



Bantry humanitarian
Amy Boyden opens our
eyes to life in a refugee
camp on Lesbos
pages 2-3



Feast in The Field page 28

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FOOD & LIFESTYLE
pages 25-42



ARTS & ENTERTAINMENT
pages 43-47



HOME & GARDEN
pages 48-52



Holly and Michael Tanner from Enniskeane, with their cousin Max Tanner (centre), enjoy a day out at Ballincollig Regional Park.

Billboards celebrate creativity in Bantry

West Cork is known as a hub of cultural activity: Now an outdoor exhibition of life-size portraits organised by a volunteer group, 'Bantry Creates' features local artists, some well-known, others unsung, working in different disciplines and living in the greater Bantry area. Using photography and text, these remarkable billboards show visitors and residents alike how prevalent creativity is in this part of West Cork.

Eleven large portraits on exterior walls of businesses and public buildings throughout the heart of the town will be on show until October. They tell stories of exceptional people who are representative of the many ways creativity contributes to the community. They focus on what makes Bantry special, not just its beautiful environ-



ment or heritage, but its people.

Individuals featured include: Jeffrey Caine, screenwriter; Rory Conner, master cutter; Wendy Dison, visual artist; Claire Dix, filmmaker; Nobby Dunne, inventor; Marlene Enright, songwriter and music educator;

Brendan Jennings, shoemaker; Belinda Lang, actor and director; Annabel Langrish, visual artist; Danny Vincent Smith, painter; and Ashley Wholihan, traditional musician.

The BantryCreates.com website provides more information about each individual.

Bantry Creates is organised by curator Catherine Hammond, photographer Benson Russell, and graphic designer Jenny Dempsey, all also from the Bantry area. The project is generously funded in part by the Cork County Council Arts Office, Creative Ireland, the Cork County Council Municipal District Amenity grants, West Cork Music, and other generous sponsors. A crowdfunding campaign at GoFundMe is underway to cover the rest of the budget.



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Bantry volunteer says Ireland needs to do more to help with refugee crisis

“Everyone deserves the same chance at life,” says humanitarian aid worker and UCC law graduate Amy Boyden from Bantry “and it should not be determined by where you were born.” Amy is volunteering at a refugee camp on Lesbos in Greece and shares her heartrending experience with **West Cork People** of the struggle and conditions the refugees in the camp face every day for years on end.

There are approximately 6,000 refugees in the Lesbos camp, 2,000 of whom are under the age of 18. Amy, a law graduate from UCC, has been volunteering there for the past four months, helping with distribution and outreach programmes, which includes providing clothing for babies, children, teenagers and adults. She also teaches adult English classes to beginners and basics. Amy has been volunteering

since 2016, when her passion for international human rights and global justice, inspired by her Godmother, who has volunteered with many different NGOs over the years, led her to begin volunteering with Trocaire and then also with the NGO Bridge to Resources, Integration and Justice (BRIJ), an organisation that aids people in Direct Provision.

“The conditions across the Aegean islands for refugees and asylum seekers are horrific and inhumane,” shares Amy “with inadequate shelters and a severe lack of accessibility to various services.”

People can remain in the camp for months to years, in a state of limbo, with no clear answer on their asylum application. There is also a lack of accessibility of structured education for children who account for almost half the population of the camp. When matched with the under-resourced and slow processing of asylum applications, this leads to a sense of hopelessness and dismay.

“The camp has restricted access for entry and exit, and



only one member from each household can leave camp per week,” says Amy. “The tents are small and have hardly any ventilation; in some cases two to three families share these tents. Some get along and others don’t.”

Temperatures in Lesbos have now started to rise over 30 degrees and will continue to rise up to 40 degrees. “There is no shading in camp and, as a result, the tents the refugees are provided with are too hot to stay

inside,” shares Amy.

People spend months to years trapped on the island due to the inadequate resources available for asylum processing. “When and if their asylum is granted, many face a transfer to mainland Greece where they have more difficulties accessing services and are often left alone to navigate the complex finance, medical, and legal systems.

“If they receive a second rejection of their asylum they have to apply for asylum from the very beginning all over again. Some of the residents have spent two years of their life waiting to get their application through and then to be rejected for a second time is soul crushing for them. All they want is to start living their lives again; they want to move forwards with their lives not stay stuck.”

Despite being faced with such hopelessness and harsh conditions every day, Amy says these people are inspiring in their resilience; they dare to dream and aspire like all of us. “When someone has been granted asylum and they have been accepted to go to Germany, this

is when they cannot stop smiling and they are so excited to start their lives.”

The role of a volunteer is mostly rewarding. “Being able to teach the residents English and watching them improve with their writing and vocab skills makes me feel very proud,” says Amy. “It is a win/win situation, they want to learn English and it makes me happy. We have a good time together, they aren’t just refugees they are my friends.”

However, some days in camp are harder than others. “There was a case where a mother of three, pregnant with her fourth child, put her three children outside the tent and went back inside and set herself on fire,” says Amy sadly. “She couldn’t take it for one more day. But she didn’t die, and now she is being prosecuted for arson.

“Each refugee has their story, their own horror story. Life is far from easy; it is a constant struggle for them. We will never understand what they have gone through unless it would happen to us. And if it were to happen

Continued on next page...

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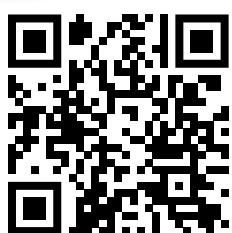
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to you or me we would want to be helped, as we should be, it is a basic human right to be treated as a human.

"These people just want to live in peace, restart their lives and have a better future for their children. Is this too much to ask?"

With restricted access and exit from the camp on Lesbos due to lockdown, there has been a greater decline in mental health. People are trapped inside the camp and they don't have access to the same hygiene levels because they all share the same toilets and showers. While there are masks, hand sanitation and rapid antigen and PCR tests available, the camp doesn't always allow for social distancing; it is not physically possible because there are several people sharing tents.

There have also been tensions on the island between refugees and those who have extreme far right ideologies. Amy explains how "Lesvos is a small island, with a population of 80,000, Mytilene is the biggest city of 20,000 people and, when Moria, the old refugee camp, which was designed for 3,000 people reached over 20,000 people, it caused frustration. Lesbos is under-equipped and lacks the resources to deal with that amount of extra people and should have received more support from the European Union."

The term 'push backs' is often heard across the Aegean islands. "This is where the Greek coastguard intercept a boat coming from Turkey to Greece and put refugees onto engineless rafts and they are left to drift back to Turkish waters," explains Amy. "This has become a standard procedure since March 2020, when Turkey in an effort to pressure the EU, told its refugees that they would no longer stop them trying to leave Turkey. There is a case coming before the ECHR, where two minors are claiming that they were allegedly mistreated and were left on a dingy in open waters with no oars. In this instance they had already arrived on the Greek island Samos. The Greek coastguard denies

any allegations but the evidence against them is overwhelming. 'Push backs' needs to be brought to an end; these people are treated without any humanity."

Amy passionately believes more needs to be done to help refugees.

"The EU needs to do more, Ireland needs to do more, we all need to do more."

"I find it bizarre that certain countries, such as Denmark, want their refugees who have been granted asylum and established their lives in Denmark to be sent back to their country of origin because some of their countries have been deemed as 'safe'."

"In Kabul, Afghanistan, 40 schoolgirls were killed in a bombing last month; in Iran, an Iranian man was beheaded because of his sexual orientation and; in Palestine, the Gaza strip has increased tensions. Israel has been bombing the Gaza Strip and Palestine has responded. Also in some counties there is media control and if you speak out against the government you run the risk of 'disappearing' or sentenced life in prison. How can countries be deemed safe to return to when events like these are occurring? The EU should not try and persuade people to return to their country of origin; they should be allowed to stay in the country that they have resettled in."

"We will never understand what they have gone through," she continues. "They have travelled thousands of miles, running for their lives, then they have to face EU border control, such as Frontex, hide from the Greek coastguard and hope they will survive another day. Helping with landings (when a refugee boat lands on soil) should be decriminalised. NGOs and individuals are no longer allowed to help with them and if they are caught aiding the refugees they run the risk of being prosecuted for human trafficking. People who land off these boats sometimes require immediate medical attention. Being denied this access is a breach of human

rights."

She strongly believes that Ireland needs to take more refugees.

"When Moria, the previous refugee camp, burned down in September 2020, Ireland said it would take in four, out of the 12,000 refugees that were displaced due to the fire. Four people, that is shameful as a country."

"Since the 1800s, 10 million people have immigrated outside of Ireland; I think we should welcome people the same way we have been welcomed. Ireland should also end Direct Provision, as this system is inadequate and is demoralising. Within this system people eat off paper plates, use plastic cutlery, are not able to work or cook, they are not able to live their lives and it is incredibly frustrating and sad. What do we achieve with this system except to crush what hope these people have left in their lives. We cram people inside small rooms, sometimes there could be six to eight people in one room; families share a space the size of a hotel room. To be in this system is not living."

Amy, who has month left volunteering on Lesbos before starting her masters in Utrecht University in The Netherlands, is currently fundraising for the purchase of educational materials for use in weekly educational lessons to support the residents of the camp in learning English, German and other languages. Such supplies will include notebooks, pens, folders, school bags, reading and writing books, and classroom furniture. Funds raised will also go towards urgently needed clothing and hygiene items for new-borns and toddlers who live inside the camp and to the NGO Art Bridge who provide emergency support to the displaced Roma Community. This will include shoes, clothes, food distribution and educational resources.

To donate please go to gofundme.com (search for 'Fundraising for Refugees and Community Volunteers').

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West Cork mental health programme targeting isolated rural communities is recognised by WHO



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A mental health programme at National Learning Network (NLN) Bantry, has been selected by the WHO as one of just 25 programmes globally for inclusion in a new initiative to promote person-centred and rights-based approaches in community mental health services.

The Home Focus programme was identified through WHO research as a leading example of a small outreach service in a rural setting, using rights-based approaches with a focus on recovery. It was the only programme selected from Ireland and will now be showcased globally as a best practice model.

The programme delivers a unique service to individuals in the West Cork area, which enables them to enhance their mental health and wellbeing and to promote recovery, within the comfort of their own homes. One of the aims is to reduce admissions to high-support psychiatric units and the recurrence of admissions, which can be a challenging experience for the individual and their family as well the high level of cost involved with in-patient services.

The Home Focus programme emerged from the realisation that many people who live in a dispersed rural setting with poor transport links are unable to access mental health supports or vocational input, resulting in ever-present issue of social isolation.

This led to West Cork Mental Health Service to work creatively with local and national service providers such as National Learning Network, the education and training division of Rehab Group, to develop a range of interventions to increase levels of connection between individuals and their own communities, and to facilitate access to training, education and employment opportunities. The team is funded to work with up to 34 people.



Pictured at the NLN Centre in Bantry is Holly Cairns TD, Christopher O'Sullivan TD, Jason Wycherley NLN Bantry, Fergal Conlon WCDP, Patrick Murphy NLN Bantry and Rory Doody HSE.

Operating from National Learning Network in Bantry, West Cork since 2006, the Home Focus programme involves a unique combination of inputs delivered by staff with both lived, personal experience of mental health services, alongside professionals, and offers training across all aspects of life skills. The impact on individuals engaging with West Cork Home Focus is substantial.

An evaluation study conducted on the programme found that: 89 percent reported improvements in their personal and social functioning; 72 percent reported improved social engagement; 71 percent reported improved independent living; 69 percent reported better mental health and 40 percent reported better links with community groups and support organisations.

Patrick Murphy, part of NLN Bantry management and origi-

nal development team said: "We offer a non-clinical, peer-support service that enables individuals to work through their recovery at home. As a team, we listen, we find out what matters to each individual, how we can support them to move from where they are, to where they want to be. Recovery is about growth, and allowing people the space to come up with the answers themselves, allowing them to navigate their own recovery".

"We are passionate about community. We build a relationship with the individual and accompany them as they broaden their social networks, build new skills, attend appointments and take part in activities. It could involve assisting with applications to MABS to having a coffee in a cafe. It's a privilege for us to be invited into someone's home. We work with people rather than for people and part of the success of the

programme is how we blend in to the community, reducing the stigma around mental health services. Our invisibility is key to the service".

The team stated that being recognised by the WHO was a "welcome acknowledgement for all involved". "It involved a huge amount of collaboration across NLN and the West Cork Mental Health Service (WC-MHS). I think the nature of the work we do cannot be understated, the value to each individual is immense, and this benefits the family, the community as a whole, and we're delighted that the WHO has shone a light on this inclusive and supportive service".

The WHO hosted a global launch of the initiative on June 10, to showcase the Home Focus programme alongside 24 other international services selected as part of the initiative.

Skibbereen's Ludgate recognised at .IE Digital Town Awards 2021

Skibbereen's The Ludgate Hub took home the prize for Digital Changemaker at the virtual awards ceremony held in June.

Grainne O'Keeffe, CEO of The Ludgate Hub, accepted the award during the virtual event. Grainne says "I am delighted to accept this award on behalf of the Ludgate Board and team. In July this year we will celebrate five years and to receive acknowledgements like the Digital Town Awards Changemaker award for 2021 is a great honour. What we have achieved to date is no small feat, it's been years of hard work by our team and of

course our Board of Directors. We are delighted to now be in a position to guide others through this journey as they embark on their own digital transformation themselves."

The .IE Digital Town Awards, established by .IE, the company that manages and maintains Ireland's country domain name, were launched earlier this year to honour local town projects and people that have demonstrated how digital projects have contributed to enhancements or digital improvements in areas such as health, tourism, education, public services, employment opportunities, citizen empowerment, and



social entrepreneurship.

The aim of the awards was to 'Shine a Light' on the good work and achievements of towns that demonstrated digital thinking and innovation for the betterment of local people, services, and society.

There was a total prize fund of €100,000 across 14 award categories. Eleven of the awards were for individual town projects, with a further three special awards recognising a Digital Changemaker, a Digital Rising Star, and a Digital Hero.

As winner of the Digital

Changemaker category, Skibbereen's The Ludgate Hub won a total prize of €8,500 and was recognised for being the first to create a digital working hub in Ireland, and as the first rural town with 1GB digital connectivity.

The .IE Digital Town Awards mark the first phase of a €1 million investment to be delivered by .IE over the next four years, with a focus on digital enhancement and adoption in Ireland's towns as part of its overall .IE Digital Town programme.



Pirate Anne Bonny returns to her hometown of Kinsale

Cork County Council have commissioned a large-scale mural celebrating legendary pirate Anne Bonny on the iconic Stoney Steps in Kinsale.

Following the presentation of the idea to paint the steps by the Kinsale Tourism and Business Association, the Council sought submissions of ideas from the public, from which the theme of Anne Bonny was chosen. The painting was funded through the Bandon Kinsale Municipal District Town Development Fund and artists "Splattervan" were chosen to undertake the project.

Anne Bonny was born near the Old Head of Kinsale at the end of the 17th Century, and her life is shrouded in mystery, folklore and adventure. Stories survive of defying her father's wishes, marrying for love,

divorcing and taking to the high seas as a pirate at a time when women were considered to be bad luck on board a ship.

At the unveiling of the mural on the steps, Cllr. Kevin Murphy, Chair of Bandon-Kinsale Municipal District, said

"The wonderful harbour town of Kinsale has benefited from another beautiful addition through this painting. These steps, favoured by visiting photographers, now boast a mural which will resonate with many locals and visitors to Kinsale today. Legends of Anne Bonny, one of the town's most illustrious expats, resonate with the rebels and adventurers in us all, and the artists have done a remarkable job in bringing this legendary Irish Pirate back to her home on the Wild Atlantic Way."

Ballineen pupils create stunning mural with bottle tops



Ballymoney National School, a small, rural, two-teacher school in Ballineen has recently completed a collaborative art project designed to help its pupils feel connected to each other during the current restrictions. The fantastic mural, which depicts a view of depicts the school's view of Ballineen Bridge with Enniskene village on one side and Ballineen village on the other side, stretches 24 foot long and eight foot high and comprises of 12,400 bottle tops.

"Our two classrooms have been completely separated this year due to Covid-19 restrictions. They have separate entrances and separate breaktimes," explains Principal Shireen Rountree. "So we came up with an art project to help our pupils feel more connected to each other."

In September, the school put a sign up appealing to members of the local community to collect plastic bottle tops. "The response was incredible! For months people have delivered bags of bottle tops to the school," says Shireen.

The school's talented resource teacher, Esther Quin, drew the mural on six sheets of plywood in December and the senior classroom painted it.

"The parish hall adjacent to the school had no events happening and so we were able to store the mural there. When the junior classroom returned to school in March, they began sticking the plastic bottle tops in place. Everyday they sent an updated photograph of their progress to show the senior classroom who were still learning remotely on zoom.

"Constructing the mural

gave the pupils a chance to sit and chat to each other, as they stuck the bottle tops in place, which was exactly what they needed after the long school closure. Our wonderful parents helped permanently secure the glued bottle tops in place with screws."

This week the mural was finally erected on the back of the school shelter on the Rossmore Road. It shows some of the wildlife, including herons and swans, that the pupils are lucky enough to see from their playground.

"We hope it brings a smile to the faces of passersby to see what we have created from their rubbish," says Shireen. "The parents and staff are extremely proud of the children's wonderful achievement."

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Clonakilty scheme shows value of community employment

The Clonakilty Area Sports Club community employment scheme (CASG) has been working in the community in some shape or form for the last 30 years and the experience over the last 15 months has perhaps been a reminder of just how important that work is.

Community employment (CE) provides an opportunity for people who find themselves out of work to get work experience in the community doing a variety of valuable jobs. In return participants on the scheme get access to quality training as well as a chance to build on skills they already have or develop new skills. All the wages, training funds and materials budget is funded through the Department of Employment and Social Protection (DEASP).

There are, at the last count 34 posts in 12 different projects and locations in Clonakilty, Rosscarbery, Rathbarry, and Ardfield. These community posts are in areas such as gardening, caretaking and maintenance, administration, social care, and sports surface maintenance. Many clubs (or sponsors) would struggle to do the work they do without the support of the scheme.

"This valuable community work would not happen without the work of the community employment participants," Michael Coughlan, chairperson of the CASG Management Committee says. "I am also on the Ardfield Tidy Towns committee and, as one of the sponsors of the scheme, we can see directly the impact of the work of the participants to the environment in Ardfield. You could say that they form the backbone of much

of the work done."

John Moloney, another member of the CASG committee and chair of Rosscarbery Tidy towns agrees. "We recently erected a 'Famine Pot' in the town and the CE participants brought their skills and hard work to make it a new and beautifully poignant feature in the town. Overall the work done by the CE participants creates a wonderful environment for us all to live in. There is great pride in what is contributed to the local community by the community employment participants."

Another of the projects within the scheme is Saint James's GAA club in Ardfield. The development officer at the club, James Butler, said that they would struggle to maintain the facilities to the standard they are without the work of the community employment participants. He pointed to the example of how, for the first time Saint James's GAA was awarded a West Cork Junior A' final to host.

"This was in recognition of the quality of our facilities, including the new scoreboard we erected and the overall high standard maintained at the club. This simply would not have happened without the work and skills of the community employment participants."

Another sponsor on the scheme, Clonakilty Tidy Towns has enjoyed great success in national awards and is often seen as an example of innovation and creativity. Last year Clonakilty Tidy Towns developed a sensory garden at the West Cork Model Railway Village, a wonderful contribution to community life in Clonakilty. This year they

are developing an area known locally as 'Bennet's field', which is being turned into a biodiversity garden complete with a pond, a bandstand and raised beds full of vegetables for the local community to enjoy.

Catherine O'Connor is the PRO of Clonakilty Tidy Towns. "Clonakilty Tidy Towns could not perform at such a consistently high standard without the support of the CE Scheme participants and their support is instrumental in Clonakilty's level of success achieved over recent years".

Ronan Murray has just completed two years on the scheme working at Rathbarry Tidy towns. Ronan describes the benefits to him as a participant on the scheme. For him, the benefits of being part of this scheme were twofold. On the one hand Ronan describes how he felt he was adding to the life of the community. "Members of the community would come up to me on the road and tell me of the impact of the work that I did and what that meant to them. One woman commented that the work I had done up at the well made it one of her favorite places to go and sit. This kind of comment made all the work worthwhile." Ronan described an added but equally important part of his experience. "Being part of the scheme also gave me the opportunity to develop my business. I was able to develop my publishing and graphic design business (www.mcpublishing.ie). Ronan is now able to leave the scheme and devote himself full-time to his business.

"I don't think this would have been possible without the support of the scheme".

Another participant on the scheme, Roger Forsyth is based at Pairc 'n' Tobair in Rosscarbery, an area of unspoilt beauty beside the lagoon in Rosscarbery, now under the trusteeship of Green Sod Ireland. Roger is coming to the end of his three years on the scheme and expects to complete a Major Award in Horticulture before he finishes. He describes the great feeling of satisfaction from being part of the transformation at Pairc 'n' Tobair. "It is a beautiful place to work now. We have polytunnels, chickens, woodland. It's a gem of a place." Roger also sees other benefits of his time on the scheme.

"Before I started on the scheme, I had been looking after my children at home for a while and probably felt a little bit isolated. By joining the scheme in Rosscarbery Tidy Towns first and then Pairc 'n' Tobair, I was able to meet new people, learn new skills and apply those skills to developing the wonderful environment in Rosscarbery."

Roger describes how he has been able to take the skills he has developed and apply them to



Michael O'Mahony and Roger Forsyth building the base for the Famine Pot

parttime work he is now getting as a landscaper. "My plan is to expand my work as a landscaper to make it full time and develop my career in this area."

Kevin McCaughey is the CE supervisor and has seen first hand the exciting work done by participants on the scheme, as well as the progression shown by many on the scheme.

"CE can be a chance for somebody who has been out of work for a while to get involved in the community and do important work. It can be dispiriting for somebody to be out of work and that can impact on their self-confidence and belief in themselves. I have seen real transformations in people from their time on the scheme. Their confidence has improved and they have started to consider avenues for themselves that they may have not before. CE provides a chance for them to consider what they would like to do. Many people have not had the opportunity to reflect on what they themselves would like to do, what career they would like to pursue, what skills they would like to develop. CE gives that time and also crucially the training budget to put it into action."

There are 12 different sponsors in the scheme and apart from those described above there is Lisavaird Community Hall and Tidy Towns, Rosscarbery Social Services, Rosscarbery Pitch and Putt, Clonakilty Community Hall Association, Carbery Rangers GAA and Clonakilty Community Care.

For any further information on the work of the sponsors including any vacancies on the scheme Kevin McCaughey can be contacted at 0852579501 or at Kevin.mccaughey@casp-groupce.com.

Sinead Burton also supervises another CE scheme in Clonakilty and can be contacted on 085 8622665 or at sinead.burton@wcepcce.com for any information about vacancies and opportunities.



Ronan Murray at work in Rathbarry repairing a Spinning Wheel.



Recently installed Famine Pot in Rosscarbery

Christopher O'Sullivan TD

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Union Hall RNLI welcomes new member and new vessel

Union Hall RNLI assisted two people late last month after their 34ft yacht got into mechanical difficulty off Toe Head. The volunteer crew were requested to launch their inshore lifeboat 'Margaret Bench of Solihull', by the Irish Coast Guard. The lifeboat helmed by Michael Limrick with Liam Limrick and Craig Jennings onboard, was on a training exercise at the time, and launched back out to sea at 9pm. This was a maiden shout for volunteer crew member Craig, originally from Mayo and now resident in Union Hall.

The lifeboat made its way to the area off Toe Head where the crew observed that the yacht was making progress but was slow due to mechanical issues. Sea conditions were good at the time with a moderate northerly breeze, so the volunteer crew stayed alongside the yacht and escorted it back to the pier at Union Hall.

Speaking following the call out, Peter Deasy, Union Hall RNLI Deputy Launching Authority said: "Our volunteer crew were just returning from an exercise and a busy day of training so I asked the crew if they would like an alternative crew but they were very willing to interrupt their training and proceed to assist the casualties. We congratulate Craig Jennings on what started as a three hour training exercise for him but turned into nearly five hours at sea and included his first call out with Union Hall RNLI."

"We would remind everyone for the season ahead to always carry a means of communication and wear a lifejacket."

In further local RNLI news, A new inshore Atlantic 85 class lifeboat has officially gone on service at Union Hall RNLI.

The lifeboat which arrived at



Union Hall RNLI volunteer crew member Craig Jennings. Pic: Pamela Deasy

the West Cork lifeboat station last week, replaces the last Atlantic 75 in Ireland, Margaret Bench of Solihull, which has been used to save lives at sea in West Cork since 2017. Previous to this, Maritime Nation was in service from 2014. Both of these lifeboats came from the RNLI's relief fleet. The new lifeboat was officially declared a search and rescue asset by the Irish Coast Guard last night, Thursday 24 June.

The new lifeboat has been funded through a legacy from the late Raymond Fielding. Raymond and his wife Christine were keen sailors and sailed into Glandore Harbour many times over the years. Due to his many fond memories of West Cork, he wanted his legacy to fund an Atlantic 85 class lifeboat and he requested that it came to Union Hall.

Volunteer lifeboat crew began familiarisation training on the new lifeboat on Monday. The Christine and Raymond Fielding will be officially named at a special naming ceremony and service of dedication at Union

Hall lifeboat station at a later date.

The new lifeboat has some advancements on its predecessor. The Atlantic 85 design allows room for four crew members and more kit than the Atlantic 75 lifeboat, which only had room for three crew members. The lifeboat is powered by two 115 horse power engines and has a stronger hull and greater top speed of 35 knots. The added radar allows the crew to operate more effectively in poor visibility and there is also VHF direction-finding equipment. The vessel also has a manually operated self-righting mechanism which combined with inversion-proofed engines keeps the lifeboat operational even after capsizing. The lifeboat can also be beached in an emergency without causing damage to its engines or steering gear.

The Atlantic 85 which was introduced to the RNLI fleet in 2005 also carries a full suite of communication and electronic navigation aids, as well as a searchlight, night-vision equipment and flares for night-time operations.

Speaking following the lifeboat officially going on service, John Kelleher, Union Hall RNLI Lifeboat Operations Manager said: "We are extremely grateful to Raymond Fielding for his generous legacy donation which has funded our permanent lifeboat here at Union Hall. As we welcome a new lifeboat, there is also a sense of nostalgia as we are the last lifeboat station in Ireland to use an Atlantic 75 lifeboat."

"We are looking forward to being the custodians of this new lifeboat which will allow our volunteers to go on to rescue and save many more lives in the years to come."



Union Hall RNLI's new lifeboat, Christine and Raymond Fielding

Letter from the Editor

Welcome to the July edition of West Cork People,

A disappointing start to July with the reopening of indoor hospitality delayed. As an older lady so aptly put it in passing to me this morning "Will we ever be rid of this bloody thing?" We can only hope!

Despite this setback, the summer has well and truly kicked off in West Cork and with our newfound reliance on weather apps, it's probably sensible to keep in mind the adage 'that there is no such thing as bad weather, only unsuitable clothing' when dining outdoors. I'm looking forward to catching up with old friends over good food and wine whatever the weather and, with the schools out, I've already started a long list of things to do and places to see, all in West Cork. Call me lazy, but I can't find the enthusiasm needed to get in the car and drive for hours to go somewhere when it isn't West Cork! Instead we're doing a house swap with a friend who lives in Baltimore and are planning lots of daytrips for the rest of the summer. I thought I'd miss flying off somewhere, but as the chief holiday organiser every year I'm actually enjoying the time off.

In between all these daytrips we've been busy putting together another jam-packed issue of West Cork People for you celebrating all that is good about the people and the place where we live. Despite the current challenges posed by the pandemic, it's heartening to see the great work done by people in the community at home on schemes such as the Clonakilty Area Sports Club community employment scheme (CASG) or abroad such as the work young humanitarian aid workers like Amy Boyden from Bantry are doing to help the refugee crisis.

For stories like these and lots more see inside,

I hope you enjoy the read. Until next month,

Mary



Mary O'Brien
Editor



Sheila Mullins
Creative Director



Ronan Ryan
Sales Consultant

westcorkpeople

WE'RE HIRING!

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If this role sounds like just your cup of tea we'd love to hear from you! Please apply to info@westcorkpeople.ie with your CV and cover letter telling us why you'd like to work at West Cork People.

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

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Clonakilty Credit Union announces third annual College Bursary Draw

If you are starting to put together a list of things you'll need for starting college this autumn, Clonakilty Credit Union can offer a helping hand. Their Education Loan is ideal for students with a low interest rate, flexible repayment options and very high approval rate. For possibly the first loan of their adult life, students won't find a friendlier or more understanding organisation to deal with.

Clonakilty Credit Union is also delighted to be organising its Kevin Mullen College Bursary Draw for the third year running. This draw has been set up to help with the many costs of college and has been named to honour the late Kevin Mullen for his contribution to the Credit Union movement. Kevin joined Clonakilty Credit Union in the 1970s and was a member of the Board of Directors at the time of his death in 2019. His involvement with the youth of Clonakilty was his greatest achievement and many young, and not so young, people will remember Kevin competing the annual Credit Union School's Quiz, both in the Clonakilty and



Former winner
Laura Walsh

Cork Chapter stages.

Entry for the College Bursary Draw is open to Leaving Certificate students in its common bond – Sacred Heart Secondary School, Clonakilty; Mount Saint Michael Secondary School Rosscarbery and Clonakilty Community College – who will be going to college in Autumn 2021.

One student from each of these three secondary schools will win €500 cash each. One other student will win a travel pass for year's free travel to

Cork with West Cork Connect.

Former Sacred Heart student Laura Walsh was a winner in 2019 and she found her €500 prize a huge help in her first year at Mary Immaculate College in Limerick, where she is studying Education and Psychology. "It really does go a long way if you spend it wisely," Laura advises. "I used a small amount to treat my mum to dinner, bought stationery and a laptop case for college and still had six months of petrol money to get back to Clonakilty

for weekends."

Laura has just finished her second year, entirely online from her home in Ardfield, and is really looking forward to getting back to Limerick in the autumn: "Just to live a normal student life again," she says.

To enter this draw you must have completed your leaving certificate year in June 2021 and intend on completing a full time Diploma/Degree at a Third Level Institution, apprenticeship or a full-time PLC. You must open or hold an account with Clonakilty Credit Union. Only those commencing their first year are eligible.

You can enter online at www.clonakiltycreditunion.ie or pick up an entry form from the Credit Union office on Kent Street. Entry forms must be completed in full and returned to the Credit Union by 5pm on September 30, 2021.

The Bursary and Free Travel Pass will be allocated by an Open Draw which will be held publicly in the Credit Union office on a date to be announced later.

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or fill out the ENTRY FORM, available in our office, and return before 30 September 2021.

T&Cs:

- Be a member or become a member of Clonakilty Credit Union.
- Students heading to college in Autumn 2021.
- Students currently in Leaving Certificate from Sacred Heart Secondary School Clonakilty, Mount Saint Michael Rosscarbery & Clonakilty Community College only.

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KNOW YOUR RIGHTS

Employing Young People

This summer a lot of young people will be taking up summer jobs for the first time, particularly in the hospitality and retail sectors. This can lead to parents or the young people themselves having a range of questions in relation to their employment rights and entitlements.

The working hours for young people are regulated by the Protection of Young Persons (Employment) Act 1996. The Act sets maximum working hours, rest intervals and prohibits the employment of young people aged under 18 in late night work. The Act does not apply to children or young people who are employed by a close relative.

Speaking about the employment of young people, Anne O'Donovan, West Cork Citizens Information Manager, said that some young people may be starting work for the first time and while it can be exciting, it can also be a daunting prospect if they are unsure of their rights and entitlements. She added that sometimes employers are unclear about their responsibilities in relation to employing young people also. It is important that people are aware that staff at the local Citizens Information Service are there to provide support and to answer any questions that may arise for either employers, young people or their parents.

The following are some common queries:

My daughter wants to take

on a summer job. As she is only 14-years-old, I would like to know if there are limits to the number of hours that she can work?

Children aged 14 or over may do light work during the school holidays where the hours do not exceed seven in any day or 35 in any week. Children aged 15 may do eight hours a week light work in school term time. The maximum working week for children aged 15 outside school term time is 35 hours, or up to 40 hours if they are on approved work experience.

Is the situation different for my son who is aged 16?

The maximum working week for young people aged 16 and 17 is 40 hours, with a maximum of eight hours a day. If a young person under 18 works for more than one employer, the combined daily or weekly hours of work cannot exceed the maximum number of hours allowed. Young persons are only permitted to work between 6am and 10pm.

Can young people be asked to work late in the evening?

In general, young people aged 16 and 17 are not allowed to work before 6am in the morning or after 10pm at night. Employers may not require children aged 14 and 15 to work before 8am in the morning or after 8pm at night.

Do parents have to give their permission for their child to take up a summer job?

If the young person is under 16, the employer must get the written permission of the child's parent or guardian. In general, employers must see a copy of the young person's birth certificate, or other evidence of their age, before employing them.

What rates of pay are there for young people?

Since January 1, 2021, the national minimum wage is €10.20 per hour. This does not mean that everyone is automatically entitled to receive this. Young people aged under 18 are only guaranteed up to 70 per cent of the national minimum wage, which is €7.14 per hour. Your employer can pay you more than the minimum wage if they want, but you should be aware that they are not required to do so by law.

How do I avoid paying emergency tax?

When you start your first job, you should tell Revenue as soon as possible, or you may have to pay emergency tax. They will send a Revenue payroll notification (RPN) to your new employer. The RPN will tell your employer how much Income Tax and Universal Social Charge (USC) to deduct from your pay.

What is the situation in relation to tips?

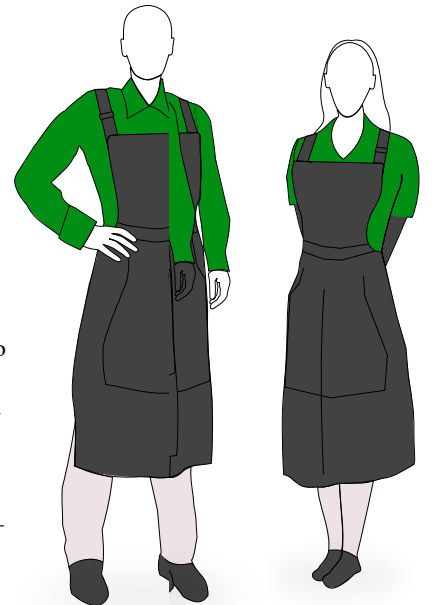
If you are working in a workplace where staff are given tips and gratuities by customers (such as a restaurant, bar, etc.) there is nothing in law to state you are automatically entitled

to these tips. However, the law does not require you to hand these tips to your employer either. Instead, it all depends on the custom and practice in your workplace. If all tips are collected by management and paid to staff through the payroll, then these tips are subject to tax in the normal way.

If you need further information about any of the issues raised here or you have other questions about your employment rights, you can call a member of the local Citizens Information Service in West

Cork on 0761 07 8390. They will be happy to assist you and if necessary arrange an appointment for you.

The offices are staffed from 10am -5pm from Monday to Thursday and on Friday from 10am -4pm. Alternatively you can email on bantry@citinfo.ie or log on to www.citizensinformation.ie



Springboard+

I'm unemployed and I want to return to work. Are there free courses I can take to develop my skills so that I am more employable?

Springboard+ provides free higher education courses for people who are unemployed (or were self-employed) and those looking to return to the workforce.

Courses are offered in different areas including information and communications technology (ICT), medical technologies, cybersecurity, sustainable energy and financial services.

The courses range from certificate to master's degree level – levels 6 to 9 on the National Framework of Qualifications (NFQ). Most of the courses are part-time and last for one year or less, but there are some full-time courses.

You can access a free

Springboard+ course, if you are getting a qualifying social welfare payment such as Jobseeker's Allowance, Jobseeker's Benefit or the COVID-19 Pandemic Unemployment Payment (PUP). You can get a full list of qualifying payments for Springboard+ on citizensinformation.ie

If you are not getting a qualifying social welfare payment, you will have to meet the residency criteria for Springboard+.

You can also apply for a Springboard+ course if: You are a qualified adult of working age (under 66) on someone else's social welfare payment; You are signing for social insurance credits; You are on an Employment support scheme such as Community Employment or TUS

To apply for a Springboard+ course, you choose the course(s) you are interested

in on springboardcourses.ie and apply online, following the instructions on the website. You can apply to up to 10 courses, but you can only take one course.

If you are getting a social welfare payment, you should notify your Intreo Centre or local Social Welfare Branch Office and check what further steps (if any) you need to take.

If Springboard+ doesn't meet your needs, there are several other ways to go back to education.

Know Your Rights has been compiled by Citizens Information West Cork, which provides a free and confidential service to the public. WEST CORK HELPLINE 0761 078 390.

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

Amnesty's journey

By Clonakilty
Amnesty Group

In March of this year Amnesty International appointed Dr Agnes Callamard as its

new Secretary General. For the last five years Dr Callamard has been the UN's Special Rapporteur on extrajudicial, summary, or arbitrary executions and, as such, she led groundbreaking investigations into the murder of Saudi journalist Jamal Khashoggi, the killing of Iranian General Suleimani by the Trump administration, and the poisoning of Alexei Navalny.

She is critical of European leaders, when human rights are under unprecedented threat around the world, for not being more vocal in their support for human rights and, in some cases, for violating human rights standards.

Dr Callamard stated, "Where governments and corporations seek to silence those who speak out against their abuses, to obfuscate the truth, and to undermine or reject human rights norms, the rigorous investigations and uncompromising cam-



paigns of Amnesty International are more vital than ever".

It is interesting to note that Dr Callamard includes corporations in that statement and to reflect on Amnesty's limited focus in its early days. Back in the sixties, we initially worked to defend non-violent political prisoners, soon moving on to focus on the use of torture and the death penalty and, as different patterns of abuse emerged, we

expanded our efforts. We have always addressed governments but there has been discussion in recent years on trying to hold accountable corporations, who are often complicit in the abuses that take place in countries they have financial impact on or, at very best, who turn a blind eye to abusive practices, which benefit their profits. The discussion is ongoing.

In the last few years, Amnesty's work on sexual and reproductive rights has lost us some support. In Hungary, on June 14, in a protest organised by Amnesty and other organisations, more than 10,000 people demonstrated in front of the Hungarian Parliament to condemn a recent bill passed by the Hungarian government. The bill was seeking to crack down on child abuse. No one could find fault with that. But an

amendment was added on that bans education and advertising that is deemed to 'popularise' or depict same-sex conduct or the affirming of one's gender to children.

Director of Amnesty Hungary, David Vig, said, "Tagging these amendments to a bill that seeks to crack down on child abuse appears to be a deliberate attempt by the Hungarian Government to conflate paedophilia with LGBTI people".

From working to free Nelson Mandela to standing up for the right to dignity, whatever our sexual orientation, we have come a long way. Watch this space.

If you would like get involved remotely with Amnesty, do check out amnesty.ie and sign a petition or write a letter.



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Always here for you!

The Hag of Beara



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 'Cailleach Bhéara' (Hag of Beara) is a mythical old woman in Irish literature and folklore, associated with west Munster, but especially with the Beara Peninsula in West Cork. Originally her name was 'Boí', a variant of the word for a cow, 'bó'. At the tip of the Beara Peninsula is 'Oileán Baoi' (Boi Island), today known as Dursey Island.

Undoubtedly first a goddess, she is featured in a poem of AD 900, where she is an old woman lamenting the loss of her youth, and she remained celebrated in both oral and written traditions up through the 20th century. Somewhat sinister but wise, she came to be thought of as a nun in early Christian times. The word 'cailleach' comes from the Latin for a veil, 'pallium'. But she also speaks of having many lovers, children, foster-children, as well as grandchildren. She never relates Christian wisdom.

The personification of the power and authority of a kingdom, as a woman to be won sexually, predates literature written in any Celtic language. According to the conventionalised steps in the story, the would-be king encounters an ugly hag who invites him to

have intimate relations with her. Her repulsiveness, perhaps a metaphor for the responsibilities of both kingship and adulthood, initially puts him off, but he eventually relents. On the morning after their lovemaking, the hag is transformed into a beautiful maiden.

The 'Cailleach Bhéara' is thought to have taken many lovers, including the ferocious Fenian warrior 'Fothad Donnainne'. Later she was linked to landforms and attributed with powers that transformed animals into standing stones surviving from Neolithic times. In Gaelic Scotland, where she was known as 'Cailleach Bheur', she had a blue face as the daughter of the pale winter sun and became a female spirit of the wilderness and the protector of wild animals. In Ireland citations of her age became proverbial, so that when people reached very advanced years they were said to be 'as old as the 'Cailleach Bhéara''. In her lamented lost loves, her crabbed promises of sovereignty to fearful but aspiring princes and her extreme longevity, she became an embodiment of human disappointment, like us in everything but mortality.

In the folklore of Connacht,

Ulster and north Leinster, the Hag of Beara was closely associated with corn and harvesting. There was widespread allusion to a hag (cailleach) as spirit of the harvest, which was said to race from the reaper's scythe in the form of a small animal, especially that of a hare.

A man who could work as fast as a racing hare would, of course, be a phenomenal fast reaper, and so the idea could develop of a contest between a reaper and the 'Cailleach Bhéara'. One story tells how one year she had a huge field of corn and that she issued a challenge to all and sundry to engage in a reaping contest with her. Every man who took up the challenge was defeated by her in the reaping race and had his legs cut from under him by a stroke of her sickle or scythe. Eventually, a wily man discovered that she had a black beetle hidden in the handle of her implement, and realising that this was a magical device to give her great speed, he killed the beetle and defeated her in a contest. She then revealed to him her great age and told him some details from her life, which contains some accounts of her love affairs when young.



Mancán Magan, in 'Thirty Two Words for Field', tells us that in mythology the 'Cailleach' was the personification of winter and that her veil may have represented the land being covered with frost and snow. In parts of Ireland her method for hastening winter to come was flying and beating back the summer vegetation with a cudgel, known as a 'forca'.

'Cailleach' has another range of meaning stemming from her role as guardian of herbs and food stores, especially during the winter. 'Cailleach' can refer to a little alcove in the kitchen for storing your pipe, knitting, matches, rosary beads, etc. It can refer to a snug in a public house which was a little room hidden from the main bar, where ladies or others, such as a priest

or a private gentleman, could have a drink. 'Cailleach' was an anchor made of stone, usually at the end of a fishing net. The old fishermen of Cape Clear were well used to the word in this sense.

As the 'Cailleach' was often portrayed as somewhat sinister – black-clad, veiled and otherworldly, the owl was often called the 'cailleach oiche' (night witch). An alternative name for the cormorant is the 'cailleach dhubh'. The egg case of a small shark, dogfish or skate, is known as 'sparán na caillí mairbhe' (the purse of a dead witch). A great long sleep can be called (the sleep of the old woman of Beara).

West Cork's kindness reaches East Africa



Rev Tony Murphy visited Abbey Stewery parish near Baltimore on 4 May.

Christian Aid Ireland has thanked the people of West Cork for their support for the fundraising efforts of a Carrigaline clergyman who recently completed a sponsored walk around County Cork, raising more than €11,000 for the agency's work in Burundi, a country affected by poverty, hunger and conflict.

Rev Tony Murphy's month-long pilgrimage began in Bantry on May 1 and concluded in Youghal on May 27. He visited each of the 22 parishes in the Church of Ireland diocese of Cork, Cloyne and Ross and walked for at least 5km at each location while collecting sponsorship for Christian Aid's projects in the East

African country.

Rev Tony was joined by local rectors and parishioners and supported on many of the walks by Andrew Coleman, Christian Aid Ireland's Bandon-based Church and Community Officer. On the final day of his walk, he was joined by the Mayor of Cork, independent Councillor Mary Linehan Foley who came along to congratulate him for his fundraising efforts.

The small Church of Ireland community of County Cork, comprising just 10,000 people, is the sole funder of three Christian Aid farming cooperatives in Burundi on which hundreds of poor families depend to boost their incomes, enabling them to pay school fees

and medical bills.

Rev Tony, who was born in Clonmel, County Tipperary, visited Burundi in October 2019 to see for himself how the support of Cork diocese is enabling farmers in Burundi to move from subsistence farming, where they grow food to survive, to a business model where they grow food for sale, in order to thrive.

Local farmers, most of whom are women, receive training in good farming techniques and are given access to a harvest storage facility as well as a small maize processing plant. Speaking in 2019, one member of the cooperative, Esperance Kigongwe (44), a maize farmer and mother of eight children, explained the difference



It was the turn of Ross parish near Rosscarbery on 6 May.

the cooperative had made:

"Because of the cooperative, my harvest has increased. Before we had a storage room, our harvest would spoil. Now I get high quality maize flour from the processing plant. With the extra money, I have bought goats and also land for myself. I can pay for school materials for my children."

Rev Tony's pilgrimage brings to more than €70,000 the sum raised within the diocese since 2017 to fund the project. The cooperatives were established by Christian Aid's local partner, the Anglican Church of Burundi in the south of the country and Cork diocese has committed to funding them for this year and next year. Funding levels declined

due to the coronavirus pandemic while churches were closed and Rev Murphy is delighted that his pilgrimage has helped achieve the yearly target for 2021.

Christian Aid Ireland Chief Executive Rosamond Bennett paid tribute to the people of West Cork and those across the county. She said:

"West Cork's kindness is reaching all the way to East Africa, bringing hope and opportunity to people living in poverty. Where once the members of our cooperatives were merely surviving, now they're thriving. We're very grateful to Rev Tony, and to Bishop Paul Colton and all the local rectors and parishioners who supported his walk so generously."

Rev Tony Murphy recalled his visit to Burundi:

"The support of Cork diocese was hugely appreciated by the people in Burundi, a people with spirit and resilience who are working hard to move from subsistence living. The cooperatives are doing so well that the hope is that they will have become self-sustaining by the end of next year and won't require further support."

If you would like to sponsor Tony's walk, you can make an online donation here: www.justgiving.com/fundraising/walking4burundi or you can post a cheque to Rev Tony Murphy, 9 Riverside, Carrigaline, County Cork, P43 FP11 marked 'Burundi' on the reverse.



HISTORY & POLITICS

Kieran Doyle

There was a tiny little townland in County Clare called Ballykilty. In the middle of the 18th century when the landed aristocracy was in the ascendancy, a man, who had never set foot in Ireland, bought extensive lands in the area. He duly renamed his lands in that townland as 'Plassey'. The man in question was Robert Clive. This man would be the catalyst for the beginning of the conquest of India – initiated by a trading company he was employed by – the East India Company (EIC). The battle that ushered in the dawn of British control over a subcontinent and millions of people's lives was indeed the battle of 'Plassey'. It was Clive who masterminded this victory with a small force but fashioned with modern implements of war. His assurance to the East Indian Company directors in London was, 'I can assert with some degree of confidence that this rich and flourishing kingdom can be subdued by so small a force as 2,000 Europeans'.

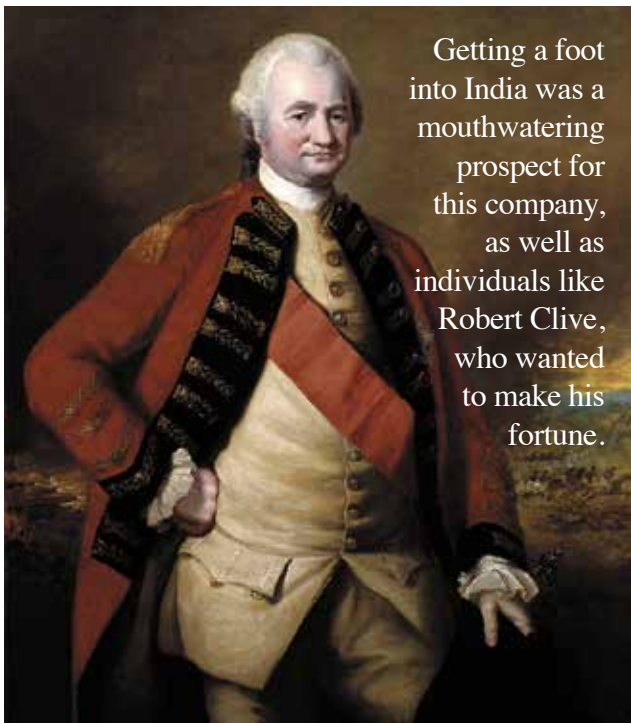
What was astonishing about the campaign was not just Clive and his troops defeated the Islamic Mughals who had colonised the region for themselves since the 16th century, but that it was done to preserve and protect the company's trading rights within India. William Dalrymple's brilliant history book about the rise of the East Indian Company (EIC), illustrates the power of formidable corporations, 250 years before we had global dominance by the Amazons or Facebooks of our time. Despite some of those companies' influence over tax laws in many nations, their influence pales into significance with that of the EIC. In the 21st century, we read on a weekly basis the control that these massive corporations have on sovereign nations. The latest show of strength was displayed by the IOC (international Olympic Committee) – a profitable corporation, whose dominance is so strong that they have been able to threaten and dictate that the Olympics should go ahead. This is despite millions of Japanese civilians, as well as the doctor and nurse unions, declaring they don't want to see their country host this event in the middle of the raging Covid pandemic. Money talks. It does

now and it did in India. The difference is, the EIC interference led to the colonisation of India.

In 2020, the biggest company in Britain, grossing profits of over 200 billion pounds, was British Petroleum. (This is also a good historic example of another British company's manipulation to plunder Persia/Iranian oil from a sovereign nation.) Despite these astronomical margins, it still only amounted to 0.6 per cent of the British total Gross Domestic Product (GDP refers to good and services within a country, and the greater they are usually reflects the higher a living standard in a country, from an 'economic' point of view). Walmart in the USA made a staggering 520 billion dollars in revenue last year, which still only amounted 2.4 per cent to the country's GDP. In 2020, Volkswagen in Germany sold one in every ten cars globally, earning 296 billion euro. Its contribution to the Germany GDP was also only 2.4 per cent.

Now go back to the nearly three centuries to Robert Clive in 1757 and imagine one company dwarfing all of the aforementioned. By the middle of the eighteenth century the 'East Indian Company', was responsible for about 16 per cent of Britain's total GDP. To put it in context, just one company generated one million out of the eight million of Great Britain's total revenue in trade from everything else. This was also at a time when world markets, trade and commerce was only a fraction of what it is today.

The EIC began modestly in London in 1599, when some ambitious merchants and businessmen sought to find new markets now that new countries and continents were discovered. The colonies in America were a great lure to people who sought better lives, but as of then, had little in terms of enrichment. The cutthroat Spanish Conquistadors had by then already plundered Central America, bringing back billions in stolen wealth and destroying ancient civilizations like the Aztecs in the process. The Portuguese and the Dutch were dominating the Spice Islands trade routes to Java, Sumatra and the areas we now call Indonesia. The British, yet to emerge as the greatest sea faring nation, dropped anchor in India. At first, the modest EIC company had to play ball with the aforementioned powerful Mughal empire. Permission to trade had to be sought and under no circumstances could they be seen to build fortifications or anything that resembled permanent settlements. They were simply meant to be trading posts. It was the beginning of an age when Europeans and their increasing wealth, demanded more and



Getting a foot into India was a mouthwatering prospect for this company, as well as individuals like Robert Clive, who wanted to make his fortune.

more exotic and luxury goods that foreign companies could supply. One of these companies was the EIC. Textiles in particular were making huge profits for the company. Under Mughal control, a quarter of the globe's textiles were being produced in India. European cities were a long way off from having the population and wealth of some of the Mughal Indian cities. Getting a foot into India was a mouthwatering prospect for this company, as well as individuals like Robert Clive, who wanted to make his fortune. It came at no little risk, with 25 per cent of Europeans succumbing annually to disease and fever. If you could survive, huge profits could be made, through trade, deals, and manipulation. Clive, who made two fortunes in India, earned the equivalent of four million pounds in his position in the EIC before coming away with tens of millions after the battle of Plassey, which from the proceedings, he bought his Clare property, one of many he would own in the British Isles.

Fortune often comes with good timing and Clive found himself getting state support for his incursion into Plassey to further trade for the EIC. While up to then, they had been at the mercy of the Mughals, they also had been vying with the French who had trading posts in India. When France and Great Britain locked horns in 1756, in what could be described as a world war, a global conflict lasted for seven years between these two nations. These colonisers fought each other across their spheres of influence from Canada to the American colonies, to the Caribbean and even to their trading posts in India. The British government, as of then had no influence or role in India, but were only too happy to support the private armies of the EIC with British soldiers. Thus when

as the most powerful protagonist on the continent, more powerful and richer than many nation states.

The destiny of India became tied with that of America. Most of us will be somewhat familiar with the Boston Tea party in 1773. In protest to the tax status British companies enjoyed over the colonists, they boycotted British goods. In what was to become a signature statement, patriotic colonists dumped 90,000 tonnes of tea into the Boston Harbour, an amount worth one million pounds in today's prices. The tea was owned by none other than the East Indian Company. When the Americas were lost to Britain after the American War of Independence in 1783, the lucrative market in India became even more important. By 1803, the EIC's private army had subdued most of the continent for its own enrichment. It did not pretend it was building an empire, spreading civilization, or teaching Christianity, as was often the catch call of conquering European nations. It was there for the money. The English language has also had an appetite to plunder words from the nations it conquered. Dalrymple explains that one of

the first Indian words that entered the English language was 'loot'. Fitting, in that the more powerful the company became, the more looting of wealth from the Indian subcontinent increased. So much so that by the early years of the 1800's, the British state wrested control over the company's influence and thus began British state control of India, which was to last until Indian independence in 1947. By then, one of the richest countries in the world had been looted not just of wealth, but of human beings. One million India soldiers died under arms of their colonial masters in the two world wars.

Today, Chinese, Russian and American companies in particular, are the new invaders across the world. The days of guns and mortar to pressurise sovereign states is coming to an end. Financial muscle is how colonisation is done today. We have already become immune to stadiums and sports teams rebranded under the banner of their sponsors and paymasters. I wonder what the people of Ballykilty would have thought of it all.











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THE HISTORY & POLITICS CORNER

Shane Daly

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

"From about the middle of the 18th century it began to be realized that you could learn from a dead body; and that's when some families were starting to be persuaded that they should allow post mortems."

- Wendy Moore

In the 18th and 19th centuries medical and surgical students needed bodies to dissect. The rise in surgery's popularity meant that there was a greater demand for bodies to work on and study. However, at the time, it was only legal to dissect the body of a convicted murderer. The 'Murder Act' of 1752 decreed that the bodies of all murderers be dissected as an additional punishment for the crimes they committed. Most of the bodies used for dissection were taken from Tyburn in London. Tyburn was the site of execution since the 12th century. Locals called the permanent scaffold there, 'The Deadly Nevergreen', as it was the tree that bore fruit all year long. Between 1169, which was the year the first recorded hanging took place, and 1783, when the executions were moved to Newgate prison, an estimated 60,000 people died at Tyburn.

When the 'Murder Act' was passed Tyburn became a battleground where people fought for

The cemetery gun

the bodies of the corpses. Fights took place between surgeons who needed to procure bodies for dissection and the victims' families who wanted to keep and bury the bodies of loved ones. In 1740 Samuel Richardson wrote of one battle he witnessed;

"As soon as the poor creatures were half dead, I was much surprised before such a number of peace officers to see the populace fall to hauling and pulling the carcasses with so much earnestness as to occasion several warring encounters and broken heads. These are the friends of the persons executed and some persons sent by private surgeons to obtain bodies for dissection. The contests between these were fierce and bloody and frightful to look at."

The public's desire to see justice did not necessarily include a desire to see the criminal body dissected. It was a common belief at the time that after death the body should remain intact. Fears about what happened to the body after death were extremely prominent in the 18th and 19th centuries. The idea of organs or body parts being removed, led to the possibility of having to live without them in the afterlife and this was terribly disconcerting for people and cause genuine concern. Before the day of execution, the condemned went to great lengths to protect their bodies from being removed to the 'dead house', which was the surgeon's dissection table. They would write letters from jail and appeal to their families, friends, husbands and wives to organize a group of people of some form of security to prevent their body being taken and anatomised by surgeons.

Martin Grey begged his uncle to come and be present at his execution in 1721 to prevent his body from 'being cut and torn and mangled after death'. Children were also hanged for murder and on July 29, 1831, John Amy Birdbell, age 14, was convicted of robbing a young boy of his money and murdering him. At his trial, it is recorded that John showed no emotion



upon being sentenced to death, however, he cried when he was informed, his body after execution, would be given to a surgeon for dissection. It is written in historical evidence that, as he made his way to the gallows, he turned to the Constable and asked "He, the murdered child, is better off than I am now, do you not think so Sir?" After his execution, his body was removed for dissection.

Surgery in the 18th and 19th centuries was an incredibly rudimentary practice. This was prior to the invention of antiseptic, anaesthesia or antibiotics. Germ theory had not been discovered yet, the job itself was filthy; the dissection rooms were known as 'death houses' and were filthy.

In 1793, James Williams, a 16-year-old student, described his living quarters next to John Hunter's anatomy schools in a letter to his sister:

"My room has two beds in it and in point of situation is not the most pleasant in the world. The dissecting room with half a dozen dead bodies in it is immediately above and that in which Mr. Hunter makes preparations is the next adjoining to it, so you may conceive it to be a little perfumed. There is a dead carcass just at this moment rumbling up the stairs and the resurrection men swearing most terribly. I am informed this will be the case most mornings at about four o'clock throughout the winter."

Dissecting was considered a winter sport, and the bodies, if they had not been operated on the day of the corpse's execution, were often already at an advanced state of decomposition.

A body begins to decompose immediately after death and cells and tissue begin to break down in a process known as autolysis. During this time oxygen present in the body begins to deplete creating an ideal environment for the proliferation of anaerobic organisms in the gut and respiratory organs. Eventually the body begins to bloat and can cause ruptures in the skin as gases escape. As time passes the body begins to digest itself and organs become liquefied. The bodies would have been swollen, leaking, and the smell of rotting flesh would have permeated the surgical rooms. Insects, rats and mice would have been present in the dissection rooms; they are known to have been feeding on the cadavers. There are recorded journal entries of surgeons feeding the rats and mice pieces of the dead to keep them off the tables.

Because surgeons were not aware of germs yet and had no understanding of surgical hygiene, they didn't wear gloves and often operated on cadavers in their own casual, everyday clothes. This meant the blood and infectious diseases, as well as germs that fester in a decomposing body, would have been all over their clothing, which wasn't washed, and which they wore home where they prepared meals and went about their daily lives!

The death rate of surgeons was extremely high due to infection. There are many recorded cases of surgeons dying within 48 hours of cutting their finger during a dissection, as the wound would be infected almost immediately. Antibiotics had not been discovered yet. So death was almost guaranteed. In 1788 a young medical student cut his finger while dissecting the dead body of a child. A few hours later he began suffering from headaches and later began to haemorrhage. Within 24 hours he was dead. His name was Charles Darwin: The uncle of the now famous evolutionary biologist of the same name. With the high death rate and the need for improvement in surgeon's skills, as well as surgical practices, the demand for bodies increased. By the 19th century demand for bodies was extraordinarily high. Acquiring bodies

Set near the foot of the grave and pointing towards the head, the cemetery gun would have been triggered by a series of three or four tripwires extending in an arc pattern and encompassing the fresh graves.

at executions and the difficulties in obtaining the bodies became more and more difficult, as chaos ensued, with people fighting for the corpses at every event.

This led to a huge demand for dead bodies. With that came the invention of bodysnatching. Grave Robbers or 'Resurrection Men', as they became known, would monitor funerals that were taking place all over Britain. This practice was also used in Europe and America. They would wait for the funeral to take place, make a note of the burial site, and return under the cover of darkness to remove the bodies from the coffin and take it to the 'dead house' to sell to the awaiting surgeon. Unusually Resurrection Men would strip the body naked because it was illegal to steal possessions from the corpse but not the body itself, as there was no concept of the body being property. They would throw the clothes and jewellery back into the grave after removing the corpse. The process of bodysnatching was highly lucrative and, because of its profitability, it became widespread all over Britain. Resurrection Men could charge £10.50 per corpse. By comparison, the weekly wage of a master tailor or a carpenter in the same period was £1.50; the body trade took off and the need to protect graves from body snatchers became a necessity for those who could afford it. The 'cemetery gun' was invented to prevent the theft of bodies.

To combat the problem, creative cemetery workers fashioned what is known as the first 'cemetery gun', a flintlock pistol, mounted on a rotating base and stand, which would allow it to swing freely. Set near the foot of the grave and pointing towards the head, the gun would have been triggered by a series of three or four tripwires extending in an arc pattern and encompassing the fresh grave. Unsuspecting thieves, working under cover of darkness, would presumably not notice the tripwires, stumble upon them, and meet their own demise, or at least get a dose of lead. Though it is not clearly documented whether the guns actually worked, it would be safe to expect they were at least a great deterrent if not a truly fatal tool of defense.

There are accounts from around the US of these guns being available for either rent or purchase by families who wished to protect their recent-

ly-deceased loved ones. Those who could not afford the gun rental were at the mercy of the body snatchers. Resurrection men evolved to meet this challenge. Some would send women posing as widows, carrying children and dressed in black, to case the gravesites during the day and report the locations of cemetery guns and other defenses. Cemetery keepers, in turn, learned to wait to set the guns up after dark, thereby preserving the element of surprise. One of the only known surviving examples of cemetery guns is on display at The Museum of Mourning Art at the Arlington Cemetery of Drexel Hill, Pennsylvania. Museum curators date the gun to 1710, making it one of the earliest models of cemetery guns. Part of its original rotating pedestal and three rings for tripwire attachment are visible in the photo

The 'Anatomy Act' of 1832 was introduced in Britain, which meant the bodies of any unclaimed poor people could be used for dissection. It was thought that this would reduce the trade of bodysnatching. It did. The late 1860s marked not only the end of the Civil War, but also the heyday of body snatching. By the 1870s, cemetery gun technology advanced into what became known as 'Coffin Torpedoes'. These were essentially very short-barrelled shotguns mounted inside the coffin lid and triggered by the raising of the lid. Success must have been limited because they quickly gave rise to 'Grave Torpedoes', which were not really firearms at all, but rather small explosives packed with black powder and ignited by percussion caps. The torpedoes would rest either atop or just inside the coffin lid. When disturbed, the explosive would detonate into the face of unsuspecting diggers.

The 'Anatomy Act' of 1832 was unsuccessful in its attempt to stifle the rise of body snatching, however, the aforementioned methods were a successful deterrent and the trade rapidly declined. While grave robbery of valuables still occurs on occasion today, body snatching has faded into the annals of history. Undoubtedly, there are some coffin torpedoes still locked and loaded in many undisturbed 18th and 19th centuries graves now in the 21st century, although, with the passing of time, they are unlikely to detonate.

Proposed Bandon works much needed and long overdue: O'Sullivan

A proposed €2M overhaul for the approach road into Bandon from Innishannon, which will include a cycleway, is long overdue, Cork South West Deputy Christopher O'Sullivan says.

The proposed project will see 1.6km resurfaced from the Kevin O'Leary roundabout, with a 3.5m wide combined

cycleway and walkway stretching close to the start of the Claire O'Leary Walk.

"The proposed plan is the most substantial in terms of public amenity works in Bandon in years. I have been asking for updates on the proposal in the Dail, so it's fantastic to see news that it is moving forward," Deputy O'Sullivan said.

"Bandon is strategically located in West Cork. It's one of the first towns people encounter when visiting, and it has so much potential. The eastern entrance into the town certainly needs some attention, so this is great news. A cycleway connecting to the Graham Norton Riverwalk will be great attraction for people travelling to the area."

Bóthar Reibiliunach – Rebel Road

There is a short stretch of road, some 6km, between Macroom and Ballyvourney that is known as 'The Rebel Road' due to the not insignificant number of IRA memorials dotted along it. Soon to be bypassed by the new Macroom Bypass, Pauline Murphy feels this historical stretch of road deserves a mention.

The long-awaited Macroom and Ballyvourney by-pass is currently under construction and when the first vehicles take to its tar, the N22 will be reduced to a secondary route. What cannot be reduced however, is the amount of history connected with this stretch of road.

Between Macroom and Ballyvourney the terrain turns rough and rugged; the meandering road winds through a landscape that is ideal for guerrilla warfare and 100 years ago it witnessed its fair share of action, in the War of Independence.

Heading westwards from

Macroom, the first indication of past conflict is a small plaque embedded in a rock that commemorates 'The Slippery Rock Ambush' of August 17, 1920, during which the local IRA company ambushed a cycle patrol of the dreaded Auxiliaries.

At first the ambushers stood up from their positions, identified themselves and ordered the 'auxies' to lay down their arms. When the enemy refused, a gun fight broke out, resulting in the death of British Lieutenant Sharman and the wounding of several of his men. The British held an inquest following the ambush where one officer called the IRA 'The Hill Tribes!'

IRA Volunteer Micheal O'Suilleabhain recounted the ambush in his memoir 'Where Mountain Men Have Sown' – a guide to the rich tradition of resistance in Múscraí.

Back on the N22, west under tall trees and brooding hills, flags fly high on a rocky outcrop. Two tall flagpoles, some

distance apart, fly the green 1916 Irish Republic flags; they mark the points where the IRA placed two Lewis machine guns during a pivotal engagement known as 'The Coolavokig Ambush'. A stone memorial stands at the side of the road to further commemorate when 60 IRA Volunteers ambushed 70 Auxiliaries on February 25, 1921.

The Auxiliaries knew about the intended ambush and travelled into it heavily armed and with civilian hostages in eight lorries. The so-called 'hill tribes' put up fierce resistance and, after a four-hour fight, the 'auxies' retreated, with at least four of their number dead. There were no casualties on the IRA side, even though they were lightly armed with just two Lewis machine guns and inadequate rifles.

Before entering Ballyma-keera, a stone cross at the side of the road marks the site of a deadly Sunday evening in 1920.



Plaque at Slippery Rock.



Coolavokig memorial.



Liam Hegarty memorial.

On September 5, a number of local children came upon what looked like a broken down British military lorry, which piqued their curiosity.

Local IRA leader Liam Hegarty was passing on his bike when he recognised two of the children as his younger siblings and told them all to run away home. As the kids scattered, Hegarty inspected the lorry for himself; he lifted the bonnet and was met by a volley of machine gunfire.

A broken down lorry was a device commonly used by the British military to trick people. It was called 'The Q' after WWI vessels that were disguised as fishing boats to sink German U-boats.

Hegarty managed to stagger to the ditch across the road before slumping into it. He was shot again by the soldiers before they drove off.

When the shooting broke out, 21-year-old Michael Lynch, who lived nearby, had run out

to see what the commotion was, and was killed by a volley from the machine gun as it tore up the surrounding ditches and road.

Thankfully 100 years on, the rebel road is free of conflict – the only battles fought there now are traffic-related!

Heritage Trail launched for twin villages of Ballineen and Enniskeane

The Mayor of the County of Cork Cllr. Mary Linehan Foley paid a visit to the twin West Cork villages of Ballineen and Enniskeane recently to launch the new Heritage Trail, created by the Ballineen and Enniskeane Tidy Towns Association, taking in several sites on the Trail and the much-admired Biodiversity and Sensory Riverside Garden during the visit.

Speaking at the launch, Mayor Linehan Foley praised the work, commitment and dedication of Ballineen and Enniskeane Tidy Towns Association volunteers, saying: "The pride that the people of Ballineen and Enniskeane take in their community is evident today, on Courthouse Plaza, along the Heritage Trail and in the beautiful Riverside Garden. Giving generously of their time and energy, Tidy Town volunteers take action each day, great and small, to improve their local environment and it shows."

"On behalf of Cork County

Council, I would like to congratulate Ballineen and Enniskeane Tidy Towns Association for their hard work and dedication in bringing this project to fruition. We're delighted to support this initiative, which will have both a positive impact on quality of life here and on the local economy as our businesses strive to bounce back."

Chairperson of Ballineen and Enniskeane Tidy Towns Association, Margaret O'Donovan, said, "We envisage the creation and positioning of the Heritage Trail and Walking Trail Boards throughout the villages will serve to encourage local and wider-scale tourism and assist in the economic sustainability of local small businesses. This is particularly pertinent as we navigate the exigencies of the 'new needs' of the 'new normal' as part of our 'Survive and Thrive' proposal for the current and post-pandemic social, economic and cultural landscapes. In line with our vision for the



Pictured is The Mayor of the County of Cork, Cllr. Mary Linehan Foley meeting with members of Ballineen and Enniskeane Tidy Towns Association to view the new Heritage Trail and Riverside Gardens with Cllr. Deirdre Kelly and Margaret O'Donovan, Chairperson Tidy Towns Committee. Pic: Denis Boyle

regeneration and enhancement of the villages, we sought to erect wall plaques, information boards and finger-post signs to document this historical tapestry.

"This vision could not become a reality, however, without the support of Cork County Council, who came on board to finance all aspects of the project, thereby enabling our ideas to come to fruition."

Glengarriff Tourism and Development Assoc

The Glengarriff Tourism and Development Association has been busy preparing for the summer season ahead. Several new fairy houses have been installed along the fairy trail that have been admired by locals and visitors alike. See them for yourself along the Shoreside Trail between the Blue Pool and the Pier.

There has been a great surge in following and interaction on the Visit Glengarriff social media pages, Facebook, Instagram and Twitter. Please remember to use the tag #visitglengarriff on all your social media posts and photos. Work is also ongoing on the new Visit Glengarriff website. The GTDA are seeking members to sign up and submit their business details for inclusion.



Historical nuggets: Cromwell's Bridge, Glengarriff

The picturesque Cromwell's Bridge in Glengarriff has attracted much attention from artists and photographers since the early 19th century, with many works of art depicting the bridge in varying stages of ruin, and with differing numbers of semicircular arches. Today only a single arch survives, extending from the south bank of the river towards the centre of the channel.

Folklore pertaining to the name of the bridge abounds. In 1839 Cork antiquarian John Windele stated the following: "Tradition says, that on the approach of Cromwell, on his way to Berehaven, the natives broke down the bridge in order to impede his progress, but he compelled them again to rebuild it; and thus has it since retained his name, as has also the ford 'Ath Cromwell', over which it

was erected".

While the bridge likely dates to the 17th century and may have been contemporaneous with the period of the Cromwellian conquest, the name probably has nothing to do with him or his army. It has been suggested instead that the name of this bridge, surrounded as it is by woodland, more likely evokes the Irish 'crom choill' meaning 'sloping wood'. The

bridge is also known as Keamagower, from the Irish 'Céim an Ghabhair' meaning 'goat's leap'.

Opposite is a lesser-known drawing of Cromwell's Bridge in Glengarriff, which appeared in 1852 in the 'Irish Tourist's Illustrated Handbook for Visitors to Ireland'.



€450,000 Cultural Boost for West Cork Islands



Ardnakinna Lighthouse, Bere Island
Pic: Joleen Cronin

West Cork and its seven Island communities are set to benefit from a three-year €450,000 programme to develop and sustain new creative opportunities for all age groups, through the Arts Council's 'Creative Places Programme'.

"The Creative Places, West Cork Islands' programme is an innovative development and community engagement project that will be rolled out over a three-year period on Bere Island, Dursey Island, Whiddy Island, Heir Island, Long Island, Oilean Chleire and Sherkin Island. The programme aims to strengthen existing local contemporary and traditional arts practice and create long-term community-led engagement in the arts.

Reacting to the announcement, Mayor of the County of Cork, Cllr. Gillian Coughlan said, "We are delighted to receive a 'Creative Places' designation for West Cork and its inhabited Islands. Our island

communities are very important to us in Cork County Council. Although, our Islands may be subject to certain economic pressures and are more remote in terms of geography, they are also innovative and resilient. The Arts Council's commitment to sustain investment through the Creative Places Scheme over a three-year period will allow the necessary time to develop and deliver a range of initiatives to support sustainable artist and community engagement on each of these islands. Cork County Council has undertaken a considerable amount of Arts development work in West Cork and on the islands and this 'Creative Places' award will enable us to work with our local partners to bring this work to an entirely new level."

Cork County Council is heading a consortium of local arts and development agencies that includes Bere Island Projects Group, Sherkin Island Development Society, Comharchumann Chléire and Uillinn: West Cork

Arts Centre.

The programme's ambitions include strengthening the interconnectedness of the islands, supporting creative community engagement with climate adaptation and digital technology and giving expression to what it is to be an islander focusing on the lived experience of inhabitants, which is governed to a large extent by nature, tides, weather and climate change.

Ann Davoren, Director at Uillinn: West Cork Arts Centre said, "As an organisation concerned with the development of the arts in rural areas, and with issues of access to, and participation in, the arts for all sectors of society, Uillinn: West Cork Arts Centre is delighted to be a key partner in Creative Places: The West Cork Islands. The project is focused on building capacity in the arts, in socially engaged practice, in extending the range of, and embedding, creative opportunities for island communities and in so doing, to underpin the capacity for living

in remote and rural island and coastal environments."

Aisling Moran, Community Development Co-ordinator with Sherkin Island Development Society noted that, "This funding will build skills, create links both inter island and inter-generational. It will bring us all together to have the opportunity to create something new and exciting. The West Cork Islands have a lot to offer and we are looking forward to learning, creating and sharing this project with everyone. We are very grateful to the Arts Council and Cork County Council for supporting the application."

A key part of this programme will be creating opportunities for artists and communities to work together through socially engaged practice that positively impacts on islanders' ongoing cultural participation and the preservation and promotion of unique island cultures.

John Walsh Manager of Bere Island Projects Group expressed his delight to hear that the West

Clonakilty 1798 Commemoration

Saturday, June 19 was the 223rd anniversary of 'The Battle of the Big Cross', which is thought to have been the only military engagement in the whole of Munster during 1798. It took place just north of Shannonvale – about two miles from Clonakilty town on what was then the main road to Bandon.

An estimated 300 local United Irishmen under the leadership of Tadhg Ó Donnabháin Asna ambushed approximately 100 Westmeath Militia (Crown Forces), under the command of Sir Hugh O'Reilly, as they were transferring to Bandon.

After the huge bicentenary commemorative events in 1998, a simple, non-political commemoration has been held at the statue to Tadhg an Asna at Asna Square every year since. It was organised by the UDC/Town Council up to 2013 but then that body was abolished in May 2014.

Local historical group, Dúchas Clonakilty Heritage decided to continue it, and kept the tradition of the Town Mayor laying a wreath. This did not happen last year due to the pandemic but on June 19 last, a scaled down, non-advertised event was held when Mayor Anthony McDermott laid the traditional wreath. There were no speeches in order to comply with the current Covid regulations.

Throughout Saturday a commemorative flag from the 1998 bicentenary commemo-

ration fluttered at Asna Square to remind the public of this important date in Clonakilty and West Cork local history.



Clonakilty Mayor Anthony McDermott at the statue to Tadhg Ó Donnabháin Asna before he laid the wreath to mark the 223rd anniversary of 'The Battle of the Big Cross'. Pic: CÓS

Cork Islands have been chosen to be a 'Creative Place',

"This project has the potential to make the islands off West Cork creative places for our communities and for national and international artists. We look forward to working with our other partners and the County Council on this exciting development"

Máirtín Ó Méalóid, Bainisteoir, Comharchumann Chléire Teoranta said, "We welcome the

support through this long-term investment, which gives recognition to the work that has been ongoing to develop the West Cork Islands as centres of arts and culture. As a partner in this project I feel that it will provide a wonderful range of opportunities for community participation in the development of arts infrastructure for the future."

For further information, contact Cork County Council's Arts Office at arts@corkcoco.ie

Taoiseach and O'Sullivan visit Castletownbere and Unionhall to meet fishing representatives

Taoiseach Micheál Martin and Cork South West Deputy Christopher O'Sullivan met with fishing industry representatives in Castletownbere and Unionhall

last weekend (June 20) to hear and discuss the severe challenges the industry is facing in light of Brexit.

The pair met with managing director of the Castletownbere



fishing co-op, John Nolan, and CEO of the Irish South and West Fish Producers Organisation, Patrick Murphy, and other fishing representatives as well as members of the inshore fishing sector, NIFA.

"I wanted the Taoiseach to hear firsthand from people

whose livelihoods have been severely impacted by recent events. It meant a lot to the representatives and myself that he accepted my invitation to see for himself what's happening on our fishing piers," Deputy O'Sullivan said.

"The Taoiseach acknowl-

edged that the sector needs help. Let's hope this is the start of something that will lead to a fairer and better deal for all of Ireland's fishing fleet."

Deputy O'Sullivan said the three central issues up for discussion were 1) the fact that the Irish fishing fleet is not getting its fair share of the EU fishing quota, 2) the removal of the control plan and 3) the enormous impact COVID has had on the inshore sector and the price of fish such as ground crab, which has led to huge financial losses.

"They're facing enormous challenges. The removal of the

control plan, for example, is forcing the sector to weigh their fish on the pier instead of in a factory," Deputy O'Sullivan said.

"In-factory weighing was traceable, it was accurate and it was transparent. Weighing fish outside on the pier is having a huge impact on fish quality," he said.

Later that week, Deputy O'Sullivan joined demonstrators who helmed a fleet of boats, which sailed to Dublin to highlight the importance of and struggle being faced by the Irish fishing industry.

Six business women achieve Network Ireland West Cork Awards

Six West Cork women have been lauded for their success at the fourth annual Network Ireland West Cork Businesswoman of the Year Awards. The award ceremony, which was held virtually on June 24 with guest speaker Louise O'Neill, celebrated each of the 24 finalists which highlight women from a variety of business backgrounds.

Among the winners was Tara Copplestone of Foxglove Cocktails who won the award for Emerging New Business Owner. Copplestone set up Foxglove Cocktails last spring when she returned home from New York to see out lockdown. However, a prolonged stay led her to founding Foxglove Cocktails with her brother. Today, Foxglove Cocktails retails online and delivers all over Ireland as well as selling at local markets throughout Cork.

Yvonne Cahalane, constituency secretary for Fine Gael Cork South West, avid volunteer and founder of a new a startup

business received the Power Within Award. STEM award recipient was Jacinta Collins, Argideen Communications, who has been championing science for 25 years using her communications training to help scientists and science-led companies bring their research and innovation to life.

The Creative Professional award went to Maura O'Connell of West Cork Casting Studio who specialises in honouring and preserving family memories by creating bespoke life-cast pieces and personal fingerprint and handprint jewellery.

The award for Established Business Owner went to Nollaig Hurley, Jelly Fish Surf Shop in Spiller's Lane, Clonakilty who opened her business 18 years ago based on her hobby of surfing. Since then she has built the business to be one of top purveyors of surfing goods, serving customers all over Ireland.

Marketing expert with VMware Louise Bunyan took the Employee Shining Star award

for her role as a talent marketing specialist with experience across communications, online marketing, recruitment marketing and employer branding.

The winners now progress to the national Businesswoman of the Year Awards on October 8 in WIT Arena, Waterford.

Speaking of the winners, Network Ireland West Cork President, Katherine O'Sullivan said, "With all that has happened in the last year-and-a-half, achieving business success has been trying yet these women are proof that we can still triumph to overcome all obstacles. From established businesses finding new ways to do business to new start-ups, and employees meeting new challenges in their workplace, our finalists went through it all. The variety of women from a broad spectrum of backgrounds is proof that West Cork is a thriving place to work and run a business from. Each woman has shown us that it is possible to make great things happen regardless of external factors.

When you believe and have a solid network of support around you like that of Network Ireland West Cork then anything is possible.

I sincerely thank our esteemed

judging panel, Vicki Crean, AIB, Deirdre O'Shaughnessy, Irish Examiner, Peter Coppinger, Teamwork and Sean Mahon, Southern Star Media, for their time and care in choosing the

award recipients. We wish each of our winners the very best of luck as they go forward to represent West Cork at the national finals in October."



Network Ireland West Cork President Katherine O'Sullivan, with the 2021 West Cork Branch Business Women of the Year Award Winners, Awards Co-Ordinator Marie Wiseman, keynote speaker celebrated author Louise O'Neill, MC Ciara Wilson and Sheila McCarthy - AIB official sponsor at the Award Reception at Bantry House.

OUT & ABOUT IN WEST CORK

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



(L-R) Ardfield NS Third Class pupils Ella Haughney, Oisín Griffin & Réidín Geaney enjoying their ice cream treat after recently winning a Clonakilty Credit Union competition.



Dunmanway man Nathan Kingston completed a 24 hour fast on Good Friday this year to raise over €2,000 in sponsorship for The Pediatric Cystic Fibrosis Ward at Cork University Hospital which he handed over to the hospital last month.

people Farming

Brexit chickens come home to roost

FARMING
IN WEST CORK

Tommy Moyles

In his farming diary, West Cork suckler farmer and columnist with the Irish Farmers Journal, Tommy Moyles covers the lay of the land across all agri and farming enterprises – news, views and people in farming across West Cork and further afield.

In association
with



On farm it's been a busy month. Breeding is finished for the heifers and they will be scanned to see if they are in-calf in a month's time or so. The bull that was with them is now with the main group of cows who have just completed three weeks of AI. He'll stay with them for at least a month but will be removed, as I want to

get my calving spread tightened up a bit.

I had a first in my farming career recently. From the middle of April to the second of June, I spread no bagged fertiliser. It was more to do with weather and circumstance than a planned event and whether that move comes back to bite me at a later date is to be seen but you have to try things out.

Grass covers are where I want them and silage is up-to-date so it looks like slurry and clover kept the show on the road.

I lost track of how many times a day I would check the weather app on my phone, waiting for a window to get silage cut.

Thankfully we're past the half-way mark in terms of our fodder requirement. In early May conditions were too cold, and I was wondering if grass would kick off properly. Conditions have been very favourable for grass growth now with plenty of heat and moisture. It has hit the stage that I've taken out a few extra paddocks for grazing to keep things in check.

In late June, I had my initial farm visit, as part of the ASSAP (Agricultural Sustainability Support and Advisory Programme), a free advisory service aimed at improving water quality. It involved an advisor coming on farm and looking at any water courses and slurry and effluent control measure, and afterwards highlighting areas for improvement. It's one of a number of



An improvement in the weather situation is welcomed by farmers in west Cork. Pic: Tommy Moyles

measures aimed at trying to improve the overall environment. Like most things in agriculture it will take time for the results to filter through. That can be a challenge in a social media-dominated world where everyone expects instant results.

You could argue that there was a bit too much moisture in June, as it has proved very difficult to get silage cut. I don't recall a full dry week over the last six weeks. It's a marked contrast to other parts of the country where some farmers require rain and some have resorted to grazing some of their planned second cut silage.

I'm hearing reports of some farmers having more patience than others with regard getting fodder in. Contractors are well aware of the challenge in getting silage cut this year and are under enough pressure to do so. Some

farmers' unreal expectations don't help matters.

In general, all seems a bit more pleasant on farm than in the greater political world that influences what happens on the ground.

The first of the chickens Brexit hatched are coming home to roost following the agreement of a trade deal between the UK and Australia. Of particular concern to Irish farmers is the access this gives to Australian beef and lamb in particular. This could open the door to a string of other deals providing serious competition for Irish livestock farmers.

If it does, we'll have to think a bit differently on how we do things on farm, particularly if we have to compete with global prices.

I was in Australia four years ago and my agriculture curios-

ities got the better of me and I ended up visiting Roma sales yard in Queensland. It's the largest sales centre down under and is capable of handling 14,000 head of cattle in one sale. I attended two auctions that week; a store one, with 8,000 cattle sold in six hours, and a fat cattle sale of 880 head that was finished in 75 minutes. There were 20 to 30 buyers the first day and fewer than 10 the second. They stalked the canopy-covered passageways in the dust, barely having time to lean on a gate as auctioneers on catwalks overhead sold large numbers in seconds. Bids were in c/kg and cattle were weighed after.

You knew your stuff or you left with nothing. It was a professional's game. An agent could have 50 or more cattle bought in the time it took an Irish mart goer to write the lot number on

the back of his hand. It was the same sector but worlds apart.

Two weeks later I was in Skibbereen mart and got chatting to a farmer there, who told me: "I'd like to buy a bullockeen." It's not to be dismissive of that farmer's mission at that sale but the phrase etched in my head as a contrast in scale between here and our new competition. A positive for us is that the fact it could be 15 years before they have full tariff-free access allowing time to get our act together. Their beef sector appeared more focused and united than ours.

British farmers were assured that the Australians wouldn't compete against them. Their targets were the countries exporting beef to the UK. Currently almost 80 per cent of the beef imported into the UK is from the Republic of Ireland. Brexit pits us against the major protein producers either side of the southern Pacific. Post-Brexit trade deals could have a larger on-farm impact here than the CAP talks.

Speaking of CAP talks, they were to be concluded at the end of May. Agreement couldn't be reached on the final details so they are scheduled to re-commence at the end of June. With so many other variables up in the air it would be good to get some clarity on issues affecting farming that would allow us to plan ahead. Here's hoping that will happen.

A West Cork Farming Life by Tommy Moyles

Siblings John, Clodagh and Eoin Lynch are selling boxed beef directly from their farm at Ballylickey.

Tell us about your farm?

The Lynch family have been farming in Droumdaniel for over 100 years. Farming has evolved a lot over that time: Milk quota at the time limited our options in dairy farming so, in 2004, the decision was made to transition from a mixed beef and dairy farm to a full-scale pedigree beef farm.

Our farm consists of about 150 acres, located in the heart of beautiful Ballylickey on the shores of Bantry bay. We breed pedigree Hereford and Angus cattle under the Droumdaniel prefix. These two breeds are world-renowned for their high level of intramuscular fat, tenderness and flavour. The herd consists of over 40 pedigree Hereford and Angus cows, and we run about 130 cattle in total.

It's rare to see so many siblings have an involvement on the farm. Did you all always have an interest in the farm?

From a young age, we spent our free time helping on the farm where our interest in agriculture and food was born. We'd all have an ag or food connection in college too. John studied a BSc. Food Science in UCC, Clodagh is currently studying Food Marketing and Entrepreneurship in UCC while Eoin, a graduate of BSc. Instrument Engineering from CIT has recently completed his Certificate in Agriculture through Clonakilty Agricultural College.

Why did you start selling your beef directly to consumers?

In recent years we were frustrated that the factory prices don't reflect the quality of the beef we produce. So we began to explore marketing our own beef directly to the end consumer. We saw the potential for high quality, fully traceable, Hereford and Angus beef, which guarantees exceptional marbling and wonderful flavour.

After months of planning and market research, we began selling our first batch of 7kg beef boxes in February 2021. Each box contains a selection of both prime and household cuts of meat, which gives the consumer a variety of options to choose from.

Why choose those breeds in particular?

These days, environmental and sustainability issues have become a hot topic, particularly in relation to beef farming. As a result there has been renewed interest in the Hereford and Angus breeds with their early maturity and ability to finish economically with low input. We have been producing both breeds on our family farm for almost 40 years. Their beef is renowned globally for its superior flavour and tenderness. One of the key characteristics of their meat is a high degree of marbling. This is flecks of intramuscular fat that are visible throughout the various cuts, which provide enhanced flavour, juiciness adding a succulence to the meat.



Eoin, Clodagh and John Lynch with their father Gene.

Hereford and Angus beef is genetically superior to the other breeds on the market as a source of this.

Do you do the butchering yourselves?

No, we use a local craft butcher. They dry age the beef for 21 days. This allows the natural enzymatic and biochemical processes to take place that result in the improved tenderness and

flavour of the meat. Dry ageing improves the eating quality of the beef by deepening its flavour and improving its texture.

What are the positives about farming in West Cork?

We're lucky to be located in one of the most scenic parts of the country. Our cattle graze along the shores of Bantry Bay with views of Whiddy Island, the Caha Mountains and the Beara

and Sheep's Head Peninsulas. Part of the land that our cattle graze is located alongside the water's edge. That helps keep the land a bit warmer during colder weather too. The people of West Cork have been very supportive to date and have really helped get our business off the ground. There is great satisfaction in seeing where our beef is going and having something to show for the work involved.

OUT & ABOUT IN WEST CORK

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



Pictured is The Mayor of the County of Cork, Cllr. Mary Linehan Foley with Emma McCarthy and Lucy O'Neill from St. Marys NS who showed her around the riverside gardens during her visit to view the new Heritage Trail and Riverside Gardens in Ballineen and Enniskeane. Pic Denis Boyle



Pictured after returning to Bandon after being elected County Mayor was Gillian Coughlan MCC with her son Ronan being welcomed back to Bandon by Tim, Orla and Fiadh Ward. Pic Denis Boyle



Katie Hurley has been awarded MICC Dunmanway Student of the Year for 2021. During her six years at MICC Katie displayed remarkable talents in various areas and has shared those talents across many stages. Katie was also involved in mentoring and the Student Council and is a shining example of what a Student of the Year should be.

Cllr. Gillian Coughlan elected as Mayor of the County of Cork

Gillian Coughlan, Councillor for the Bandon Kinsale Municipal District (MD), has been elected to the office of Mayor of the County of Cork. Her election follows a long career working with her local community and representing the people of Bandon in Bandon Town Council and later the people of Bandon Kinsale MD in Cork County Council.

After completing a degree in History and Political Science in Trinity College, Dublin, Mayor Coughlan returned to UCC to undertake the Higher Diploma in Education, completing her training at her alma mater in Bandon and subsequently teaching History and CSPE in Colaiste an Phiarsaigh, Gleann Maghair, trí mhéan na Gaeilge.

In her tenure in Bandon Town Council, after she was first elected in 2009, Mayor Coughlan worked with her fellow representatives to secure funding for the Bandon Flood Relief project and the Bandon Water Main and Sewage Scheme in response to the devastating flooding experienced in the town. Having been co-opted to Cork County Council in 2016, Mayor Coughlan went on to top the poll in the Bandon Kinsale Municipal District in the 2019 Local Elections.

Mayor Coughlan has stated



that her initial priority will be to support the people and businesses of Cork County as Ireland emerges from the pandemic. Recognising that lockdowns have been very difficult on people socially, psychologically, emotionally and financially Mayor Coughlan highlighted how, "There has been an incredible show of resilience and solidarity in all sectors of society in Cork County, and Cork County Council together with the county's voluntary and statutory agencies have played a vital role in supporting people. It is essential that as we move forward together, we don't leave anyone behind."

"I also look forward to the continued town and village renewal and regeneration which has been

accelerated through Project ACT. Social and economic recovery will benefit immensely from collaboration between the Council, businesses and volunteers, and I greatly look forward to meeting people Countywide who give their time to enhancing their locales. By ensuring that each town and village puts its best foot forward, our towns and villages will emerge as great places for travel, business and great places to live."

Other priorities for Mayor Coughlan include the provision of affordable housing schemes, climate adaptation and mitigation and supporting heritage work in the County.

"I'm also looking forward to working alongside Cork County Council in advancing digitisation and education programmes such as those run through the Council's Local Enterprise Offices and Library Services."

A native and resident of Bandon with her husband Donough Coughlan, and their three children, Aidan, Maeve and Ronan, Mayor Coughlan has been involved in many community groups including Bandon Walled Town, Irish Red Cross, Age Friendly Bandon, Bandon 1916 Commemoration Committee and is the current Cathaoirleach of Gaelscoil Dhroichead na Banndan.



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people SCHOOL'S OUT FOR SUMMER!

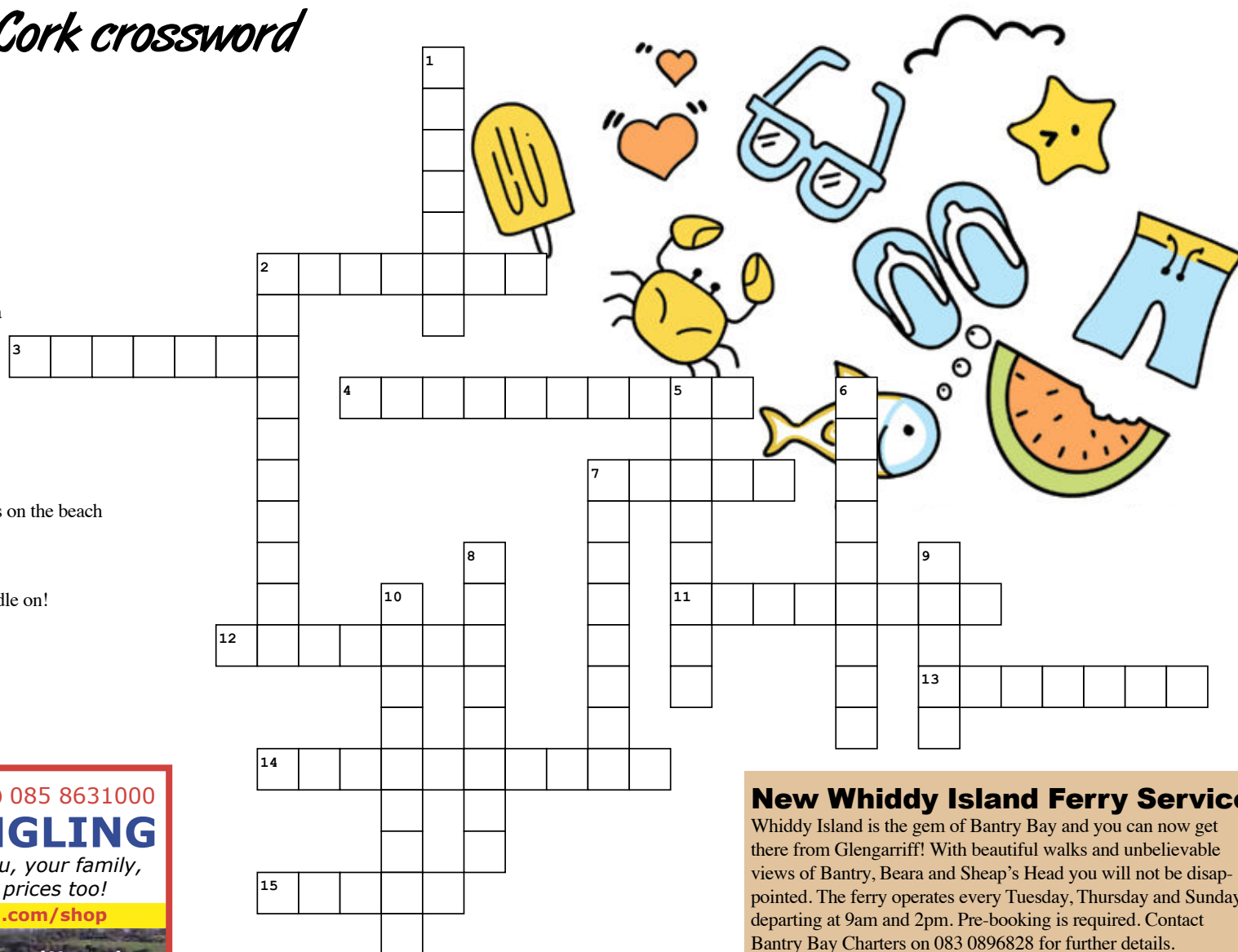
Summer in West Cork crossword

Across

2. travelling on the waves
3. this sea mammal loves to jump and play
4. guides sailors or warns them of danger
7. Jaws was a big one!
11. comes in a cone to cool you down
12. bird of the sea
13. explore what lies at the bottom of the sea
14. keeps you afloat until help arrives
15. one swallowed Noah

Down

1. the flower symbol of West Cork
2. you might need to dig a moat around this on the beach
5. find these in a rockpool or the night sky
6. stops you turning red in summer!
7. this sea creature is too small to put a saddle on!
8. when we are not in school!
9. makes a pretty chain
10. this beauty was once a creepy-crawly!



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Fota Wildlife Park, part of the Zoological Society of Ireland, is set on 100 acres on the scenic Fota Island in the heart of Cork Harbour and its vision is to inspire people to understand and conserve the biodiversity of our natural world. Fota Wildlife Park cares for 135 species of which 75 species at the Park face the danger of extinction in the wild.

Fota Wildlife Park is a unique place where you can come face to face with free roaming animals and birds from different parts of the world and each visit is sure to bring its own fantastic memories. Fota Wildlife Park features the recently opened Asian Sanctuary—with Asian lions, Sumatran tigers, Indian rhino, Warty pigs, Visayan spotted deer, Lion-tailed macaques and Red panda. The development of the Asian Sanctuary over the past seven years has enhanced the Park as an iconic international visitor attraction as well as serving the core values of conservation, education, and research.

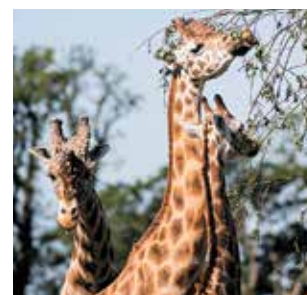
Fota Wildlife Park cares for



several different animal species in danger of extinction. Through long-established breeding programmes, which are run cooperatively with other institutions around the world, the Park is helping restore populations of some species while protecting the very survival of others. As a non-profit organisation, Fota Wildlife Park is very dependent on visitor income and 95% of the operating costs are reliant on gate receipts, annual pass sales and gift shop revenues.

Fota Wildlife Park has updated its visitor protocols since Covid-19 which now include an online pre-booking system which manages numbers entering, there are no indoor viewing areas open to the public and the layout is organised as a one-way directional walking route.

www.fotawildlife.ie



To be in with a chance of winning a FAMILY PASS to Fota Wildlife Park send your name and phone number with 'Fota Competition' in the subject line to info@westcorkpeople.ie before July 12.

people SCHOOL'S OUT FOR SUMMER!

New exhibition on Spike Island details how Irish rebels were held

A new exhibition entitled 'Imprisoning a Nation', which tells the story of the 1921 prisoners held on Spike Island during Ireland's War of Independence, was opened last month by Mayor of the County of Cork, Cllr Mary Linehan Foley.

The exhibition, which is funded by Cork County Council's Commemorations Committee and the Department of Tourism, Culture, Arts, Gaeltacht, Sport and media, tells the story of the 1200 men held on the island for their Republican activities in 1921.

Ireland was engaged in a bloody struggle for independence, and common law completely broke down in the six counties of Munster and Wexford and Kilkenny. The situation was so bad that the British authorities declared Martial Law, or Military Law, to restore order. Thousands were arrested and convicted of 'levying war against the King',

while thousands more interred without trial. Many would see the inside of Spike Islands notorious fortress, which had been used as a prison during the time of Oliver Cromwell, and again during the famine years, when the fort became the largest known prison in the world, with 2300 convicts.

The exhibition contains a number of new artefacts donated by the families of the men held on the island. These include coins shaped into badges and pins, prisoner carved wooden artefacts, and there are several diaries and autograph books kept by the men. These detail what life was like for the prisoners and internees, and share their feelings towards the struggle, their incarceration and daily life.

A stunning and fortunate new find was an old audio cassette recording, made in the 1980s, of 1921 Spike Island internee Jeremiah Herlihy, who details daily life in the prison, and

recalls the hunger strike and a prisoner shooting.

Commenting on the new exhibition, Mayor Linehan Foley said "It is wonderful to see the lives of these individuals remembered and retold, in their own words. The exhibition provides fascinating insight into the minds of these often young individuals, who were under tremendous pressure and danger, fighting for a cause they believed in".

The exhibition is the culmination of over a decade of research by the island heritage team, and in particular historian Tom O'Neill who has worked on the island since the 1990s. Regular enquires about the lives of the men held on the island in 1921 led Mr O'Neill to begin researching the details of the men held on the island, which is kept in locations like Dublin and London. After ten years of research, the names and imprisonment details of 99 per cent of the 1200 rebels are now



available to see on the island, searchable by name, county, trial and other details. A new book by Mr O'Neill, Spike Island Republican Prisoners, 1921, is just set to be launched, published by The History Press, and will be available on the island.

The exhibition 'Imprisoning a Nation' will run until the end of 2021 before it will join the island's permanent 'Independence' exhibition, which details the road to Irish freedom from 1914 to 1922, and the islands

role in that journey.

Spike Island was used to train British troops in the early years of World War one, and the crew of the gunrunning ship the Aud were held there during the failed attempt to arm the Easter Rising. Organisers Austin Stack and Con Collins were also held on the island. The island's use as a prison in 1921 is now well documented, and the island was an intrinsic part of the Treaty negotiations as one of three 'Treaty Ports', controver-

sally retained by the British until 1938. Winston Churchill, who visited Cork Harbour in 1912, proclaimed the forts 'the sentinel towers of the defences of Western Europe', and fought tooth and nail to retain them in 1921, and again in 1938. He was unsuccessful on the second occasion, and Spike Island returned to Irish control in a ceremony held on July 11, 1938.

Spike Island tickets on sale from www.spikeislandcork.ie

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IRELAND'S ANCIENT EAST

Cork Gaa Clubs unite to raffle house in West Cork

Three of Cork's top GAA clubs have joined forces to offer one lucky winner the ultimate prize – a brand new home in Clonakilty. The #WinAGaff competition is part of a fundraising initiative on behalf of Douglas GAA, St James' GAA and Fermoy GAA, with funds being distributed to develop facilities at each for all age levels.

The 'gaff' in question is a brand new 3-bedroom, semi-detached, A-rated home at The Miles, Clonakilty with a value of over €300,000. Tickets for the draw are being sold with the tagline, "Imagine next year, you could live here!". Within an 8 minute drive is the blue flag beach of Inchydoney, Long Strand and the walks at Castlefreke. West Cork has become an increasingly popular destination for home hunters during the

pandemic, with few properties remaining on the market for long.

St James' Club Chairperson, Niall O'Sullivan says: "We realise how lucky we are to be situated in such a picturesque part of West Cork. Imagine, this time next year you could be living here, just minutes from some of the most beautiful beaches in the world. There is already great excitement at our club about handing over the keys to a brand new home in Clonakilty to our lucky winner. The money raised will have a positive impact on our community in Ardfield/Rathbarry too. We plan to make our facilities more accessible, build a walkway around St James' Park that everyone can enjoy and construct a practice wall for our juvenile members."

A ticket for the draw costs



€100, but a maximum of 10,000 tickets are being put up for sale. The lucky winner will be drawn in a grand prize raffle on Saturday, November 6th.

Brendan Keane, Chairperson of Fermoy GAA says: "Our club dates back to 1886 but our numbers are still growing. We want to keep attracting new

members as the local population increases and as part of that we have ambitious plans for the re-development of Fitzgerald Park. This competition will help those plans become a reality and it will also change the life of the lucky winner who will have a new home in spectacular West Cork."

Other prizes include a Toyota C-HR Hybrid Luna worth €32,860 in association with Lehan Motors and €5,000 in cash.

Aidan O'Connor, Chairperson of Douglas GAA says: "We all know how difficult it is to get on the property ladder and what a difference this prize

could make, it could be a young couple or a family's forever home. You wouldn't think twice about spending €100 on a concert ticket, instead you could win the home of your dreams in Clonakilty. You will also be helping three local sports clubs support and invest in the next generation of players. In Douglas, our goal is to have the best of facilities for our 3,000 members. We're currently developing a three year plan with the aim of investing in an astro playing surface, a ball wall, flood lighting and a games & skills area."

For more information on tickets, and to view images of the #WinAGaff property, please visit the website www.winagaff.ie

people Environment : Making a difference

Researchers plumb the depths to solve Lough Hyne mystery

A mysterious tale of disappearing marine sponges in a unique County Cork lough could yet have a happy ending.

A team led by Professor of Marine Biology James Bell from Te Herenga Waka—Victoria University of Wellington in New Zealand and Professor Rob McAllen from University College Cork has been studying the loss of possibly thousands of sponges from the underwater cliffs inside Lough Hyne (Loch Oighinn).

The team secured funding from the National Parks and Wildlife Service of the Department of Housing, Local Government and Heritage to study this unusual event.

Professor Bell, who is in Te Herenga Waka—Victoria University of Wellington's Te Kura Mātauranga Kōiora—School of Biological Sciences, has spent a large part of his academic career working in Lough Hyne. His PhD at University College Cork investigated these unusual sponge communities in the semi-enclosed saltwater lough on the south coast near Skibbereen.

While it remains unclear why so many of the sponges experienced such a strong decline in numbers between about 2010 and 2015, in the past couple of years there have been signs of a potential natural recovery of the affected species.

In a paper published in 'Science of the Total Environment', Professor Bell and co-authors discuss the possible reasons for

the drop in numbers and the implications for life in other temperate mesophotic ecosystems (TMEs), a layer of the sea floor typically extending from about 20 metres to 30m below the surface to 150m, and home for numerous invertebrates like sponges, sea fans and sea anemones.

The researchers used 30 years of scientific surveys (1990–2019) and opportunistic observations on the subtidal communities of Lough Hyne to gain insights into the long-term stability and vulnerability of those ecosystems. They then considered the possible causes of observed changes and discussed the importance of regular monitoring for TME conservation around the world.

The Lough Hyne Marine Nature Reserve is the only one of its kind in Ireland. What makes it unique, and a magnet for marine biologists, is it hosts many rare species and contains a high number of habitats within a small area of about 0.5 square kilometres.

It is also a scientific curio, and a boon for scuba-divers, because its rich mesophotic cliff communities occur in far shallower conditions than elsewhere in the Atlantic Ocean, a consequence of its relatively murky waters and sheltered location.

Professor Bell says long-term sponge abundance reconstruction showed the number of sponges on the cliffs had been relatively stable for at least 20 years until 2010.

"We don't know for sure, but

a range of opportunistic observations indicated that the decline in numbers occurred between 2010 and about 2015. The innermost sites were affected the most, suggesting the change originated inside the lough or that its sheltered conditions exaggerated an effect starting from the surrounding coast."

There were several possible causes, including outbreaks of disease, increases in nutrients or heatwaves. Research is still ongoing into the cause, although changes in water chemistry remain one highly likely cause.

Professor Bell says it is encouraging to see some signs of a natural recovery.

"While we were obviously very concerned to see the sponge populations in the lough decline so much, we were very surprised to see new sponges reappearing after just a short time."

The Minister of State for Heritage and Electoral Reform, Malcolm Noonan, says the Irish Government is happy to support more work at the lough.

"I'm delighted to support this important work in Lough Hyne—a site that has been globally recognised for its richness in biodiversity—and to hear of the early signs of potential recovery from its recent declines."

"I am also committed to providing ongoing support to these scientific investigations so that we may better understand the causes of the decline, and what is influencing its potential recovery, so that we can apply those lessons to our wider marine environment, and to help secure

a biodiverse, resilient marine environment."

Professor Bell says the sudden, unexpected decline of the sponges shows the importance of monitoring these temperate mesophotic ecosystems around the world.

For Te Herenga Waka—Victoria University of Wellington PhD candidate Valerio Micaroni, the research was a chance to apply his interest in marine biodiversity conservation and in "animal forests", those habitats formed by animals permanently attached to a substrate, like sponges, corals and anemones.

"I liked the project because it allowed me to apply my knowledge to a real problem and to contribute to the conservation of an important ecosystem."

Professor Bell recently gave his inaugural lecture at Te Herenga Waka—Victoria University of Wellington on how tropical marine sponges may be among the 'winners', as organisms adapt to anthropogenic changes to oceans and the climate.

The paper's co-authors are Mr Micaroni and fellow Te Herenga Waka—Victoria University of Wellington PhD student Francesca Strano; Professor McAllen and Luke Harman from University College Cork; Professor John Turner from Bangor University; Dr Christine Morrow from Queen's University Belfast Marine Laboratory; and Bernard Picton from Queen's and National Museums Northern Ireland.



Lough Hyne marine sponge. pic: Professor Rob McAllen



The lake bed in 2010 (bottom) and 2018 (top)

people Environment : Making a difference



ENVIRONMENTAL MATTERS

Fiona Hayes

Twenty-nine years ago, during the first two weeks of June 1992, at the Earth Summit in Rio de Janeiro, more than 178 countries adopted Agenda 21 – a comprehensive plan of action to build a global partnership for sustainable development to improve human lives and protect the environment. It was agreed that this comprehensive ‘plan of action’ would be adopted globally, nationally and locally by organisations of the United Nations System, Governments, and Major Groups in every area in which humans impact on the environment.

At the Earth Summit in Rio de Janeiro it was recorded that achieving sustainable development would require the ‘active participation of all sectors of society’ and all types of people and documents formalised nine sectors of society as the main channels through which broad participation would be facilitated in UN activities related to sustainable development. These nine sectors are officially called ‘Major Groups’ and include the following sectors: Women; Children and Youth; Indigenous Peoples; Non-Governmental Organisations; Local Authorities; Workers and Trade Unions; Business and Industry;

Scientific and Technological Community; Farmers.

Despite this, over the decade since 2010, the International Union for Conservation of Nature tell us that 467 species have been declared extinct; the Global Forest Resources Assessment 2020 shows the net loss in forests globally was 4.7 million hectares per year; an estimated eight million pieces of plastic trash enter the ocean daily; and the number of premature deaths from outdoor air pollution has risen from two million to 3.4 million.

The same principles and policies that were adopted by Agenda 21 have been further discussed and re-affirmed many times producing many different papers and many different plans, roadmaps and agreements to take us towards sustainable development.

So much talking and so little action has occurred since that original Earth Summit that our children have created ‘Fridays For Future’ to remind us that it is their future and their children’s future that we put at risk by ignoring what we have known for so long.

- What then is happening here?
- Are humans so lacking in intelligence that we are incapable of taking care of our own children’s future?
- Why do we, as a whole species keep barreling destructively towards disaster at the same time as voicing plans to arrest our lemming like tendencies and turn the ship around?

Of course there is no simple

answer to these questions. Life is complex and people are complex, we have numerous ‘vested interests’ at play and our primal emotions such as fear and aggression are geared towards individual survival rather than planetary survival. There are multitudes of variables creating immunity to change, however unless we honestly face in ourselves where our immunity to change is, we cannot hope to face the same at a global level.

The ability to face individual immunity to change naturally creates personal responsibility and this easily scales up to community responsibility at a local level.

Community responsibility starts to change the story, and if you change the story you change the future.

We have though, as our children are telling us, left this beyond the eleventh hour and thus we now need to think beyond sustainability to regeneration. We need to use the sustainable development goals to build regenerative communities that give new life, new energy. That revitalise the whole of nature.

Sustainability is the meeting of our needs without compromising the ability of future generations to meet their own needs. Regeneration goes beyond the term ‘sustainability’, moving from exploitation of finite resources to a paradigm shift of Copernican perspective. Our modern model of natural science has written mankind out of Nature. In place of a fear of scarcity and the consequent generation of control resulting

Together we can build back better.



in a ‘need’ to wage war on any life (including bacteria and viruses) on this planet, regeneration enables us to re-join nature. The Human Genome Project has shown us that the number of human cells inside us that set us uniquely apart from nature are dwarfed by the number of cells, the number of bacteria and viruses and that put us squarely ‘inside’ Nature, just as our Earth is one small part of a universe of planets and stars. Regenerative development enables us to initiate a process of co-evolution with all of life and all that nurtures the process of life on this planet.

The real question then is “How do we overcome our 29-year-old lack of action, our immunity to change, such that we re-align human activity with the evolution of the ecological system of nature within us and all around us?”

We need systemic change and the challenges of this systemic change arise at cellular level; that is they are specific to each community.

Regenerative communities naturally attract people who are interested in their own wellbe-



ing and also that of others. They attract people who look for meaning, not in gaining power over others, but rather in acting with true integrity in upholding the Sustainable Development Goals (SDGs) set in 2015 by ALL193 members of the United Nations General Assembly and intended to be achieved by the year 2030.

The Sustainable Development Goals have become a blueprint for LIFE for the planning of, administering of, creating infrastructure for and developing of more than 10,000 eco villages. However, these eco villages are mostly rural and even the largest of these are home to no more than 2000 people. Most house less than half this population. Nevertheless, these small rural communities have established a way of developing that has at its heart regeneration, creating a network of communication, collaboration and support across the world.

Simultaneously communities within cities have recognised the need for a global shift in perspective and have created blueprints for change within a

city environment.

Communities of all sizes and from all cultures are creating a multi-dimensional meshwork, as more and more people recognise the urgency for changing our shared beliefs and practices and the infrastructure and systems that hold old beliefs and practices in place.

This regenerative meshwork is creating an evolutionary intelligence working towards healthy towns, cities, countries, regions. It uses systems thinking and integral design to build both the inner and outer capacity of the individuals and their communities. It pays attention to culture and structures, using peaceful and active inquiry to generate discussion, collaboration and action; creating advocacy and policy strategies to bridge divides and responding, rather than reacting to critical and emergent contexts.

If we are ever to realise the goals voiced and signed up to at the Earth Summit twenty-nine years ago then ‘each community must actively play its part’. Even in the largest cities small communities must come together to create change. It then becomes the policy-makers role to uphold and support that change, allowing for difference and facilitating self-actualisation of communities, supporting and enabling multiple systems rather than seeking to impose a single system on all.

We know what must change.

We know why we must change.

Now we each need to take responsibility for action.

MEPs vote for new Climate Law calling on all citizens to ‘Play their Part’

All Member States, including Ireland must “step up” and work towards new climate targets set by the EU according to Ireland South MEP Deirdre Clune.

The European Parliament has voted to adopt the new EU Climate Law and are calling for ambitious 2030 and 2040 emissions reduction targets. The European Climate Law proposes a legally binding target of net zero greenhouse gas emissions by 2050.

Ireland South MEP Deirdre Clune said this is the first time the Parliament has passed such a bill and it is very ambitious.

The new law transforms the European Green Deal’s political



commitment to EU climate neutrality by 2050 into a binding obligation. The new regulation establishes a framework for achieving climate-neutrality in the EU by 2050. It sets a 2030 target of reducing the EU’s net greenhouse gas (GHG) emissions by 55 per cent, compared to 1990 levels.

Under current policies, the world is headed for a temperature rise above three degrees Celcius by 2100, according to the United Nations Environment Programme (UNEP) emissions gap report 2020. Experts say that pursuing a green recovery from the pandemic could help cut global 2030 emissions by 25 per cent

below current projections, and so reach the Paris Agreement’s two degrees Celcius target.

MEP Clune said: “Climate change affects everyone from households, farmers, the fishing industry, manufacturing and transport. We need to step up on our emission reductions across all sectors. The prize of a safer and more secure planet is a vital one. If not for ourselves then for our children and our grandchildren.”

This Law now gives European citizens and businesses the legal certainty and predictability they need to plan for this transition.

MEP Clune noted how the Irish Government has also pub-

lished a Climate Action Bill, which sets a target to decarbonise the economy by 2050 at the latest.

“We must play our part here in Ireland and do what we can to ensure a safe planet for everyone. The new European law will ensure that the EU will become climate neutral by 2050. The proposed Climate Law now requires EU institutions and Member States to take the measures necessary to achieve the collective climate neutrality objective.”

MEPs insist that both the EU and all member states individually must become climate-neutral by 2050 and that thereafter the EU shall achieve “negative

emissions”. They also call for sufficient financing to achieve this.

Member States must now take the necessary steps to meet the target. Member States will also be required to develop and implement adaptation strategies to strengthen resilience and reduce vulnerability to the effects of climate change. The Climate Law includes measures to keep track of progress and adjust actions accordingly.

Progress will be reviewed every five years, in line with the global stocktake exercise under the Paris Agreement.

people Environment : Making a difference

Moths in West Cork



This month, **Karl Woods**, a long-term committee member of BirdWatch Ireland West Cork Branch, shares his other (non-birding) interest; moths.

With multiple lockdowns over the last 15 months or so and many confined to the small areas around their houses, people have been looking for new things to get into. The increase in people becoming interested in their garden wildlife has been fantastic. It has opened up a new world for some that has continued, despite the easing of restrictions. For some, it took the form of moth trapping. Together with their butterfly relatives, moths make up the order Lepidoptera, a part of the class Insecta. However, unlike Ireland's butterflies, which only number 35 species, there have been over 1,500 species of moth recorded in Ireland. With most gardens capable of yielding 200-plus species, it is easy to see why it could be a very



inviting pastime.

There are a few misconceptions when people generally think of moths, usually with a comparison to butterflies. While butterflies are the colourful majestic flying insects, moths are seen as boring and drab. A quick flick through a moth guide, or

looking at a gallery of photos, will very quickly reveal that this is not necessarily the case. There are many moths with colours and patterns that easily rival any other insect group. Add to this the array of wing shapes and sizes and you can see just how varied and interesting this group can be. Another myth is that moths are the night-time counterpart to our day-time butterflies. While many species of moth are indeed nocturnal, there are also hundreds of day flying moths.

Surprising as it is, adult moths can actually be found throughout the year, with different species having different flight times. The majority, like many invertebrates, prefer the warmer months, with summer



Left is a *Elephant Hawkmoth*; Top is a *Forester Moth*; Bottom is a *Garden Tiger Moth*. All pics: *Karl Woods*

offering the largest numbers, both of species and individuals. Spring and autumn, while not as productive as summer, still have their own reasonable selection of species. Winter holds the least numbers of moths but is not completely devoid of them. Certain species have adapted to the colder temperatures during this time of year and can be found during milder nights throughout the winter, with the aptly named Winter Moth and December Moth being two of the species likely to be encountered.

The easiest way to see moths is to bring them to you by providing a light source at night. Even an urban garden is likely to give a nice selection of moths, so anyone can try it. Most people have probably

already noticed moths coming to their outside lights or even a lighted window. Before I bought my first dedicated moth trap, I managed to record about 200 species in a six-year period, all attracted by the outside light and windows. A torch left shining on a white sheet would provide a similar effect.

The most effective method is to use a dedicated moth trap. These can be purchased online ready-made or you can build your own if you feel up to it. There are varying types of traps and bulbs that can be used but all follow the same principle: a light suspended over a box/bucket. The moths are attracted to the light, then funnelled down into the box where (most of them) stay until you look through it in the morning. UV

light is the most attractive to moths, so bulbs with lots of UV light have better catches.

The easiest traps to use are mains-powered and usually limited to the garden but you can convert these or use battery-operated ones further afield. Once you get hooked on moth trapping (most people do), you can have a go at trapping in different habitats. Different habitats have different food sources for moths and can provide a different set of species. Marshland, dune systems, forests, upland bogs etc. can all provide a unique and different trapping experience.

Anybody interested in moths already or who would like to get involved should check out Moths Ireland (www.mothsireland.com). This group promotes the awareness and enjoyment of all things moth-related in Ireland and co-ordinates the recording of all sightings. The website includes distribution maps and flight charts for Irish species plus other useful information. There is also a fantastic Facebook group ([mothsireland](https://www.facebook.com/mothsireland)) with experts on hand to help with identification and other queries. Anybody looking to submit sightings can send them to either Moths Ireland or National Biodiversity Data Centre (please only send to one to avoid duplication as records are shared).

Please remember that a licence is required to use a Moth Trap. This can be obtained by contacting Moths Ireland and getting added to their list of trappers (free of charge).

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

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Glengarriff Tidy Towns harvesting rain water

The Glengarriff Tidy Towns Committee recently added two 210 litre water butts in the village to harvest rain water. These will be used to water the plants at both ends of the village. This is in addition to the 10,000 litre water butt which is centrally located in the Community Garden.

O'Sullivan raises future of West Cork walks in Dáil

Cork South West Deputy Christopher O'Sullivan has told the Dáil that the future of West Cork's most iconic walks are under threat because of a lack of administration staff.

Recently the West Cork Development Partnership, who run these walk schemes, met with the three Cork South West Deputy's to outline the serious situation in which they find themselves.

"I have informed the Minister for Rural and Community Affairs that we need more resources and more rural recreation officers to administer these growing tourist attractions," Deputy O'Sullivan said.

"Between the Sheep's Head Way and the Beara way you've got over 400km of walks and just one RRO to administer them and the many schemes that support them.

They are under huge pressure. The administration

of these walks is a huge load for just one person.

"I have called for extra resources and for three rural recreation officers at a minimum, to administer these walks so they can realise their future potential.

"For example, there's another possibility for a walk from Bantry to Drimoleague. A lot of work has gone into it, but it won't happen without more provisions for RROs."

A flavour of West Cork

Experience the magic of market day

Situated in the picturesque Emmet Square, the hum of activity and banter that accompanies market day in Clonakilty is a much looked-forward-to weekly feature in the town. Every Friday morning, come rain or shine, the sleepy Georgian square awakes with the sounds of traders setting up their stalls; the green is suddenly awash with splashes of colour, as the bustle of trading gets underway. It's a lively and entertaining atmosphere harking back to the tradition of market days of yore.

The queue at the coffee stall starts to form early; the market is as much a social outing as a shopping trip for many. In summer, as the day moves on, picnic blankets sweep the grass with visitors taking in the sights and sounds and savouring some of the world cuisine on offer.

Never before have we all held such an appreciation for the abundance of delicious local food that lies right on our doorstep. West Cork is renowned for the quality of its food and markets contribute greatly to this. With almost 20 stalls, Clonakilty Market usually swells even more during the summer months; you'll find a diverse mix of local farmers, artisan food producers and fine crafts people. Local meats, organic veg, fish, chicken, hot street food, fresh juices, raw chocolates, olives, cheeses, fresh salads, handmade soaps, ceramics, breads and cakes are just some of the fare. It's a vibrant shopping experience for the people of Clonakilty and a great opportunity to support local but also to meet the makers and celebrate the exceptionally high standard of locally produced goods.

As local food writer Kate Ryan puts it so aptly "If the past 18 months have taught us anything, it is that supporting the local farmers' market is not a leisure activity or a lifestyle



"If the past 18 months have taught us anything, it is that supporting the local farmers' market is not a leisure activity or a lifestyle choice. Rather, they are an essential service, a lifeline for people..."

Kate Ryan

choice. Rather, they are an essential service, a lifeline for people – stall holders and customers – and they underpin the vibrancy of a thriving local economy. All these things are as vital as the produce on display. When I think about the food I buy when I visit the market,

really I am thinking about the people I am buying from because their produce is an extension of who they are: I'm not just buying apple juice – I'm buying James's apple juice, or Dave's chicken, Nathan's pork, chemical-free fruit and veg grown by The Hollies, Niamh's chocolates, a coffee from Shane, Dim Sum from Piers, and so on. And while the food nourishes the body, banter with a stall holder, catching up with a friend, or just sitting and listening to the hustle and bustle of the market nourishes the soul. Where would we be without our Friday Farmer's Market in Clonakilty? I wouldn't want to imagine!"

Come rain or shine, every Friday, from 9am to 2pm – experience Clonakilty Market.



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people A flavour of West Cork

New Gluten Free brand is officially launched this month

Just 14 months after returning from Australia to work in her family supermarket in Clonakilty, as it adjusted to trading in a pandemic, Niamh Scally has taken a small in-house brand and grown it into a fully-fledged independent business – Clonakilty Gluten Free Kitchen. Some might have thought it a half-baked idea to start up a bakery business in such a challenging year, but the bakery's rapid growth has proven otherwise.

A conversation with the mother of a coeliac child, who wanted a novelty, gluten free birthday cake (over six years ago) just like the others, inspired Niamh's father, Eugene Scally, to offer much more to coeliacs than just one or two varieties of bread. At that time, there was an investment put into develop-



ing and building a specialised gluten-free bakery at the back of the store with a team of people working to develop the range.

There are 50,000 coeliacs in Ireland with 100,000 more thought to have a gluten intolerance; interestingly, Ireland has one of the highest rates of coeliac disease in the world. The West Cork brand, that features on the Coeliac Society Food List for 2021, has a total

of 17 lines, ranging from yeast breads like their rustic white loaf, multigrain and white rolls, speciality loaves; oat and yogurt loaf, corn bread and brioche, and confectionery lines like their recently launched apple tart and tea brack.

"From day one, the Clonakilty Gluten Free Kitchen focused on variety and taste; that ethos stood to the brand, and before long, loyal customers were

travelling quite a distance to buy the products in the Clonakilty store," says Niamh. Seeing this gave the young businesswoman the confidence to grow it as an independent brand. Coeliacs are always searching for new and exciting products so this was a way of making it more accessible to those who desire breadth of range and choice," she says.

Niamh is emphatic that: "Coeliacs need choice and to be included, just like everyone else. Sitting down to eat with the family is such an important ritual, and nobody, child or adult, wants to feel excluded from the meal talk at the dinner table." Taking the certified gluten free and handmade range, hailed by coeliacs for its "real taste", last autumn the production of the specialised bakery relocated to a Cork County Council Food Production unit in the Bandon area to facilitate the expansion.

At that time, the range was available in two stores, SuperValu Clonakilty and Niamh's uncle's SuperValu in Blackrock. At a time when Covid has been to the forefront with shopping trends evolving, Niamh speaks about stores going above and beyond to promote small local producers like themselves. "A lot of people are interested to know what it was like developing a brand during lockdown and Covid," she says, admitting that she and her team of three at that time, had a lot of work to do in terms of driving brand awareness with the consumer, particularly during lockdown, when it came to moving into other stores. "With lack of face-time in store, we have had to organically grow the brand, so online promotion has been a real help in terms of getting in front of the consumer," she explains. The support from retailers in terms of promoting the range through their online channels has also been a real help! "In ways, the pandemic has brought an overwhelming sense of support from the country for small, local and Irish producers and I really felt this sense of community from both retailers and customers as they embraced our new brand when it arrived onto their shelves."

The range is now also available to shop online through selected SuperValu stores, as part of the SuperValu Food Academy programme, which the Clonakilty Gluten Free Kitchen became part of in May 2021. "The online shopping was a great opportunity presented to us by SuperValu Ireland, as a result of the evolving market trends, which ultimately

improved shopper accessibility to our range," says Niamh. This service is available in stores that already stock the range.

"It's still a very new brand to the market, you always have laggards who are slow to stray from familiar products they already love and are afraid to try something new, that's why in-store sampling is a real loss!" she says. If times were normal, the team would take to the stores to taste the products. "Meeting the customers is so important, as I feel that connection with your audience is critical, particularly in the gluten free category where customers are so engaged and knowledgeable about the products they buy. The team understand that it can sometimes be a disappointment to be diagnosed with coeliac disease – but are determined to prove that you do not need gluten for amazing flavour!"

Whilst safety is at the top of the list at all times, flavour and the providence of ingredients do not suffer for it. "We work extremely hard on our recipes to ensure that we can achieve the great taste that we are known for, whilst using local suppliers that are certified as gluten free – West Cork's Irish Yogurts is the main ingredient in our oat and yogurt loaf and we are working with other local suppliers to see if we can certify their ingredients too. If producers can be certified, it gives us more opportunities to develop our lines whilst maintaining our local produce values."

Another great boost for the business was the listing of the range on the Coeliac Society Food List for 2021. "There was an incredible reaction from consumers across the length and breadth of the country once we were published on the Food List," says Niamh. "For those not familiar with this listing, it's a guide for coeliacs on suitable food products highlighting the brand as trustworthy for coeliacs."

It's been an exciting time for the business; since starting eight months ago, it has grown from two to 20 stockists, a mix of SuperValu's and Centras, along with some independent hotels too. The team has also increased from three to five.

Niamh explains that, as a fledgling company, the team have been taking their time to grow and learn as the company develops.

"I have three bakers; Jacek, Piotr and Damian, who turn out the entire range by hand and I am grateful for their skill – baking is a real craft, it takes

time and patience to turn out the perfect bread.

"Gillian, a fellow Clonakilty girl, who just completed a masters in Food Innovation in UCC has been working very closely with me and looks after the production side of the business, and the support we have received from other local producers, knowledge experts and friends has been wonderful. We have come along way as a team since we started out and we still have a lot to learn absolutely but we are surrounded by great people and people who are always willing to advise, and that's invaluable!"

In terms of expansion, the company has been focused on reaching all communities across Cork City and County. "I am glad to share that we have almost completed our plans to get to all the Cork stores and then I hope to start moving across Munster. One of the main challenges I am faced with now is finding a bigger space in order to expand the production and breadth of range. We have been thrilled with the reaction and positive response from the consumer and we look forward to further enhancing production once we have the space to do so."

Niamh explains that with the increased demand for production comes the need for bigger space, more ovens and more people – so all in good time. For now, "we have a great team, good positive energy and are enjoying the challenge of it all!"

The Clonakilty Gluten Free Kitchen range can be bought in the following stores, SuperValu Clonakilty, Bandon, Skibbereen, Bantry, Dunmanway, Ballincollig, Tower, Togher, Grange, Glanmire, Blackrock, Carrigaline, Kinsale, Kilmallock and Centra New Road Bandon, Aherla, Crosshaven and Drimoleague. Also recently available in The Europe Hotel Killarney.

The Clonakilty Gluten Free Kitchen Brand launch takes place in Niamh's hometown of Clonakilty on Friday, July 2 at the Model Railway Village. Special guest, Tara McCarthy, CEO Bord Bia and Gill Brennan CEO Coeliac Society will be there to celebrate the new and exciting brand.



Clonakilty
gluten free
kitchen



To pack the perfect picks for your picnic this summer, find our range of breads, rolls, apple tart and much more in-store or online at SuperValu Clonakilty, Skibbereen, Bantry, Dunmanway, Bandon or Centra New Road Bandon, Drimoleague & Aherla.



people A flavour of West Cork

A reawakening

At the beginning of March 2020, Hannah and Rachel Dare, the sisters behind West Cork's much-loved Organico in Bantry, were celebrating the introduction of a more efficient kitchen system that was to make life easier in their busy café. Just a few weeks later, with the onset of the pandemic, the sisters closed the door of their café and made the difficult decision not to open it again. While the pandemic may have forced their hand at the time, looking back, it has in fact given the Organico story a much better ending, or rather a whole new beginning...

The former café has been repurposed to house a new food venture, an exciting deli; as well as creating an extended space for the healthfood shop...it's a more, relaxed, spacious, family-friendly Organico. There is an easier flow now in the space, which is more accessible for wheelchair users and can also accommodate double buggies.

"We now have the space to stock so many more Irish products that we just couldn't before," enthuses Hannah. "We were so squeezed in the shop before we just couldn't service people properly." Just a few of the new products from small Irish companies now in store include small batch chocolates, a range of organic teas and a stunning rose gold single blade

razor from a Clonakilty-based business.

"It was so busy every summer in the café we had to employ up to 10 people and then the winters were very quiet." While it was a difficult decision to make, as Rachel and Hannah knew how important the café was to the local community, Covid forced the realisation on them that their business model needed to change. "We were simply surviving rather than thriving," says Hannah.

With this somewhat organic evolution of their business, the sisters are delighted and relieved to be feeding people again and welcoming back familiar, as well as new faces to Organico.

Since opening on June 1, the deli has been busy serving lunch, coffee, and cakes (all takeaway) until 4pm, Monday

to Saturday, 'or when it's gone, it's gone,' says Hannah, who's really embracing the new relaxed atmosphere of Organico. Even the bakers have a more respectable starting time every morning of 6 instead of 4am!

With the challenges the past year and a half brought now behind them "it feels like we can breathe again," explains Hannah.

The daily menu includes salad boxes, sandwiches, cakes, snacks, and coffee – all made from organic, local, and seasonal ingredients, and with a focus on plant-based options (falafels, tempeh, tofu). There is also a Gubbeen cheese and ham salad bowl. The fridge is also stocked with take home meals and Rachel's tasty range of dressings and sauces.

For this and much much more, call in to Organico on the Glengarriff Road, Bantry.

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(l-r) Laura Sexton, Pawel Wozniak and Ciara Walsh.

Timoleague NS nurtures marketing gurus of the future

Sixth class in Timoleague NS have been awarded a Merit in three categories of the Junior Entrepreneur Programme awards - Marketing Gurus, Creative Pioneers and Star Submission. The pupils began their journey in the Junior Entrepreneur Programme (JEP), adapted for online participation due to the pandemic, at the beginning of this year.

While completing the JEP journey, the pupils decided to create a cookbook called 'Blas Thigh Molaige', as they had encountered many new and useful recipes over the lockdowns that they wanted to share with

others. They typed up their recipes and took photographs and sent their draft to get 200 copies printed. They also had a handwritten note on the back of each recipe about why they chose each recipe. They included some local produce in their recipes and Foley's Centra, Timoleague and Timoleague Post Office agreed to stock the cookbooks. Due to the commitment of their teacher Ms Laura O'Mahony and the sixth class pupils, it was a great success. Not only did they receive Merit in three categories but they sold all 200 copies.

JEP is a real-life entrepre-

neurship skills programme for senior primary children helping them to appreciate their own unique skills and successfully create a real business, working as a class team.

The programme is integrated into several aspects of the school curriculum including English, Maths, Visual Arts, ICT, Drama and SPHE, allowing the teacher to cover the curriculum in a fun and interesting way while developing valuable life skills and introducing children to entrepreneurship as a career choice.

people A flavour of West Cork

Feast in The Field

Just finding The Field Kitchen licensed restaurant at Camus Farm is part of its indelible charm. If you're lucky, with the help of Google Maps, you'll arrive at a boren bordered by native hedgerows teeming with wildlife and on one side framed by the farm's veg beds. This marks the beginning of a wonderful culinary journey of discovery. "We debated whether to ask people to pick their own spuds on the way up, but we thought it might be taking it a step too far," laughs co-owner Deborah. Not an improbable request perhaps though when you consider the possibility of finding a physicist and an art therapist farming beef and growing vegetables together in West Cork! The Field Kitchen is a labour of love for husband and wife team Vic Sprake and Deborah Ní Chaoimhe who, like so many other less than ordinary persons visited West Cork and settled into the landscape. The couple bought Camus Farm over 15 years ago and over time have nurtured the flat green fields back to life, planting thousands of trees and native hedgerows on the 30-acre organic beef farm, creating the ideal habitat for West Cork wildlife.

Five years ago Deborah and Vic started thinking about sharing their passion for biodiversity and good food through the creation of a culinary experience like no other. In terms of from farm to fork, you will not get any closer than this; the vegetables and beef are literally a stone's throw from the table. While the project has taken a while to reach fruition, it has no doubt been worth the wait, gathering momentum in the most unlikely of times – during a pandemic. "It feels like the timing is really right now because of our outdoor space," says Vic.

This is a shared dining experience, outside during the current restrictions, but a fab-

ulous indoor restaurant, which doubles as a gallery, awaits once indoor dining resumes.

The set menu of six dishes is seasonal and local. It's a feast where vegetables play the main part and the organic beef makes an important guest appearance. Expect to taste each of the ingredients: a recent menu included tantalising options like sourdough flatbread, Toonsbridge ricotta, chargrilled onions and wild garlic pesto. This was followed by 'chargrilled beetroots, puy lentils, St Tola goat's curd and salsa verde. Next up was the organic, homegrown, 100 per cent grass-fed, 30-day aged striploin of beef salad with potato, fennel, radish. Then it was time for the courgettes to shine accompanied by butterbeans, greens and gremolata. A date and walnut pudding served with crème fraiche brought a sweet finale to this banquet. "It's very much a vegetarian menu with really good beef rather than a token dish thrown in for the non-meat eater," says Deborah.

This is a shared dining experience, outside during the current restrictions, but a fabulous indoor restaurant, which doubles as a gallery, awaits once indoor dining resumes.

Bob Cairns is the man at the helm of West Cork's newest gastronomic experience. After moving from London, Bob built up his reputation in West Cork following a successful season as gardener-cum-chef at Glensallagh Gardens. He went on to manage the kitchen at Glebe Café in Skibbereen and most recently helped set up the menu at Connolly's of Leap. Bob's sous chef is Simon

Kershaw, another well-known West Cork gourmand, who loves working with the bounty of quality ingredients on his doorstep.

Deborah and Vic have entrusted the running of the restaurant to Craig Scott and Nicola McCarthy. Originally from Skibbereen, Nicola worked in the US for many years and has extensive experience in event management. Through a series of wonderful coincidences, she

"We're starting off gently but we have big ideas for the future with themed evenings and music events on the menu,"

Deborah Ní Chaoimhe



(l-r) Craig Scott, Nicola McCarthy, Deborah Ní Chaoimhe and Vic Sprake.



connected with Camus Farm, which provided the opportunity for her to move back home. Craig has almost 20 years experience working in hospitality and is well known in West Cork for his calm and good-humoured approach to customer care. Most of the team are local and for some who live on the

farmland, it's literally a case of to work through the fields.

"We're starting off gently but we have big ideas for the future with themed evenings and music events on the menu," shares Deborah.

For now the restaurant gates open at 6pm on Thursdays and Fridays, with food on the table by 7pm. Saturday and Sunday,

it's entrees or a farm walk from 12pm with food on the table by 1pm. The set menu costs €40pps excluding drinks. No kid's menu: this is a one-for-all experience! Wine and beer lovers should be happy with the selection available. Smoking and vaping are not permitted on the farm. The restaurant is wheelchair accessible.

Please take note, rushing is not allowed. Take time to enjoy the beautiful natural surroundings and the food...it's West Cork at its best!

For bookings go to www.fieldkitchen.ie.



people A flavour of West Cork



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SET MENU

SEASONAL DISHES.
CARNIVORES & HERBIVORES
SERVED.

OUT & ABOUT IN WEST CORK



Ceara Lordan and Tracey Sheehan from Dunmanway recently ran 100km for Laura Lynn and raised €648.

Toonsbridge Dairy features in new NDC Advertising Campaign

Jenny Rose and Toby Simmonds, owners of Toonsbridge Dairy in Macroom, will be featuring in a new advertising campaign for the National Dairy Council. The new campaign will support the Foodservice industry in Ireland, which has suffered considerably during the Covid-19 Crisis. The EU-funded campaign is supporting the foodservice industries impacted in Ireland, France, Denmark, Belgium and Northern Ireland. Bord Bia estimated that the food industry in Ireland contracted by almost half during the pandemic crisis where restaurants, pubs, hotels, coffee shops, workplace, hospitals and educational canteens were all forced to close.

The campaign will be a mix of outdoor, print and online media and is designed to reinforce the impact and to restore the consumer confidence in dairy products.

Interestingly, recent research undertaken by NDC showed a 48 per cent increase in dairy consumption during the pandemic. Nearly one-third of young adults without children indicate that their consumption of dairy products has increased since the beginning of the Covid-19 lockdown. This increase is significantly higher for young adults with children, almost half of these respondents says their milk consumption has almost doubled.

As part of the campaign, NDC specially selected seven high profile cafes and food producers across Ireland who were each photographed for the campaign by renowned food photographer Mike O'Toole.



(l-r) Jessica Finken with Fleur Hindley, Store Manager, Organico Bantry. Jessica, one of the team at Organico Bantry, is celebrating her achievement as she graduates from the Dr. Hauschka Skincare Academy.



Congratulations to Kayla O'Halloran from Ballymoney National School who represented Ballineen and Enniskeane and won the County Cork section of the Community Games under 12's dancing competition. Kayla will represent Cork in the National Finals

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people A flavour of West Cork

A FLAVOUR OF WEST CORK
RECIPE

Karen Austin

How time flies! We have already entered the second half of summer, having passed the longest day, which seems to have come round faster than ever this year. It may be the second half of summer but I'm still prowling around the courgettes plants waiting for them to spring into action, ditto with our broad beans and the tomatoes haven't a notion of ripening yet. Luckily everything is looking healthy and with time we'll have the usual gluts.

Meanwhile I've been obsessing about watermelons. This is in addition to my barbecuing obsession, as I have this memory of a dish we ate whilst travelling in Mexico. Long ago, before the lockdown, we were in Campeche on the Yucatan peninsula where I ate the most amazing grilled watermelon. It was one of the most memorable dishes that I had on that trip, maybe because it was so surprising. I ordered it because it sounded so odd. Grilled Watermelon Fillet with Recado Rojo. It came to the table, king of the plate with little piles of pickled vegetables and avocado

Grilled watermelon will surprise you



around it. Pretty as a picture and the flavour and texture was so surprising. Later that day I had the good fortune to pick the chef's brain and I jotted down the recipe, gram for gram in my notebook where it lounged until this summer when I bought my barbie.

I was slightly nervous the first time that I made it, as good memories have been known to trick the taste buds but the recipe worked. Spot on and very

simple, which truth be told is what you need for a barbecue.

There is one small hitch – the recipe uses achiote paste, which is known as Recado Rojo in the Yucatan. Achiote is made from seeds of the annatto plant, a small tropical evergreen plant that grows in Mexico. It's an orange/red spice, which smells a little peppery and tastes slightly sweet, nutty and earthy. I have a box of achiote, which I bought home with me but I know it's

not so readily available here so I Googled alternatives and came up with a recipe that has accessible ingredients and is a good substitute.

This recipe involves a little forward prep – the watermelon needs to be marinated for twenty-four hours – but the beauty of this is that when it comes to the day of the barbecue, all the work is done. Just put the watermelon on the grill, resist poking it until it's lightly charred, then

flip, cook the other side and serve. We ate ours with lightly pickled cucumber and mint.

Grilled Watermelon
Fillet with Recado
Rojo Serves 6

Ingredients:

- 1 small watermelon
- 25g achiote/recado rojo/or the paste below
- 200mls white wine vinegar
- 500mls water
- 4g salt
- 2g cracked black pepper

Homemade Recado Rojo/
Achiote paste substitute

Ingredients:

- 1 1/2 tsp sweet paprika
- 1-2tbs water
- 3/4 tsp oregano
- 1/4 tsp ground cumin
- 1/4 tsp ground cloves
- 1/2 tsp turmeric
- 2 cloves garlic, peeled and very finely chopped

Mix all of the ingredients to a smooth paste.

First peel the watermelon. Using a sharp knife slice off the top and the bottom of the melon. Place the melon on the chopping board bottom side down; this will give you a steady melon to work with. Carefully peel the melon rind away, cutting downwards, then turn the melon over and repeat.

Chop the peeled melon into half, then chop each half into 4cm slices.

Mix 25g of the achiote/recado Rojo paste together in a fairly big bowl with the vinegar until it has dissolved, then add

the water and salt and pepper.

Submerge the watermelon slices by carefully arranging them in the bowl – it will be quite a snug fit. Cover and leave aside in a cool place for 24 hours.

Lightly Pickled Cucumber
and Mint

Ingredients:

- 1 cucumber
- 100mls white wine vinegar
- 2tbs sugar
- 1/2 tsp salt
- A bunch of fresh mint.

Put the vinegar, sugar and salt into a bowl then mix together to dissolve

Peel the cucumbers, cut them in half lengthwise then remove the seeds with spoon.

Place the cucumber on a chopping board then cut into skinny slices on the diagonal.

Strip the mint from the stems and chop finely.

Put the mint and cucumber into the vinegar mix and toss well. Leave aside for at least 15 minutes.

To cook the melon fire up the barbecue or heat a grill pan

Take the melon from the marinade, shake off excess marinade then place on a hot grill. Grill each side for two to three minutes until nicely charred.

Serve with little piles of pickled cucumber.

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people Health & Lifestyle

Paediatric Epilepsy Monitoring Unit
opens at Bon Secours Cork

A dedicated Paediatric Epilepsy Monitoring Unit, the first of its kind in the Munster region and the first private unit in the country, has opened at the Bon Secours Hospital Cork.

This state-of-the-art unit consists of one dedicated bed with continuous nurse supervision and video EEG recording, located in the Children's Ward.

Patients admitted to this unit will benefit from timely diagnosis and management of epilepsy; all done in a safe environment and supervised by highly trained Paediatric nurses and Neurophysiologists.

The launch of this unit was

possible thanks to the joint effort of the hospital's Consultant Paediatric Neurologist, Dr. Niamh Lynch and the Neurophysiology Department, led by Dr. Peter Kinirons.

Direct referrals by paediatricians are accepted and a referral letter with patient details (including a contact number) and reason for referral should be addressed to Ms. Claudia Leite, Senior Neurophysiologist, Neurophysiology Department, Bon Secours Hospital, College Road, Cork (Email: CALeite@bonsecours.ie).

GPs are welcome to refer patients to Dr. Niamh Lynch, Consultant Paediatrician, Suite

25, Clinic B, The Cork Clinic, Western Road, Cork for review prior to admission.

Pictured is Dr. Peter Kinirons, Consultant Neurologist/Clinical Neurophysiologist and Ms. Antonia Walsh CNMII Children's Ward, looking at the monitor where Ms. Claudia Leite, Senior Neurophysiologist and Dr. Niamh Lynch Consultant Paediatric Neurologist are with Laoise Cahill Murphy, student nurse, who is posing as a patient.



people Health & Lifestyle

Take care of your body...and your body will take care of you



Radical Wellness

Freya Sherlock

Freya Sherlock is a professional Chinese Medicine practitioner offering Acupuncture and Moxibustion, Chinese Herbal Medicine prescriptions and Tui Na Remedial Bodywork at her private clinic in Dunmanway. She offers a general practice with additional specialisms in women's health and digestive disorders. Freya is also Ireland's premier WildFit Coach.

I love exploring the art of living, discovering ways to infuse daily life with soulfulness, expanding how I do things, see things, and make meaning of things, contemplating our individual and collective potential in today's world and seeking practices that support our own and each other's evolution.

For me, attending to our health is Step One. We all know 'our health is our wealth' and yet, in my clinical life as an Acupuncturist and Chinese Medicine practitioner, I see how challenging it can be for so many people to feel truly healthy, physically, mentally and emotionally. Finding ways to alleviate the suffering that diminished health can bring has been my life's calling.

My quest over the past 35 years has taken me across North America, Europe, Asia and China where I have been blessed

to study with some extraordinary teachers and healers; I endeavour to weave all these threads into the tapestry of my clinical practice.

I am equally enthralled by the immense wisdom of ancient cultures and medical traditions as with the often-stunning advances in modern science and society and so honouring, bridging and integrating both these domains of knowledge, understanding and skill is personally and professionally important to me.

The past 18 months, human health has literally and metaphorically been under the microscope. And in the climate of fear, uncertainty, anxiety, and confusion it can be hard to discern what is the solid ground we can confidently stand on in terms of how to move forward with our individual and collective health. The pandemic rumbles on, morphing into variants and unleashing immeasurable consequences on all our lives, like an existential tsunami with multi-faceted devastation still rippling the world over. And yet, every crisis bears its gifts.

So, what are the pearls we can fashion from this global grit? These too I feel, are numerous and widespread, from a healthy re-evaluation of how we've been collectively hurtling along on an unsustainable crash course as a species on this planet through to re-inventing new and perhaps more balanced ways of living, working and being, as priorities have necessarily adjusted.

Perhaps one of the real silver linings is that this experience has brought into sharp relief that none of us can take our health for granted. While Covid 19 was initially regarded as being somewhat ageist, a problematic stance at best in terms of encouraging social responsibility towards our older folk, it would now seem that this virus is

simply health-ist, with far more gravity and threat for those with pre-existing health issues and/or excess weight.

Furthermore, this pandemic has shown us how our medical services are not only delivered by untenably overworked and underpaid angels, but that in the face of such a medical crisis, all other health needs are necessarily side-lined. With medical services not as readily available for our more chronic ails, the onus falls to us to take more extreme responsibility for our health and to do so as a matter of good practice, and basic lifestyle, far in advance of experiencing health issues.

I have a vision of a day, when it is the 'new normal' for people to realise just how much they can positively effect and even amplify their level of health and wellbeing through nutrition alone, and that if issues still arise, that robust natural medicine services are available as primary care. I harbour a hope that over time, we can reduce the burden on our hospitals and medics by accepting that we ourselves influence our health so much through what we consume. And since scientists predict that variants of Covid are likely to be a thing of the future, I encourage you to take this opportunity of the lull before the next storm, to dive into your nutritional life, into learning how to run your metabolism efficiently and effectively through what you eat and raise the bar for yourself in terms of just how healthy and symptom free you can feel.

The problem is that many of us can get away with eating unhelpful or even non-functional junk and convenience foods and our bodies simply gets on with coping with it. There is a huge awareness gap between the foods we eat today, and the long-term effects of those foods,

so that we typically fail to make the link between the way we're eating now and the resulting health issues that develop gradually over time, as our body's best efforts to mitigate the effects become weaker. I would like to suggest that there is almost no health issue that cannot be improved and benefitted by removing burdensome foods and increasing the foods we are evolutionarily designed to eat and are biologically capable of processing. So much of our modern diet is loaded with ingredients that our bodies find confusing, harmful and ultimately toxic, even if we don't realise this is the case until it's too late and we have developed symptoms and illnesses. And yet our quality of life, our productivity, our wellbeing, our psycho-emotional stability is completely and inextricably intertwined with our levels of health. Call me old-fashioned, but it seems a no-brainer to live each day with as much rude health, energetic capacity and good-natured equilibrium as possible!

To that end, I am delighted to be pioneering WildFit, a programme in Ireland, created by the powerhouse, Eric Edmeades, which dovetails behavioural science and psychology with nutritional education to help you re-set your body and in doing so, re-set your life. For further information on how to join this upcoming programme starting on July 12 please do contact me.

Over the next few issues of West Cork People, I will be exploring topical health and wellness issues through the lens of Chinese Medicine and nutritional wisdom.

Freya can be contacted by phone on 086 127 3148 or email hello@freya sherlock.com. www.freya sherlock.com

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Swim Ireland launches new membership category

Swim Ireland last month announced the launch of a new membership category, entitled 'Me and the Water'. The membership will cater for those who love to dip their toe, swim out to the buoy and back, enjoy an early morning workout in the pool and a whole community who have a passion for and relationship with the water, but are not members of a club.

'Me and the Water' represents Swim Ireland's ambition to 'Get Ireland Swimming'. It's a broad remit, but an exciting one. It is about creating a community of people (a tribe!) who have a



genuine love of swimming (and the water) and connecting them through various channels and activities. It lets peers support each other and develop a forum where swimmers can talk swimming and help each other. The conduit for this is the new website, www.meandthewater.ie.

Annual membership for the 'Me and the Water' category is just €10. 'Me and the Water'

members will be able to avail of many benefits including member-only events, monthly prizes, giveaways and will receive a specially designed 'Me and the Water' swim hat to connect you with the tribe. Members will also have access to real life stories from our tribe to inspire you in your Me And The Water journey, access to training plans, videos, tips and drills to help improve stroke and fitness levels discounts for our events and from our partners.

Swimming is one of life's basic skills and not only keeps you fit and healthy but opens the

doors to many other sports.

Siobhan Kennedy, an open water swimmer enjoys the thrill of the elements. Siobhan said, "There's a real buzz, it can be exhilarating to be out in the midst of the big waves. What draws me to the water? Well, everything, it's magic, it's bigger than you. You walk into the water and it takes all of your problems away, you can't think of anything when you're there. I don't know what I'd do if I couldn't swim – it's my solace, it's my everything."

Further information is available on www.meandthewater.ie

COVID Vaccines at Glengarriff Pharmacy

The Janssen (Johnson & Johnson) one dose vaccine is now available at Glengarriff Pharmacy for people aged 50 years and older who have not been vaccinated yet. Appointments will be available seven days per week, including Sundays. Please get in touch with Glengarriff Pharmacy on 027 63744, or email info@glenpharmacy.ie to make your appointment.

people Health & Lifestyle

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 sunshine is warm on his shoulders as he walks, in rhythm with the steady gait, of the beautiful, imposing, golden retriever beside him. He can walk smartly, this is the incredible gift his dog has given to him, no white cane getting stuck in gratings, under wheelie bins, or in the street furniture littering his path; the obstacle course his dog can negotiate, but a long cane user trips over, bumps into and injures themselves. His enjoyment of the aroma of

Shoes that follow four paws

blossoms wafting from a garden is unceremoniously halted by a leafy, twiggy, spiky smack to the side of his face; a hedge left too long without trimming.

He is meeting a friend in town. His dog knows the route. It is altering each day with outdoor dining, but his dog somehow manages. He needs to cross the road, the kerb is blocked... "Find the way" he encourages his dog. A hand grabs his arm, startling him, grabbing him, almost dragging him, in a well-intentioned silent effort to assist. The concern, of the voiceless hand, is appreciated; however, the type of assistance is misplaced. "I cannot see but I speak, ask me. I would love to explain, what I need, if I'm in need, the assistance I need."

He needs to pass through a shared space. Disaster zone. No reference points for his dog. No kerb, just a wide abyss, with people, chatting, laughing,

oblivious to what is around them. A sharp edge strikes his head before he has even left the footpath. His hand automatically checks his head, then feels to find what has struck him. Low-flying flower baskets. They were not here ten days ago. Noted. He edges on the route he has learned, to allow him to traverse around the misnamed shared space. It is so intimidating, scary. People are all around him, he is shoved sideways, trying to regain balance, trying not to lose balance, trying not to affect his dog with his loss of balance, they could both be injured. "Hey, you just swung your backpack into that guy" someone shouts.

The park beckons, he can hear children shouting, playing. His friend calls to his dog and pets him as he approaches. He has explained to his friend, so many times, that it is not fair to distract his dog, to cause him conflict, when he is working and

in harness. He can pet and chat to him to his hearts content when his harness comes off, then he is an everyday pet dog, like any other.

Their usual spot is vacant. He asks his friend for his arm and takes a gentle hold of the back of his elbow to be guided by him, as they stroll over the grass to a spot, which has some cool shade for his dog to stretch out in, while they eat. He removes his dog's harness and reminds his friend that petting time has arrived, as he clips an ordinary lead on his dog. His dog snoozes in the shade.

His dog is veering slightly to the left of the tactile paving, as they approach the junction to cross. He is puzzled but trusts his dog's judgement. His free hand collides with the iron frame of a sandwich board, on the tactile paving. He would have no hope if he had a long cane, he would have just collided,



perhaps fallen.

He reflects on how odd it is, how little, sighted people can really see.

He is thankful for the four paws that his two shoes follow;

however, it is a constant concern to keep them both safe. It is after all, only courtesy, respect and consideration or lack of it, which can put them at risk.

Clon disability-rights group appeals to businesses to remember all members of society in 'outdoor summer'

The Clonakilty Access Group has welcomed the re-opening up of society and wishes all local businesses every success. With Ireland as a whole planning an 'outdoor summer' in 2021, and hospitality outlets such as pubs and restaurants mainly providing services in outdoor areas on or near their

premises, the group asks businesses who are now using public areas near their premises to be aware of the issue of access and safety on footpaths.

In a statement the group said: "Like everyone else, people with disabilities of all types are delighted that society is beginning to open up. The government has

said we're to have an 'outdoor summer'. They've put many incentives in place for businesses in towns and cities, which is great and well-deserved.

"We wish to take this opportunity to wish all the Clonakilty businesses well and hope the sun shines. However we also call on them to ensure that as part of

the 'outdoor summer', that they always ensure that if using public spaces that they remember that are just that – public, and everyone has the right to use them unimpeded and safely.

"In particular we want to highlight that footpaths should be kept clear of obstacles so that wheelchair-users, the

visually impaired and everyone in our community with any physical difficulties as well as child-carers with buggies, can pass in safety and comfort. We make this call at the outset of Clonakilty 'opening up' and ask that as well as not placing large items such as benches, tables and chairs on footpaths, that advertising and menu boards and 'items for sale' are similarly not placed on footpaths.

"We appeal to groups like the Clonakilty Chamber of

Commerce, local vintners and other business associations to please convey this appeal to their members.

"And of course we expect the Cork County Council who is rightly supporting these business initiatives, to please enforce your own regulations in this regard. People with disabilities are looking forward like everyone else to the 'outdoor summer' experience in our town and communities and we hope the sun shines for everyone involved".

The weed you won't want to be without

The herb *Plantago major* (greater plantain) or weed to most people, is a familiar sight in gardens presently. The leaves may be quite large, and it is just ready to harvest. A versatile plant, it has been used as medicine and food since ancient times and has many benefits.

It is used for bladder infections, bronchitis, colds, haemorrhoids, to reduce swelling, and for skin prob-

lems. It is a rapid pain reliever of stings, bites and poison ivy rash. *Plantago major* contains several active compounds such as flavonoids, polysaccharides, terpenoids, lipids, iridoid glycosides and caffeic acid derivatives and current research suggests that "the regulation of immune parameters by *P. major* leaf extract (*Plantain*) may be clinically relevant in numerous diseases including chronic viral infections, tuberculosis, AIDS,

and cancer".

The leaves may also be pickled and used in salads and the seeds have been ground to make flour. It is very nutritious, as it contains vitamins A, B, C, and K, calcium, fibre, fat, protein, silicon, zinc, tannin, and mucilage. The seeds are also a source of protein, and traditionally were added to the diet of caged birds.

The seeds and roots of *plantain* are more astringent (drying) than the leaf, so the seeds are better at stopping bleeding than the leaf is. They are even better at this task if they are roasted first. The leaves are quite juicy, and this juice has been, and is used, for earache and sore eyes. Placing a hot (not too hot) leaf over an aching ear may also bring relief. The juice of the leaves or a decoction of the leaves may also be used for oral lesions, mouth sores, loose teeth, gingivitis, and tonsillitis.

A decoction of the leaf with honey added is useful for bronchitis and asthma but burning it as incense may also help relieve pulmonary complaints. The root and seed have a reputation as a liver tonic and an 'in vitro' study has shown that an extract of *Plantago major* seed, shows a reduction in the levels of alanine aminotransferase (ALT) and aspartate aminotransferase (AST).

Since this herb is also a diuretic, it is helpful in urinary retention and any bladder and kidney pain. To treat the latter a plaster of a leaf may be placed over the kidneys.

The dried herb, crushed to powder, is the traditional way of using it in wounds and skin diseases especially deep wounds, purulent wounds and many more skin conditions. The polyphenols, especially *plantain* majoside, are considered to be the main significant compounds for wound healing so it is beneficial to dry some leaves, grind them to a powder, and have this remedy to hand come the winter months.

So, if weeding the garden this



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.rosarikingstonphd.com

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HEALTH

Hannah Dare
Organico Bantry

Keeping your brain in good condition can be aided by a good diet, and natural supplements can play a role too. In this month's article I'm taking a look at both aspects of brain support.

Food for thought

There is a growing understanding of the links between diet and brain health, and especially degenerative conditions such as dementia, and other conditions such as depression and anxiety. In particular, a high sugar diet seems to be more and more associated with degenerative brain conditions. With this in mind we all need to keep a close eye on our blood sugar levels, and make sure we don't fall into the pre-diabetic category, which could increase our risk of brain disorders as we age.

Best brain foods

Did you know up to 70 per cent of our brain is made of fat? Fat is very important for proper brain function, but it needs to be the right kind. We need to get enough omega 3-fatty acids because these are the essential building blocks of our brain and

are important for learning and memory.

We should try to eat avocados regularly, as they contain high quantities of monounsaturated fatty acids, as well as seeds and nuts, eggs and coconut oil. Oily Fish is a good source of essential fats, so try and eat mackerel whenever you can this summer! And if you aren't managing several portions a week, then a good strong Omega 3 Supplement is something I would advise.

The full range of vitamins in fruit and vegetables are essential for our health. For example, eating sufficient amounts of vitamin C-rich foods can protect against age-related mental decline. Vitamin C is a powerful antioxidant that helps fight off the free radicals that can damage brain cells. But a diet rich in fruit and veggies is essential for brain health.

Blueberries contain flavonols, a type of flavonoid, that gives them antioxidant and anti-inflammatory effects that reduce and repair cell damage. Anthocyanins found in red, blue and purple berries can protect brain cells from ageing – a recent study showed that the consumption of blueberries and strawberries is associated with delayed cognitive aging by as much as 2.5 years.

Dark chocolate may also improve the function of your

brain. One study of healthy volunteers showed that eating high-flavanol cocoa for five days improved blood flow to the brain. Cocoa may also significantly improve cognitive function in elderly people with mental impairment. Go for organic, high quality chocolate though – dairy milk isn't beneficial at all!

Caffeine, in moderate doses, has been shown to help brain function. Green tea contains less caffeine than coffee, but enough to produce an effect. It also contains the amino acid L-theanine, which can work synergistically with caffeine to improve brain function. I find Pukka Green teas are the best, they taste great and the ingredients are good quality too.

Turmeric is an antioxidant and anti-inflammatory herb that has positive effects on many body systems including the brain. Curcumin, an extract of turmeric, may be effective in delaying or even reversing many brain diseases and age-related decreases in brain function and can improve memory. A good amount of turmeric to add to your diet is ½ an inch of the fresh organic root or half a teaspoon of the organic powder daily, or the equivalent in a capsule if that's easier.

Best brain supplements

In Organico we always start



by recommending omega 3 for the brain, as so many people find it hard to eat enough oily fish. One that is high in DHA is particularly good. If you are vegan, there are really good high strength Vegan Omega 3 supplements at your local health food shop these days.

Then lecithin, which contains choline, which is a chemical your brain uses to communicate. Clinical research suggests that a diet rich in choline can lead to a sharper memory.

We would also always suggest a good vitamin B complex - vitamins B6, B9 and B12 are often linked with brain health. They can help break down homocysteine, high levels of which have been associated with a greater risk of dementia. B12 is particularly important for brain health in people eating little meat or dairy.

We also recommend magnesium, because it is involved in healthy brain development, memory and learning.

The role of probiotics

There are several probiotics that are good for the brain, recently all the major brands have launched a probiotic supplement for the brain. This

is another fascinating area of research. Ted Dinan is an Irish Professor of Psychiatry at University College, Cork - he believes firmly in the connection between the gut and the brain (a partnership called the gut-brain axis). If our microbes get out of balance, say because of food poisoning or antibiotics, they may not be able to do their jobs. That can lead to dysbiosis, leaky gut and inflammation. That, in turn, may be an underlying cause of depression and anxiety. So a good diet full of fermented foods will benefit your gut and in turn your brain.

The supplement that Ted Dinan had a hand in developing, called Zenflore, is aimed at improving the specific gut flora that help with mood balance and could possibly help to prevent depression and anxiety, and it's available in your local health food shop.

If you need any more information on any of the above, or would like more specific advice on brain health, call in to us in Bantry. We are open 9am – 6pm, Monday - Friday. www.organico.ie info@organico.ie (027) 51391

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“Studying Nutrition at CNM changed my life”



Aisling Kelly, CNM
Nutrition Graduate

I now have financial freedom and a flexible work schedule which has been key for me as a single mum - I'm able to support myself financially and work around my family.

I was a Montessori teacher for many years but I decided to change careers as the job became stressful and more focussed on paperwork, as opposed to being interactive with the kids. Food and helping people are two passions of mine – studying nutrition allowed me to do both.

The College of Naturopathic Medicine (CNM) always stood out to me at events, I loved their ethos and the Naturopathic Nutrition diploma is unlike other courses. CNM offers flexible courses that can be studied in-class on the weekends, which allowed me to continue working and fit study around my family.

Undertaking clinical experience during my studies was very key helping me to gain confidence as a practitioner. CNM's lecturers are so supportive and knowledgeable; being guided by their clinical experiences was phenomenal.



My job as therapist is incredibly varied. I work in a holistic health centre doing private one-to-one consultations where I specialise in digestive issues, skin health, inflammation and weight loss. I also run corporate talks and events for SME's which I love doing as education and empowering others to take control of their health is important to me.

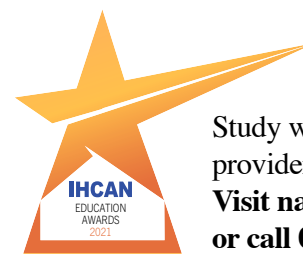
I hold the position of Director of Studies for CNM Cork which is such a rewarding job as I get to inspire and support students in achieving their goals.

Working for myself gives me the flexibility to choose my own work schedule - if I want to take the afternoon off to go for a walk, I can. I'm also able to work in the evenings so I can be around for my family during

the day.

My advice to anyone thinking about studying nutrition is - go for it. I held back from studying for years due to finances; I had no money but I found a way to follow my dream! My motto is to feel the fear and do it anyway.

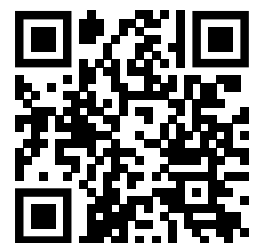
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Advice for hot women



DOCTOR'S ORDERS

Dr Jeff Featherstone

Dr Featherstone is a highly experienced medic and award-winning doctor who works in a busy GP practice in West Cork, as well as at Mercy University Hospital and Cork University Hospital, as an A&E doctor.

The conversation is opening up! Finally we are talking about the... Menopause. Joe Duffy and Davina McCall have opened the way with their phone-ins and documentary.

Centuries ago women died soon after the menopause, so the problem wasn't crucial. Today women are living up to 50 years after the menopause, so we want to make sure that all women are living as well and healthy a life after the menopause as before.

There is a feeling that the medical establishment have not always served women to their best ability. When women have presented with various symptoms, sometimes they have been wrongly diagnosed with depression and put on anti-depressants, when in fact the cause of their problem was hormonal. But this is changing and women need to go to their

My wife, Anne, has followed the wide coverage recently of the debate around HRT. She has criticised me, as a GP, for the fact that only 10 per cent of women are taking HRT! In my, and every male doctor's defence, I plead that we leave these matters to the lady doctors and practice nurses with whom we work. I imagined that as women approach the menopause this would be high on the agenda in their consultations.

This might not be the case however, so over to my wife Anne, a nurse herself and of a certain age, who has looked closely at the benefits of HRT. Over to you Anne...

GPs and Public Health Nurses to get individualised advice about their symptoms and what can help them best. The menopause is no longer a taboo subject to be embarrassed and ashamed about.

So what is the menopause? It is derived from ancient Greek and means the pause in the monthly cycle. 'The Menopause' covers the three stages; perimenopause, menopause and post menopause. Perimenopause is when you are coming to the end of your reproductive stage of life. Your menstrual cycle becomes irregular, as your ovaries release fewer eggs and your fertility hormones, oestrogen and progesterone, begins to fluctuate. The symptoms you experience are mainly due to these fluctuations. This usually occurs between the ages of 45-50. Some younger, some older. This stage can last up to six years.

Menopause is the medical term for when you have not had a period for 12 months. Doctors use it to determine the end of your fertility. The average age of menopause in Ireland is 52. Symptoms are linked to the withdrawal of oestrogen. All cells in the body respond to oestrogen. Symptoms can include heavier or even continuous men-

strual bleeds. Post menopause is the stage after your menopause, the post reproductive stage of your life. Average age is 53-56, it can be earlier or later.

The symptoms of menopause are not only hot flushes and the loss of periods. There are 32 symptoms associated with it. Here are some of them: Anxiety/depression, mood swings, rage, irritability, insomnia, memory loss, brain fog, chills, night sweats. Urinary problems; frequency, urgency, vaginal dryness/soreness. Loss of libido. Dry eyes/mouth. Hair thinning/dry. Weight gain, feeling dizzy, faint. Hearing disturbances, tinnitus, restless legs. Changes to gut and bowel health. Allergies and heart palpitations. Sore joints and muscles. Extreme fatigue. Emotional; loss of joy, being tearful, suicidal thoughts and feelings of "I'm going mad!"

When women haven't felt listened to and there has been a lack of understanding, they have felt like they were in a very lonely place.

Women have been taking HRT (Hormone Replacement Therapy) since the 1930s. In 2002 a research paper linked the taking of HRT with breast



cancer. This resulted in women being afraid to take it and GPs afraid to prescribe it. However a more recent study has shown that only four in 1000 women will get breast cancer as a result of taking HRT. If women have cancer in their family history, it is advisable to see a specialist. (GPs shouldn't just say 'No'.) It is becoming more evident that for the vast majority of women the benefits of taking HRT is likely to outweigh the risks associated with it. In the UK only one in 10 women take HRT. And yet it is known to help prevent; ovarian cancer, bowel cancer, heart disease, osteoporosis and dementia. And at present women are at double the risk of getting Alzheimer's Disease than men.

So what are the options for women? The GP can prescribe HRT tablets, gels or transdermal patches or sprays. With the gels and patches the hormones can be absorbed directly through the skin and into the bloodstream, avoiding the gut. To help with vaginal atrophy, where the tissue has become thin and less elastic, intravaginal gels/oestrogen pessaries can be prescribed. And symptoms can go away. There are lubricants to help with one's sex life. There are menopause

support groups, for example 'The Irish Menopause' on Facebook.

And of course there are a plethora of alternative natural remedies out on the marketplace.

In traditional Chinese Medicine they call going into the menopause their Second Spring. A beautiful time of renewal and rebalance when a woman's body finally becomes her own and she is not tied to the menstrual cycle. In Eastern cultures there is a lot of respect for older women who have a role to play in extended families and communities. This eases their transition into menopause.

So, what can you do on a daily basis to help enjoy your 'Second Spring'? There are four things; reduce stress, good nourishing food, gentle exercise and plenty of rest. Get into a routine of going to bed early (approx. 10pm), and keep your core body temperature low at bedtime. Activities like yoga, Pilates, walking in nature, cy-

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cling and swimming are all good and will help to bring positivity to this new experience. Be kind to yourself, put your own needs front and centre and ask yourself "what do I need for myself at this moment?"

So to sum up; don't be afraid to talk to your GP. Make sure your GP considers menopausal issues no matter what your age. And don't dismiss HRT – it can be beneficial. HRT and psychotherapy may be the answer for some women.

In Davina McCall's recent Channel 4 documentary; 'Sex, Myths and the Menopause', she explained to us how women into their 90s can enjoy full orgasm, and showed us a few toys to play with! So that's the good news ladies!

Suggested reading, Dr. Avrum Bluming, 'Oestrogen Matters'.

Bantry Bay Lions Club Diary

The Bantry Bay Lions and Lions Clubs throughout Ireland have responded to the crisis facing the Indian healthcare system by raising \$66,100 as part of a major campaign organised by the Lions Clubs International Foundation. The Bantry Bay Lions donated €500 to this fund. Lions in Ireland have a long history of providing support when a major disaster strikes. The recent upsurge of COVID-19 cases in India and an increasing death rate threatened to overwhelm their Health System. Lions Clubs International has responded by providing funds, which are enabling Lions Clubs throughout India to purchase and distribute critical medical equipment and supplies for local hospitals and clinics. This has been determined to be the greatest need, as community healthcare systems are being overrun. Lions Clubs in Ireland and the communities that support their work have been very generous in responding to this appeal.

The Ambassador of India to Ireland, HE Sandeep Kumar is pictured with Des Ryan, District Governor of the Irish Lions. Ambassador Kumar expressed his personal appreciation for the support and generosity to the people of Ireland, in supporting India during its current COVID-19 crisis.



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Amanda Roe
Trauma therapist
& Mind coach

Losing weight without harming your health

A 38-year-old mother of one reached out to me recently she was feeling really anxious and desperately wanted to have another child. She had been trying for a year and her doctor told her that she needed to lose 2.7 kg before she would be considered for IVF. She had suffered with postnatal depression and found it really difficult to lose the weight from her first pregnancy. So she

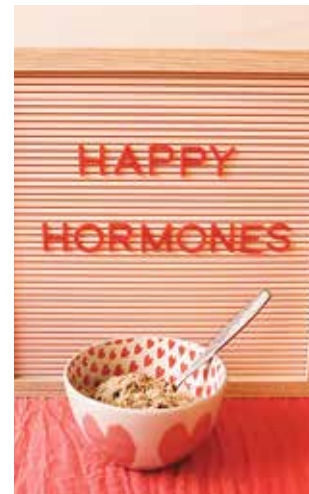
joined a gym, got herself a personal trainer and was exercising everyday.

This particular lady contacted me looking for a second option, as she had been advised to consume no more than 1200 calories daily. Her trainer had told her all that mattered was the calorific quantity of the food she was eating and if that meant she only ate chocolate that was ok.

I thought I would share this story because advice like this is really bad for your health. It puts the body into starvation mode, leads to nutritional deficiencies, cravings and difficulty sustaining weight loss long-term. It also increases stress, negatively affects fertility and hormone balance, and can even lead to blood sugar problems.

So what is good advice? There are so many dieting options out there that work for some and not for all and that is the key point. We are all individuals and, if you've been struggling with weight issues for a while, and particularly if your ultimate goal is to get pregnant, then a tailored approach will help you to get to know your body better, balance your hormones, have easier periods, support your sleep and improve your energy levels and mental health.

I often work with women who are already eating a healthy diet yet still struggling with their weight and cravings for bread, sugar, chocolate and caffeine. In my experience



cravings are a sign of nutritional deficiencies that can be corrected quickly and easily.

Our hormones are influenced by what we eat and simple dietary changes can relieve PMT, PCOS, regulate periods, alleviate anxiety and improve your mood.

So yes it is possible to lose weight whilst improving your health and balancing your hormones gracefully from puberty through your fertility years and into menopause through dietary

changes.

Can you imagine what it would be like to lose weight and feel better without going to the gym or calorie counting?

What would it mean to you to naturally balance your hormones and improve your fertility?

What would it feel like to stop emotionally eating?

How would your life be different if changing your diet improved your mood?

If you are curious or would like to discuss an approach that is personalised to your needs please get in touch, as I am looking forward to hearing from you.

Amanda Roe is an Acupuncturist, Clinical hypnotherapist and Life and Health Coach, providing natural solutions for your mental, emotional and hormonal health.

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Covid-19 and me



As a young person living in West Cork, **Maeve Kingston, 17**, a Transition Year student, shares how the past year-and-a-half has impacted on her well-being.

Lockdown, Coronavirus, where to even begin, you've taken so much from all of us, yet you have also given us new perspectives on life.

At least that's the case for me. When this whole thing started, I was finding things already difficult; we were building up to the Pre Junior Cert exams at school and there was

anxiety there... Then suddenly, everything stopped.

There was a virus and suddenly I felt as though everyone around me felt my anxiety too, which I guess made me feel a little less alone, for a while at least.

Two weeks off school looked like the best thing for me, I could reset, I could re-evaluate my feelings, and hopefully go back to Third Year and sit my Junior Cert with more clarity than before; maybe this short break would even get me better grades? I was apprehensive of the virus but not too worried. Then two weeks turned to three, four, seven...

My period of self-evaluation was long over at this stage, I reached out, I got the help I needed, everything was moderately fine again...so why wasn't I going back to school?

My normal anxiety was replaced with a feeling of impending dread; a dull feeling in the pit of my stomach came and stayed for months. When will everything go back to normal? The amusement with lockdown lessened altogether. This wasn't a joke anymore.

I noticed myself withdrawing from my family and it became

hard to talk to my friends online, it became almost awkward, there was nothing to talk about. Every day in quarantine felt the same; wake, breakfast, online school, exercise, mindless distractions in the form of screens, be it my phone, TV or a computer; I felt like I was floating in a daze of either uncertainty or dullness. But everyone felt like me. Mom said, "we're all in it together, everyone feels shit".

But how did that make it ok?

As the weeks turned to months, I did my Junior Cert online, I baked sourdough, I painted. I tried so hard to create a normal way of living for myself but I found the lack of social interaction really makes you self-absorbed in a bad way or, at least for me, not being reminded every day that there were other people and life out there, made me feel self-conscious.

I began to worry about my looks, my food, my exercise – nothing really mattered, including other people's problems. I genuinely began to hate my own company. To be perfectly honest, looking back I never realised the importance of something like talking to someone in a coffee shop; how

it impacts your day even if the conversation is as riveting as the water or coffee filters!

I got help though.

Through the gradual easing and then almost opening up of society, friends and family, I began to care a bit more about myself, then a bit more about others. While it was a slow process, things started to brighten; we went back to school, I got a job, I started thinking that perhaps I can live well in this weird Covid world.

Talking helps so much.

Sometimes I think just a twenty-minute chat with a good friend helps me more than anything else.

For so long I felt as though it was me against the world. Lockdown made me shut down and become harsh and critical of myself but the gradual easing of restrictions has helped me to realise that I'm not alone. There is help out there, you just have to ask for it or accept it.

I think the lockdown, in fact the pandemic in general, really made me realise how important people are...especially the people around me.

Kinsale's Robbie to walk 188 km to raise funds for CUH and GUH

Kinsale man Robert O'Leary will undertake a 188 km journey this July, virtually walking from Galway University Hospital to Cork University Hospital. His goal is to raise much-needed funds for Haematology CUH and the Stem Cell Unit GUH, services for which he is very grateful after a personal battle with Multiple Myeloma Cancer.

"I'd like to say thank you for the wonderful care and attention I received throughout my illness," Robert explains. "Sadly, most of us have been touched by cancer in some way. I'm appealing to clubs, families and individuals to please donate and to virtually join me on my journey to help two very worthy causes."

In August 2015, Robert was looking forward to his retirement from 30 years of service in Lilly, when he planned to further pursue his love of GAA and walking. However, these plans were severely interrupted by the outcome of a visit to his GP about a minor unrelated medical problem.

"Two days later I got a call saying something had shown

up in my routine blood test and I was encouraged to go to A&E in CUH. Following more tests there, I was referred to Dr Una Gilligan in Haematology CUH, which led to more blood tests, biopsies and scans confirming that I had Multiple Myeloma Cancer.

"Three months later I started weekly chemotherapy, steroids and bone strengthening treatment at Dunmanway Day Unit in CUH. Luckily, I was suitable for Stem Cell Treatment and this began my journey to GUH Galway, putting it simply, to have some of my stem cells collected and treated. Two months later I underwent the stem cell transplant, after which I was ambulated from GUH to CUH to spend 28 days in isolation. Given all of our experience with COVID, maybe some readers can empathise with that experience."

Robert's stem cell treatment was successful and his cancer is now in remission. He is eternally grateful for the kindness and support of medical staff, as well as his family and friends.

To donate and find out more about Robert's journey go to www.idonate.ie/robbieswalk



Bringing colour to Clonakilty

Residents in Clonakilty Lodge Direct Provision Centre have been very busy over the past few weeks with the support of Clonakilty Friends committee members Kitty Sisson, Olive Walsh and Kathryn Kingston.

They have painted an incredible mural with the support of teenagers through YMCA in Deasy's Yard, Clonakilty. The multi-cultural group came together to tease out ideas and transferred those images into a hugely colourful mural, which has transformed the car park and made it a very welcoming space for the new youth centre. This project was funded by the Cork County Council Art Scheme Grant.

With the leftover paint from the mural, the residents in the lodge and, again with the support of art facilitator Sheila Kelleher began transforming the yard with a snake, a rocket and a flower. The 33 resident children in the lodge are delighted with the project and are looking forward to playing hopscotch over the summer.



Clonakilty's International Mid-Summer Bazaar a great success

Spiller's Lane in Clonakilty was buzzing on Sunday, June 20, as the town came together to enjoy an International Mid-Summer Bazaar. The event was co-ordinated by Doria Sibanda, with logistical support from Olive Walsh, Kathryn Kingston and Kitty Sisson of the Clonakilty Friends of Asylum Seekers committee (CFOAS).

Doria is originally from Zimbabwe but is now living and working in Clonakilty. Using funding secured from the Department of Justice's Community Integration Fund, the initial concept was for a series of events to promote the theme of a 'New Taste for West Cork' to reflect the area's growing diverse population, however, as with so many community initiatives during 2020 and early 2021, the project had to be postponed.



As soon as restrictions lifted sufficiently to allow a small outdoor event, the organisers revived their plans. Residents of Clonakilty Lodge Direct Provision Centre, which

accommodates over thirty families seeking International Protection at any one time, were invited to cook sample snacks and delicacies for tasting, and to display items of fashion, craft

and culture, as were interested members of the wider community. Countries from across Africa, Asia, the Middle East and Central Europe were represented with stallholders going to great lengths to embrace the idea of raising awareness and encouraging integration, through food, fashion and fun. Whilst admission to the Bazaar and tasting samples were all free thanks to the funding allocation, some stallholders sold items of craft and clothing.

The focal point of the afternoon was a welcome by co-ordinator Doria Sibanda who said: "This event is about community integration and it initiates our collective journey towards creating a community where no one feels isolated, lonely or sad due to their background or disabilities. We are aiming for a united community, which respects and values humanity."

Doria then introduced Mayor Anthony McDermott who echoed her words with a warm speech focusing on the importance of integration, and welcoming new families to Clonakilty's vibrant and diverse community. The speeches were followed by a colourful parade

of fashion and style from many of the participants, bringing, as one visitor described it a 'great blast of culture'. The Bazaar also sparked interest from further afield with coverage of the event by Algerian TV channel Elnnarah TV.

Reflecting on the day, Olive Walsh said that Doria's words exemplified the ethos of the CFOAS project, which is indeed that together we are stronger and that we all belong. Kitty Sisson added that she felt it had been a wonderful afternoon and that the positive response of the town and visitors from further away had been much appreciated by all those who had gone to such great efforts to showcase their different cultures. She noted that while the restrictions around Covid 19 had placed some limits on what food could be prepared,

residents of the DP centre were very keen to hold another event in the future where a wider variety of dishes could be sampled. Watch this space and keep an eye on social media!

In addition to all the stallholders, Kathryn Kingston would like to thank those who made the afternoon possible and the success that it was: Colette Twomey, Mayor Anthony McDermott, the Spiller's Lane Traders, West Cork Development Partnership, The CFOAS Committee, and the Department of Justice. The event was recorded through picture and video by Martin Walsh and Maurice Supple respectively; and all kind donations received will be put directly towards CFOAS projects in supporting the residents of Clonakilty Lodge.



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Is fasting good for you?

Everybody seems to be talking about fasting these days and the impression that I get from articles I am reading is that it is good for everyone. But that is not strictly true. For the purpose of this article, I am talking here

about intermittent fasting, not fasting for days or weeks. Muscle loss will occur if fasting for extended periods, as your body starts to cannibalise your own muscles to stabilise your blood sugar and this is not advisable.

So let's talk about intermittent

fasting, what it is, and what it does to your physiology.

To understand fasting physiology we need to talk a little about blood sugar. If you have read my previous articles about blood glucose you will know that when you eat, your blood

glucose will go up. After about four to five hours you will need to eat again to maintain your blood glucose levels, hence the usual gap between meals of four to five hours during the day.

At night, especially if you are eating your evening meal at 6pm and your breakfast at 8am, you will have had approximately 13 hours of fasting, and in order for your body to maintain a good level of blood glucose, your body will have to produce glucose in the liver by burning fats and proteins. Your body will do this automatically while you are asleep.

Fasting is often used as a weight loss strategy, as it utilises the fat burning capacity of your body. Correctly implemented you can make your body burn fats and proteins to stabilise blood glucose; you will lose weight and help stabilise your blood glucose and insulin levels at the same time.

If your blood glucose levels are high and you are trying to lose weight then intermittent



Eoin Roe

Chiropractic

fasting may be part of the solution for you. But it is also important to change the types of food you are eating before you start fasting. If you continue to eat a high carb/high sugar diet you may find fasting very difficult. This is because your body is not used to converting fats and proteins into glucose, and is finding it hard to stabilize your blood sugar. Making dietary changes before you start fasting will be very beneficial.

If on the other hand you find

that you wake in the night, don't function well unless you eat, or get cranky when you skip meals, fasting may not be the best solution for you. In fact you may have lower-than-optimal blood sugar and fasting should be avoided – You may even need to eat more regularly and focus on eating more protein and healthy fats to keep your blood sugar stable throughout the day and the night.

The general advice, which is good for everybody is to eat three meals a day and have a large gap (fast) between dinner and breakfast. If you are trying to manage blood sugar problems or weight issues, then fasting may be appropriate. However for those with a functionally low blood sugar level, then fasting is often problematic.

If you would like support understanding your blood sugar and what approach is best for you then please contact me on 087 9582362 or eoin@roeclinic.ie.

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Standing in solidarity with Pride



GROUNDING

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.

At a local, national and international level, June has been quite the Pride Month. In a year in which, in

Ireland and other countries, many of the feted centrepieces of international celebrations, the Pride Parades, were once again largely conducted on-screen, it was a month that saw highs and lows.

Pride is a month of celebration, when the international LGBTIQ+ community literally and metaphorically 'paint' the world with a rainbow of colour! It's also, however, a month of activism, and sadly this year there was much to protest.

National and International attacks on the LGBTIQ+ community were disturbing. Most particularly, Hungary's banning the dissemination of content in schools deemed to promote homosexuality and gender change was unforgivable. The level of international objection has made it clear that this sort of exclusionary political decision-making won't be tolerated. That's why, as a member of the European Parliament's LGBTI Intergroup and a strong ally of the LGBTIQ+ community, I was vocal in my condemnation of Hungary's actions and called it out as a violation of basic, fundamental human rights.

This year's Pride also looked set to be sullied by homophobia and transphobia on the home front, with vandalism in Waterford and Dublin involving graffiti in Dublin and Rainbow Pride flags being taken from flagpoles in Waterford.



The EU has been declared an LGBTIQ Freedom Zone and these incidents highlight the need to stand firm and be outspoken on issues and discrimination that are a daily part of life for many members of the LGBTIQ+ community.

As a Waterford woman, I was appalled when the Rainbow Pride flags were torn from flagpoles near council buildings in Waterford on not one, but two nights. Waterford Mayor Damien Geoghegan was quick to voice his condemnation and to insist, as I agree, that Waterford is a welcoming, inclusive city that will not tolerate discrimination.

More insult was to follow, when overnight, posters appeared around Waterford under the banner of 'straight pride,' advertising the benefits of 'straight' marriage. Waterford reacted quickly in response

to a call-out from Déise Pride asking the people of their city to support them in flying rainbow flags. In a further response that saw over 40 artists coming on board, Waterford-based Dublin artist Donal Talbot called for a counter-campaign of joy: 'Grá Abu, an Artist's Protest'. Over the space of just 24 hours, local support kicked off through a poster campaign that saw positive messages being spread throughout the city.

Over the same 24 hours, Mount Misery, a large rock face overlooking the Waterford Quays, was painted with a rainbow and given a new nickname: Pride Rock.

Minister for Equality Roderic O'Gorman made the next gesture of positive solidarity, when he arrived in the Déise with the gift of two new rainbow flags, which were raised ahead of the Minister's announcement the

following day of a €700,000 fund for LGBTIQ+ services. The Community Services Fund will improve access to services across Ireland for LGBTIQ+ people, and ensure LGBTIQ+ people are supported in realising their rights and freedoms. Good news indeed!

Following on from the uplifting flag-re-raising ceremony in Waterford, over the following days dates were being set for a post-Pride travelling exhibition of the 'Grá Abu' poster-campaign, with galleries and spaces already lined up to show the work of Donal Talbot and the many other artists whose images brought such an uplift to Waterford. With dates already confirmed in Waterford, Dublin and Wexford, it looks set to travel even further afield.

Carrying on with the rollercoaster theme of Pride this month, further controversy erupted when UEFA refused a request from the city mayor to illuminate the Munich football stadium in a rainbow of light ahead of a match against Hungary. While UEFA's stance was deeply disappointing, the outbreak of international condemnation of the decision was some comfort and yet again showed that intolerance, homophobia and transphobia are becoming more and more unacceptable amongst progressive members of society, the world over.



Retirement

This year marks the last teaching year for Ms Marti McCarthy, as she retires from teaching at MCCC Dunmanway.

Marti's passion for her subjects of English and History has been evident throughout her career. Just last month she shared some models created by her Second Year historians, which made it all the way to Twitter, receiving attention from all around the country.

Marti was also a member of the Special Education Needs Department and her valued contributions helped many students reach their full potential.

The school community at MCCC thanked Marti and wished her well in her retirement.



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.

The 'I' in the LGBTI+ abbreviations is one of the least talked about and least understood.

In this month's article, I will try to give a brief overview of what 'intersex' (or 'variations of sex development', as they are also often referred to) is, and hopefully further the understanding of this complex topic.

As stated in one of my earlier articles about definitions of the LGBTI+ terminology, intersex is the only group within the LGBTI+ spectrum, that is considered a 'medical condition' or where there is a physiological and biological causality.

Generally speaking, Intersex is defined as a condition in which not all sex characteristics of a person align to one sex and gender. Some intersex conditions become apparent at birth (for example when a child is born with ambiguous genitalia), other intersex conditions don't become apparent until puberty when the expected pubertal development either fails to set in or goes a different way than expected.

To understand this better, it is helpful to quickly refresh our general understanding of sex development.

Biologically speaking, our sex is defined on three different levels: Genetically through our chromosomes (XX for female and XY for male), through our gonads and their specific hormone production (ovaries in woman and testis in men) and through our external genitalia. So typically, a man has XY chromosomes, testis with high testosterone production and male external genitalia (penis and scrotum). A woman has XX chromosomes, ovaries with high oestrogen and progesterone production and female genitalia (vagina and clitoris). This development and differentiation takes place during the first few months of pregnancy.

In intersex conditions, there



are variations in this development, which can either take place on the chromosomal level, gonadal level, or genital level, which results in not all sex-defining characteristics to be aligned to one sex. What this means is that the term 'Intersex' doesn't refer to one specific condition or identity, but is far a more umbrella term for many different possible conditions.

One of the most common variations of sex development is a condition called 'Congenital Adrenal Hyperplasia' or CAH for short. In these cases, a XX embryo is exposed to high levels of testosterone during pregnancy, which can lead to a masculinisation of the external genitalia at birth (enlarged clitoris).

Another common form is a condition called 'Complete Androgen Insensitivity Syndrome' or CAIS for short. In these cases, a XY embryo develops gonads that produce testosterone, but due to insensitivity of the androgen receptors, the testosterone cannot be absorbed and come to effect in the body. As a result, the internal and external genitalia don't develop typically male, but are female instead. At birth, these children are identified as female.

However at time of puberty, menstruation doesn't take place and this is often when the CAIS is discovered.

There is also a 'Partial Androgen Insensitivity Syndrome' or PAIS for short. In this case, there is also a XY embryo that develops gonads that produce testosterone. But here, only some of the androgen receptors are insensitive, but not all. This means that testosterone can partly be absorbed and come to effect, but not to its full capacity. This leads to an under-development of the internal and external genitalia and children with PAIS are born with ambiguous genitalia.

In another condition (5alpha reductase deficiency) children appear female at birth but will develop male at puberty. In these cases, the chromosomes in the embryo are XY and the internal genitalia develop male. Due to a deficiency in a hormone responsible for testosterone production, testosterone isn't produced in utero, which results in the development of female external genitalia. However, at puberty testosterone production is not impaired, so a male development takes place then.

Another (very rare) intersex condition is called 'True Hermaphroditism'. In these conditions, the embryo has cells with XX chromosomes, as well as cells with XY chromosomes, which can result in the development of both ovaries and testis (or a fusion of both)

and ambiguous genitalia.

As you can see, intersex is a very complex topic with lots of different outcomes and manifestations. Many people with intersex conditions identify as typical women or men. Most people with CAH for example identify as women and often don't even want to be labelled as intersex.

Most individuals with CAIS identify as women and except for being infertile, don't see themselves any different to a woman with XX chromosomes. Other people however do identify as intersex and claim (and fight hard for the right) to not be defined as male or female, as it does not relate to their lived experience and reality of their bodies.

The biggest challenge and controversy in regard to intersex and variations of sex development is in regard to the medical treatment of these conditions. Until very recently, the medical understanding has been that any child born with ambiguous genitalia should undergo genital 'reconstructing' surgery. This means invasive surgery to a very sensitive area of the body at a very young age, often requiring multiple surgeries throughout childhood to accommodate the growing body.

In recent years, this has been questioned more and more, especially from adult people with intersex conditions. Many have experienced the repeated surgeries on their genitals and hospital stays throughout childhood as traumatising. Many also argue that such surgeries should not be performed without the individual's consent and that parents and doctors shouldn't have the right to consent on this on their behalf.

Another critical aspect of these surgeries is that, due to

surgical limitations, genital reconstructive surgery of an ambiguous genitalia most often means creating a female genitalia (as it is easier to take something away rather than to create), independent of the underlying intersex condition. While for many people with CAH, for example, this feels like the right decision and is in line with their gender identity, many people with Intersex conditions feel that they have been 'mutilated' or 'castrated' and would have wished to have kept their genitals or at least have given a choice to have a say in their treatment. All which isn't possible as an infant or young child.

After working with many different people with variations of sex development and intersex conditions, and their families, I am a strong advocate of postponing any surgical interventions until at least adolescence so that the individual can decide themselves if or what kind of medical interventions they would like, that might be most in accordance with their gender and sexual identity. Be that male, female, intersex, or anything else for that matter.

What this requires though is emotional and psychological support for the young children and their families to embrace the uniqueness and variation of their child's sex and gender rather than pathologising and shaming it. And it also requires society at large to be far more tolerant and accepting of different biological and physical realities.

While we have come a long way in raising awareness and tolerance in regard to LGBT matters, we still have a fair bit of work cut out for ourselves when it comes to the 'I'.

Children's book 'Frankie the Fly' helps raise funds for Laura Lynn

Frankie the fly started life as the subject of tales Brian Farrelly would tell to his children when they were young. A creative and resourceful fly, finding different ways of travelling from place to place, his affinity was to children who were more amenable to his tales.

Frankie has now travelled

into the pages of a delightful children's book in aid of Laura Lynn, Ireland's Children's Hospice.

Brought to life through Brian's words and the illustrations of Kevin T Quin, this a charming book that will provoke curiosity in any child reader.

To order a copy go to www.frankiethefly.ie.



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IMAGE

Louise O'Dwyer
Image Consultant

Did you know that the month of July was once called Quintilis? Well, neither did I but I recently discovered it when I was reading an article about the infamous Julius Caesar! When he died, this month was renamed July in his honour. I will bet that you most definitely needed to know that! Spiritually, July is the month when change and transformation of all kinds is asked of us and it tends to be the month that is dedicated to freedom, independence and culture. When it comes to style, July is the month that we dedicate to summer dresses, cute flip flops, hairstyles that come together in a flash and floral body sprays.

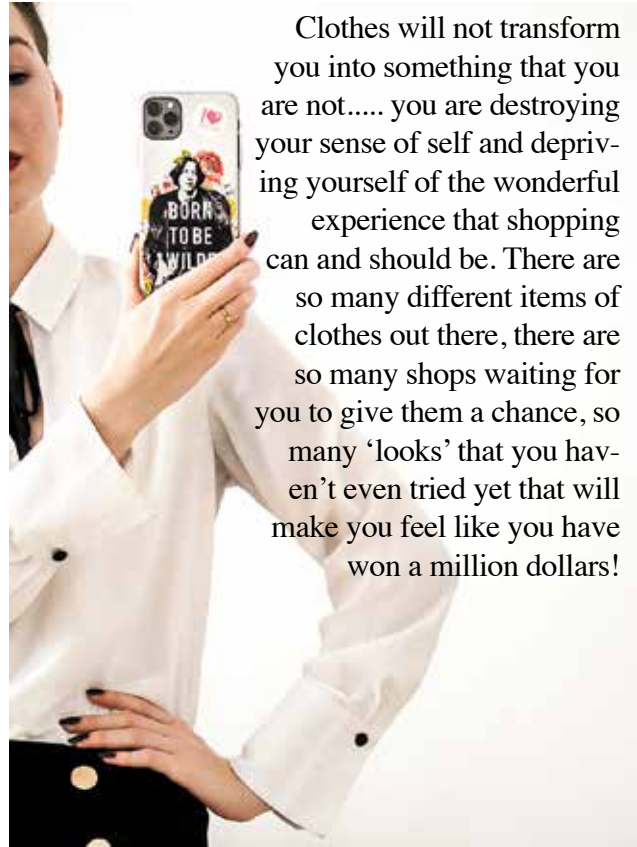
Killing two birds with one stone has always been 'my thing'...well, sometimes it's killing as many birds as I can at the same time! Here I am, typing on the laptop with a face mask on (the best of local honey for dehydrated skin) and my feet in a dish of Epsom salts and warm water (magnesium uptake, toxin elimination and beautiful feet). So, when I hear someone say that they 'don't have time' to do simple pampering and feel-good treats, what I actually hear is 'I couldn't be bothered' or 'I don't know how to manage my time effectively'. This is a skill

The sheer joy of July

well worth mastering. I didn't have much of a choice when I had twin babies, I had to learn to plan and make the absolute most of my time. There were suddenly two infants who rarely slept at the same time (they each needed their own cuddle time) but when they did sleep together, I used my time like Usain Bolt runs a race, determined, focused, with a well-worked-out plan and end goal in sight. The same has to be said about the world of style, great style takes oodles of planning. You very rarely get everything that you set out to buy on a shopping trip and, if you do, the style gods were obviously smiling down on you. Building a wardrobe full of sensational style that transfers onto your body and looks effortless initially takes many many hours and days over all of the seasons. 'Giving up' happens a lot, I hear about it all the time. I'm telling you to NEVER give up on wanting to look good, do you hear me? You will be bombarded by a million adverts that will tell you that you can't look good until you buy this designer jacket or this outrageously priced pot of chemicals (face cream) or that designer handbag with the logo for everyone to see...there will always be someone selling you something that you don't need. What you do need to do is to start with what you have and where you are and how you look now. There are billions of tiny cells inside of your body rooting and cheering for you every day. Do them the return favour of being grateful for what they do for you. No matter what, they are your biggest and most faithful cheerleading squad, and some say (from a neuroscientific perspective) that, even down to a cellular level, your body hears and understands how you feel about it. Imagine that! You know those people who dance by themselves when no one is looking? Well, I'm now firmly

convinced that they are celebrating themselves and I think that the rest of us should follow their wonderful example.

Our incredible brains are continually scanning for potential threats and deleting what is not a threat. That worked really well when we were living in hunter-gatherer times or when everyone was involved in more physical work. Now we have machines and devices to do everything and so our brain has evolved to have us questioning ourselves instead ALL OF THE TIME. Am I thin enough? Am I pretty enough? Will I ever be? What can I do to change how I look? Am I a failure because I can't lose weight? Our complicated brain that is constantly analysing everything can be crippling at times, so we need to learn to turn the volume down as much as we can. Somebody asked me for my 'best ever style tip for someone who really struggles when they go shopping'. Here goes... Make sure that your blueprint of what you want to see in the mirror when you are fitting on clothes is not a million miles from how you actually look. This is why so many struggle to buy clothes. It is never because the clothes don't fit or because they can't find anything, it is because they are being unrealistic. Clothes function by complementing how you already look, they can flatter or drain you but they WILL NOT TRANSFORM YOU INTO SOMETHING THAT YOU ARE NOT. If you are not the tallest person in the world and all that you have ever wanted is a gorgeous fitted trouser suit; yet every time you go shopping, you waste so much time fitting on suits and every time you look a child in a First Communion suit – why would you do that to yourself? The parameters will not change but you are destroying your sense of self and depriving yourself of the wonderful experience that shopping can and should



Clothes will not transform you into something that you are not..... you are destroying your sense of self and depriving yourself of the wonderful experience that shopping can and should be. There are so many different items of clothes out there, there are so many shops waiting for you to give them a chance, so many 'looks' that you haven't even tried yet that will make you feel like you have won a million dollars!

be. There are so many different items of clothes out there, there are so many shops waiting for you to give them a chance, so many 'looks' that you haven't even tried yet that will make you feel like you have won a million dollars! Get experimenting by putting in the time and do as much research as you can. What I mean by research is to start by picking apart what you have, then make a list of what you need – and be realistic – keep that list in your diary or in the notes on your phone and add or delete as necessary. And for God's sake, LEARN TO LAUGH AT YOURSELF, especially in a dressing room and promise me that you will never leave in tears, deflated or soul destroyed. Rome was not built in a day, those glossy magazines pay stylists big money to put that image that you are drooling at together, yet you expect to find the outfit on a Saturday morning rushed trip to the city,

half hungover, inwardly cursing, as you try for an eternity to find parking and maybe even on an empty stomach? Those Instagram divas who always look so perfect, if you only saw them without make-up, you would question if it was really the same person. Celebrities are continually showered with designer gear and can pick and choose the best of the best to wear. I really hope that every part of you, even down to those microscopic cells, acknowledges this so that you can retire from that quest that you have been on, for the longest time, to replicate so-called perfection. It is only then that shopping will become the loveliest experience, a real treat. YOU will take YOURSELF shopping, not some far flung idealistic version of yourself. Sounds good, doesn't it?

We were all well versed in the BE KIND movement, as a result of the untimely death of Caroline Flack. All of us would

like and share those posts and five seconds later we might be really unkind to ourselves, terribly critical when left with our own thoughts. It has been a weary time for all of us, we are disillusioned, feel hard done by, maybe even cranky. I had to catch myself the other day, as I started to feel really old; my boys have finished secondary school and I already had my daughter at the age that she is now. I could have run with those thoughts but instead I ran around the garden with my boxer and threw his squeaky toy for him – that alone makes him so happy. There is nothing more important or precious to him than to watch that toy flying through the air and adjusting his body so that it lands in his mouth. Totally and completely in the moment, how many of us remind ourselves to stay in the moment! After ten minutes I was exhausted, lying on the grass covered in slobber and I felt timeless, ageless and content.

Make a promise to yourself this July, the month of change and transformation, that you will enjoy yourself, enjoy every moment, live in the moment, take your sense of humour with you when you go shopping and watch how that transforms the entire experience. Turn down the volume of that voice in your head that tells you that you are not enough and dance, whenever and wherever you can, especially when you are all alone. If you buy nothing but a hair clip this summer but you change your approach to how you look and how you shop (especially when you walk away without anything) then you have mastered the most important steps involved in building a successful wardrobe that will make you feel good and look great.

'For once, you believed in yourself, you believed you were beautiful and so did the rest of the world.' Sarah Dessen

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Glengarriff Defibrillator Group welcomes great turnout for training in CPR and defibrillator use

The Glengarriff Defibrillator Group held CPR and Defibrillator training recently ahead of the installation of Glengarriff's new defibrillator in the coming weeks. A great number of people turned out for it.

A fridge magnet will be created in the coming weeks with the names and numbers of those volunteers who are trained in CPR and the operation of a de-

fibrillator. These will be distributed to all homes and businesses in Glengarriff, should anyone ever need a contact number for assistance.

Names will be taken for further CPR and Defibrillator training in the coming months. Please make contact via the Glengarriff Defibrillator Group Facebook page if you wish to join in.

Cork County Council's beach lifeguard team returns for summer

With the return of the official bathing season, Cork County Council's beach lifeguard team is ready to oversee the safety of the public in the water off the beautiful County Cork coast. The beach lifeguard team has adopted a 'Safe on the Sand and in the Sea' motto this year, with lifeguards advising a 'Swim and Go' policy to avoid large gatherings of people on our beaches.

Cork Co. Co. has 39 full-time beach lifeguards, with a back-up team ready to support if required. The service is now on duty full time until the end of August and the first two weekends of September, with the last day of duty being September 12, 2021. The hours of duty are 10.30am-7pm daily. Lifeguards will raise their Red and Yellow Flags to indicate when they are on duty.

With County Cork hosting 19 per cent of the country's coastline, the Council's Beach Lifeguards will monitor the safety of swimmers on 12 Cork beaches – in West Cork at Inchydoney East and West, Owenahinch, The Warren, Tragumna and Barleycove Beaches, and at the Old Head of Kinsale in Garrylucas and Garretstown.

Brand new beauty buys



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.

Hitting beauty shelves this month, everything from tongue scrapers to the latest serum that stops skin damage before it starts and a discount code! Read on for my roundup of what's new in skincare, hair-care, healthcare and more...

Seoulista Glossy Locks: Packed full of hardworking ingredients, the latest addition to the Seoulista Beauty family is a double-layered treatment mask designed to help nourish and protect the scalp and hair, in just 15 minutes.

Lipoplex, a unique complex helps to protect and soothe the hair from root to tip with a concentrated fusion of anti-oxidants and rice bran, while nourishing camellia oil, argan oil and hydrolysed keratin help to condition hair, improving texture, elasticity, and shine. Hydrating hyaluronic acid locks in moisture, restoring damaged hair back to its former glory. The drip-free formulation leaves hair feeling softer and more manageable, with a silky, glossy finish – a haircare professional's dream, €12 available from selected pharmacies nationwide on online from seoulistaabauty.com

Pestle & Mortar Essentials Range: Pestle & Mortar have just launched a new range of products created for the entire family's everyday skincare needs. Made in Ireland, the Essentials Range is a collection that includes four everyday skincare products to hydrate, nourish, and protect the skin. Dermatologist and Paediatrician approved, Essentials Range is suitable for all ages and skin types, including eczema-prone skin and psoriasis skin. All products are formulated with plant oils, are fragrance free and 99 per cent natural, with

a lovely lightweight texture, that's easily absorbed leaving skin feeling, soft, supple, and healthy. With prices starting from €15 to €24, there's something for everyone in this range. To celebrate the launch, when you purchase a product from the Essentials Range, Pestle & Mortar are giving a free gift with purchase, enter CODE sherna21 at checkout, and you will have a choice of gifts to choose from (valid until August 9, 2021). Available online only from pestleandmortar.com

Artdeco Bronzing Blusher: The new Artdeco Bronzing Collection 'Feel the Summer It-Piece' radiates the lightness of summer. With beautiful limited-edition packaging and summery tones, the collection is a reminder of warm balmy evenings, holiday feelings and high spirits! Bronzing Blusher is just one of the collection pieces, shade 'Good Vives' adds a touch of freshness to the skin in no time. Three soft light shimmer colours invigorate your cheeks with a healthy looking flush and youthful glow, €35 available from selected salons and pharmacies nationwide and online from stralabeauty.ie

Urban Veda My Tongue Cleaner: Did you know the ancient Ayurvedic ritual of tongue scraping has been practised for over 5,000 years? This holistic approach to mouth hygiene promotes a healthy tongue which in turn means a happy gut. Created by the brand Urban Veda the tongue scraper is made from 100 per cent copper, a natural cleanser. Known in Ayurveda as 'Ama', tongue scraping removes toxins from the mouth, helps eliminate bad breath, removes plaque build-up, heightens taste bud sensitivity, and helps clear skin, €13 online from trendsdistribution.ie

NeoStrata Enlighten Dual Acid Brightening Peel: New to NeoStrata's Enlighten range, specifically designed to target pigmentation concerns, this potent dual-action peel combines the skin smoothing action of a chemical peel utilising a highly concentrated complex of 10 per cent glycolic Acid and 10 per cent polyhydroxy acid (PHA) with a scientifically proven brightening peptide to target maximum radiance results. Ideal for those seeking help for visible dark spots and uneven skin tone, €55 available from selected salons and pharmacies nationwide and online from neostrata.ie

Somega Easy Omega-3 + Vitamin D3: The newest product from Cork business Somega,



Easy Omega-3 + Vitamin D3 supplement is the easiest way for everyone to get their 450mg omega-3 a day on just one teaspoon. A departure from the traditional oily off the spoon formulations and large sized capsules, which may be difficult to swallow and stomach, this has a natural peach-mango flavour which kids love too! Enjoy straight from the spoon or add to smoothies, yogurt and more. Manufactured using patented emulsion technology for optimum nutrient absorption, your heart, brain, eyes, and bones will thank you. Suitable for all, from the age of two, €29.95 available from selected pharmacies and health shops nationwide and online from gosomega.com

Balance Me Pre + Pro Biotic Cleanser: Introducing Balance Me's first-ever cleansing milk that literally glides over the skin delivering a calmer, clearer and brighter complexion thanks to the signature bio-active pre and probiotic complex designed to strengthen the skin's delicate microbiome protective barrier. Blended with salicylic acid and willow bark to gently exfoliate, and manuka honey and oat milk to calm and soothe this is suitable for all skin types, particularly blemish-prone, dry and a more sensitive and mature skin, €25 available from mybeautedit.ie and selected stockists nationwide.

Dermalogica Smart Response Serum: Dermalogica's newest serum offers a unique personalised response to your skin, as it recognises micro-changes in the skin, intelligently addressing skin concerns before they are visible to the naked eye. Using Smart Response Technology – a



revolutionary combination of four targeted active ingredients helps skin to maintain optimal hydration levels, helps with the appearance of fine lines and wrinkles, brightens skin, and soothes and helps redness, in short, it delivers what skin needs,

when and where it needs it. If no changes are detected, this serum provides your skin the support it needs to keep your skin looking and feeling healthy, protected, hydrated and smooth, €150 online from dermalogica.ie and 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.

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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.

If you want a bikini body – put on a bikini'. That's a sentiment we hear every summer and, while it's true, it's not easy for everybody to dress down even on the hot days. Thankfully it seems that more and more women just don't care what society and media think, and are escaping the summer heat on the beach with their bodies in bikinis. The core of my belief is that all bodies are beautiful, so this column is

Every body is a bikini body

a little pep talk to everyone who thinks they are not beach ready.

As a fitness coach, I've met all kinds of people who joined a class or a gym, most commonly with the intention of losing weight and looking fitter. I am here to tell you, as we are passing into hopefully the height of summer, being comfortable in your own skin is not just about the numbers on your scale.

I know many people who suffer from distorted body image, who look fit and toned on the outside, but inside still only see the flaws and feel like they're not good enough. I know some of the most beautiful and strong, passionate and on-top-of-their-game women, who still fail to see their own beauty.

So my July column is dedicated to everyone who looks in the mirror and is overly critical: Anyone who has ever been called fat, chubby, ugly or feels unworthy of love. Whatever flaws your body has – injuries, excess kilos, how you were born – your body is your body. It should be celebrated for carrying you through life and not be a reason for shame or guilt.

Of course I am a huge advocate for training and fitness. I think fitness is just as important

as love, friendship and humanity for our wellbeing, mentally, as well as physically. It's important for children from an early age, as movement teaches balance, speed and strength and offers support in being social and playing games together. As we grow older into teenage years and then adulthood, we can still use sport and fitness to challenge ourselves, learn or refine skills, and come together with like-minded people and make it a part of our social life.

Training will boost your mood and make you sleep better at night, and in the autumn of your life, it will keep your body strong and provide more protection for your bones, than if you were not training.

Training for me is more than getting a bikini body, big biceps, flat washboard abs and toned legs. It's about celebrating your body and what it is capable of. It is knowing that you're doing something good for yourself, taking time for you so you also can be more for those around you.

This summer, I implore you once again to get up, get out there and enjoy the summer in a bikini or a one piece. Don't bother with other people's



opinion about how you look. Opinions are like a certain body part – everybody has one, and nobody else needs to hear about it.

However I do sympathise if you tell me: 'I don't feel comfortable wearing less clothes even though I really want to because I'm not used to letting my body shine'. If that's what is holding you back, please read

on and get some tricks on how to pamper yourself to feel more comfortable in your skin.

Firstly, I would encourage you to move. Not to lose weight, but to get the endorphins flowing and feel good about yourself. A brisk walk, jog or run, cycle or even dance around in the living room – anything above 10-15 minutes should trigger your endorphins production – would get you there. Remember to tell yourself you did a great job and thank your body for being able to do this. Do it every day if you have the time. It'll lift the way you feel and think about yourself.

Secondly, look at the seasonal produce. Summer is a great time to eat naturally healthy, as the market is brimming with fresh vegetables and fruit. Make your plates pretty, as we often eat with our eyes first, so take the extra time and make yourself a beautiful plate of food. Do this especially on days where you are tempted to stress or 'fill the hole' by eating rubbish or unhealthy processed foods; use this trick to spoil yourself in a different manner than eating sweets. By making your food pretty, you are also also telling yourself, you are worth the

extra.

Thirdly, look around you and find the beauty in your life. Nature is all around us so take joy in everything you can. Realise you are lucky, that your body, in this moment, is right where it is, allowing you to see and experience this. It will lift your state of mind and hopefully translate into lifting the way you think about your body as well.

Take these three small actions into the summer to feel better about yourself and your body. And then take your body to the beach and step out of your comfort zone, and join the 'bikini-body' army of women who for a moment accept and love who they are. Reclaim your body as it is, don't sit another summer hiding under a big summer dress or a one-piece, if what you really want it to wear a bikini.

The summer is yours.

Comments and questions are as always welcome at taniaskitchenfitness@gmail.com or via Instagram [@trainwithadane](https://www.instagram.com/trainwithadane)

Engaging with your dog in a meaningful manner



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.

Yesterday was a busy day for me. After walking Juno, I went to see a family to help train their puppy who was showing signs of running wild! When I finally finished there, it was home to write up my report in the afternoon. Those reports always take time because I try to give people all the training tips and information

to help them keep going.

Juno was delighted to see me come home but not so impressed with the fact that I settled down to type up my report immediately after lunch. She was very good and lay quietly near me while I worked. Her only sign of impatience was when she kicked her back legs against the sofa. (She always does this to let me know she's waiting for action!)

Finally, with the report wrapped up, I turned to her to let her know it was her time. We had a cuddle and then I picked up some treats and told her we were going to have some fun. I don't normally carry treats for Juno unless I'm teaching her something new and then I might use a clicker as well.

She dashed out ahead of me and I asked her to perform all the commands. She did everything with great gusto. 'You want me to sit and stay and come to you from a distance? That's easy.' And she came at great speed to sit in front of me gazing into my eyes for the treat!

'Which side would you like me to sit – left or right?' and as I indicated she lined herself up

on the particular one. 'This is such fun', she said and I found myself laughing and enjoying her enthusiasm. 'What else would you like me to do?'

That's when I asked her for all the tricks I'd taught her. So she spun and twirled like a dervish on command, played 'Peek a Boo', threaded her way in and out of my legs, gave me handshakes and waves with her right paw and high fives with her left. She was like a breath of fresh air, totally focused and enjoying herself immensely.

After that, we had a game of footie, a short walk to round it all off, then back home for her evening meal. Juno was now content with life. I, too, was left feeling relaxed and happy. And it hadn't taken an awful lot of effort. Little Juno had given me so much in that short time. But that's what dogs do, if we let them.

It doesn't take much to engage your dog in play. Not only did Juno get 'quality time' but it was an easy way to reinforce the training commands. We came away feeling satisfied, bonded and both of us in thoroughly good humour.

Training your dog should



never be a chore. If it is, then neither of you enjoys it, and you have to ask yourself why. As far as I'm concerned, teaching your dog new things is a game. I ask Juno to show me what she can do. She gets lots of praise

and encouragement and then rewards if she manages it.

If it's all done like that, your dog will be more inclined to oblige whether you have a treat or not in your hand. Never keep training your dog until he refus-

es to do anything or performs a command with a sulky, bad grace. I saw this first hand with a man who was a perfectionist and a bit of a control freak. When I first saw his puppy, she was lively and certainly had a bit of attitude. He trained her so hard that the next time I saw her, she was a very unhappy dog who would do nothing for anybody.

It's only necessary to train your dog to perform the commands for two to three minutes per day. That's plenty. Longer sessions only make a dog bored and cantankerous! But, even when your dog knows all the commands, it's no harm to remind him of them. If you make it entertaining and enter into the spirit of the game, you'll get huge enjoyment just like I did.

All dogs want is to be part of our lives but in a productive way. So engage their brains; help them reach their potential. They will continue to surprise you with their ability to problem solve.

All they want is someone to take the time to listen to them!

corkdogtrainingclasses.com

people Arts & Entertainment

July and August at Schull's Blue House Gallery

July may be regarded as late opening where galleries are concerned, but the world of exhibition has been seriously stymied by lockdown. However, all was not lost, and the Blue House window provided an effective sequence of 'Window Exhibitions', a bit like window shopping on the Sundays of yore when shops were closed for the day. One could look and wish.

Returning to business with a bang, first off the blocks will be 'Clay Maketh Man' June 25-July 14, which sounds quite Biblical and indeed, clay is of course the essence of the creation narrative. Jim Turner, versatile and ever-inventive, a magical maker of things from clay, curates four fellow ceramicists, Jim Behan, Geoffrey Healy, Markus Jungmann and Marcus O'Mahony in a display of the utilitarian and the outrageous. Aoife Layton June 25 - July 14, a printmaker from



Sea Pinks, Helen O'Keeffe

Cork, exploits a technique made famous during the seventeenth century for its ability to reproduce the seductive delicacy of gentlemen's full-bottomed wigs. Aoife's mastery of this powerful medium will be a highlight of the season. A Blue House gallery artists' group shows continues in the upstairs galleries.

Helen O'Keeffe's 'The Landscape Within' July 16-August 4 is an intuitive exploration of her surroundings and reflects her long-standing fascination with the coastal landscape of Roaring Water Bay, that evocative combination of by-roads, wild hedgerows, half-seen dwellings, acres of sea and sky that define this unique fragment of the world. In 'Borders' July 16-August 4, Melanie Black, Nicolas Cooper, Geoff Greenham and Simon Hill contemplate the enigmatic nature of real, imaginary, physical and emotional borders in a thought-provoking photographic exhibition.



Inchydonney #1, Nicholas Cooper

West Cork singer-songwriter Áine Duffy releases single to much acclaim



Tony Fenton from Today FM said she "kicks ass" and NME's James Hendicot observed she's "fantastically refreshing".

Taking her Irish beacon around the world, Bandon born singer-songwriter Áine Duffy has played in New York, Toronto, Los Angeles, London, Dubai, Switzerland, Germany, Spain, Belgium, and beyond.

After being invited to record with Roger Greenawalt, the very same who worked with Bruce Springfield and Sophie B Hawkins, Áine Duffy built a large following. This was thanks to the fact she stayed

true to her heritage and didn't change who she was.

Known for her homely Irish accent that spans across an impressive range, the voice, talent, and persona of Áine Duffy is in hot demand. With her trusted guitar, festivals such as The Electric Picnic and The Body and Soul Festival have all enjoyed her crowd-grabbing appearances. She's also been on stage at world-class venues such as the Cork Opera House, The Theatre Royal in Waterford, Whelans, Riverbank Arts Theatre, The Middleton Arts Festival, The Irish Animation Awards, and Madam Claude's

Berlin. A true professional with a resume stoked with laurels, the road is long, wide and open for her.

Most recently, Áine Duffy has converted an old donkey box into a camper, which doubles up as a stage. This up-cycled contraption, known fondly as the Duffbox, will be the source of many impromptu and pre-booked live shows that can literally take place wherever

there's a patch of land.

So with a run of top-prize nominations to tease the talent, a list of television appearances and music use, the release of 'I'll Wear White' is a true grand-staircase moment. With plenty of people willing to take her hand, as she descends into the party, this song is a soundtrack to so many things.

Find out more by visiting aineduffy.ie.



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 5pm from Easter to October

www.bluehousegalleryschull.com

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PAINTING

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Theme: 'Spirit Animals' (Ages 9 – 18) • 6 places only • Registrations: www.paintingschool.jameswaller.org



Drawing inspiration from cave paintings, rock carvings, modern art, photographs, comic books and animations, students will embark on a week of drawing, printmaking, painting and book binding. The 'Spirit Animal' art camp has been designed as a fun week of imaginative learning; students create their own drawings, prints, paintings and concertina book, whilst learning about other cultures and art forms. The projects set can be approached realistically (we will look at paintings and photographs of animals), imaginatively (we will look at early modernists, such as Marc Chagall and Franz Marc) or stylistically (looking at rock art and cave paintings from ancient cultures).

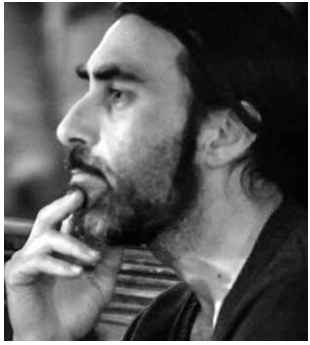
SUMMER OIL PAINTING CLASSES (ADULT PROGRAM)

For July and August only, adult painting classes will resume on **Saturdays, 2-5pm**. Wednesday and Friday classes will then recommence from September.



people Arts & Entertainment

Diary of a Colourist: things Modern, Medieval and Baroque



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.

Colour values in Western art have undergone many shifts, from the ancient Greek through to the Medieval, Baroque, Modern and neo-Baroque. The classical Greek values, echoed in the Renaissance (16th c.) and the Baroque (17th c.) are grounded in earth: their colour value system is one of muted, 'blended notes', striving for realistic portrayal. By contrast the medieval and the modern are bursting with colour; their systems are of 'graduated notes', 'separated notes' and 'intermingled notes'.

All of these colour value systems are alive today. Faced with such a plethora of paths it can be difficult for a painter to

know which way to turn. Discovering the mode, or modes of expression, which best serves you, is a major part of one's creative journey. Likewise, in looking at art, discovering what it is you respond to is a big part of one's journey of self-discovery.

My very first forays as a young painter were under the influence of the modernist, Paul Gauguin. His colour arrangements (of 'intermingled notes') thrilled me with an incredible sense of recognition; colour sat beside colour in a seemingly effortless mosaic of the soul, the outer world a mantle on which to clothe the inner one. My first self-portrait in oil was like this. It had none of the slick finesse and sophistication of a classical painting; it was raw and dry, its colours modernist and slightly acidic. But it was and remains a true 'mosaic of soul', a colour arrangement, which floods me to this day with profound recognition and fulfillment.

A few years later, under the heady influence of Matisse, I found myself creating large scale 'cut-outs', carving out shapes of flat colour in rhythms and movements which I found spell-binding. I was colour-drunk and giddy with the freedom and beauty of what I had unleashed. One work, titled 'Angel Dog', felt like the 'true colour-shapes' of my soul. These works were examples of 'separated colour notes' such as we see in Matisse's cut-outs, the paintings of Albers and other hard-edge abstract painters.

During these colour-drunk years I also studied the medita-

tive art of icon painting. I learnt to mix and layer ascending notes of colour, methodically developing folds of garments and skin tones as 'ladders of light', following a 1500-year-old aesthetic system as faithfully as I could. The icon revealed to me the power of luminous light. It also introduced me to 'graduated colour notes', which we find in both medieval and modernist painting (Giotto is an example of the former and Paul Klee a good example of the latter).

Over the last eight years I have immersed myself in Ba-

roque realism (think Rembrandt and Caravaggio). The blazing colours of my youth have been brought to heel; muted and blended they have learned to serve realistic form. This has been, on the one hand, deeply satisfying, and on the other somehow lacking. In none of my neo-Baroque figures can I feel the 'mosaic of the soul', that arrangement of colours which has haunted me since my youth.

Through printmaking, however, I have kept my 'modernist' identity alive, quietly printing sequences of abstract

'fugues', which employ a system of 'graduated colour notes'. Azure blue predominates in these sequences (it has ever been the colour closest to me). This is significant as Baroque realism largely gives the blues a wide berth. Don't tell my Baroque buddies, but all these years I've been binging on blue in secret!

Finally, in my new collection, titled 'Balance the Roses',

I am bringing the 'blue fugues' and the 'Baroque figures' together. In the process those figures are becoming infused with the blues. And so the journey of ever-evolving identity continues...

'Balance the Roses' is showing at the Clonakilty Community Art Centre, Asna Square from July 9-30. Open Tues-Sun 11-5 pm.



'Angel Dog': textile cut out, 2000 (separated notes).



'Flower Girl': oil on canvas, 2021 (intermingled notes).



Sherkin artists: Sherkin Tara, Vanessa Richardson, John Simpson, Jo Ashby, Brigid O'Connell Madden and Nigel Towse. Pic: Robbie Murphy

A summer of art on Sherkin Island

Despite the additional challenges of social distancing, the Sherkin Island community has decided to go ahead with its plans to showcase the island's creative and artistic talent and a series of art exhibitions will take place in the Community Hall on Sherkin Island this summer.

The annual Sherkin Island community art exhibition runs until July 4 and is a celebration of the diverse creative talent on the island. It will include paintings, photography, sculpture, textiles and ceramics. The exhibition will open every day, from 12 noon until 5pm.

Six more art exhibitions

will run after that right up until August 24: July 6-11, Jordyn Lynch; July 13-21, Jo Ashby and Robbie Murphy; July 23-August 2, Vanessa Richardson and Nigel Towse; August 4-9, Tara O'Donoghue; August 11-16, Brigid Madden and Roisin Youell; August 18-24, John Simpson.

All will operate under strict Covid-19 guidelines including the use of hand sanitisers, face coverings for all visitors and a one-way system in line with social distancing requirements.

Known as 'island of the arts', Sherkin Island has attracted a population of creative individuals including professional

and non-professional artists, musicians, writers and photographers.

Aisling Moran, project coordinator with Sherkin Island Development Society (SIDS) said: "We have thought long and hard about holding the exhibitions this year due to the additional diligence required by Covid-19 guidelines. As always, we are grateful to Cork County Council for their support in helping this to happen. We see it as a great opportunity to showcase the great creative work that is being done here and to welcome people to the island."

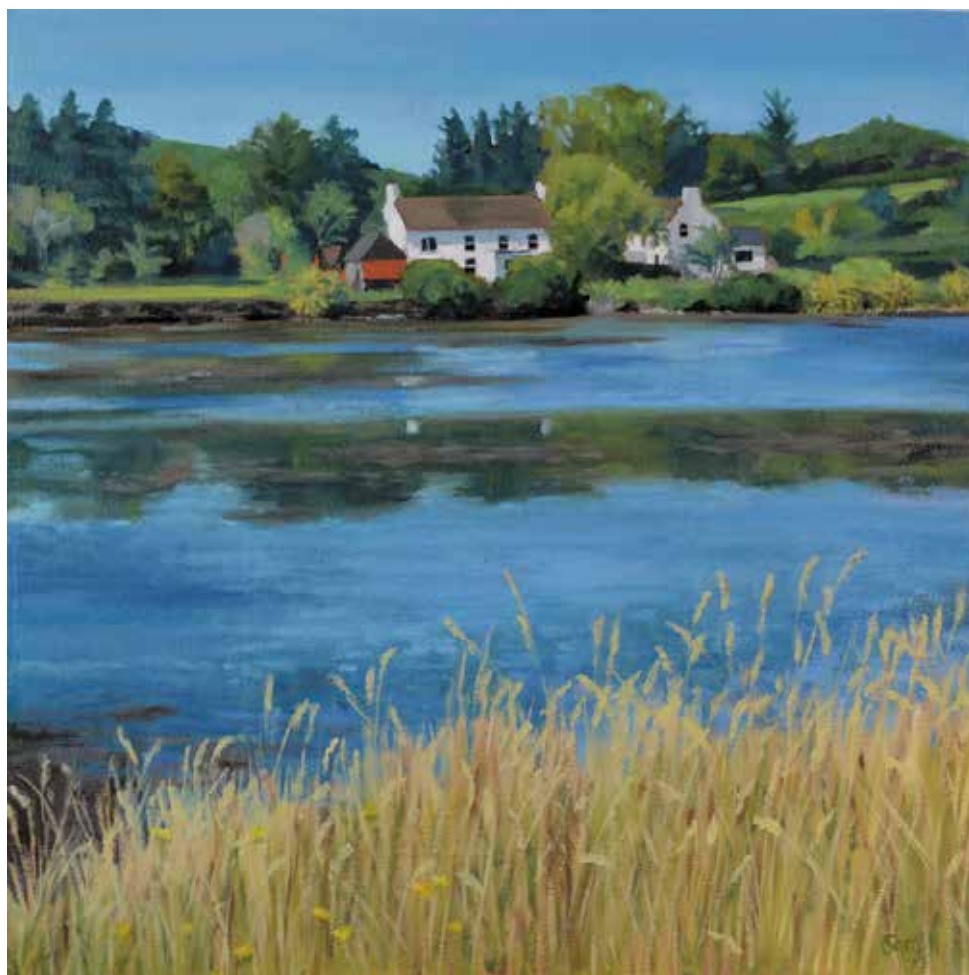
For ferry times see: www.sherkinisland.eu/ferry

Sara Hodson Summer Exhibition

A summer exhibition and open studio event is being held by artist Sara Hodson in Lisnabrinna, Ballygurteen from July 23 to 25.

The exhibition, featuring new landscape and equestrian paintings by Sara Hodson, takes place in Sara's studio in a lofted barn and in an old dairy building. There will also be a painting workshop and a site-specific sculpture, created by Robert Hodson, among the events being held over the weekend.

Sara works mainly in oils and often 'en plein air' and her paintings of horses and landscapes are commissioned and sold worldwide. The new landscapes in this exhibition follow the seasons through West Cork, from Baltimore Beacon and Heir Island, to the Long Strand and Inchydoney. Some of these original paintings are included in Sara's '2022 West Cork Calendar', which will be available to purchase over the



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weekend. There will also be a selection of new equestrian art, horse racing scenes from the Curragh and paintings of native Irish Draught horses.

Sara also holds workshops at the Studio and over the same weekend there is the opportunity to join an 'en plein air' painting class on Saturday morning from 10am-1pm. Booking is essential as numbers are limited.

Sara's brother Robert, formally a broadcaster with the BBC, now works to promote the arts in the North of England. He will be creating a site-specific piece

of sculpture over the weekend.

Light refreshments will be available and the exhibition is suitable for all ages. Set in a traditional farm with stunning views of the surrounding landscape, what more could you ask for from a weekend of art?

The exhibition will be open daily from 11am-5pm, Friday, July 23 - Sunday, July 25. For full details and to book the workshop please go to www.sarahodson.com.

Sara's studio can be found at Eircode P85CY86

Funding announced for small scale West Cork festivals

The Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media recently announced a funding allocation of €96,391 for 28 events to support Small Scale Local Festivals and Summer Schools taking place around Ireland in 2021.

The scheme is designed to assist local cultural events which may not be eligible under funding criteria for larger scale events such as those supported by Fáilte Ireland, the Arts Council and similar bodies. Funding was allocated following a competitive applications process last

April, with a maximum grant of €5,000 available.

Projects to be funded this year are a mix of online initiatives and 'in real life' events to be delivered to an audience in line with general public health guidance. The intention is to add to the cultural content assisted by the Department and create a cultural space relevant to both local interest and a wider community.

This successful applicants in West Cork were: Geata Arts Group for the Clonakilty Samhain Festival 2021 (€3,500); Drimoleague Singing Festival

(€4,000); Durrus and District Community Council for the Love Durrus Festival (€4,000) and Cork Craft and Design for Cork Craft Month, which hosts many activities in West Cork (€3,500).

Speaking at the announcement, Minister Martin said: "Culture and arts add hugely to our lives and to our community. These events will provide much needed cultural experiences for both audiences and practitioners. The organisations funded under this scheme have shown great resilience and adaptability in the planning of their projects."

West Cork groups included in Creative County Cork Grants for 2021

Cork County Council has awarded an allocation of €40,000 to 21 different groups throughout the county through its Creative Ireland Grant Scheme 2021.

Funded by Creative Ireland, the scheme is designed to support local communities and the creative sector to develop and deliver an innovative project, event or initiative that will help stimulate and enable creativity

in every community.

Successful applicant organisations in West Cork are; Ballinascorthy Remembers; Ballinspittle Comhaltas; Bantry Creates; Bere Island Women Create; Clonakilty Community Resource Centre; Comharchumann Chléire Teoranta; Ellen Hutchins Festival in Bantry and Kilmurry Historical and Archaeology Association.

The grant scheme is support-

ed by Creative Ireland, a national five-year programme which connects people, creativity and wellbeing. It is an all-of-government culture and wellbeing programme that inspires and transforms people, places and communities through creativity. Creative Ireland is committed to the vision that every person in Ireland should have the opportunity to realise their full creative potential.

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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.
email: astro@katearbon.com
www.katearbon.com

July Sun Signs

July starts at a running pace with several tense major transits in the first few days. We can expect some resistance to change and a call to action on many levels. It's not a month to sit back and take it easy unless you can successfully meet the challenge and rise above the fray.

It's the start of Leo season. The Sun and faster planets move through this fixed sign during the next few weeks. Mars, the planet of conflict has recently been joined here by Venus, the planet of connection. This pair are commonly known as the love planets and they represent two ways to get our desires and wants met. Mars uses might or force and Venus uses co-operation and attraction. Just after the New Moon date this pair conjoin, on July 13 to form an alliance. This can bring a strong urge with the ability to have more of what you value and

require, to ensure your quality of life. As we approach this conjunction in early July expect an increasing tendency to cut loose from what, or who, you don't love and gather up what, or who, you do. Most of this month you will likely have more intense connections and a strong desire to create only what really feels good or positive in your life. The place that Leo occupies in your birth chart will describe the area of life where this is most active.

Whilst in the sign of Leo, the Venus Mars pair makes sharp angles to both Saturn and Uranus. The ongoing tense square aspect between these two heavy-weight planets is this year's big story and is the signature for our current conflicts of interest and growing social divides. This whole month has a theme of activating and reactivating this Saturn Uranus square.

Mars is opposite Saturn on July 1 and square Uranus on July 4 and then Venus is opposite Saturn on July 7 and square Uranus on July 8.

With Neptune now in a retrograde and receiving a challenging square from Mercury on July 6, we are especially vulnerable to either delusions or deceptions. Many revelations will be leaking out during this Neptune retrograde. Now that Mercury is heading forwards into new territory after July 7 we can expect more people to become aware of the big lies and hidden truths currently being perpetuated. It's the 'Emperor's New Clothes' story being played out on the world stage. As it becomes more apparent that things are not what they have been portrayed as, there will be bewilderment and confusion for some and a call to action for others.

As Mars moves through the

zodiac it often acts as a time trigger and can kick off events or reactions. The current Saturn Uranus struggle is represented by the social divide that has been created. The Mars opposition to Saturn and square to Uranus can reactivate issues from late March and early April 2020 when this cycle started. We are beginning to see the consequences of some people accepting restrictions of 'new normal', as it is being called, whilst others choose to retain the freedom to exercise personal choice. When the Sun comes to be opposite Pluto, the planet of hidden forces, on July 17, this may reveal underlying power and control issues that were unclear until now.

As the Month progresses some lighter and more positive energies are activated. Venus moves into Virgo and makes an opposition with Jupiter on July

22 just a couple of days before the Full Moon in Aquarius. This is a taking it easy day, as the mood is relaxed but there is the possibility that this simply makes for complacency rather than doing something positive and uplifting.

The Full Moon in the early degree of Aquarius brings a reminder of where we were when Jupiter and Saturn conjoined in December 2020. The month ends with Mars in an opposition to Jupiter. The combined energy of these two can inflate conflicts or instigate a big push to improve our circumstances. We will likely experience a least a bit of both before the end of the month.

July has a New Moon at 19 degrees Cancer on July 10 at 2.16am and a Full Moon at two degrees Aquarius on July 24 at 3.36am.



Aries: The Sun and Moon focus on your home and foundations from mid month will put things in to perspective and allow a new arrangement to be implemented. Where you've been feeling the stress of getting your work and family life balanced now you can make some progress again. You will want to initiate the dialogue and have your say. Plain speaking is required but you may be inclined to do a dramatic monologue. Putting yourself in the limelight may not be what you had in mind but getting acknowledged may be what comes with the Full Moon later this month.



Taurus: There has been a lot of talk and running around lately and it isn't about to stop during this New Moon phase. You may have wanted a steady pace but perhaps not at constant high speed. This still doesn't feel like progress. Any connections made now are of value and you will realise this in the weeks to come. The details that have been your focus will open out into the bigger plans as we move into the second half of the month. With the Full Moon you can see the horizon and know where you are heading.



Gemini: You feel the need to address your basic resources and check that you have something to fall back on. There is the sense that you can put things in place to make the financial situation more suitable to your needs. Maybe you will start a new project or cash in on some hidden talents to give you the boost you need around the New Moon. From mid month onwards you will understand where your dependencies lie and how to navigate the low points with more confidence. You may even get some unexpected support and benefit from the efforts of another.



Cancer: If coming out of your shell was ever required now is an easier time to do it. There is a whole new you or makeover to consider. Even just a simple change could set something in motion. Developing your personality and attracting what you need has never been easier. This New Moon makes you hard to resist. The Full Moon phase will see you connecting to people in a way that feels good even if it takes you out of your comfort zone. You may get used to some extra company and decide that you are being offered a better deal than you had expected.



Leo: There is no doubt that this month is keeping you under the radar and behind the scenes in a way that isn't your usual mode. It's certainly the best time for you to do that inner work and get some down time, as it's been more that busy lately. Around the New Moon a little break or retreat is required, even if it just a few days out of circulation. The worldly expectations and responsibilities will get your attention later in the month with the Full Moon and you can apply some newfound wisdom to managing the daily tasks and commitments.



Virgo: This month can bring some surprising benefits and you may see more results from your efforts than you expected during this New Moon. You have the support of friends and associates right now so accept with grace what comes to you. Your mind has been

racing and full of ideas and now you can pull out the best options to make your life a bit more fun and enjoyable. When the Full Moon passes later this month you can put some plans into action to ensure you get that creative project started, or simply book a few days leisure break.



Libra: With your career and reputation highlighted this month you can make significant gains regarding your ambitions. Recognition for your efforts and receiving credit for your accomplishments are possible now, but only if you've laid the foundations. Certainly now is not the time to mix business with pleasure if you want to avoid trouble. You've been feeling the pressure lately and the home front may benefit from your natural love of harmony. Trying out some new styles or just making the required adjustments might 'make it' rather than 'break it' later in the month.



Scorpio: This month it's time to lift yourself out of your usual mundane concerns in order to get a larger perspective on your life. Whilst you have been plugging away and felt overwhelmed at times, now you will reap the benefits. You really can get things up and running to fulfil the broader vision. This chance to see things from a new vantage point will make all the difference to your world. You simply have to maintain the momentum through the month. A teacher or mentor who appears this Full Moon may be particularly important to you later.



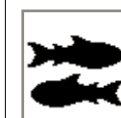
Sagittarius: There is no time like the present for checking the balance and flow in your life. It's not just about material concerns either. Do you have the energy and personal resources to cover you when things are stretched beyond the usual limits? The New Moon may see you looking to others and accepting their support. The test is to see if you can put it all to good use and build on what you have gained later this month. After July 24 you get the chance to use your skills and talents to future proof your energy stores.



Capricorn: The significant relationships that matter most take your attention during this New Moon phase. You may have to consider making changes that will allow for greater harmony and mutual benefit. Get to the bottom of things before it's too late. Once you have all the facts you will be in a much better position to make a decision. The Full Moon later this month is a time for getting serious but not at the expense of creating a deeper union. Your ongoing personal development is the foundation to ensure all your close connections thrive.



Aquarius: Doing your best work is always important but not always a priority. During this New Moon you can make the changes that have been waiting in the background. Practical concerns and everyday responsibilities can get the benefit of your full attention from early in the month. This is a good time to examine how you use your time and energy, with an eye to improving your efficiency and productivity. Your inner world is going to take the focus later when the Full Moon mood makes you more mellow and self-reflective for a while.



Pisces: You are energised and inspired coming up to this New Moon and you want to express some of the creativity that lies deep within you. You can let yourself be more free, playful, and spontaneous. You are seeing a glimpse of the future and may be more willing to take chances. You can accomplish much if you set your mind to it. It's later this month that the Full Moon brings some of the rewards and benefits you deserve. The support and encouragement from your extended social group is heartwarming.

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Generosity in motion – Massimo Elijah at DeBarra's Spoken Word

One of the upsides of the many downsides of the pandemic has been unexpected connection, which wouldn't have been possible otherwise, says Moze Jacobs. Take Margaret O'Regan, originally from Clonakilty, now living in Cork city. While adhering meticulously to the lockdowns, she has been zooming around the world. To Scotland and the UK, as well as to Canada and the US. Not to mention various places in Ireland itself. For instance, she alights in Ennis (Co Clare) every week to join a Friday Lunchtime Poetry session.

Ever since Covid-19 upended the mental landscape, Margaret has given free rein to her passion for poetry. And whereas she always was an enthusiastic visitor to DeBarra's Spoken Word when visiting Clonakilty pre-Covid, she now belongs to the team that organises the events from the comfort of their homes. Distance no longer plays a part. Nor time, it would seem. At midnight on Saturdays, Margaret (who is 70 and happily so) can usually be found in Nashville. Here, she mingles with people of all ages, all backgrounds, at Poetry in



the Brew, a weekly online Open Mic Poetry Reading that starts just before 6pm local (Central Daylight) time.

During her 'travels', Margaret encourages fellow readers to come to (virtual) Clonakilty. As a result, DeBarra's open mic is often attended by a variegated flock of excellent American and other poets. Massimo Elijah (35) is one of them. He will be the featured guest on July 14, following a number of open-mike appearances and a four-minute (master)piece, Rain Dance, powerfully delivered in a video to celebrate Irish Culture Night 2020.

It shows many of his qualities. A rhyming play with words, that is inventive and feels natural. "I see a tree and stand under its canopy. It draws me close and seems to lay its hands on me." A subtle game of rhythm. "Sunshine wakes with painless burning. Take a moment's pace, observing. Nature flirting, playing, working." His hands dance around the screen and add counterpoint to the words.

Born and bred in Philadelphia, he says "I used to love hip hop. Especially here in the US, it's an art form. But then a friend of mine encouraged me to do spoken word and I immediately liked it. Instead of racing to a beat, you can slow down and make every point. Focus on what you're saying instead of having to compete with the rhythm." His full name is Massimo Elijah Pryor Lavelle. "My father's heritage is African-American while on my mother's side, it's mixed with Italian. That's where Massimo comes from."

"The name Lavelle is not unheard of in Ireland. Would you say you have Irish genes?"

"Indeed I do! We researched it. It's in my mother's father's

lineage. The etymology is, 'one who is fond of travel'. I think our ancestors left Ireland during the potato famine in the 1800s. Not really that long ago."

Massimo has been known to come up with really eloquent (and moving) rhymes within the space of 10 minutes.

"Where do you think inspiration comes from?"

"I count myself lucky, as I stick to. I don't use proper nouns like names, places. There is a certain level of negativity that I don't engage with. And no divisions based on race or gender or location. So I already have a pathway that I can channel my creative energy into. It's harder to be inspired when you can pick anything. What do you want to talk about? There are a billion things... Life, death, springtime, love... But when you narrow it down, the inspiration flows so much easier. For you're not swamped with options."

Somehow his performance, even on Zoom, exudes a universal courteousness. Not just toward his listeners but also to the other participants.

Margaret: "He pays great at-

tention to detail and really listens to others. He gets it; always gets what you mean."

The session starts at 8:30pm. To join, please go to the event in DeBarra's Spoken Word page just before the start to find the zoom link or send an email to debarraspokenword@gmail.

com if you wish to receive it via the mailing list.

Go to YouTube to watch an interview with Massimo Elijah ahead of the 14 July session.

Culture Night 2020 at DeBarra's Spoken Word ft. Massimo Elijah, Emilie Lauren Jones, Rae McKinlay.

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Saturday, July 24 – Laura O'Mahony 'Live and LOUD!' – Come join Laura for some joy and a big post pandemic cuddle (socially distanced of course – she's taking no chances!)

Friday, July 30 – 'Throwing Shapes Live' A showcase of music and spoken word from The Kabin Studio

Saturday, July 31 – 'In One Eye, Out the Other' by ac-

claimed Irish comedian Tadhg Hickey

Saturday, August 7 – The 2 Norries - Live Podcast – Starring James Leonard and Timmy Long

Sunday, August 8 – Sunday Songbook - That's Amore, The Story of Dean Martin

Friday August 13 – A World of Music with Evelyn Grant and Cork Pops Orchestra, featuring special guest Keith Hanley

Saturday, August 14 – Olympio X OUTSIDER Collective – Featuring KeSTine and

Outsider YP

Saturday, August 15 – Bosco's Garden – Lambert Puppet Theatre

Friday, August 20 – Charolais by Noni Stapleton, Directed by Bairbre Ní Chaoimh

Saturday, August 21 – Karan Casey performing with acclaimed musicians Seán Óg Graham on guitar, Niamh Dunne on fiddle and vocals and Niall Vallely on concertina

CEO of The Everyman Seán Kelly says "This has been an

incredibly challenging period for The Everyman, and our audiences have shown us tremendous support throughout. We're absolutely delighted to finally be able to welcome them, in person, again. The setting may be a little different but our commitment to supporting great artists and presently quality shows to our audiences, remains."

Tickets for The Everyman Outdoors are on sale now at everymancork.com



Artist Yvonne Condon makes her mark on Cork City's Princes Street

A unique public art work on one of Cork's most beloved streets, supported by Princes' Street traders, Cork City Council, Arts and Disability Ireland (ADI) and Crawford Art Gallery.

Stroll along Princes Street to discover street artwork by Yvonne Condon, a dynamic female artist from East Cork. Yvonne is partially sighted and has a hearing impairment. She also creates bold, uncompromising images.

Yvonne is interested in documenting life as it happens. Her paintings are snapshots in time and her method reflects this as she completes them at high speed. The amount of detail Yvonne manages to include in her paintings is quite a feat due to her limited eyesight. Yvonne focuses on people and faces in her work and is inspired by such artists as Auguste Sander.



Choosing flooring for your home

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Whether it is a new build or a renovation, flooring is a major element and a big spend in any home and needs to be given careful consideration. My advice to clients is that you need to really love the flooring you choose, as it is not as easily replaced as paint or accessories in a room. It is difficult to predict colour trends in flooring so my advice is to instead look at what you are trying to achieve in your home.

With all the fabulous options out there it's easy to be 'floored' by all the choice so it's important to keep the following in mind before you go shopping.

Six things to consider before buying a floor:

Who is going to be using the space – is it mainly adults or a family?

What is the purpose of the space – is it an open plan space where there will be a lot of traffic? If so you need to consider durability

and ensure it is non slip.

Is this area going to be used daily or only for group gatherings?

Is the space dark? A lighter coloured flooring option would bring light into a room.

What kind of atmosphere do you want to create in the room? If you want a cosy atmosphere in a living room for example, you could choose carpet, or hard flooring or luxury vinyl tile with a rug.

What is your flooring budget? This nearly always determines what you choose.

At the moment, lighter toned flooring is very popular – a neutral natural wood tone, natural oak or limed oak or 'greige' tone, which combines the best of both worlds; warmer beige tones and cooler grey undertones. A greige tone is often used throughout the downstairs in a house.

Hardwood floors will give you

the best return on your money, as they are always a favourite with property buyers. So if this isn't your forever home, keep this in mind when you are planning flooring choices.

If you are renovating your home and replacing flooring, I would suggest doing this during the drier months of the year; it is easier for the flooring company to remove and install a floor when the doors in a home can be opened.

Some flooring options:

Polished concrete – This is very popular now in new builds, particularly in open plan spaces in a home. In a modern contemporary home polished concrete can be used in any room.

Hardwood flooring – This looks well and feels great underfoot in any home. If you want to make a property look bigger, my advice is to start your new flooring at the front door and put it in all the downstairs rooms, which will make the space seem airy and spacious.

Laminate flooring – A very affordable and popular choice with home owners, this can be used in all areas of the home, except anywhere subject to excessive moisture.

Ceramic/Porcelain tiles – These are used a lot in areas of heavy footfall; they are water and dirt-resistant and tick all the practical boxes for homes that are busy. Ceramic and Porcelain tiles are used a lot in homes that have underfloor heating.

Carpet – Carpets are used for a variety of reasons. Perhaps you want a luxurious feel underfoot or maybe your floor is uneven and you do not want the bother of ripping up the floor to level it



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

for other flooring options? While a lighter carpet may stain easily, there is a huge selection of colours and patterns available and you really cannot go wrong with a good quality wool carpet.

Stone – Stones such as marble or limestone have been used in homes for thousands of years. Stone brings the colour and texture of the outdoors into our homes. It is also a good material for use in heavy traffic areas such as halls and kitchens.

Vinyl – This is very practical in the home but also very versatile and is a great flooring option



for high traffic areas. A Luxury Vinyl Tile is a high quality, low maintenance floor. I have this flooring in my own hallway and downstairs and I cannot recommend it enough, as it is so easy to keep clean. Like hardwood flooring, it can be used seamlessly throughout the house to create a spacious look.

Cork Flooring – This is eco-friendly, sound-absorbant and warm under your feet, very versatile, and will work anywhere in the house. It even looks well on walls! Installation is relatively easy.

garden style



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At last the hungry gap seems to be over. After a long cold spring the temperature is rising and the growth in the garden is really noticeable. We have had salad much of the time but now we can add new potatoes to the menu along with delicious French beans from the tunnel, sugar snap peas, beetroot, broad beans, and the courgettes are just days away. Although the majority of tomato varieties are still a way off, we have grown a variety this year called Bloody Butcher and yesterday I picked eight beautiful ripe tomatoes. It isn't the best tasting tomato in the world but we are still in June, as I write this, and to get ripe tomatoes so early is a joy. I have grown this variety before but not in the recent few years. I do remember it as always the first to ripen though. I am also growing a variety called Maskotka for the first time. It is bred specifically for pots and baskets and is very prolific. I grew them initially for my daughters and their families but had a good few left over and just threw them in a corner. I was having a tidy-up in the tunnel and found this heap of really sad-looking tomato plants; not able to throw anything away, I decided to pot them on and put them up on my hanging shelf in the tunnel. They have



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...

recovered well and now have lots of fruit on them. I haven't tasted one yet, but it does seem to be an easy and space saving way to grow a crop of tomatoes. I am really making an effort to try and grow all of our vegetables this year. It will mean careful planning both in the garden and with our menus. Eating and cooking with what is in season is a skill that most of us have forgotten. With the ease and availability of convenience food, who could blame us? But the consequences are beginning to catch up with us: From climate change to those horrific rafts of plastic waste



in our seas, not to mention intensive livestock farming and land degradation. I like to think I am a careful shopper but I still seem to accumulate a good deal of plastic. So I am doubling my efforts and what I can't grow myself I will buy from other local growers and producers. Careful choice of vegetable seed varieties will help to extend the season and hopefully give enough of a crop to allow me to store or process surplus to help keep winter food interesting.

There are also things that are very hard to buy now, such as gooseberries. I have a few bushes in my garden and they are covered in fruit this year. They are delicious just stewed and served with a little cream and I am going to try and make



some gooseberry jam this year. This will be a special treat later in the year when there isn't much fruit in the garden, and also what a lovely little gift it would be for someone.

So now is the time to start enjoying the fruits of our

labour, enjoying lovely fresh vegetables, herbs and fruit from our gardens before we have to start thinking of saving and preserving our bounty for the winter. It will come soon enough.

Cork county house prices rise 6.3 per cent in three months

The price of the average second-hand three-bed semi in Cork has risen 6.3 per cent to €193,500, according to a national survey by Real Estate Alliance.

Across the county, the average time taken to sell has fallen from seven weeks to four, the Q2 REA Average House Price Index shows.

In Cork city, this quarter saw prices rising 1.5 per cent to €330,000, and the average time taken to sell fell by a fortnight to six weeks.

Bantry prices this quarter rose by 9.8 per cent to €225,000, with time to sell falling from eight weeks to five.

In Charleville, prices rose 1.9 per cent to €162,000, and time to sell fell from seven weeks to four.

"Overall, demand continues to be strong with a mixture of both mortgage approved and cash purchasers," said Michael O'Donoghue of REA O'Donoghue and Clarke.

"Having said that, a continuing lack of stock coming to the market remains a significant issue in relation to all property types.

"In our opinion, the market at this point is buoyant, with strong steady demand overall for all property types throughout the city and county."

Average house prices have risen by almost €1,000 per week nationwide since the end of March, the REA Average House Price Survey has found.

The survey concentrates on the actual sale price of Ireland's typical stock home, the three-bed semi, giving an accurate picture of the second-hand property market in towns and cities countrywide.

Fuelled by pent-up demand and the return of physical viewing, the marketplace is also seeing the lowest supply and the shortest time taken to sell in recent history.

And as multiple buyers bid for scarce supplies, the average three bed semi is now reaching sale agreed after just four weeks on the market across the country – less than half the ten-week average this time last year.

The price of a three-bed-roomed semi-detached house across the country rose by

€10,000 over the past three months to €253,685 – representing an annual increase of eight per cent.

The biggest rises in Q2 came in commuter counties and the country's large towns as buyers continue to move out further from the city in preparation for long-term hybrid working situations.

Three bed semis in commuter counties rose 4.33 per cent by over €11,000 in the past three months to an average of €270,111 – with the average home selling in just three weeks, down from a high of 11 weeks a year ago.

As the flight to rural locations continues, prices in the rest of the country's towns rose by over 4.6 per cent in Q2 to €176,690.

West Cork is Ireland's garden paradise

Gardeners everywhere love to complain about the weather...and the weather in West Cork often gives us something to grumble about! The very dry weather we had in March and April this year and the very cool weather in May have had many of us cursing. June has finally brought some warmer temperatures, together with ample rain, resulting in an explosion of growth. Yet if we look beyond short-term weather patterns at our long-term climate says **Michael Prime**...we actually have much to rejoice in.

Most of West Cork enjoys a temperate, oceanic climate, of a type rare in the northern hemisphere. In fact, our climate has much more in common with places in the Southern Hemisphere, such as southern Chile, the South Island of New Zealand, or Tasmania. When I gardened in Kent, I struggled and failed to grow plants such as the beautiful evergreen flowering trees *Embothrium coccineum* and *Drimys winteri* from Chile. Like so many other plants from oceanic parts of the Southern Hemisphere, they simply cannot stand prolonged spells of hot, dry weather. No such problem here in West Cork, where such plants grow, as if they were native.

In fact, looking at the most common garden and hedging plants in West Cork, many of which are often assumed to be native, we find that most originally came from south of the equator. *Fuchsia magellanica*, the symbol of West Cork, and a plant to be found in almost every hedgerow, originally came from southern Chile. The Chilean Myrtle (*Luma apiculata*) and *Gunnera tinctoria*, both widely naturalised (and sometimes invasive) are its compatriots. *Escallonia macrantha* is another Chilean tree that has been widely used for hedging here for centuries. Three of the most spectacular flowering trees that can be grown in West Cork are *Crinodendron hookerianum* (Red Lantern Bush), the white-flowered *Drimys winteri* (Winter's Bark), and the gorgeous red-flowered *Embothrium coccineum*. Again, all hail from Chile, and struggle in a climate like that of south-east England.

Two of the very toughest seaside shrubs, often used for hedging, are *Olearia traversii* and *Phormium tenax*. Both of these hail from New Zealand and its offshore islands, as does the very popular *Griselinia lucida*, and the beautiful but tough *Astelia chathamica* (Silver Spear). New Zealand is also the original home of the Cabbage Palms (*Cordyline australis*) that

can be seen everywhere in West Cork.

After *Fuchsia magellanica*, probably the most typical hedgerow plant of West Cork is the orange-flowered *Montbretia*. It too is not native, but originally came from the temperate southern coast of South Africa. Many beautiful bulbs come from this region, including the pink, autumn-flowering *Nerine bowdenii*, and the blue *Agapanthus orientalis*, both of which are often found as huge clumps in old gardens.

The wet and windswept Falkland Islands are the original home of the large hedging *Hebe*, *Hebe elliptica*, often found in coastal gardens. Other smaller and more colourful *Hebes* come from New Zealand. The mountains of Tasmania and south-east Australia are the home of the beautiful hardy tree fern, *Dicksonia antarctica*, which even naturalises in some of our wetter gardens.

Of course, some of our common garden plants do originate in the northern hemisphere. The Himalayas and the islands of southern Japan and Taiwan have given us *Camellias*, *Rhododendrons* and *Magnolias*, as well as tough seaside hedging plants like *Euonymus japonica* and *Eleagnus x ebbingi*. Plants from these regions demand regular summer rainfall, something we can usually provide in West Cork! The *Elaeagnus* is a common utility plant, but repays closer examination to appreciate the small but beautifully scented flowers in November, as well as the edible fruits and seeds in April.

The Atlantic islands of the Azores, Madeira and the Canary Islands also enjoy a temperate oceanic climate, especially at higher altitudes. The tall blue flower spikes of *Echium pininiana* are a common sight in our coastal gardens, yet this plant is native only to one small area on the Canary Island of La Palma, where it is rare and endangered. There are many more specimens of this plant in Ireland than there are in its native range. Our Irish colonies of this species can be



The Chilean Myrtle (Luma apiculata)



Crinodendron hookerianum (Red Lantern Bush)



Drimys winteri



Embothrium coccineum



Dicksonia antarctica regarded as ex-situ conservation. If the plant becomes extinct in the wild (which climate change makes more likely), it will survive on this Emerald Isle.

All in all, we should be thankful for a climate, which enables our gardens to grow such a great variety of unique plants from around the world, many of which are generally hard to please in the Northern Hemisphere.

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Echium pininiana

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What's at stake? Providing support for your plants

Mags Riordan of Bumblebee Farm is guiding us through the planning, planting and caring of a bed for cut flowers. This month she focuses on supporting your plants.

I can't over-emphasise the importance of staking and, while it's a job I don't relish doing, it's one I get the greatest satisfaction from when it's completed. All too many times I've neglected it only to have top-heavy blooms like antirrhinum fall over just as they were about to flower.

Reinforcing bar cut to size is a perfect reusable stake for this patch. If it's not possible to get these, then wooden stakes will do the job just as well, although over time these will rot. As you're driving in a wider surface area more care is needed to keep the stakes straight; they

can easily go crooked if they meet resistance from a stone as they go through the soil.

You will need a post no less than 120cm, as you'll be driving a third into the ground; any less and the anchorage for support won't be sufficient and the netting won't stay taut.

A mallet is safer than a hammer, as it doesn't slip off the top, and lessens the possibility of hitting your thumb rather than the post, which can be very painful.

Reusable pea netting with a minimum of 15cm squares is ideal and is available from all good garden centres.

Drive the stakes in top and bottom of the bed and another set in the middle making sure they're secure. Hook the netting around the first posts on either side and pull taut to the next set of posts. It's best to work down the bed this way, as doing each side individually can

result in an uneven stretch, with the squares pulled at an angle lessening the support space for the plants to grow through. Have the netting 45cm from the ground, as any lower would require a second layer of netting support especially for the taller varieties. This can be adjusted as the plants grow and raised a little if needed.

Antirrhinum and calendula really benefit from netting support because the flowers are quite top heavy and, if they topple over they will turn, reach for the light and you'll have lost your cutting length.

Despite the cold May and delayed growth, things are beginning to catch up and our next Instagram live will be focused on cutting and arranging your flowers. I love this stage, as it's the reward of the months of hard work sowing, planting and minding, while helping our pollinators with the addition of a

welcome food source. Our next Instagram live is Sunday, July 18 at 4pm. Looking forward to sharing the fruits of our labour with you all.

Bee Kind



Gardening in July

As we head into July, your tender bedding, patio and vegetables should by now be well-established. Continue to protect soft plants against slug damage especially in damp weather.

Containers, window boxes and tubs are developing and growing rapidly so keep them well watered during dry and warm spells. Water early in the day, keeping water off the flowers and foliage. By feeding at weekly intervals with a good liquid feed, your summer containers will repay you with a profusion of flowers and colour right up until the first frosts of autumn. The organic,

seaweed-based feeds are very reliable. Don't forget to remove dead flowers and dead or damaged leaves regularly, as they can be a source of grey mould disease.

Roses

Feed roses in containers with a weekly seaweed-based liquid feed. Deadhead faded blooms frequently, removing suckers at source of origin.

Autumn Flowering Bulbs

Plant without delay autumn flowering bulbs such as Cyclamen (hardy varieties), Autumn Crocus, Colchicum and Sternbergia. All these treasures of the

Autumn gardening calendar are well worth seeking out. Check in specialised outlets to secure sourcing success.

Lawns

Continue to mow and trim edges once or twice a week to keep the lawn in good condition. If dry weather prevails cut less frequently – more leaf area can cope better. Give the lawn a boost with a liquid fertiliser. Water new lawns laid in spring if the weather is dry. It is vitally important that newly laid turf grass isn't allowed dry out.

Begin initial preparation for autumn sowing of lawn seed or laying of a new lawn in September. Dig over the whole site and remove all perennial weeds, levelling it roughly. If the ground is weed-free, use a rotovator over a large area. The final levelling-off and raking down can be done nearer the time of sowing or laying the turf.

Vegetable Garden

Finish planting of winter brassicas such as savoy cabbage, brussel sprouts, kale, cauliflower, purple sprouting broccoli. It is important to get all these off to a good start by not delaying planting any further. Avoid planting where members of the cabbage family have been grown during the past three or four years. Rotation is very important in keeping pests and



GARDENING

John Hosford

The Weekend Garden Centre

diseases to a minimum. Plant in good rich fertile soil, enriching with well rotten manure.

In the absence of well rotten farmyard or stable manure these can be substituted with 'Gee-up'. Water in thoroughly after planting, continuing to water during dry spells. Protect against cabbage root fly by placing cabbage collars at the base of the stem immediately after planting. Cover the crop with horticultural fleece or fine mesh such as 'Enviromesh' to protect against pests, especially the cabbage white butterfly, which lays its small, yellow eggs on the leaf undersides, which develop into the scourge of cabbage crops in the form of caterpillars.

Protect too against rabbits and pigeons.

Sow Spring Cabbage from July 21 to August 15. These will then be ready to plant out in their final planting quarters at the end of September or early October. There are specific varieties especially for Spring maturity. Choose Flower of Spring or Durham Elf. Take precautions against pests as outlined for the overwintering crops.

It's not too late to sow...

You can make late sowings of beetroot, lettuce, carrots, garden turnips, greens and peas. When sowing peas choose an early variety such as 'Douce Provence', which will mature quickly. Take out a trench about 5cm deep with a spade or draw hoe, spacing the seeds about 2.5cm apart. Water the drill if the soil is dry, cover the seeds and tap down the soil firmly with the back of a rake. Then cover the row with fine netting or horticultural fleece. Support the plants with twiggy sticks or sheep netting.

Fruit Garden

Pick strawberries, gooseberries, currants, raspberries, cherries and peaches.

Protect ripening fruit from bird damage by netting or use a fruit cage.

Complete thinning of apples, supporting heavily laden branches. Irrigate during pro-

longed dry spells.

Continue training of wall-trained peaches and nectarines and fan-trained plums and cherries. Complete pruning of cherry trees.

Cut old canes immediately after raspberries have fruited. Tie in new canes, remove unwanted suckers and keep weeds under control.

Time to fill up gaps

Fill up gaps in borders or containers with pots of strong patio, perennial or bedding plants. Fuchsias are good gap fillers too, flowering well into the autumn, sometimes until the end of November. If the aspect and the weather is kind, they will often continue to flower until the end of the aspect and weather is kind. Protect against rust and downy mildew. Potted Dahlias especially dwarf, bedding, or patio varieties come in an attractive array of colours. They are long flowering and certainly earn their keep in the border or containers. Busy Lizzies, Begonias, Ferns and Hostas are good choices for shaded areas. A good choice for seaside gardens, hydrangeas provide colour from July to October, are widely available and come in a range of colours.

Visit **The Week-end Garden Centre**
by **John Hosford** Just 1 mile off the N71 Bandon-Clonakilty road.
Signposted – We are on Road no. L6033.
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A living legend



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.

Despite the illustrious nature of the shortlist, it will come as no surprise to any follower of Cork football that the winner of our poll to determine West Cork's greatest ever sportsperson was the mercurial Declan Barron. He won with just under 45 per cent of the vote, with honour-

able mentions going to his 1973 All Ireland winning team mate Kevin Jer O'Sullivan and Skibbereen based rowing heroes Gary and Paul O'Donovan.

The Bantry Blues clubman first broke into the Cork senior football team in 1971, arriving on to the scene with two All Ireland minor medals, and two All Ireland U21 medals to his name. Unsurprisingly, he quickly became a key player within the group and alternated between the midfield and centre forward positions for much of the following decade. The undoubted high point of his intercounty career occurred quite early on for Barron, when he played a pivotal role in helping Cork to secure the 1973 All Ireland title. He was joined on the panel by his Bantry Blues club mate Donal Hunt. Barron would go on to showcase his versatility and adaptability on the grandest stage in Gaelic Football. Following an injury to Millstreet's John Coleman, Barron seamlessly transitioned to the role of centre back (a position that he had not played at since his underage days with Bantry Blues). He delivered a typically impeccable performance in unfamiliar territory, and his aerial dominance in the last quarter saw Cork through against a plucky Galway outfit. The remainder of Declan Barron's inter county career would coincide with a frustrating period for Cork's football faithful as Mick O'Dwyer's Kerry and Heffo's Army (Dublin) would assert their dominance



at intercounty level and stifle Cork's hopes of an another All Ireland win. Although, O'Dwyer's Kerry would win eight successive Munster Championships from 1975 to 1982, their 1976 final in Páirc Uí Chaoimh left Cork wondering what might have been. The rebels were left incredulous after a perfect, fisted goal from Declan Barron in the closing seconds was disallowed. This occurred after Declan's team mate, Brian Murphy had earlier been incorrectly adjudged to have caught the ball behind the goal line earlier in the half. There would be mild consolation for Barron and his teammates in 1980, when they defeated Kerry to win the National Football League title. His second half performance when switched to midfield is said to be amongst his best ever in a Cork jersey. Unfortunately, there would be no further success for Barron in Cork colours thereafter, and he departed the



Declan Barron with his Cork 1973 Football Team.

intercounty scene in 1982.

At club level, Declan Barron was an integral part of Bantry Blues' rapid ascension from Junior to Senior ranks in the 1970s. Bantry's rivalry with the great Bandon team of the late 1960s and early 1970s saw both teams dominate the Carbery division. In 1972, they faced off in a tense divisional semi final in Skibbereen (having both won two titles a piece in the previous four years). With his team trailing by two points, Barron found the net in dramatic fashion with a last minute 21 yard free kick. This proved to be a pivotal moment in their season and Bantry went on to win the county junior title that year. The Blues subsequently secured the county intermediate title in 1975 by defeating their West Cork neighbours Naomh Abán. Barron's Bantry quickly acclimatised to the rigours

of competing at senior level. Unfortunately, despite reaching a senior county semi final in 1976 and a senior county final in 1981, success in the senior grade would prove to be elusive for Barron in Bantry colours. However, being a key member of the Carbery divisional team that secured the 1971 senior title saw Declan Barron complete a rare feat in securing county championship honours at junior, intermediate and senior level.

Declan Barron is widely regarded as the greatest ever fielder of a football to don Cork colours at any level. Fielding is a difficult skill to execute, and this is highlighted by the dearth of natural fielders of the ball in the modern game and the ensuing rule changes that have been brought in to address the decline of one of football's core skills. Standing at an even six feet tall, he certainly would have given

away a few inches to many of his contemporaries in the half back, midfield and half forward lines of the 1970's. However, Declan Barron made soaring high to pluck balls out of the sky look easy. His tough, no nonsense style won him a host of admirers all over the country. The sheer esteem in which he is held is cemented by his inclusion in both the Cork Football Team Of The Century (at Centre Forward) and the Cork Football Team Of The Millenium (at midfield). On a national level, he received two All Star awards (both in the centre forward position) in 1974 and 1978 during a period in which big names from iconic Kerry and Dublin teams dominated the Gaelic Football landscape. In an area dominated by one sport, Declan Barron's exploits with the big ball see him rightly regarded as a living legend in West Cork.

Fundraising campaign launched to build all-weather track for West Cork athletes

Bandon Athletic Club is aiming to raise €100k to build a new all-weather track to serve West Cork.

The club has recently concluded the purchase of an eight acre site at Clancoolbeg just outside Bandon. Full planning permission has been granted for the development of a 400m all-weather track, field event area's and an indoor training facility. This is a huge step forward for the club and massive vote of confidence by the club in the talent within Bandon and the wider West Cork athletics community.

Work will commence shortly with the expectations that the all-weather track will be installed in 2022. The track development phase is expected to cost over €500K so public support is urgently needed to help raise the €100K to enable work to commence on the track foundations.

This development, unlike the majority of other all-weather tracks in Ireland, will be owned and controlled by the club.

This facility will eliminate waiting lists and enable athletes to focus on training and recovery and not on travelling

time. The club also caters for recreational sport in the form of 'Fit4Youth'. This aspect of the club is vital to ensuring athletes have opportunities to partake in athletics in a friendly social environment and progress at their own pace while getting all the health benefits from athletics.

Bandon AC already has great working relationships with local schools and organisations such as Bandon Special Olympics and West Cork Athletics and is looking forward to working even more closely with these groups once the development is ready.



It has been a long road to get to where the club is now and lot of time and commitment has been put in from a large number of club members. Special mention has to be made of one of founding member, Mr Billy Good, who has played a

large part in obtaining this site and the associated planning permissions, along with a very dedicated Track Development sub-committee who put in a huge amount of work.

This is an exciting time for the athletics fraternity in Ban-

don and West Cork and the new facility will benefit the wider local community.

To help raise the required funds to build this facility go to www.gofundme.com/f/bandon-ac-track-development-fundraiser.

people Motoring

Ease into electric with hybrid Peugeot 3008

At the Irish launch of their 3008 three years ago Des Cannon, MD of Gowans, who distribute Peugeot cars in Ireland said: “We want Peugeot to become known as an SUV brand. Last year (2017) over 30 per cent of all cars registered in Ireland were SUV.”

Since then there has been no let off in the number of new SUV's coming on to the market, with every manufacturer introducing new models.

We have had petrol and diesel versions and now the big push

is towards plug-in hybrids and electric.

Some time back Government Minister Richard Bruton said that under the ‘Climate Action Plan’ no new petrol or diesel cars will be registered here by the year 2030. The minister also said we would see a huge increase in the number of electric charge points around the country and that by 2025 the number of electric cars should have risen to between 12 and 14 per cent.

Now Covid-19 might have skewed those figures we will have to wait and see how the

motor trade recovers. The year 2030 is a long way off and who knows what can happen in our world over the next nine years. But for now we can gradually ease our way into electric mode by driving Hybrid cars.

Last week I drove a slightly refreshed plug-in Hybrid version of the Peugeot 3008 and it was very impressive. I love SUV's and felt very secure in this powerful cars. It used to be said that a Volvo was built like a tank, now I think the Peugeot is similar.

Inside a huge console pro-

vides a clear demarcation line between driver and front seat passenger. Everything is literally at your fingertips thanks to the iCockpit screen and the seven switches on the dash which would remind you of a piano.

Included in that ‘dividing console’ is a huge, deep box to store drinks, phones etc. You get a nice touch of grey on the seats which brightens up the interior décor.

That ‘divider’ unit gives you a very secure feeling and it's also where the gear lever and various other controls are located. At

the flick of a switch you can choose which mode of driving you want, Hybrid, Sport or pure electric.

You can charge the car and get up to 50km in pure electric mode and you can also build up ‘bonus kilometres’ as the regenerative braking system will build up kilometres as you drive.

I drove a very attractive Celebes Blue colour, which won many admirers. Prices start at €32,775 for the 1.2-litre petrol version of the 3008. My automatic Hybrid2 version with 225 brake horse power will cost you



CAR REVIEWS

Sean Creedon

€40,740. Road tax is only 140.

Externally it's a very impressive solid-looking car. The front grille is very smart, two silver roof rails adds to the SUV look and the Los Angeles two-tone diamond cut alloys certainly added to the overall classy look. When you drive the car you will feel like the ‘King of the Road.’

The boot and if you leave down the rear seat the load space is massive, but no room for a spare wheel.

The 3008 has been named European and Continental Irish Car of the Year and has been a huge seller with over 700,000 sales since launch. Now the Hybrid is sure to add to those impressive sales figures.

Hope to see you all in 2030.



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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. N.C.

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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 pray for us. St Jude, 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.

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NOVENA TO ST MARTHA

St Martha, I resort to thee and to thy petition and faith, I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to the favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities. I ask thee St Martha to overcome the dragon which thou didst cast at thy feet. One Our Father and Three Hail Marys with a lighted candle for nine Tuesdays and the above prayer published to spread devotion to St. Martha. This miraculous saint grants everything before the Tuesdays are ended no matter how difficult. DM.M

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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. M.O.R.