and has been writer-in-residence at both Trinity College Dublin and UCD.

A Poetry workshop with Raymond Antrobus will take place in July with details to be announced soon.

West Cork Literary Festival's acclaimed writing workshop for teenagers (aged 14-17), Words Allowed, returns for the twelfth year with tutors Dave Lordan and Elizabeth Rose Murray. This workshop starts on Friday morning 11 June at 10am and runs for six Fridays on Zoom. Each session will be two and a half hours. The price of this workshop is €120 and there will be no more than 12 participants.

Dave and Elizabeth will help participants explore and enjoy

their creative imaginations over an intense, fun, inclusive and inspirational week. The workshop is open to young people of all backgrounds, identities and abilities. Dave and Elizabeth are both very experienced in working with young people with special needs. The only requirement is an interest in writing or storytelling of any kind. Dave Lordan is one of Ireland's leading contemporary poets, essayists and literary thinkers. He is a renowned advocate for community and youth creativity and wellbeing, working alongside numerous partners in the arts, education, and community sectors on a wide variety of multimedia creativity projects. This is his twelfth year leading WCLF's teen creativity programme. Elizabeth Rose Murray writes novels for children and young adults and short fiction. Her books include The Book of Learning – Nine Lives Trilogy 1 (2016 Dublin UNESCO Citywide Read for Children), The Book of Shadows – Nine Lives Trilogy 2, The Book of Revenge – Nine Lives Trilogy 3 and YA novel Caramel Hearts.

For more information or to book a spot, visit westcorkliteraryfestival.ie

COMPETITION

Win a digital ticket to Virginia Woolf's 'To the Lighthouse' at The Everyman



Virginia Woolf's masterpiece of modernism 'To The Lighthouse' 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 with an all-star cast this digital capture of the stage production will be broadcast as part of the Cork Midsummer Festival from Friday June 25 – Sunday June 27, 2021.

More info www.everymancork.com | 021 4501673

To be in with a chance of winning an on-demand video stream digital ticket To The Lighthouse by Virginia Woolf (available to view from June 25-27) send your name and phone number with 'Everyman' in the subject line to info@westcorkpeople.ie before June 10.

Summer shows to look forward to at Blue House Gallery

Blue House Gallery in Schull will celebrate its tenth anniversary in 2022 with a blockbuster programme of exhibitions from both at home and abroad, celebrating the capacity of a small visual art gallery to thrive on the main street of a West Cork village and to develop a cohort of highly engaged artists and supporters.

It became obvious during the earlier gaps in the lockdown (BHG opened on July 4 in 2020) that public enthusiasm for the gallery's exhibitions was well-established and artists more than happy to present their work in solo and group exhibitions during an otherwise very gloomy and constricted period for the visual arts in Ireland. The attitude of the gallery management is very much the mantra of 'the show must go on' and feel gratified and supported as each premises along Main Street turns on their lights and opens their doors to a public, starved of the opportunity to support the local economy, whether by buying art or feeding their families. They look forward to an exciting period for 2021.

With a reduced summer season of exhibitions, there still are great shows to look forward to, bringing familiar names with new work, as well as fresh faces to the local exhibition scene. Applications to exhibit from artists as far afield and as unlikely as Dubai (Dubh Atha? No, it's not an obscure townland in County Offaly) suggest that BHG's reputation has spread beyond the environs of West



Angela Fewer - *Eternal Sea*



Keith Payne - *Wormhole*

Cork.

Group shows of different character occur throughout the season, opening with a general exhibition of gallery artists (04-23 June), followed by the main exhibitions in the downstairs gallery: 'Clay Maketh Man' (June 25 July 14) featuring six of the country's most celebrated ceramicists, curated by Jim

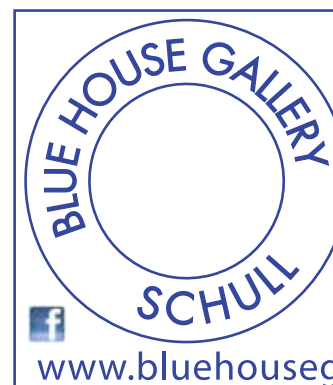
Turner of Rossmore Pottery, himself an endlessly versatile creative spirit, as well as an engaging raconteur of the arts scene. In tandem will be Aoife Layton showing mezzotints, one of the more obscure areas of printmaking, of which she is a master.

Helen O'Keeffe's 'The Landscape Within' follows

(July 16-August 4) with a show of her paintings drawn from her deep engagement with the coastal landscape of the region in which roads wander and the untrammelled nature of fields and hedgerows tend to reach out to the viewer with that characteristic West Cork sense of wild abundance.

Stephen Lawlor (Aug 6-18) 'A Liminal State', prints, paintings and sculpture, comes with the publication by Gandon of a substantial book on his work with text by, among others, John Banville. Lawlor is a leading figure in the world of contemporary printmaking has shown his work internationally.

'Two Painters' (August 20-Sept 1) comprises two artists from outside the realms of West Cork, the Australian-born Kym Leahy and Nadette Charlet from France, both bringing an eye attuned to different light, angle and scale to enrich local visual interpretations. 'Indelible' by Johanna Connor (Sept 3-15), uses polaroids, objects and paintings/drawings to presents the question of 'recognising the familiar in the unfamiliar', the manner in which arbitrary objects can assume meaning on account of their associations in 'place, time and history'. Lastly, 'Diamond Point (Sept 17-29), Graphic Studio Dublin's 60th anniversary exhibition. GSD pioneered the art of printmaking in Ireland and is one of the great survivors in the perilous world of living on your art. Brian Lalor's magisterial history of the studio 'Ink-Stained Hands' (Lilliput 2003), lavishly presents the evolution of this



Set in the midst of Schull Village on Main Street. The Blue House Gallery showing local, national & international art is open Everyday between 11am and 5 pm from Easter to October

www.bluehousegalleryschull.com



Alyn Fenn - *Spring 2*

important artists' cooperative.

And that's just the ground floor gallery exhibitions. A full programme of smaller shows parallels upstairs with notable names; Christine Thery, Tod

Billeci, David Seeger, Deirdre Buckley Cairns, Alison Ospina, Diarmuid Breen, Geoff Greenham, Melanie Black, bringing visual abundance to Schull for another year.

Curious West Cork pig goes in search of the answer to a big question in delightful new children's book

Fay the pig has a burning question: "Why are we here?" Determined to know, she sets off along the Sheep's Head peninsula to find the answer. Join Fay on her quest as she meets a variety of animals and birds along the way.

Called Why Are We Here?, this charming book has come about as a result of being isolated (happily) on the Sheep's Head peninsula during the Covid lockdown period. The story unfolded as Niamh lay trying to sleep in her blue cabin, which adjoins the shed of three pigs, Fuchsia, Fern and Fay. There was a bright full moon.



Two of the pigs were snoring, but one was wide awake...

'Why are we here?' is a hardback picture book for young readers age three-to-seven to read or be read to.

It connects the reader to one of the big philosophical questions of life. Young children

often ask big questions and they are always difficult to answer. In the pages of this book, Fay's quest to find the answer unfurls with humour and grace.

The story is exquisitely illustrated by Annabel, who lives in Ahakista, where you might meet Fay and her sisters in her garden. It is also a celebration of the Irish natural world and the beauty of West Cork. The colourful illustrations are inspired by the Sheep's Head peninsula and you may recognise some of the creatures and landmarks. Anyone who loves West Cork, the Wild Atlantic Way or the art of Annabel Langrish will also treasure this

beautiful and wise book.

This is the first book by a team consisting of award-winning artist Annabel Langrish and writer Niamh O'Mahony, who both live in Ahakista, West Cork. This book about a philosophical pig comes as a very welcome contrast to Niamh's last book, which was about the philosopher Wittgenstein.

The book is available to order from www.annabellangrish.ie

Pictured are Annabel Langrish and Niamh O'Mahon with pigs Fuchsia and Fay.



people Arts & Entertainment

Scudding the orange electric: new paintings by Michael McSwiney



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.

Navigating a high modernist terrain, somewhere between Rothko and Tapes, Michael McSwiney's new paintings deliver that unique combination of chromatic punch and visceral, mood-trembling, surface which never fails to capture the gaze, before holding it in meditative stillness. It is a combination we've come to expect from this exceptional West Cork artist and his new show at the Clonakilty Community Art Centre doesn't disappoint.

The surprise colour-key in this show is electric orange; its presence, though minimal, is inescapable. 'Under Shrouded Skies', for example, is brought

to stunning life by a one inch wide sledge of orange paint, extruded and palette knifed along the bottom edge of the painting. It shines out, for the simple reason that above it – the majority of the painting – is a heavily muted field of dark umbers, magentas, greys and reds. The orange quickens the eye in contrast with the sombre, meditative tableau above it. But in turn it is this tableau, which invites the deeper contemplation. Here we find layers of oil and sand, pooling, congealing, surrounding and opening, like formations of sand and sea on a tidal flat.

Another work, which speaks strongly in this respect, is 'Sky over Rusted Land'. Layers of cerulean, red oxide and sand, deposited and abandoned like a genuine wall of rust, are electrified by wide sledges of orange, dragged quickly over its rough, granular surface. The eye is quickened by the velocity of the movement, the deposits of orange paint speeding like flames along the hand's trajectory, delivered by something like a plasterer's trowel.

Paintings of sombre orange fire are balanced, in the show, by tableaus of pale aqua, layered over hints of magenta and red oxide. The largest work in the show, 'All at Sea', presents a quiet, meditative alluvial plain of aqueous and lunar sediment, craters – formed by spraying water into oil – revealing under-layers of Naples yellow and red earth. Splashes and sprays of pinkish white leave their traces over the left and right regions of the lunar-like surface,



Sky over Rusted Land.

whilst a deeper phrase of cobalt blue breathes out along the bottom, anchoring the piece. Complementing the blue, shafts of cadmium red breathe in from the sides, gently encasing the pale green-blue aquas, which dominate the field.

The way a show is hung crucially influences how we see individual pieces in an exhibition. McSwiney's 'New Paintings' is very thoughtfully balanced between 'hot' and 'cool' paintings, large and small. There are six pairings, one of which

brings the hot and cool themes of the collection very sensitively together. The two works in this pair, 'Veiled Horizon' and 'Sky of Possibility', contrast colour fields of red-mauve and mauve-aqua. 'Veiled Horizon' receives its name from a broad glaze of transparent mauve, almost entirely veiling a rich field of cadmium red and blackish green, revealed as a band across the bottom of the piece. 'Sky of Possibility' is heavily weighted at the bottom with black, mauve and magenta mixed with



Under Shrouded Skies

sand. Both under-laying and over-laying the sides and top we see a sand-enriched vermillion, cratered in parts by sprays of water. The majority of the field is an expanse of pale aqua, breathing out and also down, like dust upon the dark band of the bottom. Together these two works spell a Rothko-esque harmony, distilling the essence of McSwiney's chromatic and material language.

Between streams of magical fire and cooling, chromatic earth, McSwiney continues in this new collection, to magnetise the viewer's gaze. It is a mature and exciting poetic of

colour, matter and space, and a welcome return to life for the visual arts in West Cork.

New Paintings by Michael McSwiney runs from May 21 – June 11 at the Clonakilty Community Art Centre. Open Tues-Sun, 11-5pm.

James offers a range of studio-based courses for children and adults in Classical painting, drawing and printmaking at Clonakilty School of Painting. See www.paintingschool.jameswaller.org for details.

Ballydehob's Les Salamandas release debut single 'Now is the Time'

Les SalAmandas, a new singing song-writing act in the Irish music scene, Julie O'Sullivan (Ballydehob, West Cork) and Colyne Laverriere (Hostun, France), have just released their very first single 'Now is The Time', on Bandcamp, Spotify, and Youtube.

Julie and Colyne met in late 2018 in Ballydehob, West Cork. Les SalAmandas made their live debut at Levis Corner House, an award-winning Irish venue, as part of 'Secret Song Festival' (2019). On September 1, 2020, they performed at a sold out gig in Levis Corner House and revealed a maturity of songwriting well beyond their years.

Immersing themselves in the cultural centre that is West Cork, Julie and Colyne have spent the last eighteen months

writing their own material together and collaborating with local and national musicians. This includes being invited to perform on the acclaimed Irish folk singer Ger Wolfe's new album 'The Morning Star', as well as performing at Ger's live album launch in February 2020. In October 2020, they were invited to perform a livestream gig through Mick Flannery's social media pages, an award-winning, double-platinum selling artist, and garnered over 10,000 views of their performance in 24 hours. They were one of four Irish Artists invited to perform a set at 'Folk Alliance International' a prestigious global music conference in February 2021 as part of The Starhouse Collective showcase.

Les Salamandas are currently recording their debut album,

which will be co-produced by award-winning Canadian Producer Daniel Ledwell (www.danielledwell.com).

Speaking ahead of the launch of their debut single 'Now is the Time', Julie says: "The world throws some horrible things at us from time to time. Life can be hard and unfair, but it can also be beautiful. To see the beauty, you have to forgive the world. And to forgive the world you have to forgive yourself. This song is about forgiving yourself."

Colyne adds: "The song was written just after the second lockdown started. I think the message we tried to share through the lyrics is that we never know what will happen in the future and we should enjoy life as much as we can, seize the moment, no matter what

happened in the past, and make the most out of it."

'Now is the Time', the first

single Les SalAmandas is out since May 21 on Spotify, Bandcamp, and Youtube.

Below: Colyne Laverriere and Julie O'Sullivan.
Pic: Jason Lee



A dramatic win for Clonakilty Macra



L:R: John Collins, Carmel O'Sullivan, Joseph O'Sullivan (Best Actor), Karen McCarthy, John O'Leary (Producer) and Anna Quinn. Pic: Theresa O'Leary

Clonakilty Macra has taken home the top prize at Macra na Feirme's All-Ireland radio drama final, with the performance of 'A Day in the Life of a Pencil' by Raymond Scannell. Due to Covid-19 restrictions, Macra na Feirme changed their drama competition to a radio drama format to ensure that the much-loved competition could go ahead virtually. The six plays that reached the final were released on the Macra podcast for the general public to listen to and the plays were judged by the award-winning writer, director and actor Seamus O'Rourke.

Speaking during the live results show on May 7, Seamus congratulated all those who got involved in the new radio drama format and said, "The biggest part of this competition is to take part, get stuck in and to enjoy it." Seamus is a Macra

alumnus and thanked Macra for giving him a start in the performing arts and building his confidence on and off the stage. Announcing the winners, he praised the clubs for tackling a difficult and technical format, which saw all clubs recording their plays without meeting in person. Killarney Macra placed third with their play 'Brief interviews with Internet Cats' by Patrick Greene and Ballincollig Macra came second with their play 'There's Something about Slurry: Club Chat Confessions', written by club member Mairéad Twohig. Clonakilty Macra were announced as the winners, much to the delight of the cast and club members who were watching.

The club also took home the Best Actor award for Joseph O'Sullivan's portrayal of Martin Farrell, the young protagonist of the play. Producer John O'Leary thanked Raymond

Scannell for his kind permission to perform 'A Day in the Life of a Pencil' and commended Macra on ensuring the competition went ahead despite the pandemic, as it provided the club with a creative outlet over the past number of months. The cast was made up of Aine Tobin, Anna Quinn, Bernard Keane, Carmel O'Sullivan, Ciara O'Donovan, Hannah O'Hea, John Collins, Joseph O'Sullivan, Karen McCarthy and Theresa O'Leary, and was produced by John O'Leary and edited by Andrew O'Sullivan. The winning radio drama can be listened to on the Macra na Feirme podcast on Acast and there is a link to it on the Clonakilty Macra Facebook and Instagram pages.

This has been a hugely successful year for Clonakilty Macra in the Macra competitions, which range from performing arts, to sports competitions.

Art and craft sale to Save The Kelp

The Bantry Bay Protect Our Native Kelp Forest Campaign is holding a sale of art and craft by artists and makers from West Cork and beyond to help raise funds for the on-going legal battle to prevent the mechanical extraction of the Kelp forests of



Bantry Bay.

The event will take place in the Bantry Bay Hotel starting on Friday, June 18 and continuing every day from 10am to 4pm until Wednesday, June 23. Donations of original works include paintings, photography, prints, jewellery, ceramics, woodworks, textiles and more; the sale showcases a fascinating range of creative talent and there should be something to suit everybody's taste. One hundred per cent of the funds raised will go to the campaign, which extends a huge thanks to all who have donated their work so far!

It is still not too late to donate to the sale. Contributors are asked to drop off their work

at Fastnet Printing, Bantry or call 085 8308918 to make an alternative arrangement. A label should be FIRMLY attached to the work stating the artist or craft person's name and contact number (or anon if preferred) with the Title, Medium, Size and Price of the piece. Any work that is unsold can be returned to the artist at the end of the sale if desired.

The Bantry Bay Protect Our Native Kelp Forest Campaign was formed in response to the granting of a licence to permit the mechanical extraction of kelp forests in Bantry Bay. The licence to extract 1860 acres of Kelp seaweed was granted with no public consultation, no

or want to find out more information about all that Macra has to offer, can contact the club on clonakiltymacra@gmail.com or follow them on Facebook and Instagram.



MIDSUMMER AT THE EVERYMAN



The Everyman Presents
MARY AND ME by Irene Kelleher
SAT 5 – SUN 13 JUN | ON DEMAND VIDEO STREAM
TICKETS: €17.50 | €22.50 (incl. booking fee)

Landmark Productions Presents

The Saviour

A new play by Deirdre Kinahan
SAT 19 JUN, 3PM & 8PM | SUN 20 JUN, 8PM
TICKETS from €20 | LIVE VIDEO STREAM



Hatch Theatre Company and The Everyman in association with Pavilion Theatre and Cork Midsummer Festival present

To The Lighthouse By Virginia Woolf

Adapted by Marina Carr
FRI 25 - SUN 27 JUN | ON DEMAND VIDEO STREAM
TICKETS €27.50 | €32.50 (incl. booking fee)

Cork Midsummer Festival & Doireann Ní Ghríofa present

A Ghost in the Throat - A live reading

SUN 27 JUN, 8PM | LIVE VIDEO STREAM
TICKETS €15 | €20



THE
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Summer Artist Residency opportunity at Ballydehob's Working Artist Studios

Working Artist Studios (WAS) in Ballydehob is inviting applications from West Cork or County Cork based artists for its Summer Artist Residency 2021. The month-long residency will provide an artist with a studio space and time to develop a project, explore their ideas, and experiment with their techniques and art practice.

The selected artist will be offered free access to one of WAS' studios, a small stipend and artist support from the WAS team. A video will be produced to document the residency and showcase the artist's work. The end of the residency will be marked by an ancillary event, the format of which will

be agreed with the successful artist in order to suit their work and proposal. Deadline for all applications is Wednesday, June 30. This opportunity has been made possible thanks to support from Cork County Council. Visit www.workingartiststudios.com for further information and how to apply.

The independent, artist-run gallery and creative hub in Ballydehob comprises of two galleries, five artist studios and a print room (coming soon). Since its foundation in 2000, Working Artist Studios has offered a vibrant programme of exhibitions and artist's talks from artists, both emerging and established, as well as poetry nights hosting a number of top

profile Irish and international poets. Working Artist Studios have recently reopened their doors after the extended lockdown presenting two new exhibitions.

'Macalla – Echoes' features drawings and glass sculptures by Hazel Hutton, drawings and metal sculptures by Dubhaltach

Ó Colmáin, mixed media works by Marie Cullen and prints by Paul Ó Colmáin. The exhibition is designed as a conversation between the pieces, creating echoes of ancient worlds, Irish mythology and their connection. Hazel's Skyscraper series was made in Shanghai University in 2015 during a student exchange programme from Crawford College of Art and Design. "I visualise them towering over the tallest skyscrapers in Shanghai. I see them as sentinel, a protective force intent on reflecting two cultures a world apart. They are a reminder of the ancient silk Road that once linked Ireland and China in

ancient times," Hazel says.

Showing concurrently is the window exhibition 'Raw' – a collection of sculpture, drawing and animation by Etaoin Melville. We create emotional complexities within our mind, yet there is simplicity in survival and the stoic nature of death and life as an ever-repeating process. This inevitable circuit of birth and decline gives perspective in our daily lives. In Etaoin's own words: "Most of this collection of work has been

completed over the past year, therefore indirectly my work has been affected by lockdown and the general feelings of being trapped. I love roaming the countryside for walks. I believe you can always make something out of what you have around you. There are no rules, the possibilities are endless."

Working Artist Studios, 086 162 8471, workingartiststudios@gmail.com

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Working Artist Studios is an **artist-run gallery** and creative hub in **Ballydehob**, including artist studios and a community print room (coming soon). Call in to meet the artists and see **beautiful, imaginative art exhibitions!**

Open Monday - Saturday, 11am - 4pm
www.workingartiststudios.com




Aengus Óg (sculpture), Cerumnos and Chrysalis (drawing) by Dubhaltach Ó Colmáin



Reflections by Etaoin Melville

Andrea Carter and her 'Inishowen Mysteries'

By Moze Jacobs

Andrea Carter is a solicitor and barrister... As real as they come! Or rather, she used to be in the business of law. And in some sense, she still is, albeit with more than a tinge of fantasy. Ms. Carter has become a successful crime writer. She has written five novels so far, with more on the way. "I practised as a barrister until 2013. When I got my publishing contract I took a bit of time out of the Bar, as I then had to write a book a year. With each book I kept extending my leave of absence," she says with a broad smile on Zoom. There is every likelihood that she will not need to go back to her actual practice, for she is a bestselling author on Amazon in the US, having made No. 1 at some stage. "I haven't made the best-

sellers' chart in Ireland; that's still to come."

Her books will also be adapted for television with filming due to start next summer.

Having grown up in Co Laois, Carter moved to Dublin to study Law at Trinity and then set up 'the most northerly solicitor's practice' in Inishowen, Ireland's largest peninsula, which then became the (perfect) backdrop for her 'Inishowen Mysteries' series. The protagonist of all the books is Benedicta 'Ben' O'Keeffe. Also a solicitor coincidentally, albeit operating from the fictitious town of Glendara (Donegal) although some of the other places do exist. Both Derry and Malin Head are within easy driving distance. Thanks to her position as a relative outsider, who knows many secrets and is likeable enough for people to confide in her, she often man-



ages to – eventually – piece two and two together following a murder, a disappearance, a body in the snow, a case of arson, or a dead person falling on the vet's jeep.

Described as a modern day Agatha Christie in the Irish Examiner and elsewhere, Carter uses the backdrop of a pretty

normal (pre-Covid) small Irish town to great effect. You're 'there' with Ben in someone's welcoming living room, on Sliabh Sneacht, on the scenic Five Fingers Strand, in a boatshed surrounded by scrubby bushes that is about to explode, or simply at home with unreliable tomcat, Guinness. And all the

while you're wondering 'what lies beneath?'. Who's lying? What is her love interest, Sergeant Molloy, hiding from her? Who is the mother of her clients' adopted son? And what is going on with that woman's marriage? Carter plants all these leads (some of them false) so you 'have' to keep turning those pages.

She says it just happens. "I'm not a plotter; I drive by the seat of my pants. Often, I reach the third draft and I still don't know who the killer is. I've tried to plot in detail but it doesn't work for me. I get bored. I like to discover my book the way the reader discovers it."

"A beguiling heroine – clever sympathetic and bearing a weight of guilt... Carter... will go far." (*The Times*)

Andrea is the next guest at DeBarra's Spoken Word, a

monthly event that used to be at the back of the well-known Clonakilty pub but is continuing on Zoom for now. An engaging speaker, she will be reading from and talking about her books and answering questions on the night of June 16, followed as ever by an open mic with guests from around the world who read samples of their poetry or prose with the occasional song thrown in.

An interview with Andrea Carter about her books, how she got published, and what her method is can be found on YouTube.

The session starts at 8:30pm. Go to the event at the DeBarra's Spoken Word page just before it starts to find the zoom link or send an email to debarra-spokenword@gmail.com to be added to the mailing list.

Clonakilty Bicycle Festival celebrates 10 years!

This June sees the 10th Clon Bike Fest, and a proper celebration of all things two-wheels is planned! From humble beginnings in 2011, the Clonakilty Bicycle Festival has held true to its organic DIY ethos and become a popular and much-loved town festival over the years, signalling for many Clon people 'the start of the summer.'

Taking place on the second

weekend in June every year, Clon Bike Fest has always aimed to be as inclusive as possible, hosting four days of free events involving all kinds of fun with bicycles - from the hugely popular 'Meals on Wheels' (a five-course mystery dinner party on bikes), the annual 'Cycle-In Cinema', kids huddlebaloo, yoga and picnic events, and the Free Bike Clinic (which grew into 'The Bike Circus', Clonakilty's

community bike workshop).

Memorable events over the years have included Clon's first ever 'Cycle-Powered Cinema' in 2016 set up in The Venue of O'Donovan's hotel with four stationary white bikes needed to be constantly cycled to power the film projector; 'To Will or not Two Wheels' with Shakespeare performances on bikes; the birdwatching 'Estuary Cycle' and who could forget

2019's 'Bikeoke' in DeBarra's, karaoke while riding a bike!

This year, due to public health interests, an interactive line-up is planned, with most events broadcast on YouTube live and solo or family/pod group cycles to be incorporated into the fun. The festival kicks off on June 10 with an international welcome and the annual 'Blessing of the Bicycles' online. Other events include a 'Big Kids Public Art

Project' with a competition to create the funkiest craft bikes that will be displayed around the town, a pop-up bike workshop to drop into at Inchydoney, a film screening event live on YouTube, an Art/Music Collaboration between composer Justin Grounds and artist Becky Hatchett, a zoom fractal ride (a zoom group call on bikes!), a wine, chocolate and bikes evening on YouTube with

Fionnuala Harkin and Allison Roberts and a final blow-out zoom dance party!

There is also a 10th Anniversary 'ZINE!!' to get your hands on, and a special edition collection of 10 illustrated postcards to purchase, which all helps fund the festival into 10 more years!

To get involved, head over to www.clonakiltybicyclefestival.org

West Cork Chamber Music Festival goes virtual in 'Bantry and Beyond'

The West Cork Chamber Music Festival will run its virtual incarnation 'Bantry and Beyond' this year from Friday, May 28 to Sunday, July 25.

As the Festival musicians could not come to Bantry, the Festival has gone to the musicians. Festival-goers will become virtual travellers to destinations around Europe and USA. They will visit famous concert halls in Amsterdam, Utrecht, and Chicago; historic Great Houses of Ireland and the Netherlands; a centuries old abbey with a fabulous library; Palaces in Prague

and Vienna; old churches in London, Bantry, and Amsterdam; a vaulted tunnel under a vanished convent in Cologne; studios in Amsterdam and Berlin; and Music Centres in Hungary and Italy.

The thirty Festival concerts will commence with four themed weekends, before moving to daily concerts from Friday, June 25 to Sunday, July 4 followed by a coda of five concerts later in July. The concerts will be streamed by the platform OurConcerts.live.

Great music in the hands of great musicians is always

an intoxicating mix. A virtual recording by top production companies has one advantage over the live concert, namely the close-up intimacy of the performance, a front-row experience, with quality audio.

'Bantry and Beyond' will present World Premieres of new quartets by Deirdre Gribbin and Garth Knox played by Pacifica and Ragazze Quartets, with Irish premieres of works by Lera Auerbach and Finola Merivale.

The Series opens with a Classical Prelude of Mozart, Beethoven, Schubert and Brahms that

leads the way into a powerful Russian series from Mussorgsky to Shostakovich. Solo performances feature Ibragimova, Tiberghien, Gluzman, Fedorova, Petcu, Fényvári and Grynyuk. There are great Quartets, a cello series, singers from Ireland, France, and Germany, great violinists and period instrument ensembles.

Single tickets, six-concert packages and a Festival Pass can be purchased through www.westcorkmusic.ie or direct from www.ourconcerts.live/west-cork. Booking is now open.



OPENING NIGHT - BLESSING OF THE BICYCLES
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ASTROLOGY

Kate Arbon

Kate Arbon is an astrologer, writer and spiritual teacher. Living in West Cork for over 20 years she gives personal consultations locally and internationally using traditional natal and Horary astrology.
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June Sun Signs

May finishes with Mercury starting a retrograde phase, leading us into June and a continuation of several important themes. This month reveals another layer to the deeper significance of the times we are living in. The way we operate as a society is in a state of radical change with financial and family patterns being dismantled but there is a wave of new, enlightened consciousness arising out of the rubble.

The recent Lunar eclipse on May 26 is followed by the Solar eclipse on June 10 in Gemini. This amplifies the issues around truth and information, as Sagittarius and Gemini are the eclipse signs. Jupiter and Neptune in Pisces both start their retrograde phase adding to the potential for revelations and insights into the bigger picture.

June also brings us the Solstice on June 21 when the Sun moves into Cancer.

Mars, a hot and fiery planet

moves into fire sign Leo on June 11. We may finally get some heat and a sense of summer with this shift in energy. This is Mars' first visit to a fire sign since early January and now it can start expressing its true nature and take action. Mars has drive and energy to clear obstacles and challenge opposition. In Leo there is courage and a sense of being a righteous warrior or leader. It also wants to do it with style and make an impression so big bold statements can be expected. This change of zodiac sign also initiates an approaching opposition to Saturn that takes shape later in June. This is a follow-up and a culmination to something, which initiated in late March 2020. It's not the final event in a sequence but it is certainly a corner being turned, as we start a new phase in a cycle that completes in April 2022. Resistance and friction are strong forces but also expect to see some kind of ending of conflict, threat

or restriction and a new beginning by the early days of July.

The challenging Saturn Uranus square is the background signature for 2021. On June 14 we have an exact contact and the second peak in a series of three. The first was in mid February and the last in late December.

Uranus is the shake up and shift planet and there is the element of unexpected and unlikely twists as new potentials suddenly emerge. Saturn represents tradition and established patterns but also gives form and functionality to the idealism and reformation taking place.

Most people have now recognised that we are never retuning to what we knew before early 2020. The future is still being shaped and the outcomes are unknown but we may get some insights into what's ahead of us by late June and early July. It's apparent that we can't resolve our current situation by simply

repeating past actions.

This month will bring tense conflicts of interest to the fore once more. The social unrest and discontent could create disturbances and divisions. Some people will adhere to what they believe is the most secure and sensible route or path and choose to follow the leaders that offer stability or safety. People in the position of leading are also following their own advisors in the belief that it is for the best. Others who prefer personal freedom to the promise of collective safety will take an independent path and break away from any confines, restrictions and regulations to try a new approach. We may see greater divides between those who have faith in authority and governance and those who ask questions and seek their own solutions. Our individual responses and choices now will shape the future. Uranus throws us the inspiration to seek creative, inno-

vative and exciting new options whilst Saturn can provide the substance and stability to realise them over time. Whatever choices we make or position we take, we each play a part in a much bigger shift, taking place in our collective evolution.

With Mercury in retrograde until June 22 and not out of the shadow zone until early July, this is a month to reconsider and re-evaluate many agreements or deals. There is no reason to halt all activities related to travel, communications or business but just be aware that because Mercury is in Gemini there is every chance that new information will come to light or the story will change. Things need to be revisited or reviewed so don't settle on anything too soon.

June has a New Moon Solar Eclipse at 20 degrees Gemini on the June 10 at 11.52am and a Full Moon at 4 degrees Capricorn on June 24 at 7.39pm.



Aries: Travel, higher learning, study and spiritual matters are on your mind during early June. You've had enough of the 'everyday' in life and you want freedom to explore or invite new experiences into your life. Be prepared to open your mind to new ideas

and lifestyles. You'll likely find your attention and energy go into taking care of details and side issues later in the month. Whatever happens, it will be nothing but action by mid month with plenty of options. Don't be too impulsive but just be sure you get your ideas out there in some form whatever it takes.



Taurus: Your attention may be drawn to the patterns that create life's ups and downs but you may just be focused on the negative side of a cycle at the expense of the positive. Pause to consider what is truly worth keeping and what you can dispense with. Smooth

out what doesn't flow well in your life in preparation for a more constructive phase after the New Moon on June 10. Take time to consider how you're shaping up financially. This slow growth moment is likely not as productive as you hoped but don't worry yourself into a frenzy about things that only time can remedy.



Gemini: With the Solar eclipse in your sign, take this favourable opportunity to deal with any relationship issues. You're aware of how much you have to give but experience more freedom when you get the 'give and take' into a healthy balance. Interesting and stimulating people may come into your life so find time for intimate encounters or shared experiences. It's a time of personal beginnings, when you find yourself in the spotlight and everyone looks to see what you're going to do next. This may be challenging, but it's the boost you need right now. Just enjoy the generosity of others.



Cancer: During the next weeks you'll focus your attention on the practical demands of life. Feeling you must do more than you really need to can create some stress but any self-improvement effort pays rewards.

If you invest in yourself now then you can put your best foot forward with confidence later in the month. Regardless of how extrovert and outgoing you might usually feel, the New Moon on June 10 is a time to withdraw and spend some time alone. You will benefit by taking a few days to rest and recuperate, mentally, emotionally and physically as you revitalise your spirit.



Leo: Your creative powers are at a peak. Don't take yourself too seriously and you will reap the rewards. You can be surprised at what you come up with by just playing around with ideas or projects. Your romantic feelings are more intense now so try to wear your

heart on your sleeve without worrying about the outcome. It can be worth risking upset to get at what you really feel and share it with those that matter the most later this month. You instinctively relate to your friends and very much want them to accept you as you are.



Virgo: Home and family matters occupy your life during the next two weeks. Concentrate your energy into ventures that give you a sense of security and wellbeing. Sticking with familiar surroundings and intimate company gives the freedom to nurture what's

really important to you. Expect a phase of new developments in career matters and a welcome reward with a sense of fulfillment to emerge by late June. The pressure to produce can be a bit intense but take time to plan ahead before you take on any new commitments. It is as important to listen now, as it is to act.



Libra: You may find yourself called on by neighbours or asked to get involved with community ventures or projects now. You could feel restless if you don't find activities that stimulate your mind. Seek out alternatives to what you already know. There are more

opportunities becoming available to build on during the next few weeks. Try to keep both feet on the ground around Full Moon as heightened emotions may run away with you. The impulse for new experiences is very strong but avoid hasty commitments. It's a great time for planning or rearranging the way you look at things.



Scorpio: June finds you concerned with your material and financial security. It's time to consider if you are making the best of your natural skills and abilities. Once latent talents are recognized you will aim higher and you'll want to expand your horizons very soon.

The New Moon phase on June 10 is a good time to re-evaluate what it is that you pursue, follow or find meaningful. It may turn out that you've changed since you last acted so instinctively. If what you seek now is simply out of an old habit, it may prove extremely dissatisfying in a very short time.

Sagittarius: Your need for unique self-expression and communicating your personal vitality is a priority. Relationships are meant to be a two-way flow but now you want the ball firmly back in your court. Your current mood doesn't make for sharing and you may find a flood of emotional intensity directed your way during the next few weeks. How you respond could largely shape the direction of an important relationship. If you achieve a new closeness enjoy it now as it's hard to keep that level of intensity going all month but the message underneath is sincere and needs to be taken seriously.



Capricorn: You can be very productive this month by just quietly working away behind-the-scenes. Reconnecting with your inner world is important for your sense of equilibrium. Valuable insights and breakthroughs are possible. Enjoy the quiet 'alone time'

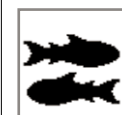
whilst you can, as the demands of your outer world will encroach again soon enough. It can be easy to get worried about health matters or everyday responsibilities especially during the New Moon phase this month. Moderation is the key. Make sure you're not expecting too much of yourself. You don't want to run out of steam

because you can't keep up with yourself.



Aquarius: Your position within your community is highlighted this month. What you have to offer is appreciated and you can reap the rewards of your past contributions. Crank up your social life now and meet the right people; benefits will soon follow. The phrase

'what you put in is what you get out' is the key. The astral weather is perfect for creativity and you'll find that your imagination flows faster and easier than usual from the 10th to mid month. In fact, anything you do for enjoyment will seem twice as good right now. Break out the inner child, drop your self-consciousness and just have fun.



Pisces: Getting recognition for what you do well, takes on extra significance this month. Self-acknowledgment only takes you so far and now you need some approval from those you respect. It may seem like constant hard work recently but the New Moon phase in early June will bring a much needed chance to relax with loved ones. If things on the home front aren't quite to your liking you will have a tendency to fight for your right to peace and harmony. It's a good time to start new home-related projects as a way to utilise any extra energy in a constructive manner.

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people Arts & Entertainment

Debarra's Folk Club marks the anniversary of Noel Redding

'Magically Real – Noel Redding in West Cork' by Dave Lordan is available now at debarra.ie.

West Cork has always had a reputation as a fun place to escape to, full of singers and dancing and craic. West Cork has never and likely will never suffer from a shortage of stand-out-personalities with artistic gifts willing to show them off to a hospitable audience; one of these true legends is none other than Noel Redding, bassist for The Jimi Hendrix Experience, who made his home in Ardfield, Clonakilty.

Marking 18 years since Noel's passing, DeBarra's Folk Club Clonakilty has published a short story on their website, which sees local writer Dave Lordan share some tales about the world famous musician.

With this, DeBarra's launches a new section on their website, documenting and preserving the oral history of the music venue, as well as their wider community's musical stories and memories.

Lordan writes "As a young fella haunted enough to be growing up in Clonakilty just as the heavy-rocking 80s were morphing into the harder-raving 90s, I was surrounded by a golden generation of high-energy, high-output people in the grassroots arts

– this was the era not only of the birth of DeBarra's Folk Club, but also of Craic Na Caoilte, of the superlative busking festivals, of underage No-discos in the community hall, of the long-standing and ever-euphonious Pub Singing competitions, of world-class teenage flaneurs crooning 'Where do you go to my Lovely' on Pearse Street on a drizzly Tuesday afternoon.... and so on and so on. Not to mention the break dancers of Bog Road. It was a simply wonderful atmosphere for a young person with a creative bent to grow up in and among – you felt anything was possible and possible for anyone at all.

"There are of course many people, and venues, that can justifiably claim to have contributed to the artistic utopia that West Cork had become by the late 1980s and has remained ever since. It should be noted that Noel Redding – a great but humble man – never personally claimed any kind of predominance for himself over the domain of local creation. Yet, who can deny that had Noel and his effusive partner Carol Appleby not arrived out of the blue in Ardfield in 1972, & had they not set about electrifying the local music scene in the years after that, a lot of what I mention of my youthful arts life in the paragraph above might not have happened or at least not happened in such an exciting and memorable way?



Noel Redding playing in Debarra's in 1990

"How many awesome nights out for how many people did Noel generate in his Clonakilty life? How many times over and over did he set a rainy night on fire for locals and for our multifarious guests around here? The mind boggles! What the musician produces for others is joy – joy in our bodies, joy in our souls – something no mathematics or accountancy can sum-up. It is such Joy, that comes to us always in mysterious ways and never ever in scientific ways, that makes life worth living – or at least worth bearing, no?"

Read the full story by Dave Lordan at: debarra.ie.

Dave Lordan is a freelance writer from Clonakilty helping DeBarra's document and preserve the Folk Club's oral history as well as our wider musical community's stories and memories. If you have a musical memory from the Folk Club or

Clonakilty in general DeBarra's invite you to contribute, by emailing eolas@debarra.ie.

Ray Blackwell from DeBarra's Folk Club says, "This is a project we have been dreaming about for a long time, and we're working with Clonakilty writer and poet Dave Lordan to see it through. The first installment 'Magically Real – Noel Redding in West Cork' is a tribute to Noel and the many gifts he brought to, and received from, our West Cork community. This will go live on our website on May 11 and available for all to enjoy for free. I think you'll get a kick out of it."

DeBarra's have also launched a new website and various offerings online.

Ray says "Indeed it has been a really tough year for many and at this stage, sure, it's kind of hard to get excited about a website. But in the spirit of uplift

occurring around the country at the moment, why not? Certainly its big excitement for us here at DeBarra's, like everyone else we've had to pivot as best we can over the last 14 months and our new site DeBarra.ie now houses our online shop, as well as our new box office for online ticket sales for both 'live-streamed' virtual gigs and 'live, in-person' REAL gigs (Fingers crossed emoji!).

"We've also added a membership option, which offers people the choice to join and become a supporter of DeBarra's Folk Club.

"This membership function operates much the same as the Patreon model – if you like what DeBarra's do, you can support

them by becoming a member.

"Membership gives you certain perks at different tiers, such as access to view old gig guides, posters, photos and ephemera, as well as discount codes, exclusive merchandise and access to select live audio recordings from their extensive archives over the years and early bird options for tickets. If you choose to join, your support will help DeBarra's continue to do what they do, and contribute to their plans to preserve the oral history of the Folk Club and the memories of their wider musical community."

Become a member, and enjoy all of DeBarra's offerings new and old at www.debarra.ie.

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WE ARE BACK!

West Cork girls on winning YMCA Cork team who took home overall prize in Trend Micro's 'What's Your Story?' competition

Celebrating its tenth year, Trend Micro's 'What's Your Story?' annual video competition posed a very fitting question to Ireland's youth, 'How did the internet help you get through this past year?'

Featuring a quote from Shakespeare's Hamlet to summarise the roll the internet played in their lives last year, 'I could be bound in a nutshell and count myself a king of infinite space', it was Anna Keyes, Amy O'Brien, Eleanore Robb (Ballydehob) and Alannah Wyrnn (Dunmanway) from YMCA Cork who were crowned overall competition winners. In just two minutes they demonstrated how technology was intertwined in all of their individual interests from learning guitar with the assistance of YouTube tutorials to cooking along to Instagram lives.

Commenting on their winning submission Alannah says, "It got personal. Lockdown allowed us the time to focus on our

own personal needs and the Internet was a huge support for personal development, growth and friendship". While for Anna and Amy, it was the fostering of friendships which stood out most, "The Internet allowed us to find like-minded people where we could learn and broaden our views on so many things that we are passionate about".

Speaking at the winners' announcement Trend Micro's 'What's Your Story?' Global Programme Manager, Avril Ronan, commented, "What is amazing about our overall winners this year, is that before the cheque presentation they had never met in person before. The students from Ballydehob, Mitchelstown, Dunmanway and Carrigaline joined YMCA last year, where they met online. Our increased dependence on the Internet this past year has created some challenges, but also great opportunities. In the case of these talented young people, they showed the world how the

internet has positively impacted their lives and literally brought them together."

Commenting with pride and excitement on their win YMCA's TJ Hourihan says, "I am beyond proud of Anna, Elenore, Alannah, Amy and our wider YMCA community who showcased such strength and resilience over the last 12 months. The Covid experience has taught us that the Internet allows us to connect more frequently, it's more environmentally friendly and cost efficient. Many of our youth members are located in very remote parts of the country so while it will be important to meet face to face post Covid, virtual meet ups will still play an important role for us moving forward."

Leaders in cloud security, Trend Micro's 'What's Your Story?' competition is an annual highlight in their Internet Safety for Kids and Families (ISKF) programme. It is designed to give young people a platform

to educate themselves and others on responsible use of the Internet and to nurture this safe space. Aimed at primary and secondary school students, entrants were required to submit a max two-minute video in answer to the competition question,

and then become advocates for their message, encouraging their peers, friends, family and communities to view and vote for their entry. Not only did these children have to come up with the concept for their submission, but they also had to film and edit

it – with amazing creativity and skills coming to the fore.

For more information on how to stay safe online, to watch more 'What's Your Story?' 2021 entries or view on-demand content, visit internetsafety.trendmicro.com.



(l-r) Eleanore Robb, Amy O'Brien, Anna Keyes and Alannah Wyrnn

people Home & Garden

For show-stopping colour and variety visit Clonakilty Garden Centre

We have all gravitated towards garden centres this year and right now the season is all about the show-stopping colour and variety provided by herbaceous perennials and summer bedding, firm favourites with Clonakilty Garden Centre owner Paula Knight. Paula took over Clonakilty Garden Centre (located next to Lisavaird Co-op) in 2016 and now runs the family business with her husband John.

Paula's passion for flowers

is reflected in the quality and variety of the summer bedding for which Clonakilty Garden Centre is renowned. Over the years she has been responsible for many of the award-winning hanging baskets and window boxes displayed proudly in Clonakilty town.

The tunnels at Clonakilty Garden Centre are filled with colourful plants like cosmos, verbena, bidens and lobelia. You'll also find petunias, begonias, lobelia and many more.

Cosmos are fabulous

summer bedding plants and are mainly available in shades of pink and white. Petunias are popular for their large trumpet flowers in a fantastic array of bright colours and patterns. They can be trailing or upright and look amazing spilling from hanging baskets, window boxes and containers. Dainty Lobelia are long-flowering and will complement any summer bedding scheme; they are particularly pretty mingling

Continued on next page...



Gardening in June

June marks high summer and all the exuberance of gardening and nature at its very high point.

Roses will be in flower providing great displays and rich fragrance. Tender bedding patio and vegetable plants can be planted into their summer quarters now that the risk of frost has disappeared (we hope!).

April and May were very cold months with frequent low temperatures and frost at night. There will have been scorching of young leaves from the frost but generally as the weather becomes warmer they will rally around and recover.

Continue planting up of summer containers, using fresh, clean compost. Dispose of old, spent compost from last season and check the chains of hanging baskets, replacing where they are not in good condition. There is nothing more annoying than a hanging basket coming a 'cropper' due to chains not being in good condition.

Jobs for the Month

Continue weeding and hoeing of weeds. Avoid allowing weeds to go to seed. Look out for difficult, persistent perennial weeds such as briars, nettles, mare's tail, bind weed and ground elder. These are some of the most persistent of weeds and they should be eradicated with determination, focus and vigilance, as if allowed to prosper, they will choke out garden plants. Dispose of roots carefully, remembering even the smallest section of root will kick off a whole new generation of weeds or more emphatically generations of weeds.

Look out for pest, diseases and suckers on Roses and give a rose feed during June. Roses in containers will benefit from weekly liquid seaweed based fertiliser.

Finish pruning spring-flowering shrubs.

Lift and divide overgrown clumps of bulbs, identifying the clumps by labelling with waterproof labels.

Plant winter brassicas in-

cluding Brussel Sprouts, Kale, Winter Cabbage, Red Cabbage and Purple Sprouting Broccoli. Plant into well-prepared ground where brassicas haven't been grown before. Take care to protect against pigeons, rabbits, caterpillars and cabbage root fly. Use Enviromesh netting to protect against insect pests.

Conserve water by saving rain into water butts during wet spells.

Plants for Shade

Hostas are ideal plants for shade and there are a variety of leaf colours, shapes and sizes available. Add plenty of well-rotten farmyard manure, stable manure or, if these aren't available, the excellent 'Gee-up', which is made in Cork. Protect your Hostas against slug damage. Digitalis (foxgloves) are a good choice in shaded or woodland borders and should be planted in bold, dramatic groups for the best effect. Why not try some of the dramatic pure white varieties?

Nothing will light up or illuminate your garden like a bold group of these dramatic graceful plants!

Dahlias

Dahlias have made a great comeback to favour. Their popularity and return to popularity is not surprising, as they will flower continuously from June/July until the first frosts of late Autumn. There is a wide colour range available and heights range from 30cm (12") to 150cm (5ft). The lower varieties are ideal for patio containers or tubs and taller varieties can be placed at the back of a herbaceous or mixed border.

Stake securely with strong,



GARDENING

John Hosford
The Weekend Garden Centre

stout, sound posts. The best method of staking is to extend sheep netting over four strong posts, pulling the netting taut. Raise the netting in tandem with the progress of the growth, raising the netting as the Dahlias progress in growth. Protect Dahlias against slug damage especially in damp, humid conditions. Dahlias will benefit from regular weekly liquid feeds of an organic seaweed-based fertiliser. Continue weekly liquid feeding until early October especially with Dahlias growing in containers.

Plant out Courgettes, Squashes, Marrows and Pumpkins

Now that we are safely past the risk of frost, Courgettes, Squashes, Marrows and Pumpkins can be safely planted in a sunny, sheltered position. Harden-off or acclimatise well before planting outside. If cold winds prevail protect with a cloche or frost protection fleece and choose a spot in full sun. Prepare the ground well by adding a bucketful of compost or Gee-up per square metre. Adding an 8cm layer of organic matter as a mulch will suppress weeds and conserve moisture. You can grow these vegetables in containers or grow-bags too. Keep a vigilant eye on watering in containers and grow-bags. Liquid feeding at 10-14 day intervals with a seaweed based liquid fertiliser is recommended. Plants growing directly in the ground will benefit from watering every seven to 10 days during dry spells. If warm conditions allow, a late sowing of courgettes may be made in late June. It is a good idea to place a slate under maturing fruit to protect and keep the fruit clean.

Tomatoes

Outdoor tomatoes can now be planted outdoors in a sunny, sheltered position but do protect against blight. Blight warnings are given on TV, Radio weather bulletins and on the Met Eireann website and App. Look out for blight resistant varieties.

Fruit garden

Pick strawberries, raspberries, red and white currants and gooseberries. Thin apples if set of fruit is heavy. Wait until after the June drop for the final thinning. Thin pears if fruit set is heavy. Water/irrigate tree, bush or cane fruit if dry weather prevails.

Managing Roses without spraying

The most common diseases of Roses include blackspot, rust, downy and powdery mildew. The incidence of these diseases depends on the roses you grow, where you grow them and the weather conditions. Pick off and destroy any leaves with early infections to delay the epidemic.

Collect fallen leaves

Prune out infected and weak stems, which will improve the airflow next week. Grow a mixture of varieties, as each has different susceptibilities and resistance for each may not last. Avoid planting climbing rose cultivars known to be susceptible to powdery mildew against shady walls where air is more humid. If you are set on an older cultivar, planting by a wall in full sun and pruning to an open structure will help reduce mildew problems. If infections are frequent, it probably means that the cultivar or variety concerned is susceptible so replace with a resistant selection.



Visit The Week-end Garden Centre
by John Hosford Just 1 mile off the N71 Bandon-Clonakilty road.
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Clon Garden...Cont'd from previous page

with bedding plants in hanging baskets. Pelargoniums, commonly known as geraniums, are also very popular and available in vibrant shades of pink, white and red. Loved for their large flamboyant blooms in a wide range of colours, Begonias also have very nice foliage for interest.

Paula doesn't use slug pellets or any type of pesticide in the tunnels, instead favouring biological control and hand weeding to keep her plants healthy and happy.

She also has a great selection of edibles, from salads and vegetables to herbs and straw-

berry plants. These also make great additions to containers or hanging baskets.

New to Clonakilty Garden Centre, 'The Shop' carries a fabulous range of houseplants, bird food and feeders and beautiful gift ideas for the enthusiastic gardener. There is also an extensive selection of ceramic and terracotta container pots, perfect for brightening up a patio area.

Whatever your need in the garden, call into Paula and John at Clonakilty Garden Centre for some friendly and professional advice and to peruse the lovely selection of plants on offer.



Experience the beauty of the West Cork Garden Trail

What better way to enjoy some time out this summer than amongst some of West Cork's most beautiful gardens? The West Cork Garden Trail is open for visitors.

West Cork is truly the garden paradise of Ireland with its mild climate encouraging and challenging many gardeners and plant lovers to introduce tropical and unusual plants into their gardens. It was inevitable that gardeners in West Cork would start to visit each other's gardens to admire achievements and learn new techniques and better ways to protect the environment: Thus over 25 years ago, the West Cork Garden Trail was born. Today the Trail has 27 member gardens spread widely from Blarney, along the coastline, all the way to Cape Clear, up to the border of Kerry and back again along the R586 to Bandon, making it an enjoyable trail of gardens to visit.

The West Cork Garden Trail includes large estate gardens, small private gardens, coastal, tropical, and island gardens, as well as formal and informal gardens. The variety of designs, planting and conditions will have something for every interest and the enthusiastic gardeners on the Trail are happy to share their knowledge and experience with visitors. If you are lucky you might even get cuttings from the gardeners or have the opportunity to purchase and even taste some plants. You can see and learn how to grow vegetables and fruits, in large areas, or small back garden plots. In some gardens you will find out that there are many edible plants that also look very pretty on a plate



Carraig Abhainn in Durrus



The Ewe in Glengarriff.



Comillane Gardens on Cape Clear



Glenview Gardens in Enniskeane.

or in a floral arrangement; in other gardens you can learn how to use plants for remedies or beauty products. Many young people and children interested in gardening and growing their own will get support from these versatile gardeners on the Trail. You'll get the inside story on plants and their origin and hear some interesting tales of how they got into gardens in West Cork.

Biodiversity, healing the land, and protection of all creatures, great and small, drive these West Cork gardeners to practice environmentally-friendly planting and organic feeding. As nature is always evolving and changing during the year, so are the gardens and the integrated art and surrounding landscapes will make a visit to every garden an exciting new experience. If you have your own established garden or are just starting one, you will find many ideas and helpful advice on how to combine beauty with biodiversity, create a working garden with pleasure, learn how to embrace wildlife and how to increase the size of your own garden by bringing the surrounding countryside into the picture.

Many of the garden owners offer accommodation, a café, art, or simply a place for you to relax and enjoy. Children are

clean up afterwards.

The gardens on the Trail are a safe environment in our troubled times, with plenty of space for social distancing and offering tranquility and beauty in our busy lives. Due to Covid no official events are planned but individual gardens might offer something special. Groups of six or more must enquire with individual garden owners before visiting. Most gardens are open now until the end of the summer and offer season tickets, check for individual gardens, their location, opening times and events at www.westcorkgardentrail.com or West Cork Garden Trail FB page.

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Most gardens are open now until the end of the Summer and offer season tickets, check for individual gardens, their location, opening times and events at www.westcorkgardentrail.com or West Cork Garden Trail Facebook page.

people Home & Garden

Connecting your outside space with your home

In the last year we have come to highly value our homes and our gardens; indeed our gardens have in fact become an extension of the home. While even making small changes can be transformative, creating the ideal outside space or enhancing the one you have does take some planning, research and possibly professional advice, depending on your project.

Before you start your project

consider exactly how you want to extend your living space: For example – Do you want to divide it into different areas outside for relaxing, entertaining or planting? Do you want a covered area? Is privacy important? Get your pen and paper out and make a wish list.

By continuing your interior scheme outdoors, you can create a flow between the two areas. This will make the space outside feel larger if space is limited.

If entertaining is important, your outdoor dining area will need flooring that can support furniture and your barbecue, so choose a practical, durable surface that is hard (to prevent furniture sinking into the ground), and even and smooth (to prevent any accidents). To create the illusion of greater space, your outdoor flooring could be similar in colour, style or finish to that of the flooring indoors. The same applies to your furniture. Add colour with accessories.

Outdoor furniture has come a long way in the past number of years, allowing the same comfort outside as indoors. Synthetic Rattan seating, although on the more expensive side, is very popular, as it's

such a comfortable option. As the base is waterproof, it's easy to simply remove the cushions and move indoors if it starts to rain. When considering your seating, it's important to keep in mind how wet our Irish winters get; even waterproof furniture will wear quickly if left outside uncovered in winter. To save yourself the expense of buying new furniture every couple of years, think about where you are going to store your furniture when the summer is over.

If storage space is an issue, perhaps you need to invest in folding furniture. There are also some beautiful hanging seating options out there that can be easily disassembled and stored away. Check out West Cork based Hammockology, Ireland's only dedicated hammock company (hammocks.ie). Their hanging chairs can be bought with stands or can be hung off a tree or pergola.

Think of how many people will be sitting at your table for dining. Take this into account when buying your dining set.

Think about building a pergola over your entertaining area to create privacy, some shelter or section off an area. Climbers like clematis, roses or honeysuckle can be grown up and over to create a beautiful garden room that is screened from your neighbours.

No living area is complete without a selection of decorative accessories. Cushions, throws, candles, beautiful bowls and tableware will all help create a beautiful garden room. If



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

your entertaining area is directly outside your door and you don't want a structure as permanent as a pergola, consider a retractable awning to provide some shelter.

If you have the space and enjoy a project, look into building a pizza oven or BBQ grill. If you are purchasing a barbecue, get one that will suit the size of your family so the chef gets a chance to relax too.

Lighting can help create a relaxed and inviting mood in your entertaining space and we are spoilt for choice with the LED lighting options available. Think safety first and don't go overboard...you don't want to illuminate the entire neighbourhood. I would go with subtle and safe...battery-operated



or solar-powered are easier to manage than plug-in. Our Irish evenings are rarely warm so invest in a firepit if you want more warmth than blankets provide. Some industrious people might even be able to make their own out of the drum of an old washing machine or dryer!

Depending on your style or needs, plant up some pretty containers around your entertaining

space. Larger plants like bamboo or gunnera can block off an ugly view or create privacy or herbs like mint, rosemary and thyme will look great as well as being very useful when cooking or mixing drinks.

Here's hoping for a sunny summer so we can all get the best out of our outdoor entertaining space and garden this summer.

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Volunteers and local businesses join forces to keep Bantry tidy



Michael Pat Murphy, Bantry Bay Port Company, who are proud supporters of Bantry Tidy Towns, pictured with Tidy Towns volunteers, Mary Harrington, Ann O'Regan, Maarten Birnie, Mary O'Regan Barsum and Michael Healy. Pic Tony McElhinney



THE NATURAL GARDENER

Noah Chase

Noah studied horticulture at the Eden Project in Cornwall, England. He now co-manages a family run nursery, Deelish Garden Centre in Skibbereen, specialising in rare, unusual and edible plants. His passion is sustainable gardening, useful plants and care of the environment.

With so many products available for feeding your plants, it can be a bit daunting. Noah looks at the different options and which best might suit you and your plants needs.

Most plants create meals for themselves in the form of sugar. This process is called photosynthesis ('photo' meaning light and 'synthesis' meaning to make) in other words making food with light. When you provide fertiliser, you are adding tiny essential elements to the soil surrounding the roots, which are needed by plants but can't be produced by them.

Fertilising a plant should be secondary to getting the very basics right first. For example before you even think about adding extra things to the soil you need to get the watering right and the plant needs sufficient light for its needs in order to produce an optimum level of photosynthesis. If your plant isn't creating its own food to start with, then your plants won't grow correctly no matter how much fertiliser you feed it.

Shop bought fertilisers contain an N-P-K formula consisting of N for nitrogen, P for phosphorous and K for potash. A good fertiliser will also contain trace elements, essential for plant growth.

Nitrogen (N) produces green leafy growth and foliage. Phosphorus (P) helps root and shoot growth. Potassium (K) is for flower, fruit and general hardness.

The ratio of N-P-K varies and is recorded numerically by numbers relating to the weight of the added ingredients. The

Plant food

order of nitrogen, phosphorous and potassium (N-P-K) is always the same and the numbers can be on the front, side or back of a packet. Nitrogen, Phosphorus and Potassium are known as the three macro nutrients and are found in almost all packaged fertilisers, as they are needed in relatively large amounts.

Different fertilisers contain different ratios of the three major ingredients recorded as a series of a numbers. Five-10-Five is twice as rich in phosphorous as it is in nitrogen and potassium, seven-seven-seven is an equal mixture of nitrogen, phosphorous and potassium, and four-seven-six refers to four of nitrogen, seven of phosphorous and six of potassium (or potash).

A balanced slow-release fertiliser will often have equal amounts of each and this mixture will feed a plant for several months without producing a noticeable surge of growth.

The following trace elements are also needed in lesser amounts and will help grow a strong healthy plant: Sulphur, calcium, magnesium, boron, cobalt, copper, iron, manganese, molybdenum and zinc.

Choosing your fertilisers liquid or solid?

Liquid feeds tend to be faster acting than solid feeds but need to be used more often, typically every 10-14 days as the plants are flowering or fruiting.

Liquid feeds can be fed as a drench applied to the soil or as a spray on the leaves. Whichever way you choose to apply your feed, avoid adding more than the recommended dose, as this will do more harm than good.

If your soil is dry it is a good idea to use plain water before feeding, as plants will take up nutrients easily in a moist soil and root tips are unlikely to burn. If feeding food crops use an organic option such as Neudorff plant feed or any of Fruit Hill Farm's excellent range of plant feeds.

I have found all acid-loving plants such as Azaleas, Camellias, Rhododendrons and Heathers respond really well to liquid-sequestered iron with added seaweed. Once added, it will prevent yellowing leaves and increase flower colouring. We try to add it every month through the growing season.

Other liquid feeds include Humisol from Fruit Hill Farm, which is created from earthworm castings and helps plants photosynthesise and improve overall plant health.

We also stock Fulvic bio, which is a natural soil condi-

tioner that will restore and improve soil structure and increase the plant's ability to take up nutrients from the soil.

Solid feeds are slower acting (slow release) and last longer than liquid feeds but can feed the plants for up to three months.

Many gardeners prefer to use solid feeds such as pellets and granules, as they're easy to apply and are only needed a few times during the growing season.

Our most popular form of solid feeds is chicken pellets, with or without seaweed extract (which has many more trace elements). I recommend adding a generous fistful at the base of a freshly dug hole before planting. If the plant is already planted, the pellets can be applied around the base of the plant and will be slowly fed to the plants over the coming months.

Other popular solid feeds include:

Osmocote: These slow release pellets can feed plants for six-12 months and are very good for containers including pots and baskets. They are for ornamental plants only and are very concentrated (a small potted plant only needs a spoonful). Often used when potting on garden centre plants, these small pellets are sometimes confused for small eggs in the compost.

Potash: This quick-acting fertiliser helps to boost flowering and the ripening of fruit, as well as adding flavour. I often advise gardeners to add wood ash (not mixed with coal) from autumn to winter around the base of fruit trees and bushes to increase flowering in the spring, in turn fruit harvests in summer!

Bonemeal: This is high in phosphorus creating stronger roots, which then can take up more nutrients. Some gardeners have issues with animals digging up plants looking for the freshly applied Bonemeal. A good alternative for root development is rock phosphate, which I would always encourage when planting out most plants, especially bare root trees and shrubs.

Volcanic rock dust: High in Silica, this will strengthen the cell walls and in turn makes plants more resilient to stresses from pests and disease, as well as enabling them to uptake other nutrients better and also help improve the flavour of edible crops. Rock dust also contains many trace elements, including magnesium, calcium and iron.

Are packaged fertilisers enough on their own to grow a healthy plant?

The short answer is no because soil structure is also highly important and artificial powdered and pelleted products will not improve the structure of your soil.

Their efficiency relies on you having good soil structure with plenty of air gaps for root development and a healthy population of soil microbes. A good population of soil microbes will greatly increase the plant's ability to take up available nutrients. Garden compost, well-rotted manure (either dug in or used as mulch that's pulled down by worms) is also vital for your plants. It aerates the soil and adds nutrients.

For short lived annuals, regular liquid feeding with a feed high in Potassium (K) undoubtedly will help produce more flowers but will not help with your soil structure.

Another vital factor is soil PH. Lime is a soil amendment made from ground limestone rock, which naturally contains calcium and magnesium. When lime is added to soil, these nutrients work to increase the soil's pH, making soil less acidic and more alkaline. Even though lime includes calcium and magnesium, which are essential nutrients for healthy plant growth, it's not a substitute for fertiliser. Lime's primary role is to alter soil pH and offset soil acidity, which will improve the availability of plant nutrients. Try to add lime before or after adding fertilizers, in the spring or autumn, as they are best not added at the same time. I plan to have a detailed look at soil PH in another article.

Hopefully the information above hasn't confused you too much! The permaculture saying of 'feed the soil, not the plant' always helps me when trying to figure out why a plant is not growing as well as I think it should be. Call in to Deelish

Garden Centre, Skibbereen if you have any questions regarding your plant health, as we stock a full range of natural, organic and eco-friendly fertilising products. And remember gardening doesn't have to cost the earth!

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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...

As I write this I am once again looking out on a rainy day. It may be my imagination but it seems that I start every column with an account of some extreme weather conditions. I have also said

Slim pickings

before how much I love May, usually a benign month weather wise, with lots of blossom, fresh green leaves and new growth. Well this May certainly hasn't run true to form, with storms, frosts, torrential rain and some very unseasonal high winds. Admittedly there have been some lovely days in between but I'm still wearing several layers of clothes.

All this has meant a very slow start to the growing season. We are still picking the bulk of our salads from the tunnel while lettuces planted outside are only just beginning to show signs of growth. Pickings from the outside vegetable garden have been very meagre but some of the perennial vegetables I have been growing have really come into their own. I have grown Nine Star Perennial Broccoli for three or four years now and have had good pickings every year but this year it has really come into its own. Some of the small heads have been like little cauliflowers and I've made more than one 'cauliflower cheese' in the last few weeks. I grew the

plants from seed and I cut the stray flowering shoots back so as to stop the plants going to seed and they are still going strong after several years. I have planted them in the flower border, which edges the veg plot where I grow lots of flowers for the pollinating bees and other insects. Also in this border is rhubarb, another favourite spring treat. It couldn't be easier to grow; plant it in a sunny spot in fairly good soil, don't touch it for the first year after planting to let it get established but otherwise it looks after itself. The plants tend to push themselves out of the soil when they need splitting and replanting but they can stay in the same place for a good long time before that happens. Many years ago a friend gave me a couple of plants of something he called Babington Leek. I planted it in that same border and forgot about it. A couple of years later when tidying and weeding the border I saw lots of these strappy healthy looking leek like plants. They smell quite garlicky and are a great addition to stews and soups. They start growing in

late summer so are well ready to harvest in spring, especially useful when we have used up all our annual leeks. It eventually sends up a beautiful seed head four or five feet high, which gently droops over and drops on the soil ready to start again next year. It has seeded itself in all sorts of nooks and crannies in my garden even in the shade of trees on the boundary. The seed heads can also be split up and scattered into salads like chive flowers, we use it all the time.

There are many useful and decorative alliums, wild garlic and the strappy three-cornered leek, which also has a very garlicky flavour; both of these we regularly use for making pestos. The latest garlicky addition I have planted is Tulbaghia violacea, a really pretty plant. It is often called society garlic, as although it has a garlic flavour when chopped up raw in salads, it doesn't leave the smell in your mouth; the flavour also doesn't survive cooking. There are so many other perennial plants that are really delicious – asparagus, sea kale, globe artichokes,



Babington Leek

cardoons, the list goes on, and there is now a lot of interest in perennial vegetables. They may prove a more sustainable option in the future, as they don't require annual cultivation. Many on the list above are considered luxuries but are so easy to grow

and we all need a little luxury in our lives don't we? I think that tonight we'll have asparagus from our one asparagus plant with new potatoes (out of the tunnel) with a little melted butter and poached eggs from our chickens. What could be better?

Community Garden grows inclusiveness

The team at Clonakilty Community Garden has expressed its gratitude to Mike Deasy and his team of Tidy Towns' volunteers for their fantastic support and hard work recently in helping prepare the garden for a visit from RTE's 'The Today Show'.

On this occasion, a simple request for bark mulch to tidy up the paths, led to an offer of help from several of the willing Clonakilty Tidy Towns' team. As a result, the garden has never looked so beautiful and the whole experience has lifted everyone's spirits.

"The very ethos of our project is that together we are stronger

and that we all belong," explains garden co-ordinator Olive Walsh. "During the filming Kitty Scully spoke of the need for diversity in planting for a strong healthy garden and how this is echoed in our message that diversity strengthens community. We, the Clonakilty Friends of Asylum Seekers, are the custodians of the garden and, together with residents from the Lodge Direct Provision Centre and the wider community, we have worked together for several years now to create this beautiful garden. We consider time in nature as therapeutic and we try to create opportunities for rewarding occupation, education, play and cultural exchange.

"As Irish people know what it is to be the migrant. How hard and lonely it can be to leave family and place behind in search of safety and a better life. Many of us have children and grandchildren living overseas and we hope that wherever they are, they find a warm welcome and feel safe and included. That is what we would like to offer to new communities trying to settle here in Ireland. In particular we care deeply for the wellbeing of families seeking International



(l-r) Precious, Hope and Asumpta.

Protection. When they come to Clonakilty we are often the first community they meet. The residents of the Lodge share with us their experience of Clonakilty as a warm friendly place. Many former residents have settled in Clonakilty and are happy to live in such an inclusive community. Many of these beautiful souls who have been granted Leave To Remain would dearly love to stay here if they can find ac-

commodation. Not an easy task coming out of Direct Provision with many residents competing in an already over-crowded market. If you are in a position to help a family to transition into independent living, please consider renting to them."

If you would like to play a part in proactively creating a community that you would like to be there for you or your loved ones if you were the stranger,



Khanyo and Cyril

please consider joining the Clonakilty Friends of Asylum Seekers or the Clonakilty Community Garden team.

New members are welcome to join through the Facebook pages or pop into the garden for a chat and see how you can join in creating a warm inclusive welcoming place for displaced

families. You will find the team there most week mornings. No previous experience needed, just warmth and goodwill.

Clonakilty Community Garden is conveniently situated on the doorstep of the Clonakilty Lodge on Youghals Rd, P85 HW68.

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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.

It is fair to say that over recent months, the content of this column has clearly shown that West Cork has been a breeding ground for many great sportspeople. The fact that the achievements of Olympians, internationals, and All Ireland winners can almost be forgotten over the course of a century is a testament to the sheer volume of sporting excellence that the area contributes to Ireland's sporting landscape. When reviewing the considerable and wide ranging pantheon of sporting giants that have called West Cork home, one ques-

tion does loom. Who is the greatest West Cork Sportsperson/s? I quickly came to the conclusion that this is a question that I am unable to answer myself, and one that I felt compelled to ask a wider audience.

Therefore, we are asking all of our readers to vote for the greatest West Cork Sportsperson of all time. You can register your vote online at www.westcorkpeople.ie/vote/

As always, opinion is subjective. If your choice does not feature on our shortlist, you are free to enter a name manually on the link above.



to 1953, lining out at midfield in the 1945 All Ireland final win over Cavan. Eamonn was selected on both the Cork football team of the Century and the Cork football team of

9. Gary and Paul O'Donovan

The Skibbreen brothers burst on to the international rowing scene in 2016, winning a gold medal in the lightweight double sculls at the European Championships in Brandenburg. This was quickly followed by a silver medal in the same event at the 2016 Olympic Games in Rio de Janeiro. The brothers subsequently won silver medals in the European Championships in 2017 and 2018, and took gold in the 2018 World Championship. In 2019, Paul was paired with Fintan McCarthy and took gold in the Lightweight Double Scull event in the 2019 World Championships. He also previously secured World Championship Gold medals in the 2016 and 2017 Lightweight Single Sculls events.



the Millennium, whilst Jim was selected on the Cork hurling team of the century.

1. Kevin Jer O'Sullivan

A Glengarriff native who excelled in Adrigole colours over a 23-year club career, Kevin Jer also represented Beara and Cork with distinction. A supremely talented attacking half back, he was a central figure in Cork's 1973 All Ireland win over Galway. In addition to this, his seven-year inter-county career yielded three Munster Championships, while he also won two Railway Cup Medals as an interprovincial player. Despite a controversial All Star omission in 1971, Kevin Jer won two All Star awards in 1972, and 1973. He also took the right half back berth on Cork's Football Team Of The Century in 1984.

2. Declan Barron

Declan Barron was another member of Cork's class of 73, having progressed to senior ranks with two All-Ireland minor and two All-Ireland U21

medals in his possession. Equally effective when deployed at centre forward or midfield, Barron's eleven-year inter-county career yielded an impressive haul of three Munster Championships, two All Star awards and a League title. At club level, he won Junior and Intermediate county titles with Bantry Blues and a Senior title while playing Divisional football with Carbery. He was also selected on the Cork football teams of the Century and Millennium.

3. Graham Canty

Another Bantry behemoth, Graham Canty burst on to the inter-county scene in 2000. An awesome competitor, he operated with tremendous



effectiveness at full back, centre back and midfield over a thirteen-year inter-county career. His time in the red jersey saw Canty win five Munster Championships, three All Star awards, and two League titles. He also captained Cork in their 2010 All Ireland victory over Down.

At club level, Canty was part of Bantry's 1998 Cork Senior Football Championship winning team, and he also represented Ireland in three International Rules series (2001, 2004 & 2008).

4. Nollaig Cleary

A hard working, technically-gifted half forward, Nollaig Cleary is a native of Castlehav-



en but played her club football for Gabriel Rangers. She was a member of their All Ireland Junior title winning team of 2003. Her inter-county career extended from 2004-2015 and she is rightly, widely regarded as one of Cork's greatest ever players. This is re-inforced by a jaw-dropping medal collection, which includes ten Munster titles, nine All Ireland titles, eight National League titles, and three All Star Awards.

5. Niall Cahalane

Almost universally known as the toughest man to ever pull on the famous red jersey, Niall Cahalane was a tiger-ish individual, best deployed at wing or corner back. Although remarkable for his tough streak and his longevity (14 years on the Cork senior panel, and 25 years on the Castlehaven senior panel), Cahalane was consistently best in class when it came to football intelligence and technical ability. He won seven Munster Championships, two All Ireland titles, two All Star awards,



and one League title. With Castlehaven, Cahalane won two County U21 Championships, three Senior County Championships, and three Munster Senior Club Championships.

6. Tadhgo Crowley

A Clonakilty club man, who was a driving force in helping the club to win seven Senior County Championship titles between 1939 and 1947, Tadhgo Crowley also manned the centre back berth for Cork from 1943 to 1949. He won three Munster Championships in Cork colours and captained the rebels to All Ireland success in 1945. Renowned for his football intelligence, bravery and fielding ability, Tadhgo Crowley was deservedly posthumously named at Centre Back in both the Cork teams of the Century and Millennium.

7. Jim and Eamonn Young

Sons of 1911 All Ireland winner Jack Young, Jim and Eamonn Young followed in their father's footsteps by also representing Doheny's (amongst others) over the course of highly productive club careers. Jim, the older of the pair, represented Cork in both hurling and football. Although football success eluded him, he was an integral part of the great Cork team that picked up five All Ireland Hurling Championships between 1941 and 1946. Eamonn, represented the Cork footballers from 1942

8. Conor Hourihane

Conor Hourihane is a skillful, attack-minded central midfielder who currently plays with Swansea City (on loan from Aston Villa). Having come up through the ranks at Bandon AFC, he signed for Sunderland's Youth Team in 2007. He has also played for Ipswich Town, Plymouth Argyle, and Barnsley (where he was club



captain) throughout his career, as well as winning 24 caps for the Republic of Ireland National Team. Prior to departing for Swansea City on loan, Hourihane was a central figure in the Aston Villa team that secured promotion to the Premier League in the 2018/19 season. He went on to make thirty-one Premier League appearances for the club.

10. Wayne Lordan

Wayne Lordan is a prominent Irish jockey from Crossbarry. He rode his first winner in 1998, and has experienced success in multiple racing groups. His win on Sole Power, at the 2010 Nunthorpe Stakes in York was the longest priced winner in a British Group 1 race for 35 years. Since 2017, he has been riding for Aidan O'Brien. In



2017, he won the 1000 Guineas, and the Matron Stakes in O'Brien's colours. To date, he has fourteen major wins to his name in Ireland, the UK and the US.



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Kia Sorrento eliminates driver blind spots

CAR
REVIEWS

Sean Creedon



One of the first emails I got during Lockdown last year was from Kia confirming that they were extending their famous seven-year warranty. The 'Kia Promise' was designed to support Kia customers whose movements may have been limited because of the pandemic. The 'Kia Promise' extended the warranty of all eligible vehicles for a few months until the Lockdown was lifted.

Yes, Kia are naturally very proud of their famous seven-year/150,000Km warranty and now the Korean company has introduced a plug-in hybrid version of their Sorrento, coming only a few months after their new diesel version. Up to now the Sportage has been Kia's best seller, but the Korean manufacturer's flagship motor has always been the Sorrento.

This is the fourth generation of the impressive looking Sorrento, which first arrived in Irish garage forecourts in 2002. A lot has changed over the past

20 years and Kia is now rightly regarded as one of the most dependable brands around. My abiding memory of Kia cars in the early days was that the indicator lever which was located on the 'wrong' side of the steering wheel.

Those little quirks have long been rectified and Kia has been producing some excellent, petrol, diesel and electric cars. Their e-Soul was voted Continental Irish Car of the Year in November 2019, the last time we had an awards dinner. That win certainly pleased Marketing Manager Aidan Doyle and all the other staff at Kia's Irish headquarters in Ballymount.

The structure and layout of the new platform means the Sorrento is able to accommodate electrified powertrains for the first time. It's a massive motor and the dimensions are impressive, coming in at 4.8 metres long, 1.9 metres wide and 1.7-metres high.

In recent years there has been

much discussion about the benefits of electric and the value of plug-in hybrids. If you happen to suffer from 'range anxiety' then a plug-in car is the one for you. You have the best of both worlds; you can drive in pure electric mode for approximately 57 km, maybe 70km in the city.

However, if your daily commute means a long journey there are no range worries with the plug-in as the 1.6-litre T-GDI (Turbo-Gasoline Direct Injection) kicks-in automatically and you have 67 litres of fuel to get you to your destination when you run low on electric power. So much depends on your own circumstances.

The new Sorrento is the first Kia vehicle in Europe to feature their Blind-Spot View Monitor (BVM) technology. This 'second pair of eyes' for drivers is designed to enhance safety for Sorrento occupants, by eliminating a driver's left and right-side blind spots. The 'blind spot' technology works once you

indicate left or right and a new screen appears on the dash.

My test model came in an attractive coloured Mineral Blue. The rotary gear shift dial in my automatic version was very easy to use. It's a massive seven-seater SUV and there is not much luggage space available when all seven seats are in use, but how often is that? You get a spare wheel, which is located underneath the car. My test car was fitted with 235/55 Continental Tyres.

Prices start at €50,000 including SEAI grant. Road tax is €140. No mistaking the car from the front and at the back the name Sorrento is spelt out in large letters on the door, just under the number plate. Take a test drive, you will, like me be singing the old Roger Miller hit, 'King of the Road,' if you are old enough to remember the song!

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to charges.**

ST. JUDE'S NOVENA

May the Sacred Heart of Jesus be adored, glorified, loved and revered throughout the whole world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude, helper of the hopeless pray for us. Say this prayer nine times daily and by the end of the 8th day, your prayers will be answered. Say it for nine days. It has never been known to fail. Publication must be promised. Thanks St. Jude. K.o.C.

MIRACULOUS PRAYER

Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. K.o.C.

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MIRACULOUS PRAYER

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above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. K.D.

PRAYER

May the Immaculate Heart of Mary and the Sacred Heart of Jesus be praised, adored and glorified through the world, now and forever. My Sacred Heart of Jesus pray for us. Saint Theresa of the Child Jesus pray for us. Saint Benedict, Patron of Hopeless Cases, pray for us and grant this favour I ask for (mention favour). Amen. Sat this prayer 9 times a day for 9 days. Then publish. See miracle happen, never known to fail. J. McC.