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Donagh Calnan enjoys Halloween Dress Up Day at Ardfield NS, Clonakilty.

Fun and flavour promised at this year's Taste of Bandon

The third Taste of Bandon 2021 festival is running until October 31 and has lots of family events to celebrate both the spooky season and the town's food provenance.

As a market town, Bandon is fortunate to still have three weekly markets where visitors can enjoy tasting events, in-between dodging the Halloween capers of a shape-shifting púca!

Restaurants will offer special seasonal menus including a 'Whiskey and Tapas' tasting night, Syrian Mezze platters to share and vegan feasts.

The 'Forgotten Skills' workshops



promise to be very informative and there will also be a chance for children to try to try basket weaving, preserving and baking during the

festival.

A native woodland walk has been organised in Castle Bernard demesne, given by renowned heritage and native woodland expert, Ted Cook. There will also be a return of the popular foraging walks with 'Forage and Find'.

As night falls on the eve of Samhain, the Alchemy Arts Company will dazzle with a Fire Flame display.

Halloween itself is a night to gather around the fire, so gather around O'Hara's hearth for a Story-telling Symposium.

See social media for more information @bandonfunandflavour.

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Life about town for a child with autism

A French film crew visited Clonakilty in October to shoot a documentary on autism for an episode of their show 'Nous, Les Européens', which examines different social situations in communities across Europe and how they're managed. The producers aim to educate and inspire their French audience by showing how different approaches get positive results. In this case it was Clonakilty, as Ireland's first Autism Friendly town, and a local family with a child on the autism spectrum, who provided the inspiration for the show. The French crew spent an entire weekend following Traolach O'Dowd and his family, going about their activities in Clonakilty on a typical weekend, with the point being to demonstrate how Clonakilty's autism-friendly initiative and community participation has made life so much easier for a child on the spectrum.

Filming took place at a number of venues in the town including Clonakilty Rugby Club to demonstrate some of the measures put in place by sports clubs in Clonakilty. Traolach and the crew also visited shops and cafes, speaking to staff and some customers to get their thoughts on autism and the initiative in Clonakilty. Scally's SuperValu, in collaboration with Asl-Am, has been at the forefront of the autism awareness initiative, so Traolach took the TV crew on a shopping trip to his local supermarket to show the steps that Scally's have put in place to make the routine of shopping with an autistic child a less

demanding experience.

Changes as simple as turning off music in stores and dimming lighting can make a big impact towards reducing sensory overload and creating a more pleasant environment for those on the spectrum.

Traolach, 10, a fifth year pupil at Gaelscoil Mhichíl Uí Choileáin says, "I think it's good that more people are learning about autism, and how to deal with it."

Traolach and the film crew also visited Tom at Jagged Edge Hair Design. "A hairdresser can be a very challenging environment for somebody with sensory processing issues," explains Traolach's mum, Sorchá.

"There are so many different sounds and smells. Many people on the autism spectrum are very sensitive to touch, so having their hair washed or cut can be quite a distressing experience and the TV crew wanted to see what could be done to make this experience easier for somebody who can find it overwhelming. Traolach has very long, thick hair, so it meant Tom could demonstrate the entire process."

There are many things that really challenge Traolach every day. The first is co-ordination: Complex tasks, or sequences of tasks, are difficult. He gets overwhelmed at the idea and doesn't know where to begin. While his parents, Sorchá and



Traolach, 10, is a fifth year pupil at Gaelscoil Mhichíl Uí Choileáin

Mick are always there to help him break things into simpler steps, co-ordination is something that Traolach is learning for himself.

"Things that many people take for granted, like tying shoe-laces or writing a note are also very challenging for him," explains Mick. "Many would take these types of activities for granted but for somebody on the autism spectrum everyday activities can be difficult."

Traolach's spectrum includes ADHD – Attention Deficit Hyperactivity Disorder. This means it's very hard for him to concentrate on things. "It causes him to get bored easily," shares Sorchá. "He can be very erratic, and his conversations will often jump from one topic to another. This was a particular problem at school, because he'd be unable to sit through lessons and, if he got bored, he'd start to disrupt the class. He often takes medication to help with this, as it calms his mind and allows him to focus better."

While the challenges Traolach faces can be overwhelming and make daily tasks that most people find very easy, incredibly frustrating for him; he is a young boy filled with imagination and creativity with a fun and mischievous side to his personality. "Traolach is full of energy," says Sorchá. "He is full of ideas, so his mind works all the time. His thought process is complex; he'll never look for a simple way to do things. He will always look to alternatives, and does a lot of 'what-if' thinking.

understand how to play the same games, so would often try to disrupt whatever other kids were doing. He also had difficulty with language; he couldn't really speak at all until he was well over three-years-old, so other people found it very hard to communicate with him."

While his parents knew that he would require extra support when he got to school, Traolach couldn't qualify for support without diagnosis. "We tried to get this very early, but this is extremely hard to do through the public health system: waiting lists are very long and resources are so stretched that many of those who need help don't get it."

Like so many other parents in Ireland, Sorchá and Mick had to go down the route of private consultation to have Traolach assessed and he did finally get his diagnosis. "This was huge for us because it opened the door to all sorts of help," says Mick.

In school Traolach now has had varying levels of access to an SNA and an extra teacher to provide additional help. This means that he has somebody to help him with his work, or somebody to take him out of the class for a movement break. He still finds many things, particularly reading and writing, quite challenging, but we've been very lucky with the teachers and staff at the Gaelscoil that have worked so hard with Traolach over the years. The school and its incredible facilities is one of the reasons we moved to Clonakilty."

Outside of school, the support Traolach has received has changed over the years, as he's grown.

"When he was smaller, he used to have a lot of help with Occupational Therapy and Speech Therapy," explains Sorchá. "This was mainly through West Cork Child Development Services (WCCDS), Co-Action West Cork, and also Sensational Kids in the Technology Park. They've worked with Traolach to help him manage social situations and develop his motor skills."

"On the spectrum" usually refers to the specific set of behavioural and developmental problems and the challenges associated with autism spectrum disorder. In Traolach's case, this includes Development Co-Ordination Disorder (DCD, or dyspraxia) which can affect balance and general co-ordination of movement. Children with this might have difficulty with things like jumping, hopping or cycling a bicycle, and often don't get involved in sports. This can also impact

"He talks constantly. If he has an idea, he has to share it. Sometimes it's not the right time or place, it may simply be somebody else's turn to talk, but this doesn't work for him. You can physically see the frustration grow inside him if he needs to say something but

While Traolach really enjoys taking part in sports, participation for him isn't easy. "He's had tremendous support over the years from all the sports clubs in Clonakilty: the GAA club and the Rugby Club have helped him to understand about teamwork and to make friends."

can't, like a pressure cooker. This can make him volatile; he finds it very hard to regulate his mood if something bothers him like this."

Traolach's road to diagnosis was quite a long one, which is generally the case for children on the spectrum. Sorchá and Mick recognised very early that Traolach behaved differently from his peers. "Even at a very young age he struggled in social situations and found it very hard to play with other children," explains Mick. "He didn't really



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small movements too, and mean it's more difficult to pick up small things, tie shoe laces or hold a pencil.

DCD is very common in the autism community and is a condition that makes sport difficult. While Traolach really enjoys taking part in sports, participation for him isn't easy. "He's had tremendous support over the years from all the sports clubs in Clonakilty: the GAA club and the Rugby Club have helped him to understand about teamwork and to make friends," says Sorcha. "When Clonakilty was working towards getting the Autism Friendly Town designation, there were training courses hosted to show sports coaches how to support kids (and adults!) with autism. These courses were well-attended and would benefit any club."

Traolach has also trained with Clonakilty Gymnastics Club, learned taekwondo with Warrior

Martial Arts, and taken swimming lessons at Clonakilty Park Leisure Centre, which have all helped him with developing co-ordination and building strength.

For Traolach and his family, Clonakilty is a really special place to live. "For an autism family, it can be hard to belong and even simple things can be very stressful," says Sorcha. "To raise awareness means that families don't have to feel like they're being judged. An episode could be anything: a child crying or swearing in a supermarket; a very messy table or floor after a meal at a restaurant; cutting a conversation off without warning because it's suddenly time to leave. These are not rudeness or bad parenting, they are all responses to some triggering event. To know that people understand this without judgement is very reassuring."

Sorcha stresses that while Clonakilty has done a lot and the community has really shown what's possible when people work together; this doesn't mean that people should sit back and do no more. Where there has been a high turnover of staff and familiar shops and restaurants have changed their layout during Covid could cause a lot of anxiety in places that people used to find familiar and safe. "Training needs to be readily available for new staff to help them deal with difficult situations and simple things like photographs, floor-plans and even social stories available online can help people to better prepare to visit places where their surroundings may have changed," says Sorcha.

"I think the autism boxes are good to help you to calm down, but they are often not near me when I need them," says Traolach, who really enjoyed taking

part in the filming.

"It was fun to wear a microphone for the weekend," he shares. "I liked how I got to go to the rugby pitch and be recorded playing rugby. I liked to fly the drone afterwards, and to fly the drone on Inchydoney on Sunday. It was good to get my hair done, and I got a new brush."

"I liked to use the autism

trolley in Scally's, it helps me to concentrate on the shopping. I liked how it was quiet, the lights were dim, and there was an autism box there."

Clonakilty has a Sensory Garden, which is a fantastic resource for people on the spectrum. "The playground, town library and Clonakilty Park Cinema are also places we are comfortable to visit," says

Sorcha.

This year marks Clonakilty's third year of being an autism-friendly town. The aim of the initiative was to create a greater awareness, understanding and acceptance of autism so that communities become more accessible and enjoyable places for autistic people to live in.



Filming took place at a number of venues in the town of Clonakilty and at Traolach's home

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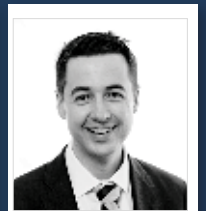
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A WEST CORK LIFE

Tina Pisco

I'm sitting at my desk, fire lit to chase the damp, facing a window streaked by rain. Mind you, there's nothing much to see anyway. The sky is a solid grey and the horizon has been reduced to the front field. Beyond the big oak is a land of fog.

Two weeks ago, I was sitting at an outside bar, enjoying a mojito to the sound of the sea gently lapping the rocks. And the heat. I was mostly enjoying the heat: 30C during the day and 23C on the terrace at night. I won't tell you where we went. Suffice to say that it was an island in the Med. Take your pick. They are all gorgeous – at least to me. It's probably something to do with the fact that I spent the first five years of my life on the Med, but also something to do with it being the cradle of western culture with all that mixing and matching, and the fact that it's simply gorgeous. And the food. And the wine. And the sun...
Going away to the sun was

Fingers crossed

definitely a good idea. One week on the Med and I have returned full of energy and Vitamin D. I feel like I've finally shaken off the last of the lockdown blues. The exit from my Covid cocoon coincided with the Government lifting most of the restrictions in the hospitality sector. Bring it on. I'm ready. I will bravely go forth and socialise. Don't get me wrong. I don't think I'm quite ready to hit a heaving nightclub, but I intend to accept every offer of an interesting, socially distanced outing.

Returning from holiday, I realised how lockdown had made me unused to things that I have always taken for granted. Like sitting in a restaurant with a bunch of people you've just met and enjoying their company. Or sparking up a conversation with a total stranger. I hadn't realised how much I miss people watching.

I'm not being complacent. I know that the figures are looking bad. I'll keep up the mask wearing, the hand washing and social distancing. I'm more inclined to do things outside than inside. I'll still be doing a little risk assessment each time that I consider the opportunities for outings on offer. Due to my age and nasty life-long nicotine habit, I am not a good candidate to catch Covid. So, I do intend to be careful. However, I feel ready to go to the cinema, attend a gig, or do something for Halloween. In fact, when a friend invited me to go to Dublin to attend a perfor-

mance of her play, it only took a few minutes for me to decide that this was an outing offer worth accepting. Pre-Mediterranean, I would have found it a difficult choice to make. Sometimes you must go away to come back.

I guess what I'm trying to say is that my general mood has changed. Despite the high hospitalisation figures, I'm ready to give it a go. The shadow of another surge requiring a lockdown is something that I'd rather not consider just yet. It took a trip to the Med, with all the busses, airports, taxis, and interacting with total strangers that it entailed, for me to realise how isolated I had become and how much I missed people. Big ones, little ones, old ones, and young ones. Strangers and familiar faces that I have become unfamiliar with over the past 18 months.

One of the things that I love most about West Cork are the people. There's no 'craic agus ceol' without people. Lockdown was not good company. In fact, we haven't had much craic since before Patrick's Day 2020. I'm not saying that we should all go mad, but a bit of music and dancing would be brilliant. Dinner with friends. Talking rubbish in a pub. It's all before us – hopefully.

It's going to be a dark, cold winter. We all know it. We also know how that feels in lockdown, and I hope that we won't see another one. In the meantime, I'm going out. Carefully and responsibly, but out. It's about time. Fingers crossed.

Letter from the Editor

Welcome to the November edition of West Cork People,

After the muted tone of last year's Covid-restricted Halloween and Christmas celebrations, we are all in need of some light-hearted relief this year, without losing the run of ourselves of course! While the rise in case numbers and hospitalisations is worrying, we can only hope that our high vaccination rate will stand to us.

The Scarecrow Festival has returned to Leap this year and is well worth a spooky day out before you start the countdown to the Christmas festivities. Mind you, tickets are already selling fast for this year's traditional Santa Experience at West Cork Secret in Kilbrittain (one of my favourites) and the newly launched Polar Express Experience at the West Cork Model Railway Village in Clonakilty, so get booking (more details inside).

Susan's mindfulness column strikes a chord this month, as she reminds us of the huge upheaval and change we have been through over the past 18 months. It's so easy to get sucked back on that busy treadmill of life and forget how important rest and recalibration is to our mental and physical wellbeing. Watch out for your own wellbeing and for others.

With the COP26 Summit starting this week, climate change and the protection of our planet is at the forefront of people's minds. While decisive action is required from our governments, we all need to make changes, no matter how small. This Christmas, try to shop more sustainably: Think about what material the product is made from, where it was made, how long it will last and who you purchase it from. Support your local small retailer. Inside this issue, you'll find some of our wonderful West Cork shops and a selection of the unique products they stock. Think SUSTAINABLE, think LOCAL.

As usual, you'll find our usual mix of news, views, lifestyle and entertainment and even a crossword, so I hope you enjoy the read,

Until next month, Mary



Mary O'Brien
Editor



Sheila Mullins
Creative Director



Natalie Webb
Sales Consultant

Funding boost for outdoor activities

Cork South West Deputy Christopher O'Sullivan says the recent approval of funds for developing of multiple outdoor activity projects and public amenities in West Cork will boost communities and tourism.

As part of Our Rural Future the government will fund the development of the Bandon River upstream from Kinsale Harbour as an amenity for small craft/kayaking.

"€20,000 has been provided for the development of the amenity as part of our rural future," Deputy

O'Sullivan said.

"Amenities like these fantastic for residents and help attract tourists, which is a win for communities and community economies here in West Cork."

The announcement today also includes €20,000 for birdwatching telescopes and information signage at Old Timoleague Road, Inchydoney Road and Inchydoney Island Loop Trail, and €19,815.81 for enhancing trails at Dunmanway North, Demesne, Derreens and Derrylahan.

Irish Water to strengthen water supply in Lahern

Irish Water, working in partnership with Cork County Council, is replacing 750m of problematic water mains in Lahern, Baltimore to provide a more reliable water supply and reduce high levels of leakage.

The project also involves laying new water service connections from the public water main in the road to customers' property boundaries and connecting it to the customers' water supply.

The programme to replace the water mains in Lahern will commence after the October bank holiday weekend and is being carried out as part of Irish Water's National Leakage Reduction Programme.

The project will take place on the Trafraskra Road (L8210), opposite Baltimore Holiday Homes, and continue for approximately 600m toward Trafaskra. On reaching the Trafaskra junction,

the works will continue back toward the main Baltimore Road on the L8211 for approximately 150m.

Traffic management will be in place during this time and a road closure is required on the L8210 and L8211 for approximately two weeks. Local and emergency traffic will always be maintained.

Access to Trafraska Beach will be maintained at all times.



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Buzzing about bees

As awareness grows about the importance of bees, West Cork's newest beekeepers' group, the Fastnet Area Beekeepers Association (FABKA), celebrates the successful accreditation of its first students who, in October, received their preliminary exam certificates under the auspices of The Federation of Irish Beekeepers Associations (FIBKA), the largest organisation of beekeeping associations in Ireland.

Beekeeper and FABKA Chairperson Mairead Love and her husband Michael have a number of hives at their home near Goleen and were the driving force behind this new beekeepers' association, which ran its first course online this year. Mairead says its success has been the culmination of a lot of hard work.

"Years ago, a person was a keeper of bees, with one or two colonies at the end of the garden. Those days are over," she stresses. "To keep your bees alive you really do need to know what you're doing and network with other beekeepers, which is why joining an association like FABKA is so important."

The immediate benefit of joining FABKA is that you'll meet fellow beekeepers. All members are issued with a very informative monthly magazine 'An Beachaire' and live or online demonstrations and workshops are held periodically through the year (restrictions-permitting). Once you are a member of FABKA you can also join any other FIBKA Association for a small sum and avail of what they are offering. For the more academic, there is an exam structure available.

"It's really important to do an introductory course before getting your own hive, as there is a lot involved in keeping bees," says Mairead. It's very demoralising to see your bees dying within a season or a year."

Mairead's late father Finbarr Dineen was a prolific beekeeper so bees have been apart of her life since early childhood. She is currently studying for a Diploma in Scientific Studies (Apiculture) - Bees and



Beekeeper Mairead Love

Beekeeping, a two-year course at NUIG run in association FIBKA.

Mairead is also a member of the Native Irish Honey Bee Society, an environmental conservation society formed to help support Native Irish Honey Bee (*Apis mellifera*) throughout the island of Ireland.

"I'm still learning and, after most lectures or courses I attend, I realise that I must learn more," says the beekeeper.

"Years ago bees weren't facing the problems we have today," she continues. The increased usage of insecticides and pesticides in intensive farming, the Varroa mite, which can wipe out entire colonies, the Asian hornet which, if it's imported into Ireland will be a massive threat and, in my experience, the greatest killer of

all – a bad beekeeper.

The good news though she says is that "research is showing the native Irish bee is surviving in the wild without human intervention."

Mairead says that nowadays beginners and all levels of beekeepers can take heart that their small efforts are worthy and are creating a real awareness as to the importance of preserving life into the future. "There is so much to be gained from caring for and learning about these fascinating creatures."

FABKA will run another beginners (intensive course) starting in early March 2022.

If you are interested in learning more and becoming a beekeeper join the association's training course at fastnetareabeekeepersassociation.net.



Newly qualified beekeeper students (l-r) Norbert Themar, Mileen Preece, Gus McCoy FIBKA Secretary, Chris Sanders, Ann MacSeoin with Amanda O'Donovan in front.

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Financial Assessment for Nursing Home Support Scheme (Fair Deal)

Q. I have an uncle who has been assessed as needing nursing home care. He wishes to apply for the Nursing Home Support Scheme and is wondering how much he will have to pay

towards the cost of his care and how this is calculated?

A. Under the Nursing Home Support Scheme, also called the Fair Deal, your uncle would make a contribution towards the cost of his care and the HSE pays the balance. Having looked at his income and assets, the Financial Assessment will work out his contribution to care.

Your uncle will contribute: 80 per cent of his income (less

deductions below) and; 7.5% per cent of the value of any assets per year

However, the first €36,000 of his assets, or €72,000 if he is married, will not be counted in the Financial Assessment.

If he is part of a couple, he will contribute half of the amounts above, that is, 40 per cent of his income and 3.75 per cent of the value of his assets per year.

Where his assets include land and property, the 7.5 per cent contribution based on such assets may be deferred and paid to Revenue after your death. This is known as the Nursing Home Loan.

His principal residence will only be included in the financial assessment for the first three years of his time in care. This is known as the 22.5 per cent or 'three-year cap' (the cap is 15 pc for applications made before 25 July 2013). It means that he will pay a 7.5 pc contribution based on his principal residence for a maximum of 3 years regardless of the length of time he spends in nursing home care.

In the case of a couple, the contribution based on the principal residence will be capped at 11.25 pc where one partner remains in the home while the other enters long-term nursing home care, that is, the 'three-year cap' applies. If he opts for the Nursing Home Loan in respect of his principal residence, his spouse or partner can also apply to have the repayment of the Loan deferred for their lifetime

After three years, even if he is still getting long-term nursing home care, he will not pay any further contribution based on the principal residence. This 'three-year cap' applies regardless of whether he chooses to opt for the Nursing Home Loan or not.

From October 20, 2021, family-owned farms and businesses can be included in the 'three-year cap' if they meet some conditions, including that:

- You must apply to the HSE to appoint your family successor who will commit to running the farm or business for at least six years
- Your farm or business must have been actively run by you, your partner or your proposed family successor for at least three of the last five years
- A charge in favour of the HSE will be placed on the chargeable property of a business or farm
- You need to apply using the Fair Deal application form (pdf) if you want your farm or business to be included in the 'three-year cap'.
- Your successor must be aged 18 or older and must be either your partner or a relative of yours or of your partner.

All other assets will be taken into account for as long as he is in care.

There are safeguards built in to

the Financial Assessment which ensure that:

- Nobody will pay more than the actual cost of care
- The person will keep a personal allowance of 20 pc of their income or 20 pc of the maximum rate of the State Pension (Non-Contributory), whichever is more
- If the applicant has a spouse or partner remaining at home, they will be left with 50% of the couple's income or the maximum rate of the State Pension (Non-Contributory), whichever is more

Adapting a home for an older person or person with a disability

Q. I need to make some adaptations to my house as I am getting older and my mobility is not as good as it used to be. My spouse has a disability. How can I go about making the house more accessible and are there any financial supports to carry out this work?

A. Some common alterations that can help make your home more suitable for someone with a disability or limited mobility include:

- Widening doorways and passageways
- Moving light switches, door handles, doorbells and entry phones to convenient heights
- Installing grab rails for support
- Adapting bathroom facilities (for example, removing a bath and installing a level access shower)
- Moving bathroom or bedroom facilities to the ground floor
- Installing ramps to avoid using steps
- Ensuring that external approaches such as paths or drives have a firm, level surface
- Installing a stair-lift or through-floor lift
- Getting specialised furniture, like an adjustable bed or high-support chairs
- Installing alert devices for someone who is deaf or hard of hearing

Before making changes to your home you should consult an occupational therapist (OT) who will assess your daily living needs and advise on adaptations to your home. You can contact an OT through the community care section of your Local Health Office. Alternatively, you may want to hire an OT privately, as there can be a waiting list for the public OT service. The Association of Occupational Therapists of Ireland (AOTI) maintains a list of OTs in private practice, and if you get a grant for the adaptations you may be able to get back some of the costs of hiring the OT.

Other health professionals, such as public health nurses and physiotherapists, can also advise you on specialised equipment

and home adaptations, based on both your short-term and long-term needs.

A Healthy Age Friendly Homes Coordinator can also provide information and advice on living independently, adapting your home or moving to a new home that is more suitable to your needs. Cork County Council is one of the local authorities which is piloting this initiative.

If you need to add a structure or an extra room, you may need to apply for planning permission

Adapting your home may be expensive, particularly if structural change is involved. There are several ways to reduce the financial burden:

- You may be eligible for a means-tested Housing Adaptation Grant for People with a Disability. The maximum grant is €30,000.
- For smaller alterations, such as grab rails, exterior handrails or a stair-lift, the Mobility Aids Grant Scheme (also means-tested) provides a maximum grant of €6,000.
- The means tested Housing Aid for Older Persons Scheme is used to improve the condition of an older person's home. The type of work that is covered depends on your local authority and may include structural repairs, re-wiring and upgrades to heating systems. For information on what is covered in your area, contact Cork County Council
- You may qualify for a local authority home improvement loan to improve, repair or extend your home.
- If you have a medical card or a long-term illness card, you may be entitled to get essential items of equipment free of charge. First, you must be assessed by a relevant professional, such as an occupational therapist or a physiotherapist.
- If you are paying for equipment needed for someone with a disability, you may be able to claim a VAT refund.
- Depending on the work being done, you may be eligible for the Better Energy Warmer Homes Scheme or the Better Energy Homes Scheme.

Drug Payment Scheme

Q. I am on medication for a health issue and my prescription costs around €130 per month. Sometimes, if another family member is ill, the cost is higher. Is there any help with these costs, as I don't qualify for a medical card?

A. Under the Drugs Payment Scheme, you pay a maximum of €114 in a calendar month for approved prescribed drugs and medicines, and certain appliances, for use by yourself and your family in that month.

In Budget 2022, it was announced the monthly threshold will be reduced from €114 to €100 per month. The date when this comes into effect has not yet

been announced.

In order to qualify for this scheme, you must be ordinarily resident in Ireland. This means that you have been living here for a minimum of one year or that you intend to live here for a minimum of one year.

The scheme covers the person who applied, his or her spouse/partner, and children aged under 18 (or under 23 if in full-time education). A family member who has a physical or intellectual disability or an illness and is unable to fully maintain himself/herself can be included in the family expenditure regardless of age.

When you register for the scheme, you will get a plastic swipe card for each person named on the registration form. You should present this card whenever you are having prescriptions filled. You do not have to register with a particular pharmacy for the scheme but for convenience it is advisable to use the same pharmacy in a particular month if you wish to avoid paying more than the maximum €114. If you pay over the maximum, for example because you need to use two or more pharmacies in one month, you can apply for a refund of the amount above the threshold.

To apply for a refund, get a claim form from your Local Health Office, online at drugspayment.ie, or by calling 1890 252 919. Return the completed claim form to the address given on the form. You can check the status of your application for a refund at drugspayment.ie.

Drugs Payment Scheme Cards are issued for a limited time and the expiry date will be printed on your card. Before your card expires, you will be contacted to check if there are any changes to your details. If your Drugs Payment Scheme Card is lost, stolen or damaged, you should report it using the contact details below.

How to apply: You can apply for the Drugs Payment Scheme online at mydps.ie. You can get a paper application form from your local Citizens Information Office or Local Health Office.

If you need further information about the Drug Payment Scheme or you have other questions, you can call a member of the local Citizens Information Service in West Cork on 0818 07 8390. They will be happy to assist you and if necessary arrange an appointment for you.

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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.

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Timoleague church project recognised at National Heritage Awards 2021

Reverend Kingsley Sutton has been recognised in the National Heritage Awards County Award in County Cork for his project, 'Amazing mosaics at the Church of the Ascension, Timoleague'. The project focused on presenting mosaics and other features of the church through lectures by stained glass expert Finola Finlay.

Reverend Sutton was among three other winners from Cork who were announced at a virtual ceremony presented by RTÉ broadcaster, Anne Cassin and attended by Minister of State for the Minister for Heritage and Electoral Reform, Malcolm Noonan TD.

The National Heritage Awards recognise the efforts of individuals, families and community groups across Ireland in ensuring the preservation, protection and promotion of Ireland's built, natural and cultural heritage.

Commenting on the award Reverend Sutton said, "I am delighted to accept this award on behalf of the hardworking team that is safeguarding the heritage of The Church of the



Ascension, at Timoleague. Our sincere thanks to Finola Finlay who was the guest lecturer for our national heritage day in August. She shone a spotlight on the history of the many stained glass windows which are another outstanding feature of this unique church building. Phase 2 of our conservation plan is soon to be completed, helping to protect the amazing mosaics of this hidden gem in West Cork. We are very grateful for all the financial help and support we've been getting,

but we still need to raise at least another €250k to complete this project. Please consider helping by donating at timoleaguemo-saics.ie. Thank you. We look forward to being part of National Heritage week again next year."

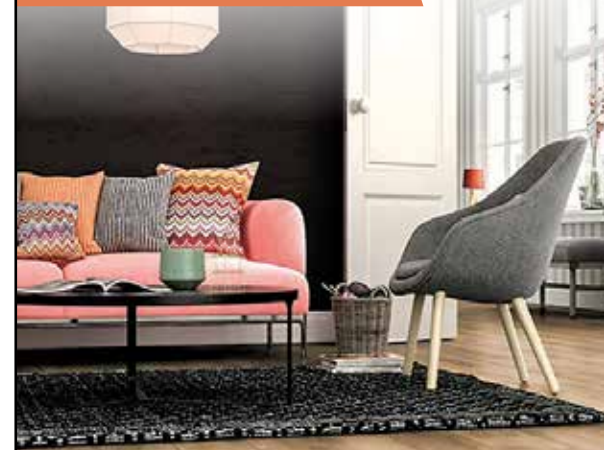
The National Heritage Week Awards highlight Ireland's 'heritage heroes', and showcase the most engaging and innovative projects from National Heritage Week 2021. To take account of restrictions on gatherings due to COVID-19, this year National Heritage Week comprised a mix of online, in-person and community projects. In total, more than 1,050 projects and events took place around the country, as communities and individuals answered the Heritage Council's call to 'open the door to heritage' and celebrate local heritage for the first time. Each heritage activity shared on the National Heritage Week website was considered for a National Heritage Week Award.

More information on the National Heritage Week is available at www.heritageweek.ie.



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Call out for local groups to take part in policy making

West Cork community and voluntary groups are being urged to make their voices heard by joining the Cork County Public Participation Network (PPN).

As we emerge from the pandemic that put so much on pause, Cork County PPN has launched a new campaign to

encourage local organisations to get vocal, participate and thrive from the range of benefits available through the PPN.

Cork County Public Participation Network (PPN) is a network of hundreds of non-profit, community and voluntary groups, which range from community councils to tidy towns groups,

sports clubs, environmental conservation groups and groups representing minorities.

It aims to empower community groups and representatives to take their seats around policy-making tables where decisions are made that impact people and communities all across Cork County.

Cork County PPN is calling for nominations to fill the 37 Cork County Council committee seats reserved for PPN Representatives, with nominations closing on November 5. These committees are where local policies are developed for such important areas as policing, Housing, Roads and Transport, Planning and Strategic Development, Social Inclusion as well as Arts, Culture and Language. As a PPN Rep, you will sit around the table with local councillors, council staff and other sectoral reps and have your say on the policies that impact all our communities.

According to Cork County Mayor, Cllr Gillian Coughlan, the PPN is one of the most valuable mechanisms for local groups to engage with local government.

"Active citizen participation is pivotal to making a positive impact and to strengthen communities across the county," she stated.

"Everyone has a voice to be heard and the PPN offers local organisations an important way in which to have their say and to keep abreast of plans and deci-



Pictured at the launch of the campaign are (l-r) Cork County Mayor Cllr Gillian Coughlan, with Noel Casserly and Jose Ospina from Green Skibbereen. Green Skibbereen is a not for profit organisation which champions the move towards renewable energy at a local level.

Picture: Michael O'Sullivan / OSM PHOTO

sions that may affect and impact their communities or groups."

Sandy McGroarty from Cork County PPN added: "Our democracy is stronger when we have diverse views and interests considered as part of local government decision making. As we emerge from a pandemic, faced with a Climate and Biodiversity emergency and a housing crisis, now more than ever we need to come together to build sustainable and resilient communities. The PPN gives Cork communities a voice as well as the opportunity to connect, grow and learn from one another."

Noel Casserly from Green

Skibbereen, a not for profit, which champions the move towards renewable energy at a local level explained how being part of Cork County PPN has benefited his group.

"The PPN offers community groups an important connection to other groups and organisations that share a similar mandate," he stated.

"The PPN is a fantastic vehicle to tell people about what you're doing and broaden your network."

Local groups not only get to participate in policy making through the 37 seats allocated to PPN members on various Cork

County Council committees, but they will also gain access to the most up-to-date information on planning, funding opportunities and public consultations. Added to that, PPN members can also avail of free training throughout the year on topics such as fundraising, social media and GDPR for Community Groups.

Those who are involved in a community group and are interested in joining the PPN or being elected for one of the 37 Cork County Council committee seats are advised to log on to its website or email: ppn@corkcoco.ie www.corkcountyppn.ie

Christopher O'Sullivan TD

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Tel: 023 88 11011 Email: christopher.osullivan@oireachtas.ie

Honouring courageous defenders of human rights

by Clonakilty Amnesty Group

Peace does not exist without respect for human rights. Good governments and decent societies know this, and so strive to ensure respect for human rights. But human rights 'don't always come easy' – many people do not enjoy full human rights and many countries fail to provide the legal base for the enforcement of human rights. Because of this, human rights need defenders when they are under attack, and strong backers before they come under attack.

The Norwegian Nobel



Committee, responsible for selecting the Nobel Peace Prize laureates, seems to recognise

very well the link between peace, respect for human rights and the defence of human rights – and increasingly so in recent years, judging by the pattern of the awards over the years.

The Nobel Peace Prize has been awarded 102 times to 137 Nobel Prize laureates between 1901 and 2021, 109 individuals and 28 organisations. Typically the Nobel Peace Prize is won by organisations or politicians whose role places them in a position to influence the making or the preservation of peace, or the development of conditions conducive to peace.

Examples are the Nobel Peace Prize of 2020, awarded to the World Food Program (WFP) 'for its efforts to combat hunger, for its contribution to bettering conditions for peace in conflict-affected areas and for acting as a driving force in efforts to prevent the use of hunger as a weapon of war and conflict', or the Nobel Peace Prize of 1998, awarded to David Trimble and John Hume 'for their efforts to find a peaceful solution to the conflict in Northern Ireland'.

But since 1968 there have been 12 occasions where the Nobel Peace Prize citation for the winning laureate related to human rights. First, in 1968, came Rene Cassin 'for his struggle to ensure the rights of man as stipulated in the UN

Declaration'. Sean McBride, in 1974, won the Nobel Peace Prize 'for his efforts to secure and develop human rights throughout the world'. Amnesty International, as an organisation, was awarded the prize in 1977 'for worldwide respect for human rights'.

Since 1991 alone, on seven occasions the Nobel Peace Prize has been awarded to outstanding individuals where the citation in each case related to their defence of human rights in general or to specific human rights such as 'the right of all children to education' (Malala Yousafzai). The involvement of these outstanding individuals came mostly at a personal cost – all of these citations talk of 'the struggle'.

If there is one profession that can be said to be routinely involved in the defence of human rights, that must surely be the journalist. Collecting information, exposing what is happening (that should not be happening), establishing facts, communicating findings – all activities essential to the exposure of human rights infringements and to the mobilisation of people and politicians to correct the infringements. Frequently, as we read too often, journalists pay a high personal price for this kind of journalistic activity.

It is therefore very fitting that the 2021 Nobel Peace Prize has been awarded to two courageous journalists, Maria Ressa and Dmitry Muratov 'for their efforts to safeguard freedom of

expression, which is a precondition for democracy and lasting peace'.

I emphasise 'courageous'. On being awarded the prize, Muratov commented in an interview that his Nobel Prize belongs to all journalists of 'Novaya Gazeta' who were killed for conducting their investigations. Consistently facing down the thuggish Philippine President Rodrigo Duterte, Maria Ressa has had to endure arrest and conviction for cyber-libel, a charge seen by many in the opposition and the international community as a politically motivated act of vengeance by Duterte's government.

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The Lane Brothers of Clonakilty

The Lane brothers enlisted in the British Army in the early days of WWI.

Tom was only a teenager when he enlisted in the Army Service Corps in November 1914. Discharged weeks later due to his young age, this did not deter the young Clon man who enlisted again, this time with the Machine Gun Corps, with which he was sent to fight in France in 1915.

Tom was later transferred to the Tank Corps and finished the war as a Lance Corporal in 1918. He proved to be a brave soldier, as reported in The London Gazette of December 5, 1918:

“Lance Corporal Tom Lane was awarded the Distinguished Conduct Medal for conspicuous gallantry during an attack. When his tank received a direct hit, severely wounding three of the crew, including the commander, he and the remainder of the crew carried them to a trench. He then, under heavy fire, went and recovered a stretcher and got his officer back to a dressing station. The following day he went out with

another non commissioned officer to the tank under heavy shell-fire, and after it had been mended drove it back. Throughout the action he showed utter disregard for his own safety and set a fine example to his crew.”

Tom’s brother Jim enlisted in the Royal Field Artillery and, like his brother, he too saw action in France, as described in a letter from Jim to his mother, which was published in The Skibbereen Eagle of October 30, 1915:

“...in the evening the enemy sent over some gas, it did us no harm but it made our eyes a little sore...Dear mother what do you think I saw a few days ago? Well, there were some regiments, or what was left of them, coming out of the trenches for a rest. They marched past where we were, one lot had pipes which they were playing... they were the brave Munsters. With the sound of those pipes playing on the battlefield, with death so close, and home so far away, I got lonely and then overjoyed so much so that I could scarcely speak...I suppose all the Clon boys were amongst

those gallant Munsters but they would not recognise me in my present rig...”

When the Lane brothers returned home after the war, Ireland was a changed country to the one they had left. The Easter Rising in 1916 and the surge in support for Sinn Féin in 1918 saw a country change course from wanting Home Rule to wanting a free Irish Republic.

“...With the sound of those pipes playing on the battlefield, with death so close, and home so far away, I got lonely and then overjoyed so much so that I could scarcely speak...I suppose all the Clon boys were amongst those gallant Munsters but they would not recognise me in my present rig...”

Like the legendary General Tom Barry who returned from fighting with the British army in WWI, the Lane brothers also joined the IRA. It was because of these experienced, battle-hardened veterans that the West Cork Brigade became the best fighting force of the Irish Republican Army.

The Lane brothers were members of the Clonakilty Company and were active service members from 1920 through to 1923. When the bitter Civil War erupted, the Brothers remained loyal to the Republican cause and were interned until 1924.

Jim Spud Murphy, section

leader in the Third West Cork Brigade, mentioned the Lane brothers in his witness statement for the Bureau of Military History:

“Tom Lane, Jim Lane and myself came into Clonakilty to search for any tans that might be moving around the town. We searched a number of public houses and got some scouts to search others. We were eventually informed that there were three tans in Kingston’s public house in MacCurtain Hill, and two in a public house next door. Tom Lane was left to cover the public house next door while Jim and I moved to Kingston’s where I threw a bomb into the shop. The bomb blew out all the glass in the front of the shop, killed one of the tans and

seriously wounded another... we then retreated via Astna Street and Clarke Street up the old hospital hill to whites of Clogheen...next day we attended a battalion council meeting at Sam’s cross...”

Spud Murphy recalled how he, and the Lane Brothers, had a narrow escape from the enemy at the close of the conflict:

“About a week prior to the truce, Major Percival initiated a pincers movement making a half circle from Ring, Bandon, Newcestown, Ballineen, Reenacreena and Rosscarbery. He moved his line of troops to the sea, and a few of us were driven down to the cliffs at Dunnycove in the Ardfield district. After one night out on the cliffs, Jim Lane, Tom Lane and I decided

to endeavour to break through. We left the cave about 9pm and, after travelling three or four fields, we saw a large party of military in the next field to us. We changed our route and went eastwards towards Dunnycove coastguard station, and then travelled west, crossed up through the townland of Ballyva on to Greenfield, up through Camus to Carrigroe, down to Lisavaird and on to Sams Cross. Part of Percival’s column was still operating in this area. We moved to Bealad where, on the following morning we commandeered a horse and trap and proceeded to Whites of Carhuvouler, which was battalion headquarters.”



Jim Lane from Desert, a second cousin to both Jim and Tom Lane, standing beside the memorial.

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HISTORY & POLITICS

Kieran Doyle

Commemoration can be a dangerous thing. Just ask President Higgins. The diplomatic corps in Ireland and Britain must have been working overtime, when the President turned down an invitation to “mark the centenaries of the partition of Ireland and the formation of Northern Ireland”. President Higgins is not just an experienced politician, he is a scholar of history and understood that his attendance at this event was impossible. He publicly stated that, “We must do everything we can to support each other’s events, but if this event is titled as it is, and structured as it is, it would present difficulties.”

No matter what the framework of the Good Friday Agreement and improved relations between North and South, asking the President of Ireland to commemorate hundred years of the division of Ireland, put him on an inevitable path to controversy. While he understood the desire and right for Unionists and Loyalist to celebrate 100 years of Northern Ireland, inviting Michael D Higgins was at best ill-thought-out, and at worst a sinister move manufactured to stir the simmering pot that is boiling in Ulster. Take it from another perspective. Would you expect Unionist politicians to come to 1916 Rising commemorations? Far from being simply marking historical events, memorials and commemoration can have far more reaching effects.

Cork’s commemorative monuments (1914-23) traced in fascinating new history book

Myself and my colleague Alan O’Rourke have spent over three years tracking down all commemorative monuments from the 1914-23 period in Cork County and City. It was a vast odyssey, searching for 1916 monuments in the tiny hamlets and the historic towns of Cork; tracking over fields and ruins to discover hidden Civil War memorials; to exploring the Great War monuments, which are predominately in the Protestant churches. From the famous to the obscure, we traced, mapped and photographed 370 monuments in total (commemorating 433 events), many of which are discussed in our new book called ‘Monuments To Our Past: Understanding and Commemorating the Revolutionary Period 1914-23’. From that, a selection, about eighty of those sites, are discussed in detail in the book.

Not only do I explore the history of the event or persons involved, I also examine the cultural, linguistic, symbolism and structure of these commemorative structures. Alan has created a series of maps for the book that show their geographical spread. This will give one a sense of the expanse and active zones of the conflict and a physical footprint of our past. We also have attached co-ordinates, which means the public can explore for themselves and take a historical trip into the past. The book was kindly funded by Cork County Council Commemoration Committee, which included Conor Nelligan and Paul Hayes. Once the book goes on sale, you can also look at the maps and data base, that we will share on www.heritagemaps.ie.

While a lot had been written about these events, our books aim to explore the concept of

commemoration and discuss its significance. Who gets remembered and perhaps more poignantly, who is forgotten? It won’t surprise many readers that the dominant memorial of this period are the War of Independence monuments, totalling 193. After all, Cork was the most active and bloodiest theatre in this conflict. Communities are generally united in celebrating these events. Cork is littered by ambushes, many of which are commemorated: Some successful engagements, others not so. Kilmichael is of course one of the country’s most famous, but the Dripsey or Clonmult monuments tell the tales of IRA disasters too. 1916 monuments, formerly quite sparse, exploded during the centenary celebrations in 2016. This reveals a picture of the true extent, of Cork’s connection to the Easter Rising, which is tackled in the book.

The Civil War monuments are a lot trickier. How does one commemorate an event, which divided families, as well as split the social fabric of Ireland? This made a fascinating case study. There are only 48 of those in the county, 34 which can be considered republican, whereas there are only eight Free State Memorials. The language of the Republican memorials often communicates unfinished business or tend to claim a continuum from the WOI. Captain Kennefick’s monument in Coachford, uses language, which is no way conciliatory, declaring he was ‘killed by traitor’s hands’. Free State soldiers are less represented, often because those who were killed were not local, but also there was not a will to do so in Cork. One of the exceptions to this was the Celtic Cross erected to the men blown up by a mine

outside Macroom. The explosion was so large, body parts were found in far flung fields.

We also included the ever-growing Great War monuments. Far from celebrating one of the most destructive wars in humanity, the memorials tended to be private mourning for lost ones, many of whom were never returned to be buried – lost in the muddy trenches of Europe or the icy waters of the Atlantic. In the main, they were only displayed inside the churches of Protestant communities. This could be captured in marble, brass, or if you were from a wealthy and influential family, on a stain glass window. Sadly, any association with British military in the new Free State was problematic and commemorating your lost father, bother, husband who wore the British uniform, was more challenging for Catholics. There were some early exceptions in the 1920s such as memorials that were erected in Cork City or Kinsale to the Great War dead. More modern outdoor examples are to be found today in Fermoy, Midelton, Bandon and Castletownbere. A memorial in Lislevane in Barryroe, commemorates many of the ordinary sailors and stokers who perished in the Battle of Jutland.

At the turn of the century, there has been a small but significant effort to commemorate another type of Irishman. RIC (Royal Irish Constabulary) and DMP (Dublin Metropolitan police) are now being commemorated but not without some controversy. Michael Collins lamented that the IRA didn’t feed into their loyalty to Ireland. Instead they became the predominant target in the first phase of the WOI. It wasn’t without good reason, given they had



arms and munitions that the IRA desperately needed, but they also had intelligence that could be used against potential nationalists. Ultimately the police became contaminated by the arrival of the black and Tans and Auxiliaries, when they arrived to supplement the crippled force. The book reflects on these commemorations that seek to put an emphasis their Irishness and place in the community. When the state naively agreed to stand over a commemoration of all RIC forces, including those Auxiliary forces who died in this period, it was met with such outrage that the commemoration was cancelled. Can the old RIC be treated separately? One of the examples I analyse, is the memorial to the Auxiliaries who died at Kilmichael. This memorial is currently lying in the basement of the Museum in Fitzgerald park, but should it be on display for historic purposes?

Another quite startling aspect to come out of our research and findings, was that just a paltry 24 monuments mentioned are commemorating women. Of those, only five were dedicated to women alone. This is part of a wider and more far-reaching debate about who ‘deserves’ commemoration. Society tends to reward and revere the gunman, but what war can be won without intelligence gathering, safe houses, support, often provided by the women? The great Napo-

leon famously said, “An army marches on its stomach”. Tied in with the need to recognise women is also the need to pay respect to these roles. Of course, martyrdom or death is perhaps the greatest reason why many are commemorated, and it was an era where women were not executed or shot, in the main. However, with more light shed upon the activities of Cumann na mBan and other female revolutionaries, they are finally getting their recognition in the press and in print, but not yet in stone and metal. The Foley sisters outside Killa in East Cork, are amongst the small number of women to be commemorated on a plaque in recent years. One of the sisters, Breed, has an amazing story. With access to archives like the IRA pension records, now open to the public, one can explore for themselves, the extent of female participation in the revolutionary period.

Finally, we explore one of the most tragic sides of this period – civilian deaths. Civilians far outnumbered combatant deaths, yet are hugely under-represented. In total we found only 21 civilian monuments. Why do they continue to be ignored? There were as many killed by the IRA in this period, as there were by the British forces. Would commemorating their deaths take the shine off the heroic deeds of the IRA? Is it too painful to admit the mistakes, as well as victories of the IRA? The Upton ambush is an excellent example of this. This was a disaster for the IRA and they lost four men in the train attack. They are commemorated there on a monument. Yet the civilians killed in the crossfire are forgotten. Commemoration is a dangerous thing. Find out more when the book goes on sale from November the first. The official launch, by John Borgonovo from the Department of History in UCC, will be in the Munster Arms Hotel in Bandon at 7:30pm, Saturday, November 6. Hope to see you there.

Liz Moynihan appointed new Principal at CSN College of Further Education

Cork Education and Training Board has announced that the former Director of Kinsale College of Further Education, Liz Moynihan has taken up the role of Principal at CSN College of Further Education on the Tramore Road.

Speaking about her appointment, Ms. Moynihan said it was “a privilege to be entrusted with the Principalship of one of Cork Education and Training Board’s flagship colleges.”

With a special interest in student support and additional learning needs, Ms Moynihan holds a Masters degree in Education and a Graduate Diploma in special education.

She played an instrumental role in the establishment of an Active Inclusion Group within Cork Education and Training

Board, which has helped teachers to upskill in the area of special needs education and to share their experiences and insights with others across the organisation.

Ms. Moynihan spent several years teaching in St. Brogan’s College in Bandon before making the move to adult education where she spent eight years presiding at the helm of Kinsale College of Further Education, a move she described as “challenging but extremely fulfilling.”

She said: “There is nothing I like more than seeing people come alive by studying something they’re really interested in. Colleges of Further Education offer that opportunity to so many people – school leavers, people returning to education and retirees who want to branch out in a new direction after a career in a



Pictured are Liz Moynihan, Principal CSN College of Further Education and Ali Cullinane, Art 1 with her Reductive Print at CSN College of Further Education, Tramore Road, Cork. Picture: Jim Coughlan.

different area.”

“I’m particularly interested in supporting teachers. Teachers

play a pivotal role in ensuring that students have a positive educational journey,” she added.

During her tenure at Kinsale College, she also gained expertise in the area of sustainability and environmental awareness and the college was awarded the prestigious Green Campus status by An Taisce. Their campus initiative was also highly commended in the 2021 Aontas National Higher Education Awards. The college were also winners of a ‘West Cork Business and Tourism Award’ for ‘Best Use of Digital’ in 2019.

Cork Education and Training Board’s Chief Executive Denis Leamy extended his congratulations to Ms. Moynihan on her appointment.

He said: “Ms Moynihan’s significant experience and success in the adult education sector and evident passion and enthusiasm for her work – in her

own role as an educator and also with other teaching colleagues makes a significant asset to CSN College of Further Education and we look forward to working closely with her in the future to ensure the continued growth and development of CSN as a Further Education College of the highest possible standard for both staff and students alike.”

CSN College of Further Education offers day and evening courses in a wide range of subjects including art, carpentry, journalism, science, horticulture, sports coaching, IT, acting and business.

Further information is available from the college website www.csn.ie



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THE HISTORY CORNER

Shane Daly

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

“Maolra Seoighe was wrongly convicted of murder and was hanged for a crime that he did not commit...” - Michael D. Higgins

On December 15, 1882, Maolra Seoighe was convicted of murder and hanged. One-hundred-and-thirty-six years later, in 2018 – after it was discovered he was innocent and had been incorrectly sentenced to death – he was pardoned of the crime. In pardoning Maolra posthumously, President Michael D. Higgins said the case itself was a miscarriage of justice and linguistic discrepancies had played a part in his wrongful conviction. The interesting curiosity in Maolra Seoighe’s case is that he was a monoglot: He solely spoke Irish and had no English. His case was tried in English and he could not understand his defense lawyer, the judge,

The wrongful conviction of Maolra Seoighe

or the jury. Speaking in Irish throughout his hearing, at all stages he vehemently denied the allegations put forward against him. More famously known as the Maamtrasna Murders Case, Seoighe was accused of killing five members of the same family to whom he was related. The victims were the Joyce family, all killed in a very peculiar manner: The men were shot and the women were bludgeoned over the head with such force that their brains were found outside of their skulls.

Irish Language translation is the focal point of this story. Recently Independent Cork County Councillor Diarmaid O Cadhla, a fervent Irish speaker, had his case adjourned because he insisted on conducting his trial ‘as Gaeilge’. Judge Olann Kelleher granted his request, adjourning the trial until an Irish translator could be employed to translate the case for which Mr. O Cadhla was required to answer. In the case of Maolra Seoighe, the failure of the courts to translate from Irish to English is the hinge on which the point pivots; for the purposes of simplicity the courts did not use Maolra’s actual name, instead choosing to use a rudimentary English translation in which Maolra Seoighe became Myles Joyce – the namesake of the family he was accused of killing. In the play ‘Translations’ by Brian Friel, the objective is to portray a lyrical exposure of the failure of the English language to express Irish sentiment. In the case of Seoighe and the Maamtrasna Murders, the failure of the Irish language to be granted the reverence it



The curiosity in Maolra Seoighe’s case is that he was a monoglot: He solely spoke Irish and had no English.

deserved, allowed a linguistic loophole to evolve from just that, into a genuine life and death scenario. A scenario that played out in a packed English-speaking murder trial courtroom, in which an Irish-speaking innocent man was the protagonist.

The unfolding drama of the case portrays a kind of raw cruelty that has enthralled a wide range of the public since the murders were committed the night of August 17, 1882. Maamtrasna is a remote village roughly 40 miles from Galway City, with less than 24 cottages. Maamtrasna, in the barony of Ross, in which Myles Joyce lived, had a population of 8,260,

of which 7,350 people were Irish speakers and over half of these (3,714 people) spoke Irish only. Who spoke what language was imperative in the Maamtrasna Murders trial. The victims were a married couple, Bridget and John Joyce, two of their children, Margaret and Michael, as well as John’s mother, Margaret. They were found in their home, beaten to death. In total, 10 men were arrested in connection with the murders, two of whom, Anthony Philbin and Thomas Casey, spoke English very well. They used this to their advantage, testifying against the other eight accused. As a result, five pleaded guilty and were sentenced to prison. The remaining three, including Maolra were tried, convicted and hanged. Maolra was the third man in the dock to be questioned.

From the outset, the investigations failed to take account of the need for accurate translations of eyewitness statements. Even the jury of 18, that was sworn in to pass judgement on the case, included monolingual speakers with very limited understanding of what was unfolding in front of them. An interpreter was employed by the court for the trial, Constable Thomas Evans, a member of the RIC. Evans was a Protestant and a member of the Protestant Evangelical Branch, which is assumed to be where his knowledge of Irish originated.

The Freeman’s Journal an 1882 publication reported that; “At the sitting of the court, the attorney-general asked the learned counsel for the defense if the prisoner understood

English.”

Henry Concannon was the defense solicitor representing Maolra. The reply the attorney general received was; “Mr. Concannon replied that he thought he did not, and that it might be better to have the evidence of the witnesses who speak English interpreted to the prisoner in Irish.

“The interpreter asked the prisoner in Irish if he understood the evidence that was being given in English, and informed the court that the prisoner replied in the affirmative.”

Here lies possibly the most important detail of the entire case. A translation issue and crucial mistranslation resulted in a vital miscommunication. Concannon, incredibly, was unsure as to his client’s knowledge of English and requested the services of an interpreter. Myles Joyce’s answering “in the affirmative” (namely, that he understood what the interpreter said in Irish) was taken to mean that he understood evidence given in English. Because of this, the service of the interpreter Constable Thomas Evans were deemed to be no longer needed in the course of the trial and Evans was only brought back into the courtroom to announce the guilty verdict.

The jury in the case of Maolra retired at 3pm on Saturday, November 18, after deliberating for six minutes in which they decided Maolra was guilty. The trial transcript records show that at this point Evans was recalled to the courtroom in order to give Maolra’s response to the guilty verdict.

A clerk in the courtroom

asked: “What have you to say why judgment of death and execution should not be awarded against you according to law?”

Maolra replied ‘as Gaeilge’ to the interpreter. Constable Evans translated as follows;

“He says that by the God and Blessed Virgin above him that he had no dealings with it any more than the person who was never born; that against anyone for the past 20 years he never did any harm, and if he did, that he may never go to heaven; that he is as clear of it as the child not yet born; that on the night of the murder he slept in his bed with his wife that night, and that he has no knowledge about it whatever. He also says that he is quite content with whatever the gentlemen may do with him, and that whether he be hanged or crucified, he is as free and as clear of the crime as can be!”

Both Patrick Casey and Patrick Joyce stated that Myles was innocent, even as they accepted their own death sentences. Furthermore, the two men of the 10 initially arrested, who gave evidence against the other eight in return for leniency, retracted their statements after Maolra was hanged. It would later emerge that one of the men that gave evidence was nowhere near the crime scene on the night in question and it would have been impossible for him to have known who was guilty.

Due to pressure from the Seoighe family, the case was reopened; and with undeniable evidence proving beyond doubt that Maolra was innocent of the crime, in 2018 President Michael D. Higgins saw fit to pardon him.

Two West Cork businesswomen ‘Highly Commended’ at Businesswoman of the Year Awards 2021



Jacinta Collins

Two West Cork businesswomen have received a ‘Highly Commended’ accolade at the Network Ireland National Conference and Businesswoman of the Year Awards 2021. The event took place at the Theatre Royal in Waterford City on Friday, October 8. Network Ireland West Cork member Louise Bunyan, received her ‘Highly Commended’ award in the Employee Shining Star category. Louise, originally from Fermoy, now living in Clonakilty works with VMware as a talent marketing specialist and is also the founder of SmartFox.ie, Ireland’s only dedicated online LinkedIn school.

Speaking of the awards, Louise said, “I’m delighted to have

received the ‘Shining Star’ Highly Commended award for VMware and the Network Ireland West Cork Branch and I’m also so proud to represent my fellow solopreneurs who have returned to being employees.”

Jacinta Collins, founder and principal consultant at Argideen Communications has been championing science for over 25 years. Jacinta’s pioneering work, in helping society gain a greater understanding of how science can improve our quality of life, has gained her ‘Highly Commended’ recognition in the STEM category at the National awards. “The Network Ireland Businesswoman of the Year Awards shine a light on the many talented and courageous women whose businesses

are helping create a thriving community. It’s a privilege to be in the mix and bring a STEM twist to what is already a diverse and vibrant network. I was delighted to bring a Highly Commended Award back to West Cork, particularly one for STEM, as it helps bust some myths about the breath of STEM careers. This national recognition is a great boost for my business and I hope it will bring about many new business opportunities,” said Jacinta.

Network Ireland West Cork President, Katherine O’Sullivan, congratulated all the finalists: “As a branch, we are extremely proud of all of the finalists from West Cork and especially our two Highly Commended Winners this year,

Louise and Jacinta. It is testament to the amazingly talented women in business in West Cork for our branch to be just four years in existence and to

have had two National winners and three Highly Commended recipients.”



Louise Bunyan



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FACT & FOLKLORE

Eugene Daly

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

While today we are more inclined to see life as a linear progression from our physical birth through to our death, a beginning and an ending, Eugene Daly says the ancient Irish saw life as a recurring cyclical process of birth, life, death and regeneration.

In the midst of life we are in death – both are part of the ever-turning wheel. The death aspect surfaces whenever a change occurs. So, for example, the end of a relationship, redundancy, children leaving home, the death of a parent, loss and every goodbye are all mini-deaths that exist as part of the eternal cycle.

The eternal cycle

The ancient custom of 'waking' the dead at home still survives in parts of Ireland; at one time it was always done. When a family member died, someone went immediately for provisions of food and drink for the wake. The corpse was usually laid out by neighbouring women who washed the body, put a habit on it, and prepared the bed on which the corpse was placed. A crucifix was laid on the breast and rosary beads entwined in the fingers. Candles were lit on a table near the remains. The immediate relatives then approached the corpse and expressed their grief in either muffled sobs or loud wailing or keening (keen comes from the Irish word 'caoin', to cry). The practice of women keening the departed was common in our grandparents' time. It was practiced on Cape Clear and Heir Island up to the mid twentieth century.

When a person died the clock in the house was stopped immediately. All work ceased in the townland when the news spread. The neighbours came in to express their sympathy ('I'm sorry for your trouble' is often the usual expression), prayed for the dead person and then retreated to another room. Custom demanded that the corpse must not be left unattended for the duration of the wake before being brought to the church on the evening before the burial. The wake-house was visited during the day mainly by elderly people, and at night all the other neighbours came to pay their respects. All were given food and drink, and in earlier times, snuff or tobacco.

In olden times large numbers of new clay pipes already filled with tobacco were put in charge of a neighbour, whose task it was to see that every man who came got a pipe, and every man had to light up and take a few puffs whether he was a smoker or not. Any woman who wished to smoke also got a pipe. Most of the ladies, however, contented themselves with pinches of snuff.

The Rosary was recited at least twice during the night, around midnight and again towards morning. Most of the neighbours would leave after the midnight Rosary, but relatives and close friends kept an all-night vigil.

'Waking' the dead suggests that death was an integral part of life and should be acknowledged publicly as a transitional experience to be shared with family and friends. References to death are ubiquitous in Irish literature. In Joyce's 'Ulysses', Leopold Bloom proclaimed that 'the Irishman's home is his coffin'. Many Irish autobiographies begin with accounts of death or dying. For example, the first words of Peig Sayers life story 'Peig', reveal that she is old and poised between two worlds: 'Seanbhean is ea mise anois a bhfuil cos léi san uaigh is an chos eile ar a bruach'. (I am an old woman now with one foot in the grave, and the other foot on its edge). Hugh Leonard revealed amusingly in 'Home before Dark' that his grandmother had made 'dying her life's work'.

Several proverbs emphasise the inevitability of death. Among them we find the fol-

lowing: 'Nil luibh ná leigheas in aghaidh an bháis' (There is neither herb nor cure against death). Some proverbs reveal a combination of humour and fatalism in the face of one's mortality, for example, 'Lia gach boicht bás' (The cure for all poverty is death). The term 'fatalism' involves an expectation that one's life is determined largely by forces outside one's control, such as luck, fate or the influence of powerful other

people. Irish folklore is full of references to fatalism.

The brevity of life is emphasised by proverbs, which contrast its transience with the more enduring aspects of natural phenomena. For example: 'Maireann an chraobh ar an bhfál ach ní mhaireann an láimh do chuir' (The branch lives on the hedge but the hand that planted it is dead). Another example of this idea is the saying: 'Is beag an rud is buaine ná

an duine' (the smallest of things outlives the human being).

Some proverbs explore the way our perspective on death may be influenced by our age and our emotions. Older people naturally tend to think more about their mortality than do young people. 'Bíonn an bás ar aghaidh an tseandúine agus ar chúl an duine óig' (death is in front of the old person and behind the young person).



Community website launched in West Cork



Pic: Back row: (L) Kathryn Kingston (West Cork Development Partnership), (R) Claire Cronin (Bantry National Learning Network). Front row: (L) Robert Hurden (westcorkcommunity.ie) and (R) Sandy McGroarty (Cork County Public Participation Network).

A free interactive website and podcast service dedicated solely to promoting all community, not-for-profit and social groups based in West Cork has just been launched.

The website, westcorkcommunity.ie, aims to heighten the profile of community groups, increase their fundraising income and improve their access to available resources.

"As a result of Covid-19, now is the time for all communities to pull together and work with each other and we truly believe that westcorkCommunity.ie will act as the perfect platform to do just that," says Robert Hurden, the person behind this new initiative.

Claire Cronin, Bantry National Learning Network said, "A one stop shop for all activities,

information and podcasts.

An invaluable resource for the community of West Cork, devised by a man of the people, Robert Hurden, who's passion is the community and the groups within it..."

Kathryn Kingston, West Cork Development Partnership, agreed, "westcorkcommunity.ie is an incredible resource, driven by a passionate community activist, who has worked tirelessly over the past two years to bring all this valuable information together."

Sandy McGroarty, Cork County Public Participation Network, added, "westcorkcommunity.ie website is a unique and invaluable resource for the communities of West Cork. This hub of information, support and

networking will undoubtedly strengthen and add even more vibrancy to West Cork."

Finally, Christopher O'Sullivan TD, who was unable to attend the opening, sent this message, "This website will be a fantastic resource for the people of West Cork, the region is famed for its incredible community spirit and the people of the region are well known for their ability to pull together. Now we will have a website where all of these resources are available in the one place. I want to say a big well done to the team at westcorkCommunity.ie for a well done job."

For further information call Rob 087 6710 163, email roberthurden@gmail.com or visit www.westcorkcommunity.ie

people Farming

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.

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Some of the broader aspects of the next CAP were announced by the Taoiseach and Minister for Agriculture Charlie McConalogue ahead of the October bank holiday. It offered some bit of clarity and came days after the details of carbon budgets, which are targeting emission cuts in the region of 21 to 30 per cent from agriculture.

Taking a quick look through the CAP changes, eco-schemes are a new element and will be funded via a 25 per cent use of what was known as the BPS (Basic Payment System). The new payment is likely to be in the region of €64/ha paid on

CAP unveiling

compliance with participating in the eco-schemes available. There is front loading of payments on the first 30ha and this is expected to be in the region of €44/ha.

Convergence has been set at 85 per cent, which will see payments move closer to the national average, this will result in small increases or large falls depending on which side of the average a farmer's payment has been on up to now. The top level of payments will now be capped at €66,000 which will take a lot of adapting to, particularly in farms that were accustomed to large payments.

The flagship environmental scheme is split in two. It is envisaged that farmers will have a choice of two options.

The five year scheme will have room for up to 50,000 farmers and is a replacement for both GLAS and the REAP scheme. The department has set a target of 20,000 farmers in the first section of the scheme, this is targeted at getting farmers to work with other farmers in their area to deliver a wider environmental good. This is similar to some of the locally-led environmental schemes. The money is enticing with funding of a maximum of €10,000 available for this. The average payment here is expected to be around €7,400. The second environmental option is targeting 30,000 farmers and will be on an individual basis, an average payment of €5,000 is likely here with a maximum of €7,000 available for those who comply with all the environmental conditions.



The 2021 grazing season is heading for the finishing line as we hit November.

Pic: Tommy Moyles

Farmers have been concerned with the level of policy coming their way and a crowd of up to 3,500 showed up at an IFA protest in Cork City in mid-October to make their voices heard. The uncertainty up until then and the fact it was an evening protest helped draw in the crowd. It will be interesting to see if the mood among farmers stays united, as details of CAP and its winners and losers emerge.

Back on the farm the last of the cows were scanned, so the picture regarding next spring and the upcoming winter is becoming clear. Any older cows not in calf will be moved on before the year is out while the younger ones will go to grass next spring to put on a bit more size. There is going to be fewer calving in 2022 compared to this year but I'm happy with

the results, as most cows held to their first service, which is a good sign of them.

TB testing

With TB testing in November, I'm considering holding the rest of weaning until that is completed. Having less groups would make the yard work easier on the day and there's no point adding extra stresses to cows and calves. Most of the calves will be housed by the time it comes around though. The majority of the cattle are very easy to deal with but there's a few outliers, as I experienced one Sunday morning recently. I had everything organised so I could take the day easy, a walk through stock at grass and give some ration to a few indoors. I could have a lie in and be off the farm for 9am. That was the plan. One young bull was off form the

previous evening but nothing to warrant closer inspection. He seemed poorer the next morning so I said I'd bring them in and deal with him. It was about quarter to nine when I went about rounding them up. Ten past one, I left the yard. The animal in question and one other decided a visit to the yard wasn't on their schedule for the day so patience and lots of it were required. I had all the other animals in the group sorted in half an hour with the exception of this pair. In the end, time and a few old school tricks such as letting an older cow out the field to coax them in won the day.

Stock like that can be the difference in making tasks enjoyable or torture. I've been putting an effort into avoiding days over the last few years and the time wasted that morning strengthened my resolve to continue doing so. On a share of farms the cattle's temperament will have a say on whether there will be a successor there or not. It's not always financial reasons that keep farms alive through generations and with much more options available to young people, making the farm experience a bit more enjoyable is worth considering.

Now is the time for hedge-cutting

In order to raise awareness of the need to maintain roadside trees and hedges, Cork County Council is reminding landowners that they are obliged, under the Roads Act of 1993, to take all reasonable care to ensure that trees, ditches, hedges and other vegetation growing on their land are not a danger to people using or working on a public road or public footpath. Landowners are also reminded that liability for damage or injury resulting from such hazards will rest with them.

Uncut hedges and trees are a serious road safety hazard and can cause substantial damage to vehicles, particularly heavy goods vehicles. Examples of hazards include dead or dying trees, ditches or hedges



interfering with traffic, blocking footpaths, obscuring road signs, public lighting, or road users' visibility.

Landowners/occupiers are required to fell, cut, log, trim or remove such trees, ditches and hedges. Particular attention should be given to damaged or

weakened trees or limbs and stumps of felled trees as a result of storms and that all necessary work should be carried out while hedges are dormant between the start of September and the end of February.

Hedgerows are vital to biodiversity and it's important

that landowners keep in mind that any cutting, grubbing and burning of vegetation on uncultivated land between March 1 and August 31 is prohibited under the Wildlife Acts.

Roadside hedgerows make up only a small percentage of the overall hedgerows in the county and landowners are encouraged to visit the website www.pollinators.ie to learn more about protecting wildlife and promoting biodiversity on their lands.

The Council also reminds landowners that notices may be served on those who do not comply with their statutory obligations.

Further details are available on Cork County Council's website www.corkcoco.ie



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For 30 years Maxol Lubricants has proudly sponsored the Cork West Plough Team who were triumphant at this year's National Ploughing Championship. Pictured here are brother and sister duo, Noel Nyhan won first place in the Novice 2 Furrow Conventional Senior Plough Class and his sister, Ellen Nyhan who scooped third place for the Cork West Plough Team in the Farmerette Conventional Plough Class. Maxol Lubricants is supported by its Munster distributor, Michael Ryan, who is pictured with Noel and Ellen at the Nyhan family farm in West Cork.

A West Cork Farming Life:

Ronald and Brian Shorten,
Woodfield Clonakilty

Interview by
Tommy Moyles

Describe the farm?

Ronald: We're Lisavaird co-op milk suppliers with the milk going to Carbery. My father used to supply winter milk to Carbery on a Baileys Crème Liqueur contract in the late 70s and 80s and then when that finished we were supplying Milltown farm for a while. Around 20 years ago we were lucky enough to get a new winter milk contract with Carbery. Milking during the winter, you need a quality feed, so on the crop side we grow 14 acres of maize and the same in winter barley and there's another five acres in fodder beet. Sowing and harvesting of Maize and beet is done by contractor and we do the rest ourselves. There is for and against winter milk, it's great to spread out the workload of calving, however you do have additional costs, and you have to be set up for it facilities wise.

Brian: I'm the fourth generation here and we're farming about 170 acres in all. We're milking 120 cows on the 80-acre home block, with the rest on outside blocks. There's probably not much cost-saving in growing your own crops but you know exactly what you have at the end of the day. We have an even split in the calving with 50 per cent calving in spring from early February to April and the autumn calving cows start in the middle of September and finish in November.

They are bred for eight or nine weeks and we'd be big advocates of sexed semen.

Tell us about the use of sexed semen on the farm?

Brian: We've used 100 per cent sexed semen for the last three years. It's not suitable for every animal. You have to look at the herd as a blank canvas, you can't have favourites. We pick out all the heifers and then any cow that went in calf to the first AI straw the year before. Any cow on that list good enough for breeding replacements off, gets one sexed Holstein straw and any animal we don't like or took more than one straw to go in calf the year before, automatically gets Angus. Repeats never get a sexed straw, and a Hereford bull cleans up after.

The main benefit is there are less Friesian bulls and more quality Angus calves. Also you have all your replacement heifers within the first three weeks of calving, so they are in one even group.

What's happening on the farm at the moment?

Ronald: "We're coming to the last few weeks of autumn calving, there's 50 calved and 20 left. The cows are out by day on grass and in by night. We hope to keep them out by day up until December, weather permitting. The grass is an important part of their diet. We cut the maize recently and we've half the winter Barley planted. We sow that on ground that had maize on it. We'll be housing this year's calves soon, as weather is

deteriorating. My brother Karl takes the surplus beef calves and he supplies Dan Moloney, a butcher in Bandon so most of that beef stays in West Cork."

There is a lot of changes coming at farming over the next few years...How are you preparing to adapt?

Ronald: We have to embrace all the changes that are coming down the line. We try to grass measure weekly; and we soil sample the farm every four years and that helps us be more efficient with fertiliser and slurry. We now spread slurry with a trailing shoe and use protected urea fertiliser. We've also planted red clover for silage that should help the amount of protein we grow on the farm instead of buying it in and we've a lot of white clover in the new grass reseeds. Slurry was spread on about 90 per cent of the ground in January and we didn't need to use bagged fertiliser until after St Patrick's day. Being a part of the Carbery Monitor farms programme is great on this front, as it's all about making improvements on your farm for the benefit of the environment. We have a wind turbine here with nine years; we got no grant aid but we are able to sell surplus units back to grid. I'd like to see more emphasis put into Anaerobic Digesters; I think there's an opportunity there. The government needs to pull up its socks regarding renewable energy, it also makes no sense to add a carbon tax to green diesel currently, when we have no other alternative to use.



Brian, Betty and Ronald Shorten.

Photo: Don MacMonagle

We're in the third year of selective dry cow therapy. Before that we were using antibiotics on each cow at the end of their 305-day lactation. We've always milk recorded but now we only treat a cow at drying off if their cell count of the milk is too high (above 100,000) and she needs an antibiotic. We're making huge progress on this, with under 20 per cent of cows now getting antibiotics at drying off.

Brian: I also work part time off farm with a company called CowManager. It's a fertility and health monitoring system, which uses a tag in the cow's ear to monitor her behaviour and temperature. It then sends heat and sick alerts to your phone if a cow is in heat, or if

she's off form. It flags cows with developing issues, which means we can treat the cow before she fully develops a problem. Catching the illness early means we can treat a cow without antibiotics first, and see if her behaviour is improving on the app, and then only use antibiotics when we really need to.

You've been nominated by Lisavaird co-op as one of their finalists in the Carbery Milk Quality awards. How important do you value milk quality?

Brian: Everybody has something that gets them up in the morning. I think milk quality is what gets Dad out of bed in the morning. It's like this, there's no point in spending time growing all the ingredients to put in a

cake, making the cake, putting the cake in the oven and then taking it out of the oven too soon. The parlour is where the end product is coming from, and you have to be willing to put the time in there and do things right. We don't do anything fancy, we like to keep the system as simple as possible, as that way there are less chances for error. I always remember when I was young I had this fascination with machinery but dad told me one day, "You do realise the cow is paying for the machinery." From that day on, I began to look at things differently. The cows are priority, the machinery is just there to service the cow's needs.

people Environment : Making a difference

Clonakilty spreads its wings with plan to establish wildlife reserve

A high-quality biodiversity reserve, sensitively managed for the benefit of wildlife, could be established at Clogheen Marsh, near Clonakilty.

Clogheen Marsh and Clonakilty Biodiversity Group, who is exploring the potential for the reserve, has welcomed the decision by The National Parks and Wildlife Service (NPWS) to undertake a year-long biodiversity study at the marsh.

Made up of West Cork based bird watchers, wildlife enthusiasts, ecologists and business people, the Goup recently toured Clogheen Marsh with Minister of State for Heritage, Malcolm Noonan and a senior representative from NPWS. At this meeting the Minister and NPWS agreed to commence a year of studies to better understand the site and inform future management.

"The Minister was very excited by the prospect of establishing a wildlife reserve on the site," said Cork South-West Deputy Christopher O'Sullivan TD, who is a founding member of the Group. "Minister Noonan was impressed by the beauty of Clogheen and I'm delighted to confirm that NPWS will conduct a 12-month survey of the biodiversity at the site, along with the development of a management plan. It's a first step, and it will give us a greater understanding of the status of the plants and wildlife of the site. It's part of a wider vision to showcase the richness of West Cork's biodiversity, and to ensure it is understood, appreciated and appropriately protected."

Clogheen Marsh is a focal point for local birdwatchers, as it contains a wide variety of birds, including important numbers of wintering waders and waterfowl, a good variety of breeding birds and interesting migrants in spring and autumn.

The Group also met with a number of local adjoining landowners and residents to discuss the potential for a world class wildlife reserve on the site. "We really want to get this right, and the opinions of local residents are very important to us," said Group Chair, Ciarán Cronin, an ecologist and local resident. "What we hope to achieve is to engage people on a deeply emotional level, to bring them into contact with the truly spectacular and wondrous nature that surrounds us here in Clonakilty and West Cork. This exciting project will strive to create an ambitiously and sensitively managed wildlife reserve at Clogheen and potentially also a wildlife education centre near Clonakilty."

"This has the potential to place Clonakilty firmly on the map as the leading centre for wildlife engagement in Ireland, where it belongs!"

@ClogheenWildlife



Clogheen Marsh



Curlews roosting on Clogheen Marsh

Waste paint reused and upcycled at Skibbereen enterprise

A West Cork based enterprise, Cycle Sense in Skibbereen, is part of an innovative circular economy initiative called Revive Paint, which involves the production of good quality, affordable paint collected from local authority civic amenity sites.

Launched by Cork County Council and Cork City Council, The Revive Paint initiative, which is funded by the Environmental Protection Agency (EPA) Local Authority Prevention Network, tackles a significant problem of waste stream in Ireland. In Cork city and county, up to 190 tonnes of paint are collected at civic amenity sites annually and are generally exported for treatment – at a cost to both councils and also potentially to the environment. Approximately 60 per cent of this waste paint is water based, much of which could be reused and upcycled through Revive Paint.

The EPA funding has allowed the set-up of a paint reuse and upcycling system in each social enterprise, Cycle Sense in West Cork and NCE in North Cork, as well as the



Ruth Bullough, Cycle Sense, Lilly Higgins, Ambassador for Revive Paint and Tara Mullhall, Master Mixer
pic Darragh Kane

training of staff. Each of the enterprises are now experienced in filtering, remixing, recolouring and repackaging the paint and are now producing a high quality paint to sell within their local communities. Since production began in June, the two

social enterprises have diverted over 2.5 tonnes of paint from the wastestream to produce a quality paint.

The Mayor of the County of Cork, Cllr. Gillian Coughlan is encouraging members of the public to embrace National Re-

use Month throughout October and to consider buying more sustainable products such as Revive Paint. Mayor Coughlan praised both Social Enterprises highlighting how, "Revive Paint is such a great initiative and an example of how we should be looking more at the values of the past to solve today's problems. Our parents and grandparents had a very practical approach to waste. They constantly looked at reusing things rather than throwing them away."

Cycle Sense in Skibbereen is a wonderful role model as we rethink our attitude towards waste to protect our environment for future generations. As part of Revive Paint, both Cycle Sense and NCE are taking a waste product and restoring it into something beautiful that can be used in our homes and businesses. They are saving people money and helping the environment."

Lord Mayor of Cork City Councillor Colm Kelleher added: "As well as helping to protect our environment by using paint from Revive Paint in your homes and businesses, you will be supporting two

fantastic social enterprises who epitomize the circular economy at its very best. Both projects are also delivering for their local economy in terms of job creation and reducing the costs for individuals, community groups and businesses who are using the paint.

"I have visited the mixing facility at NCE and have seen firsthand the expertise, care and attention that goes into mixing the paint into a wide range of colours. It is wonderful to see

this high quality, reasonably priced paint is now available for sale. NCE and Cycle Sense are getting fantastic feedback from happy customers and it's great to see such social enterprises thriving with such strong support from their communities."

The water-based paint is available in a variety of colours and can be purchased through the NCE in Cork City and Cycle Sense in West Cork. For more information visit cyclesense.ie.

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people Environment : Making a difference

Heritage crafts at Kilcoe

By Sonia Caldwell
of Kilcoe Studios

What is meant by heritage crafts? In the past, craft more often referred to things that were fashioned or crafted out of materials, often available

locally, for everyday items that were needed. Many of these we now buy as imported items due to the lower cost available from other countries. However, this means that we have forgotten how many of these were made in the past, both on a domestic level and professionally. Some

were laborious and time-consuming but also rewarding, both on a personal level and for the valuable incomes provided at the time.

Kilcoe Studios will be doing three workshops in early November to explore just one of the most used materials in time past, the plentiful field rushes. Field rushes had a wide variety of uses in times when people used what was available to them. The following saying of welcome was from an age when rushes were commonly used loose as a floor covering:

‘Dá mbeadh soipín luachra againn chuirimis fáth chosaibh é’ (If we had a handful of rushes we would strew them under your feet).

During the workshops we will get an idea of how to weave the rushes into a small mat, as well as learning about plaiting and coiled basket work.

At this time when people are interested in mindfulness and other wellness activities, might

our ancestors have found this quite amusing. Maybe they were not aware of it at the time, but both the practice of working with the seasons, collecting things from nature from food, medicine and crafts and then the wonderful rhythmic nature of working with your hands in crafts all lends itself to a healthy state of mind.

Kilcoe Studios has gone through a few changes over the last year, like many! The Studios have moved into a new premises in Ballydehob where much of the office work will go on. It is also hoped to use this space for other activities that have been part of artist Sonia Caldwell’s work over the years. As you can see on the new website these activities now blend well with Kilcoe Studios, mainly that of heritage crafts, especially those using local plant materials. This ties nicely with the general study and depiction of our native flora. As part of this new venture, two



Christmas workshops will be held there in early December on straw craft and foraging for decorations.

If you call by in December you can see the súgán chairs from the Tionscadal Tuí (the Straw project). This summer Kilcoe in collaboration with Brown Envelope Seeds did some sample growing of different types of grain to see what straw was the best for straw crafts. Seven furniture makers from within Cork have all made

their own contemporary chair, which has been seated with handmade, locally-grown straw súgán rope. The súgán chair was once a common feature of many households when straw was plentiful.

Contact Kilcoe Studios on events@kilcoestudios.com or call 0870667871 or find the Studios in the blue building on Main Street Ballydehob, opposite the garage.

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Government urged to reverse decision to export live pigs to China

Campaigners from Ethical Farming Ireland and My Lovely Pig Rescue, joined by a number of celebrities and animal welfare experts, recently demanded a U-turn on the recent announcement by the Irish Government that it intends to fly breeding pigs to China as part of a new trade deal, arguing that it would be cruel and inhumane and that it would run counter to Ireland’s urgent responsibility towards climate action.

A vibrant protest was organised outside Government Buildings in Kildare Street to demand that Minister for Agriculture, Charlie McConalogue TD, act immediately to overturn what they call a ‘shameful’ decision to fly pigs to China, and to end all long-distance animal transports.

At the heart of the event were campaigners dressed as the ‘Three Little Pigs’ and a distraught ‘air hostess’ holding a life size model pig in a cargo crate bound for China. The protest also saw appearances by singer-songwriter Cathy Davey, founder of My Lovely Pig Rescue; singer and animal welfare activist Linda Martin, actress Pauline McLynn as well as animal welfare experts including Dr Andrew Kelly, college lecturer and former CEO of the Irish Society for the Prevention of Cruelty to Animals (ISPCA) and Sarah Franklyn of SDG Watch Europe, an alliance of environmental NGOs which holds governments to account for the implementation of the 2030 Agenda for Sustainable

Development.

The protest reflects broad opposition among the Irish public to an announcement last month by Minister McConalogue that he and Minister Ni of the General Administration of Customs of China (GACC) have signed and exchanged formal protocols that will pave the way for the export of breeding pigs from Ireland to China.

The organisers say that pigs are highly sensitive and intelligent beings who stress easily, and that sending them on a long flight, packed into crates in the cargo bay, is cruel and inhumane. Turbulence, changes in air pressure and temperature and excessive noise will cause undue suffering and increase the risk of illness and injury. There are no animal welfare laws in China, a country with a terrible track record in animal welfare. Animal cruelty is not illegal there, and there is no requirement to stun before slaughter. African Swine Fever, which has recently decimated China’s pig industry, has not been fully contained and there are reports of pigs, and wildlife, being buried alive.

Peter Stevenson OBE, Chief Policy Advisor, Compassion in World Farming states “I urge the Irish Government not to send pigs to China. The pigs will suffer during such long journeys. Once in China they may be confined in narrow sow stalls, which are illegal in Ireland. They will also be housed in multi-storey farms which have suddenly become

fashionable in China. Ireland should not be expanding its inhumane live export trade.”

Furthermore, it makes no sense to start flying pigs 9,000 miles during a climate emergency, with carbon emissions from aviation being one of the main culprits. The Irish pigs are destined to help boost China’s expanding industrial scale pig production, where pigs are kept in high rise factory farms. This industry is itself unsustainable, and Ireland should avoid playing a role in it.

This point was raised by veterinary surgeon, broadcaster, and author ‘Pete The Vet’ (Pete Wedderburn), “I am strongly against the plan to export live breeding sows from Ireland to China: this concept contradicts so many important principles in 2021. I find it hard to understand why an Irish government would support a strategy that so blatantly contradicts established policy, including their stated animal welfare strategy and climate action plans. In a time of concern about climate change, it seems nonsensical to fly large creatures halfway around the world to promote a livestock industry, which itself produces greenhouse gases contributing to the climate change problem.”

“Where exactly does this fit into the animal welfare strategy that was launched with much fanfare by Minister McConalogue at the start of the year?” asks Caroline Rowley, director of Ethical Farming Ireland. “The strategy begins by stating that animals



Animal welfare groups Ethical Farming Ireland and My Lovely Pig Rescue demanded an end to long-distance live transports in response to the Irish Government’s recent live pig export trade deal with China.

are sentient and can experience sensations such as pain and suffering, that their wellbeing is best assured if they can live according to their nature. The natural habitat of pigs is woodland, not a high rise pig factory in China. Once outside the EU these animals are no longer protected by EU legislation. There is nothing high welfare about this trade deal, this is just total hypocrisy and makes a mockery of the animal welfare strategy.”

This is echoed by comments made in response to McConalogue’s announcement by Luxembourgish MEP Tilly Metz, Chair of the European Parliament’s Committee of Inquiry on Animal Transport (ANIT), who said: “Flying pigs from Ireland to China or anywhere else in the

world is certainly not the way forward for 21st century farming: neither for animal welfare nor for the climate. In the current context of climate turmoil, plans to make our food system more sustainable by shortening supply chains and calls to citizens to limit plane trips for the health of the planet, it is appalling that the Irish Minister for Agriculture would proudly support this absurd new market outlet for Irish (over)production. It’s not because you can do something that you should.”

The organisers of the event are calling for an overall ban on all forms of long-distance transports of animals, which they say cause appalling suffering. For example, every year around 150,000 unweaned calves are sent on long journeys to inhumane veal

farms in mainland Europe. These calves, aged just 15-21-days-old, are stuck in a truck where they go without any feed for at least 24 hours, making them susceptible to illnesses like pneumonia and diarrhoea. Another example is the thousands of bulls, as young as four-months-old, that are crammed into ancient, rusty, converted cargo ships and sent on long, arduous sea journeys to Libya and Turkey, countries with appalling animal welfare standards particularly at slaughter. These journeys take eight to 14 days and the bulls can become sick and injured; some die on the way, mainly from respiratory illness. At the end of their journey they all face a brutal slaughter that would not be acceptable in Ireland.

people Environment : Making a difference

Green Dot introduces Eco-Toy Corner Shop to Clonakilty



Clonakilty-based Green Dot is expanding its ethical craft business into the fun area of children's toys with the opening of quite possibly, the best little Eco-Toy Shop in Munster. Sustainable and ethical toys fill the space that will surely become a favourite with young and old alike.

Green Dot has been steadily building a name for itself as a place to go for thoughtful and carefully-made Irish Craft and Design. A sustainable and ethical ethos has been central since the whole operation started back in 2013 (as a maternity leave project) with this connection to people and place being even more important during the



recent Covid lockdowns. Owner Lisa Tonge explains: "People made a conscious decision to buy things from us, to use their purchasing power as a positive thing and it really kept us going over the last year-and-a-half." This idea of giving people the option to make positive change made a big impact on Lisa, especially in an area very important to every parent's plans at the moment; toys. "I

had found it difficult to find toys that I actually want my children to play with and that tie in with the changes that I think we all have to make in the face of the climate crisis and for our children's futures. This was the driving force behind this eco-toy project, so it is truly close to my heart".

After months of research, toy companies with a similar philosophy were found; with toys made from sustainable ma-



terials, by people under proper working conditions, for children who love to play. There are classic wooden toys made from rubberwood (a waste product of the latex industry that would normally be burnt after its productive life) and from Forest Stewardship Council-approved forests. A whole selection of toys made from recycled plastic are available, with everything from soft plush toys to magnetic STEM kits to tractors, tea sets and playdough kits. Innovative

materials such as bio-plastic i.e. plant based plastic and Planwood i.e. a waterproof material made from left over sawdust also feature. Recycled/sustainable cardboard is used in art kits or pop out activity sets with lots of options for all ages and at every price.

The Green Dot Eco-Toy Shop sits in a corner at the back of their beautiful craft shop at 15 Ashe St., Clonakilty. Saving the planet is a great excuse to



spend a few hours looking at toys and they can all be seen at www.greendotdesignshop.com/collections/toys.

Cork University Press unveils The Coastal Atlas of Ireland

The latest in the award-winning Atlas series at University College Cork (UCC) has just been published. The Coastal Atlas of Ireland is a celebration of Ireland's coastal and marine spaces and examines the shaping of the coastline of Ireland as a whole, from both the physical and human environmental perspectives.

Ireland has a spectacular coast and, with some million square kilometres of resources-rich marine territory, The Coastal Atlas of Ireland, draws on written contributions from over 140 authors from across the island of Ireland and beyond. Published by Cork University Press, the Atlas takes an explicitly all-island approach and is visually stunning with wonderful cartography.

It is organised into six sections, comprising a total of 33 chapters, with 950 pages that take the reader from the distant geological past, by way of the prehistoric era and a focus on the island's physical

environments, through time and the human colonisation of Ireland, to the complex cultural and economic landscapes of the near past through to the present day. It concludes with an assessment of the importance of coastal and marine environments in understanding the island's development, appreciating the present, and contemplating future opportunities and challenges.

Edited by Robert Devoy, Val Cummins, Barry Brunt, Darius Bartlett and Sarah Kandrot, the atlas presents views of the island's coastal future: where will the coast

and its people be in 2200, or even next year, and what will its different landscapes look like.

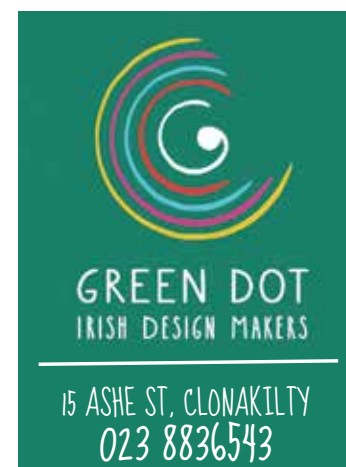
The Coastal Atlas of Ireland forms the fifth, and the latest, in the now nationally and internationally acclaimed series of Atlases published by Cork University Press. The Atlas of the Great Irish Famine was developed by RTÉ into a major two-part documentary, while the highly successful Atlas of the Irish Revolution topped the Irish non-fiction best-seller list and was developed by RTÉ into the documentary The Irish Revolution.



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people Environment : Making a difference

World leaders drive us towards a climate change cliff edge as grassroots organisations close to home work for change



ENVIRONMENTAL MATTERS

Fiona Hayes

An IPCC special report states that the world needs to almost halve emissions over the next decade and reach net zero carbon emissions by the middle of the century in order to limit global temperature rises to 1.5 degrees. The report labelled global warming as a 'code red for humanity'.

As the much publicised COP26 being held in the UK rapidly approaches, Queen Elizabeth II was heard on livestream, from the opening of the Welsh Parliament, berating World Leaders for their lack of action on tackling the climate crisis and stating that they didn't even know yet which World Leaders would be attending the 26th World Conference on Climate Change.

Her grandson Prince William, Duke of Cambridge, speaking on radio agreed with her, saying, "We can't have more clever speak, clever words but not enough action."

COP stands for 'Conference of the Parties', and the summit should be attended by ALL the countries that signed the United Nations Framework Convention

on Climate Change (UNFCCC) which came into force in 1994. 'The Parties' have met almost every year since then, every country on Earth being treaty-bound to 'avoid dangerous climate change' and to find ways to reduce greenhouse gas emissions in an equitable way globally.

At the 2015 Paris Agreement each country set national targets known as NDC's. Despite the international agreement that both developed and developing countries would limit their emissions to 2C with an aspiration of 1.5C, the NDCs that were set, together would result in 3C or more of warming. Already the International Agreement was breached and so built into the Paris agreement is a mechanism that requires countries to return to the table every five years with fresh commitments. Those five years were up on December 31, 2020, but the pandemic prevented many countries coming forward and so COP26 picks up the five year mantle.

Queen Elizabeth II has good reason to berate World leaders. Those countries that have revised their NDC's, when taken along with the current NDC's, are woefully inadequate and, if adopted, would result in a 16 per cent increase in emissions, far from the 45 per cent cut needed.

In July of this year, addressing the Austrian Summit, Greta Thunberg said, that leaders are "Pretending to wage war against fossil fuels, while opening up brand new coal mines and oil fields and pipelines..." The G7 for example is spending billions more on fossil fuels and fossil

fuel infrastructure than on clean energy."

She continued her address to World Leaders, "you compensate with beautiful words and promises that someone in the future will somehow undo your actions and make them 'net zero'. And when your empty words are not enough, when the protests grow too loud, you respond by making the protests illegal."

And so, we will watch the reports and promises coming out of COP26 knowing that Greta Thunberg, Prince William and Queen Elizabeth II are ALL correct so far. New NDC's will be discussed and maybe some even agreed, but without radical action taken by our political and business leaders we will continue like lemmings, running towards the cliff edge. In the meantime pressure from grassroots is too slowly growing.

As apparently responsible people who are called 'world leaders' continue driving a steamroller towards runaway climate change, groups of grassroots individuals are working hard on adaptation and mitigation.

One such group based in West Cork is CECAS, Centre of Excellence for Climate Action and Sustainability who, recognising that the climate emergency crisis and the biodiversity crisis are inextricably linked and must be addressed in tandem, have created a hub at Myross Wood House. Their vision is to attract and showcase academic and commercial organisations to present their cutting-edge solutions to the complex problems that we face, presenting and implementing actions on



A seller at the sustainable market at CECAS. Red Door Photography

climate, on biodiversity and on an enhanced circular economy.

CECAS is there to promote community action on climate change; and to be a catalyst for change, providing technical information, guidance and leadership that will contribute to decarbonisation in the West Cork area.

Being based at Myross House, itself a historical building, CECAS aims to become a European demonstration site for implementation of innovative retrofitting of historical buildings. Using techniques and technical solutions to make the building energy efficient will show how the planning departments and construction sector can migrate from unsustainable building techniques to those that offer greater environmental responsibility based on 'whole-life carbon circular economy' and 'one planet' principles; and how older houses can benefit from retrofitting of sustainable solutions.

Surrounding Myross house are beautiful gardens and grounds. In these, CECAS will host courses on sustainable agriculture, forestry and land management.

Indeed this beautiful indoor and outdoor space is already hosting events such as weddings, festivals, music and art performances, markets; learning opportunities such as workshops, courses and seminars; and individual business needs with hot-desking and office space.

"We need the community involved," said Trish Lavelle, Chairperson of CECAS, "We want to partner with business and community organisations and with the whole community of West Cork. Climate change will have an impact on the whole community so we need to involve the whole community."

If we, as occupants of Planet Earth, are to survive and thrive through the rest of this century, we need communities to work

together to build a future. We cannot wait for others to take action, too much damage has already been done. We ourselves need to work on both mitigation against climate change and adaptation to climate change. Social Enterprise Entrepreneurs such as the team behind CECAS are a vital part of the change we need. Most Social Enterprises rely on the community as much as they serve the community.

As Saoi O'Connor, young climate activist from Skibbereen stated in the Irish Times when asked about her expectations for COP26: "... (Real progress) won't come from those sitting around the decision-making table. The potential for climate solutions and for dismantling the systems that created this crisis comes from the people; it always has."

To find out how you can work with CECAS to build a future go to cecas.ie.

Major demonstrations planned for November 6 to coincide with Global Day of Action in response to COP26

COP26 Coalition Ireland is calling on the public to get out on the streets on November 6 to show their support for real action on climate justice. The Dublin demonstration will gather at the Garden of Remembrance at midday on November 6. There will also be protests in Cork, Galway, Limerick, Waterford, Belfast and Derry.

"Climate change affects us all but hundreds of millions of people will suffer far more than others," Ailbhe Smyth, Social and Feminist Activist, said. "It is imperative that we put pressure on our own government, and on governments globally, to take immediate and urgent action to put a halt to further life and planet-endangering destruction."

"A few weeks ago, Taoiseach Micheál Martin gave a powerful speech at the UN Security Council on Climate Change but it's entirely unconvincing when you look at this government and the last government's record on climate action. We don't need more speeches. We need real action."

Fiona O'Malley from Climate Case Ireland said, "This means planting tens of millions of trees as soon as possible; a ban on new fossil fuel infrastructure; and rapidly increasing our efforts to turn to a greener future and economy. The government's statements on climate change would be more persuasive if they were matched with real action."

The Coalition said the time was running out for the planet and world leaders, including the Irish government, needed to get the message that radical cuts in emissions are needed to ensure we reach the target of keeping warming below 1.5 degrees. COP26 emphasised that the government also need to ensure the emission reductions is done in a manner that protects the most vulnerable and the livelihood and conditions of workers, as part of a just transition.

"The Dublin Council of Trade Unions is supporting the march and the need for action on climate change because the poorest will be hit worst by climate change," Betty Tyrell-Collard, President, Dublin Council of Trade Unions said.

"The emissions from big fossil fuel corporations must be cut back, because there are no jobs on a dead planet and because there has to be a Just Transition into sustainable energy and employment that ensures the income, job security and conditions of working people moving to new ways of working."

Climate Change and Climate Justice has become the defining issue for young people worldwide.

Daryll Horan, Campaigns and Engagement officer UCD Students Union said, "The risks of rising temperatures, food insecurity and climate catastrophe threaten the possibility of a good future for all young people."

"Over the last few weeks we have been building a wide coalition of trades unionists, environmental campaigners and political parties, to get as many people on the streets to get the message across that time is running out for the planet."

people Environment : Making a difference

The right to a healthy environment



GROUNDED

An occasional column by
MEP Grace O'Sullivan

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.

There will be no human rights on a dead planet. There will be no jobs, no equality, no democracy, education, culture or freedom. That's the message I shared earlier this week, when I spoke in the European Parliament in a debate on the right to a healthy environment.

On October 8, in a landmark ruling, the UN Human Rights Council adopted a resolution recognising that the right to a clean, safe, healthy and sustainable environment is a human right. Upon adoption, the Council asked governments and world leaders to come on board and work together to ensure that this newly recognised right is implemented.

Debate on the subject this week in the European Parliament was a step towards answering that call to action. The UN Resolution recognising our right to a healthy environment is important, of course, but we need this mainstreamed in EU legislation in order to see the sort of change that's so urgently needed and to achieve the Sustainable Development Goals, particularly in economic and social areas.

Scientists warn we are now in the decisive decade for humanity's possible future on earth. The right to a healthy environment recognises that protection of the environment must be top of the agenda.

It's a right that essentially underpins all other rights. Without

a healthy environment we are, as the saying goes, on a hiding to nothing. The right to a healthy environment, a thriving biosphere, is simply fundamental.

A staggering statistic from the WHO puts it into perspective. According to their report, 24 per cent of all global deaths in 2016, roughly 13.7 million deaths, were linked to the environment, due to risks such as air pollution and chemical exposure.

Another report, published recently by Global Witness, outlined the shocking fact that 227 environmental defenders were murdered in 2020 while protecting their lands. These were individuals and groups, in the main living in the most economically deprived areas of the world, places most impacted by the ravages of the climate emergency. These were people who had friends and families. People who died while trying to assert what the UN says is a human right.

Momentum is gathering on this issue, and the debate in the European Parliament this week was watched closely by many international organisations and experts, who have been calling for global recognition of the right to a healthy and safe environment as a universal right.

Article 37 of the Charter of Fundamental Rights of the European Union sets out the principle of integration of environmental protection into the policies of the Union. However, this article

fails to recognise or proclaim any individual right to environmental protection, or to a healthy environment.

In September, the Parliamentary Assembly of the Council of Europe (PACE) called for an ambitious new legal framework, both at national and European level, to anchor "the right to a safe, clean, healthy and sustainable environment." They presented a draft of an additional protocol to the European Convention on Human Rights, which would make such a right enforceable in law in all countries which ratified it.

As part of the negotiations on the EU Climate Law, our Greens/EFA group in the European Parliament were successful in getting wording included around the protection of EU citizens' rights to a safe environment and the responsibility of relevant institutions and Member States to take the measures necessary to address risks, both to people's lives and welfare and to the natural world on which they depend, posed by the global climate emergency.

At the moment I'm involved in intense negotiations (as the European Parliament's lead negotiator) with the European Council and Commission, on the Environment Action Programme to 2030. This is far-reaching environmental legislation. As part of those negotiations I am strongly defending the Parliament's call on recognising the

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right to a healthy environment.

In May of this year, a Parliament report was adopted on the effects of climate change on human rights and the role of environmental defenders. The report calls for the EU 'to take action to introduce the right to a safe and healthy environment in the Charter of Fundamental Rights of the EU'. That same report also called on the EU to support the call for global recognition of the right to a safe, clean, healthy and sustainable environment.

The Parliament's report on the 2030 Biodiversity Strategy also 'considers that the right to a healthy environment should be recognised in the Charter and that the EU should lead the initiative to recognise a similar right internationally'.

Around half the world's countries have recognised, to some

degree, a "right to a healthy environment" in their constitutions, including 32 Council of Europe member States.

Unless recognition of the right to a healthy environment at all levels is replicated in courtrooms across the Union, it will just be more talk and no action. With the 8th Environment Action Programme, the European Parliament has backed my calls for this fundamental right of EU citizens to be defended by the highest EU courts. The fight for the wellbeing of our planet and our people continues. Against the backdrop of a climate and biodiversity emergency it has never been more urgent. A healthy environment is vital in the fight, because, as I said when I addressed the European Parliament on Tuesday – this is a fight for survival.

West Cork volunteers honoured with reward hours

In recognition of all the volunteer work being done in West Cork, the hOur Timebank Trustees recently approved the creation of a Community Chest initiative funded with 1,000 reward hours. These will be used to honour volunteers throughout the region for non-paid service to the community. Bona fide volunteers in such efforts as specialised charity groups, Tidy Towns, youth and sports, education, resident associations, environmental and numerous other endeavours will qualify.

As a registered charity, hOur Timebank is itself a volunteer effort that strives to advance the community wellbeing through greater day-to-day engagement. West Cork-based, its concept is modelled on successful worldwide programmes. It looks to strengthen community self-reliance within West Cork by providing a hub/exchange for

trading 'time credits'. Each credit is earned by a volunteer hour, which may then be redeemed for another's volunteer hour. Thus, hOur Timebank provides a way for promoting and coordinating community self-help.

People provide services to each other voluntarily, by giving their 'time'. Although this is always the neighbourly thing to do, hOur Timebank's approach goes beyond just help and simple barter. The hub allows members to give and receive time, therein every person's time is equally valued. No money is exchanged; all services are recognised. This allows for a greater exchange of services than might be available from nearby neighbours (always an important source for help).

A community timebank bulletin board and social media presence allows for a wider selection of service offers to meet developing requests. This is not

to displace community businesses, but rather to supplement with services that can be provided in a few hours by a skilled volunteer member.

Types of tasks are quite diverse to include help with gardening or DIY repairs, training in crafts, software, or cooking; help with lifting or transport. Possibilities are endless.

Any volunteer serving in West Cork is eligible to join the network. There is no fee. Enrollment is easy on the timebanking website and people can immediately begin collecting Community Chest time credits for their verified volunteer contributions.

As a pilot programme, the focus is initially on West Cork. It is anticipated in future years to expand time banking and volunteer awards throughout Ireland.

www.hour-timebank.ie

Sustainability Fund will support Cork communities to take action against climate change

Communities across Cork will have the opportunity to apply for a grant of up to €5,000 through the 'Accenture Sustainability Challenge' supported by the social innovation platform ChangeX. The initiative is designed to provide the vital resources required by communities to kickstart sustainability projects in their own locality.

Niamh McKenna, Head of Impact at ChangeX says: "It is our ambition to enable and to support local community groups, schools, and organisations to take action against climate change and start innovative but doable environmentally-focused projects in their own areas. From experience, we know that community-led projects have proven hugely successful for communities across Ireland and we are looking forward to seeing even more groups and organisations come together to roll out more of these green initiatives across the country."

Grants of up to €5,000 are available plus a starter resource

pack, mentorship and technology tools for teams across the country to start a sustainability project within their own community. Entrants can choose from a portfolio of six ideas that have already been tested and proven to have a positive social or environmental impact within communities in Ireland.

These include a 'Garden Pocket Forest' aimed at increasing biodiversity and green space within local communities; a 'Repair Café', a meeting spot equipped with tools, materials, and volunteers to repair clothes, furniture, and other household items; a 'Community Fridge' – a communal place where surplus food is shared with the local community by local businesses and individuals; an 'Open Orchard' to provide free fruit to residents and greenery to urban environments; a 'Plastic Free 4 Kids' initiative aimed at helping Primary Schools become plastic-free and a 'Pollinator Plan' to support biodiversity with an all-Ireland pollinator plan.

To apply, entrants should visit www.changex.org where they can explore the six ideas, register their team, and receive more information on the steps to complete the Challenge.

The fund will support up to 15 teams across the island of Ireland. Groups, individuals and organisations who are passionate about building a thriving community are encouraged to apply to roll out one of the six initiatives for their community at www.changex.org. Open to communities across the island of Ireland, applications will be allocated on a first-come, first-served basis once applicants successfully complete a 30-day challenge to kick-start their idea and take their first steps towards making their project a reality. Thousands of local teams across Ireland and further afield, have successfully started community projects through the ChangeX platform, accessing the ideas, support and funding needed to have a measurable impact in their local area.

people Food, Health & Lifestyle

New beginnings at O'Connor's

'Good seafood cooked simply and skillfully'. That's the ethos behind O'Connor's Seafood Restaurant Bantry and one that has stood the restaurant in good stead, particularly faced with the challenges thrown out by this pandemic.

Over a year-and-a-half ago, in March 2020, Shane Spillane and his wife Carly opened the doors of their first-time business venture, a restaurant in Bantry. It was a grand opening. Eight days later they closed the doors again. For how long? Nobody knew. "It was devastating," says Shane. "We put everything we had into it."

Due to unfortunate timing (the qualifying cut-off date for the government income support scheme was in February and the restaurant opened in March), O'Connor's didn't qualify for any supports until November of that year.

A decent landlord and local support for their takeaway menu kept O'Connor's going until they were allowed to reopen for dining.

"There was certainly no honeymoon period," says Shane. "On the bright side it gave us a good grounding. We learned very fast!"

Change led O'Connor's to a new beginning.

Today the restaurant is doing a brisk trade, seating 70 covers midweek and 140 indoor and outdoor combined daily at weekends. That's going into winter and taking social distancing into account. Their summer trade saw 150 people seated daily...just for breakfast!

However busy the floor is,



Shane Spillane



the customer is always made to feel at home.

"It's so important that people feel looked after," says Shane. "It used to be a matter of going the extra mile, now it's a mile-and-a-half!"

Since the opening, the interior has had a revamp and the business model has been tweaked. Fine dining is a phrase no longer tolerated by Shane or his customers. "People don't want to spend an arm and a leg on big fancy meals when they've been cooking them at home," he says. "The most expensive thing on our menu is a 10oz steak, which

costs €28. Our motto here is to keep it simple and serve really good, flavoursome, affordable food using high quality local ingredients."

It's a recipe that is serving the business well. O'Connor's now employs 13 full-time and three part-time staff.

A team of five chefs is headed by the talented Danny Barter, who previously held the position of head chef at Liss And Estate in Skibbereen and The Whale's Tail in Clonakilty.

Behind the scenes, wife Carly is the driving force. "She's the backbone to the business,"

admits Shane.

Last December, the couple's four-year-old son was diagnosed with Autism. "We have an understanding so it made sense to add a sensory wall to the back of the restaurant," he says, "making it a quiet area with social stories so that the kids know what to expect in a restaurant." All of the staff have received training in supporting people with Autism.

O'Connor's is open seven days a week, from 9am until 9pm every day. The breakfast-brunch run starts at 9am and continues until 4pm every day. "Bantry is a breakfast town really, which I wasn't long in figuring out," says Shane. "Locals love being out and about and mingling in the mornings. We have a fantastic breakfast trade."

The breakfast menu boasts traditional favourites like porridge, granola and Full Irish and more modern options like sautéed wild Irish mushrooms or smashed avocado with a tomato concasse on sourdough. A substantial brunch menu includes chowder, a selection of burgers and fish and chips. All of the meat on the menu is sourced from Caherbeg in Rosscarbery. There is also a selection of stone baked ciabatta sandwiches and wraps to choose from.

Once brunch finishes at 4pm, there is a brief pause before din-

ner service commences at 5pm, with last orders at 9pm, 9.30pm at the weekend.

The evening menu is an ode to seafood with pots of mussels and fresh fish delivered daily off the day boats. To start, try the sautéed prawns and chorizo cooked in fresh chilli, garlic and lime and finished with chopped herbs garlic bread or the signature seafood chowder. Main courses include Grilled Seabass with a smoked sundried tomato and prawn concasse and fried caper berries, served with seasonal vegetables and potatoes; Cajun blackened Salmon; or the Seafood sharing platter. There are also plenty of meat and vegetarian options and the specials change daily. "We wanted to create a menu that attracts all ages," says Shane. "Good food in a nice atmosphere...it doesn't have to be dramatic," he shrugs.

Shane doesn't faze easily: A good attribute in running a busy restaurant. Perhaps it comes from working from the bottom up. He has worked all jobs, from bottle washer to front of house before rising to the ranks of General Manager, running The Moorings in Port Magee in Co Kerry and the reputed Sage in Midleton before deciding to open his own business. "I got tired of making money for other people," he shares.

Future ambitions stretch further than Bantry. Shane is casting his eye around West Cork for a suitable location to open a second restaurant.

"To improve is to change; to be perfect is to change often," - Winston Churchill.

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To be in with a chance of winning a €50 voucher, find the mystery word in the word search below and email that word, with your name and phone number to info@westcorkpeople.ie before November 16. Please put 'Skibbereen Competition' in the subject line.

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Warming Pho hits the spot



A FLAVOUR OF WEST CORK RECIPE

Karen Austin

November brings us to the moment where we appreciate big bowls of warm food, and Pho fills that spot beautifully.

Pho, which is pronounced Fur – not a P in sight, is the national Vietnamese noodle dish. This comforting bowl of slurpy noodles manages to be not only nourishing but fresh and bright.

It can be found north to south in Vietnam – which is a very long country and all over the world where Vietnamese emigrants have settled.

We were recently in Berlin where we walked for miles, always the best way to explore a city and we passed people consuming a vast variety of food. The aromas were beguiling and we often did a double take to check out what people were eating – we are eternally nosy when it comes to food. At some stage we wandered past a Vietnamese restaurant and a lady sitting on the bench outside saw us eyeing up her bowl of noodles. “This is the most delicious pho in town,” she said and the next thing we found ourselves sitting at a table and ordering our own. It reminded me of our travels in Vietnam and I’ve been obsessed ever since.

Traditionally Pho is made with beef stock, slices of beef and fish sauce but like all recipes it wanders from its root and a vegetarian version is now quite usual.

This tasty bowl of noodles is all about the broth and, as a vegetarian version obviously doesn’t entail boiling beef bones for hours, the ingredients for the stock are important.

I use dried shiitake or porcini mushrooms instead of beef and tamari or soya sauce instead of fish sauce – this makes a good umami base. The spices are the same for the meat or veggie version – star anise, cinnamon, cloves and coriander seeds, all warming aromatics. The



noodles are rice noodles, which are cooked before the broth is ladled over them and then garnished with fresh green leaves, basil, mint, beansprouts, maybe chilli and a squeeze of lime.

It’s a very simple and tasty way to fill your tummy with nutrition that doesn’t sit heavily at all. The feel good factor is mighty.

To make the broth begin with roasting the onion and ginger on a dry pan and then toast the spices. This all helps build up a good flavour base.

After that it’s easy, just cook the broth then add noodles and garnishes.

Pho

Ingredients:

- 1 medium onion
- 2 thumb sized pieces fresh ginger
- 2 star anise
- 7 cloves
- 1 cinnamon stick
- 1 tsp coriander seeds
- 1.5 litre vegetable stock
- 30g dried shiitake or porcini mushrooms
- half tsp salt
- 1 tsp palm sugar or sugar
- 1tbs tamari or soya sauce
- 100g rice stick noodles per serving
- half tsp toasted sesame oil

- Handful fresh mint
- Handful fresh basil
- Handful fresh coriander
- Handful fresh beansprouts
- Fresh greens i.e. pak choi/ chard/spinach/sea beet
- 2-3 spring onions
- 1 lime
- Chilli - optional
- Tofu – optional
- Mushrooms – optional

Peel the onion and cut into quarters. Cut the ginger in half lengthwise. Heat a dry pan and put the onions and ginger on cut side down.

Keep the heat medium/high and turn the onion and ginger as it chars. Remove from the heat.

Toast the spices gently in a dry pan.

Put 1.5 litres of your best vegetable stock into a saucepan. Add the charred onion and ginger, the toasted spices and dried porcini/shiitake mushrooms and salt.

Bring to the boil then simmer gently for at least half an hour. Stir in the palm sugar or sugar and tamari/soya sauce.

Taste and adjust the seasoning – it should be a little salty / sweet and spicy. Put the broth aside and strain when you are ready to use it.

Prepare the garnishes, chop the herbs (not too small) and

cut the greens into mouth sized pieces. Wash the bean sprouts and shake dry.

Chop the spring onions small – white and green and chop the chilli if you are using it.

Of the optional extras, dice the tofu and cook the mushrooms with a little oil in a pan until lightly browned.

Bring a pot of water to the boil and add the rice noodles. Cook for two minutes then drain and toss with a little sesame oil.

To assemble the pho heat the strained stock and if you are using tofu add this to warm it.

Put a handful of noodles into each bowl. Arrange the greens, bean sprouts, herbs, spring onions, tofu and mushrooms around the bowl ladle over the broth. Garnish with chopped chilli and squeeze the lime juice over.

That’s it – you’re ready to go!

Happy November!
Karen

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

Sharing the aromas of Thailand



Susie Takaew



Since arriving in Ireland twenty years ago, Susie Takaew has been sharing aromatic Thai food with the people of West Cork; first in Skibbereen and then from her own restaurant Baan Sujittra in Clonakilty. The onset of the pandemic last year resulted in a move to the other side of town but, while the location is different, the food remains the same authentic flavoursome cuisine for which Baan Sujittra has become so well known.

Pungent galangal, fragrant lemongrass and kaffir lime, fiery chilli and sweet coconut are distinctive flavours in all of the dishes. This delicate balance of sweet, salty, and sour, and less often bitter is what makes Thai food such a joy.

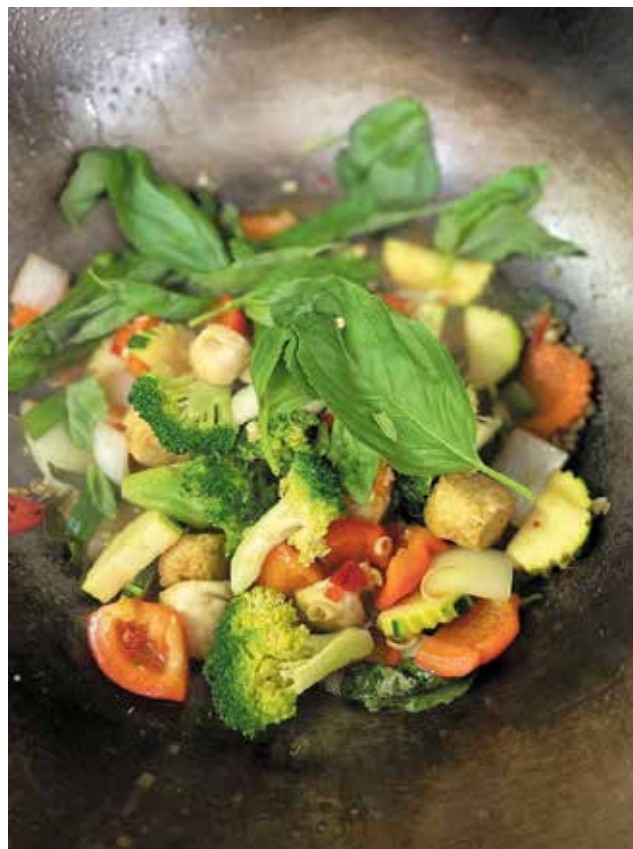
Rich and slightly sweet Massaman curry (one of Susie's favourites) with its fragrant spice undertones offers a milder option to the traditionally spicy Red, Green or nuttier Panang curry. The creamy Yellow curry,

where Turmeric is the key ingredient, still has a good kick to it but is also a step down in heat from its cousins.

All of the food at Baan Sujittra is bright in colour and flavour. The stir fry dishes come out of the wok singing; these savoury noodle dishes are lifted to a new level with the fresh ingredients Susie combines in her woks. But it is the aromatic sizzling dish that is the real show-stopper... noodles dressed with colourful vegetables cooked to perfection, still with a bite, and topped with flavoursome crispy tofu, meat or prawns.

Everything at Baan Sujittra is made in-house – from the plum sauce to the vegetable or duck spring rolls – and cooked to order. Susie's Tom Yum (hot and sour) soup is fragrant with spices and herbs and a nice option to start a meal with or simply as a light supper dish.

Susie grew up in a very rural area, near the Thailand-Ma-



laysia border, where Thai food was always a real family affair, cooked and eaten together by several generations. After leaving home at the age of 13 to attend school, Susie went on to get a Business degree. Her passion for her native cuisine and head for business has since allowed her to roll with the punches and seen her through a recession and a pandemic. While for now Baan Sujittra will remain a takeaway, it's

easy-going and hard-working proprietor, is always ready for change, so sit-down may be on the menu some time in the future.

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UCC Food Microbiology student honoured with Musgrave Award

A UCC student was recently honoured with The Musgrave Award for Excellence in Food Microbi-

ology for his work and research on plant extract processing, the cheese making process and vacuum-packed chilled storage

of meat.

Clonakilty native Reuben O'Hea topped the class as the highest performing student in University College Cork's Masters in Food Micro Biology Programme delivered through the college's renowned School of Microbiology and received the award from Musgrave Food Safety and Quality Manager Lucy O'Connor for his efforts.

Reuben is a past employee of Musgrave and previously worked in Trading as an Assistant Trading Manager for Moo'd & Frozen and then worked as a Brand Support Manager with the Moo'd Brand.

The focus of his project was to isolate, identify and characterise the yeast and mould isolates as well as evaluating the measures that can be used to control them, with the aim to improve the overall shelf life and the flavour profiling of the product.



Clonakilty's Reuben O'Hea pictured receiving the Musgrave Excellence in Food Microbiology Award from Lucy O'Connor of Musgrave Group, with Dr. Jennifer Mahony, Professor of Molecular Food Microbiology, and Colin Hill, Professor of Microbial Food Safety, at University College Cork. Pic Diane Cusack

Speaking upon receipt of the award, Reuben expressed his thanks to both Musgrave and University College Cork:

He said: "I recognise that this award is very prestigious and would like to thank Musgrave for their support of this. I know from my time with Musgrave as an employee they have a close working relationship with UCC and the Department of Micro-

biology which is internationally renowned.

He added: The award has opened up some brilliant opportunities for me and I've spent the last number of weeks demonstrating in the teaching laboratory to undergraduate students in UCC. It has been very rewarding for me to see students with very little practical microbiology experience

gradually progressing week to week and developing new skills which will stand to them in their future careers in microbiology. It's something I have really enjoyed and previously would not have considered as a career path but I am definitely interested in pursuing further education opportunities in the future."



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County Cork Libraries encourage readers with dementia to 'Come Sit Awhile'

Cork County Council Library and Arts Service has released a collection of short stories, poems and recipes that can be read by, or read to, a person with dementia. The book, called 'Come Sit Awhile', hopes to support reminiscing. It includes articles from Ireland's Own, works by local historians and family recipes from a well-known Irish chef.

The collection is part of the Library's Age Friendly Programme which aims to create an inclusive place for older people, including those affected by dementia. Copies of the book are available to borrow from branch libraries and mobile libraries across County Cork.

The title 'Come Sit Awhile' was inspired by a poem written by Alice Taylor, the best-selling writer from County Cork, who joined Mayor of the County of Cork, Cllr. Gillian Coughlan to launch the collection.

Speaking at the launch, Mayor Coughlan praised the Council's Library and Arts Service for their hard work on

the collection. The Mayor said, "Research shows that reading poems and stories can have a positive effect on people with dementia, as does the act of evoking memories through reminiscence. I hope that this collection will summon happy memories for all who take the time to read it. I'm delighted to be able to launch this book with Alice Taylor today. Not only is the title inspired by her poetry but she is best known for her nostalgic works looking back at life in a small village, which is really fitting."

Chief Executive of Cork County Council, Tim Lucey added "There are currently 64,000 people living with dementia in Ireland, the majority of whom live in the community. Libraries are at the heart of these communities and play an essential role in providing information, services and access to resources for someone with dementia or their carers. We want our libraries to be welcoming and inclusive spaces for the entire community. The 'Come



Pictured in Innishannon for the launch of 'Come sit Awhile' was Mayor of Cork County Gillian Coughlan and author Alice Taylor. Pic Denis Boyle

Sit Awhile' collection is an important element in our work towards that. We also appreciate the support and advice of the HSE through their programme 'Dementia: Understand together in Communities'."

Included in the book are six uplifting and easy-to-follow dementia-friendly short stories that were entered in a competition held by the Library as part of the Bealtaine Programme. The annual festival celebrates

creativity in older age.

Other works in the collection include a recipe provided by Darina Allen for her mother's apple pie, features written by local historians, as well as articles from publications like Ireland's Own. Library staff sought advice from the HSE and endeavored to include as many pieces as possible that support reminiscing.



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Abalonia Koomans O'Reilly is the creator behind sustainable slow fashion brand Re.cut. Based in Ballydehob, the innovative young designer works with upcycled fabrics in her designs, which she sells through online marketplaces Depop and Etsy.

Originally from East Clare, Abalonia was introduced to sustainability at a young age; she attended a Steiner school, which focuses on learning through nature and creativity and grew up on an organic farm with her family.

"My passion lies in creation, which I discovered through fabric and costume," she says. "I enjoy working with my hands, especially when it comes to re-envisioning things, be that old furniture or clothes."

"I've always loved being in

nature and was brought up to respect and take care of it. My parents were always conscious of having a low environmental impact."

Today, Abalonia combines her love for nature with her passion for creation in making unique pieces from colourful and patterned upcycled fabric.

After studying costume design through a two year course in ICFE, she went on to work in costume on various jobs and found work styling for events, adverts and creating art installations.

"I always knew I wanted to create and design. As a child I really enjoyed any opportunity to dress up," she explains, "...I didn't really follow modern fashion though, I was more passionate about textiles and vintage clothing and costume."

A great devotee of charity shops, which has fed her passion for textiles and unique textures, Abalonia first started Re.cut as a way to use fabric scraps she had saved from college. "I have always been inter-

ested in patchwork and mosaic so this was the basis of the style I created the garments in.

"The first piece I made was a bomber jacket, since then I've started making bumbags, sweatshirts, t-shirts, shirts, and earrings. Most of these designs evolved as a way to use particular fabrics. For example I was given a load of damaged shirts so I made some patchwork shirts as a way of upcycling the fabric."

Sustainability is the bedrock of Abalonia's business. "The fashion industry is one of the biggest polluters and there's no need for the amount of clothing that is being produced and thus the amount of waste created," she says passionately. "Most clothes also aren't made to last now, and a lot of people don't see the worth in repairing them."

Her own wardrobe is an eclectic assemblage of clothes she has been gathering for years... vintage or secondhand. "I love a statement piece of clothing that you know no one else has," she admits.

The materials that Abalonia uses in Re.cut come from offcuts of fabric, mostly given to her by different makers and friends. She also takes apart and upcycles secondhand clothing. "People give me their damaged or unwanted clothing and I find bits on bargain rails in charity shops."

Abalonia's ambition is to use her costume skills to create outfits for performances and installations.

She also hopes to set up her own website, see her products stocked in "bricks and mortar shops" and collaborate with some local friends to run craft nights, focusing on upcycling and mending.

Her big aspiration for the

future though is to be part of creating a community art space in West Cork, where people can meet and learn crafts or have access to tools and workshop spaces.

Find her on instagram @re.cut or on Depop and Etsy.



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THE DNA OF WEST CORK PEOPLE

Mark Grace

Mark Grace is a genetic genealogist and family historian at Ballynoe House, Ardfield, Co. Cork

You have your DNA test results. What are your next steps?

In the previous article we looked at 'ethnicity', often the first thing people look at. It turns out that concept is not a simple one. The other part of your result consists of a list of DNA matches in decreasing order.

At this stage it is necessary to introduce terminology. No apologies for this, as it is important to have the basics. They will crop up in future articles. Fortunately, there is no need to panic or get a degree in genetic science. Most should be a simple 'OK, noted' after which you can forget the detail. There are few things you need to remember. As understanding increases, you can get into the finer detail.

Both my sister and I have tested with Ancestry. Ancestry's focus is not genetic genealogy so you will only get the basic unverified match result from them. Fortunately, you can download your raw DNA file from their site and do more with it. The good thing is that if you have a basic family tree and assign your DNA result to yourself in your tree, Ancestry's ThruLines algorithm will

I have my DNA test results – Now what?

try to connect you to other people using matches and trees in their database. You should try to build out a four-to-six generation family tree to get the most out of this, which will be the natural limit for anyone using church records in West Cork. The algorithm is not perfect, so a guide only. It far too easily latches on to similar names, especially those of Irish origins.

Naturally, my sister is my top match. It says 2,492cM; 44-51 per cent shared DNA. The values are in the range expected for a full sibling based on one copy of the DNA (you have two copies). The match in detail says 2,492cM across 44 segments. By clicking on 'Shared Matches' it provides a list of over 100 testers who share matches with us. If you tested twice you would match yourself at over 3,100cM.

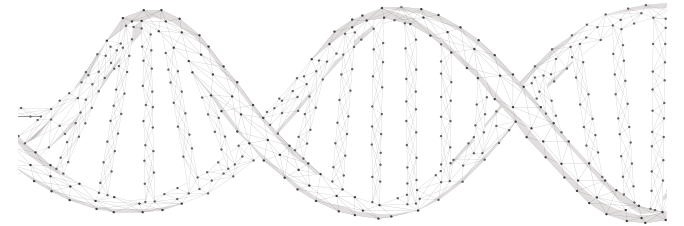
Segments are easy to understand, since these are just sections of DNA shared by both of us and show our common ancestry. cM is not centimetres but centiMorgans, named after geneticist Thomas Hunt Morgan. The centiMorgan corresponds to an average of one million base pairs of DNA in humans (also known as a mega-base pair). Humans have 6,200 mega-base pairs across 22 chromosomes (including both copies) but matching is based on just one, hence 3,100cM is a 100 per cent match to yourself. A more convenient unit of measure is helpful. For the sake of this article, it is worth knowing that centiMorgans define more than this but for the beginner it is simply a section of DNA on a chromosome.

MyHeritage provides a slightly different result; 36.5 per cent shared DNA (2,587cM) over 40 shared segments, with the largest segment 223cM.

So, what does this match look like? Testing companies, such as MyHeritage, are more helpful to the needs of genetic genealogy and provide a chromosome browser that provides a convenient display of where these match are. The image shows as purple segments, where my sister and I share DNA. You will note the chromosomes are numbered one to 22 based on size.

Assuming you want to investigate your DNA matches in more detail, there are some rules of thumb:

- 'DNA Never Lies'. It is critical to have an open mind and start from the very beginning,



even if you have spent decades building a comprehensive family tree based on paper. It is true that while DNA never lies; people and paper do.

- Work forensically and assume nothing. You have become a DNA detective, so work as if you are solving a murder mystery. Your DNA findings may support and underpin your family tree, but do not let your paper family tree influence the evidence you unearth. One of the biggest pitfalls in all forms of family history (using paper or DNA) and in scientific investigation is the self-fulfilling prophesy. Just because you found one result that matches does not mean it is the right one. Look for further corroborating evidence.

- Basic questions. Before you delve into more complex relationships, you must ask if your DNA result matches your immediate family, if known. Are you related to both your parents and do your siblings share that relationship?

- Build the best dataset you can. The younger generation can build a 'golden dataset' including willing parents, grandparents, aunts or uncles, and siblings (even a great grandparent or two). Hard data becomes the foundation a what will become a lifetime of research. If you have few or no living parents or grandparents, the proof of your ancestry lies in your DNA matches. In my case, my sister's DNA result proved that we share the same parents. Both of us, and my wife have DNA connection through all four grandparents, proving that our parents were their children. The same principle applies as you work back through all your family lines from each of your family members.

- Work from the top down. Ancestry provides a list of more than 12,370 matches for me. Your closest matches will share the largest amount of DNA with you and be the easiest to tie into your tree as proven relations. I have reviewed more than 10,000 of mine but fewer than a couple of hundred are proving useful so far.

- Keep Notes. Most match lists allow comments and notes. Unless you know of a connection, have a large family tree or significant list of matching segments, there is little value when you are starting out to review your smaller matches. You are doing well if you tie in your top 50.

- Share Your Result. Some have privacy concerns (to be discussed in a future article) but sharing your result will help your research and help others. Several testing companies take uploads of your raw DNA file for free, although the activation of some services may require a fee. GEDmatch is a free service that takes uploads from all testing companies and allows connections to people who have tested anywhere using their verification tools not available on testing websites.

Sadly, researching your family history in many parts of Ireland has its limits due to the lack of early church records to build a family tree beyond the earliest part of the C19th. This means that chasing even moderate DNA matches can conclude that the connection is in a timeframe before records began and you may find the top 20 or 30 matches are the most you can use to build your database. This means you may find several third cousins and maybe a few fourth cousins, if you are lucky, but that will be about it. This can apply to strong matches that due to inheritance appear to have a lot more in common with you, but your common ancestors were married just a few years before church records.

Are you ready to become your own DNA detective? In future articles, I will be discussing some of my West Cork projects.

For any questions that can be answered as part of future columns (genealogy@creativegraces.net) or follow the West Cork DNA projects, based on my wife's DNA and that of her genetic cousins, on Facebook 'My Irish Genealogy & DNA'.



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people Food, Health & Lifestyle

Moments of Solace

As the world reopens it seems that time has suddenly sped up, and life is getting very busy again. Joyce O'Sullivan of Solace Holistic Centre in Clonakilty has designed and launched her collection of Daily Guidance Oracle Cards, presented in a beautiful box with an accompanying guidebook, to support your self-care and self-reflection at home during this time of change.

“I’ve always been passionate about the importance of self-care and self-reflection,” says Joyce. “As much as people swore that, ‘after lockdown there is no way that I will get back on the treadmill of life’... I have to be honest, it’s hard to avoid it and that’s why self-care needs to be

prioritised.”

As a result of multiple discussions around self-care and self-reflection with her clients, Joyce had a strong sense that there was more she could do to support clients at home between appointments. And so ‘Moments of Solace Daily Guidance Oracle Cards’ came to life.

Joyce says she is motivated always by the word ‘solace’. “I recognise that we all need solace at times, even if life is going relatively well. Solace means ‘to provide comfort or consolation in a time of stress’ and this is exactly what we offer in Solace Holistic Centre, through massage therapy and reflexology; and what I know the Oracles cards will provide for you at home.”

Oracle cards can be used daily as a self-care, self-reflection tool. ‘Moments of Solace Oracle Cards’ consist of 40 cards, each with an image, a word and a quote on them.

“The quotes are chosen with

your self-care and self-reflection in mind,” Joyce explains. “When I was creating them I decided to break the word ‘solace’ into six sections; Support, Observe, Listen, Accept, Change and Express. I also included a seventh section called Moments.”

Why seven sections? “Each correlates to one of your seven main chakras. I have also connected to each chakra, a healing crystal and colour for you to observe as an optional extra. Details can be found in the guidebook provided with the cards.”

Joyce goes on to explain how to use oracle cards: “If you are new to using them, the first step is to sit, holding the deck, and when you feel ready, start shuffling them. Continue to shuffle until you feel like stopping. As you shuffle feel free to ask the deck ‘What do I need to know to support my self care today?’. Then, with the deck face down, pull a card from the top. The card picked will resonate with you and encourage you to look at an aspect of your life that needs attention in that moment. Allowing acceptance of what the heart has to say. Supporting you through lessons learnt, and encouraging change and expression.”

Now available to purchase in Solace Holistic Centre and online on www.solaceholisticcentre.com. For more information, call 087 9510554.



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Pictured at Dunderrow NS Halloween fancy dress party are Ellen Kingston and Donnacha Whelan. Picture Denis Boyle



Mrs Mary Daly is retiring after 37 years teaching in St Joseph's GNS, Clonakilty. She is pictured with Laoise Morley (Senior Infants) and Emma Rea (6th Class)

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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 pressure is on. The thesis still has final edits remaining and it has been written by a foreign language student, whose English is excellent, however, a few unusual turns of phrase still pop up, which may confuse the reader, particularly in an academic thesis.

The issue is, who can edit it? Who will do it? A suggestion is thrown out, and a now retired language teacher is approached. "Sure, no problem, just, someone will need to do

Going the extra mile

the keyboard work, as I call the corrections".

The issue is sorted to the relief of the Masters' student. When he arrives, he seats himself beside the electric wheelchair and they settle to work.

An international study, and an international panel of experts have been invited to assess one aspect of proposed protocols. All the documentation has been despatched. There is a hiccup. "My software is not 'reading' all the documentation". Disaster! Of course, this is not relevant to everyone else. "OK, we will read through the unreadable parts and try to work it that way. Additionally, if it can be formatted into another format, please tell us". This expert's opinion is highly regarded.

It is such a relief when people hear her voice, get an answer to their call, answers to their queries. Often, they are worried, upset or confused. Patiently she listens and gives the information

that they search for. The direction they need. The focus they are looking for. They are always so grateful and so thankful, so amazed that anyone will take the time from their life to help them.

Every evening when her daughter removes her headband, which holds a pointer with which she controls her Ipad and phone, she is tired, but always content that she has been able to assist others. She does this with care and with kindness.

She is so happy as she rushes outside to greet her mom who is patiently waiting to collect her from her lesson. "I have my result, I passed, I passed," she screams in delight, as she waves the coveted piece of paper which proves she now has passed her ECDL. Her mom is bursting with pride. This is her beloved daughter, who wanted this so badly; however, before they leave to go share the news to her friends at St. Michael's

House, she wants to thank her tutor, who patiently, taught, encouraged, and helped her to succeed. He finally pushes open the door, bag on his knee, his wheels silent on the tiled floor.

Live music, and it is the best, best instrumentals, best vocalist. "Unchained melody, please"? As his voice fills the evening air, as the crowd listen enraptured, as they wish this song might never end, their deep appreciation of his voice and talent reflect in the silence, which surrounds the tall, very handsome man, holding everyone within hearing distance, spellbound. As the session is finishing, and he is preparing to release the brakes on his wheels, and leave, the audience still beg for one more song, the night is never long enough to hear him sing.

People With Disabilities (PWD) are just like everyone else; no, actually they are not, PWD will go the extra mile.



MENTAL HEALTH & MINDFULNESS

Susan O'Regan

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

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

I remember a regular column in a local paper called the 'Seen and Heard'. I think it was about happenings in the Skibbereen area. Reflecting lately with some of my groups on what gives our lives meaning, I was reminded of these words but in another context, how it feels to be really seen and heard, the importance of saying hello and valuing people, really seeing people, and equally, being seen yourself. We need to find opportunities to be able to share our experience, our feelings and sense a connection between ourselves and others. We have been through a lot of change and upheaval over the last 18 months, and to learn the

Meaningful connections

skills of rest and recalibration can help us to boost our wellbeing as we move beyond Covid.

Dr Brene Brown defines connection as "the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship." I don't think it matters so much where, how or with whom the connection exists, it is the feeling of connection that matters, that sense of belonging, that 'felt-sense' in your body that someone cares, that you belong, that you are welcome here. For me, this is the magic that happens when teaching mindfulness in groupwork settings. What joy I have felt lately to be returning to in-person work and in the most simple and down-to-earth setting, in every sense of the word, Myross Wood.

With the exception of a few wonderful in-person encounters in outdoor spaces between lockdowns, the majority of my work has been online since March 2020. I love the sense of community that has built up between all the people dropping into these online sessions, whether participants are from Beara, Cork, Dublin, Kilkenny, Indiana, or anywhere else in the world, the connection feels no less real than if they were sitting in the room beside me. I believe that now, more than ever, we need to find ways of connecting with each other in meaningful

ways, to be really seen, to be heard and to be valued by our fellow human beings. Whether this connection is online or in-person, for me, isn't so much the issue, but rather whether the encounter or exchange feels meaningful, authentic and sincere.

As we go about our everyday lives are we really seeing each other fully? Are we listening properly? What are we paying attention to? Or are we just about managing our own lives with very little to spare for another and maybe even less for ourselves? I believe that mindfulness boosts our ability to listen and builds our capacity to receive and 'be with' whatever we see or hear. When we learn to manage our own stress response and become less reactive, we have enough space in our minds to take in new information and more fully relate to, or at least empathise with the situation of another, without taking it on as our own. By pausing to turn inwards and connect with our deepest selves, we have more capacity to care for ourselves and others. Notice how you feel this week when you are really being listened to, or how it feels when the opposite is true. Are you being seen and heard? And valued? How are your own listening skills?

When I started teaching mindfulness at first, an aunt of mine, well into her 90s, would ask me, "what is that thing you do again? meaningfulness?"

I think maybe she was on the right track! Mindfulness meditation adds a deep sense of meaning, comfort and connection to my life and to the lives of so many people. If you would like an opportunity to connect with yourself and others in a meaningful way, I am delighted to be guiding drop-in mindfulness sessions at Myross Wood, Leap on Tuesday mornings from 10-11am. Please get in touch if you are interested in attending. I am currently developing a pro-

gramme for carers, a group of people close to my own heart, so please get in touch if you or someone you know would like to get some support.

My online meditation sessions via Zoom continue on Monday, Wednesday and Friday at 8pm, please do consider joining in, whether you have tried mindfulness meditation before or are new to it. These small group sessions are personal, down-to-earth, informal and donation based. Individ-

ual or group sessions are also available.

If you need any support to begin or to deepen your meditation practice, please feel free to get in touch. For more information on upcoming workshops and courses please like my Facebook page (Mindhaven) or feel free to get in touch by phone: 087 2700572 or by email: susanoreganmindfulness@gmail.com



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Ireland's First Autism Friendly Town celebrates three year anniversary with screening of Sundance award-winning film

In October, Clonakilty marked three years of being Ireland's First Autism Friendly Town with a screening of the documentary, 'The Reason I Jump', followed by a Q&A with author David Mitchell, who translated the memoir by Naoki Higashida, which the documentary is based on.

David also featured in the award-winning documentary, which challenges stereotypes about autism. The documentary is an immersive cinematic exploration of neurodiversity through the experiences of nonspeaking autistic people from around the world. The film blends Higashida's revelatory descriptions of his autism, written when he was just 13, with intimate portraits of five remarkable young people. It opens a window into an intense and overwhelming, but often joyful, sensory universe, a rich tapestry that leads us to Naoki's core message: not being able to speak does not mean there is nothing to say.

Clonakilty's journey to becoming an Autism-Friendly town saw businesses, organisations, sports clubs, schools and community groups throughout the town undergo training

and organisational changes to becoming autism friendly. This initiative and accreditation were a first for anywhere in Ireland and has been an incredible success for the whole Clonakilty community, now acting as a benchmark for communities across Ireland as they embark on their journey to become autism friendly. The aim of this SuperValu and AsIAM initiative is to create a greater awareness, understanding and acceptance of autism so that our communities become more accessible and enjoyable places for autistics of all ages.

The screening is one step the Clonakilty community are taking to reenergise the community as restrictions ease. Clonakilty is an inclusive community that makes it a great place to live, work and visit and the Clonakilty Autism Friendly Town Committee includes autistic voices and local bodies representing everyone from sports clubs, schools to retail. AsIAM, together with the committee, has established the Clonakilty Autism Academy to train community champions on how to make their organisations autism-friendly. As new community champions are trained, the

committee and community are looking forward to a new year of revitalised autism friendly community spirit.

Commenting on this Adam Harris, CEO of AsIAM said, "As Ireland begins to reopen, it is great to see Clonakilty host this special anniversary event after such a challenging period. 'The Reason I Jump' is a fantastic documentary that attempts to simulate the sensory experience of non-verbal autism and I'm delighted that the people of Clonakilty have had the opportunity to view the documentary and hear from David Mitchell and his experiences translating the memoir and working on the documentary itself. The work Clonakilty and the Autism Friendly Committee has done to sustain their position as an Autism Friendly Town over the last three years is tremendous and it is a truly inclusive community."

Any organisation can contact the Autism Friendly Clonakilty Committee at autismfriendly.clonakilty@gmail.com to access the online Clonakilty Autism Academy training either to refresh the training already received or to begin the journey.

This programme is supported by SuperValu Ireland.



Clonakilty Autism Friendly Town Committee with David Mitchell (front).

Parents urged to sign children up for flu vaccine

With the return of the winter flu virus, the Irish Pharmacy Union (IPU) is encouraging parents to sign their children up for a free nasal flu vaccine as soon as possible. Over 1,000 pharmacies nationwide are offering flu vaccines, which are free for all children aged between two and 17, and the IPU has said that early vaccination provides the most effective protection for children and the wider community. Children are twice as likely as adults to get the flu and are also more likely than adults to get severe complications of flu. Flu vaccination is quick and easy for children and, because it is administered via a nasal spray, there are no scary needles or pain involved.

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HEALTH

Hannah Dare
Organico Bantry

This month I am continuing my theme of natural solutions for your children's health problems with a close-up look at one of the least pleasant experiences: head lice. I experienced this once with my daughter when she was about

Treating head lice naturally

two, and it did really throw me! So much so that for the past 10 years I have always had some form of head lice treatment in the bathroom cabinet, which I think has worked as a charm to keep them away!

Having head lice is never a pleasant experience, and can be especially traumatic for the child who arrives home with it. So the treatment of lice shouldn't add to the stress. And luckily there is no need to stress at all – with these easy natural solutions, you can eliminate lice gently and effectively without needing to resort to strong chemical-laden treatments.

The first thing to know is that head lice infestations are not a reflection of hygiene. Lice are not picky and will make a home

in clean heads without a second thought. You can however do something to prevent them if you have advance warning from your kids' school – read on for my tips on that front!

If you do end up with an infestation, the first step is to decide your plan of attack. Would you like to take the one-treatment, comb-free approach? Or do you want to manually remove the living lice, eggs, and nits (empty egg casings) the old-fashioned way with a special lice comb? Both work, though we are happy to say that you don't need to comb – and if your child has thick hair this might be a huge relief.

Single application lice treatments (no combing)

In Organico our most popular single application treatment is called Licener; it's a shampoo and it works in 10 minutes. I couldn't believe it at first but consistent feedback has shown it really does work, and even better, it contains NO harmful chemicals and smells fine, so it's not painful to use. This non-toxic treatment uses natural ingredients that suffocate living lice and destroy eggs by poking holes in their shells to cut off their oxygen supply (which essentially suffocates them) – not something to dwell on, but sometimes needs must.

Natural neem extract is the major player in Licener. Once it's massaged into the scalp and covers all the hair from root to tip, you only have to leave it to soak for 10 minutes before rinsing out. To date, we've never had a customer come back and say it didn't work. Most health food shops carry Licener and at the moment we have an offer where you get two bottles for €14.95. If you can't find it locally we have it online and can ship it out to you.

Another option is Delacet – Larkspur and acetic acid are the lice-killing ingredients in this herbal tincture. Once applied, it takes about two-three hours of soaking to eliminate the lice and nits. It has the consistency of water, so it easily penetrates even the thickest of hair. Again, it's non-toxic and very effective, and the company says there is no need to comb the lice out. I left this on overnight in the end, and it was very effective in just one treatment (this is what I used as it was the only option we had 10 years ago).

Manual removal of lice, eggs, and nits with a comb

However, if you really want to comb your child's hair or course

you can – just make sure you use a conditioner first to save the tears! To use a lice comb, you simply saturate the scalp and hair with conditioner (any kind will do, but you might as well use Tea Tree), smooth out the hair with a normal fine-toothed comb, then use the lice comb on small sections of the scalp and hair at a time. (It's worth having a look for 'lice combing techniques' on YouTube to get the hang of effectively using a comb.) A lice comb is also a handy tool for conducting periodic 'lice checks' at bedtime to catch and eliminate an outbreak in its earliest stages. We have an excellent metal comb called Nitty Gritty, if you need one.

Killing lice that have spread around the room

Once you've treated your child's head lice, it's time to take stock of every surface their head has come into contact with over the last two days. All sheets, pillows, cuddly toys, hoods on clothing, and towels are prime real estate for lice infestations.

To kill the lice that have spread, run the items through a hot wash cycle then dry them on the highest setting possible. If washing isn't an option, you can also seal items in a plastic bag for two weeks to suffocate the lice. Finally, all the floors and furniture your child sits or plays on will need a good Hoovering. Once finished, bin that Hoover bag (outside the house) immediately.

So your efforts paid off and you got rid of the lice infestation! Now, how do you prevent



If your child keeps getting repeated lice attacks

If you've tried all

the above and you're finding it hard to shift the lice, or your child still gets repeated attacks, it might be time to take a look at your little one's immune health.

In many of our conversations with customers over the years, we've noticed a pattern: the kids who tend to get repeated lice attacks are also the kids who tend to come down with frequent colds, so taking a winter tonic can be a good idea, along with vitamin D. Kindervital from Salus Haus is an excellent option here, it's a liquid Tonic with a good range of nutrients and herbal extracts to keep your kids well. I also give a daily dose of Vitamin D (choose an age appropriate dose) and vitamin C, and touch wood, it's worked for the last 10 years!

For more advice drop into see us in Bantry or email us on info@organico.ie

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Organico was just awarded one of two Pat Curran Awards for Excellence in Customer Service 2021. Hannah is pictured with Michael Donnellan from PPC Ltd. Photo credit: Catherine Weld



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DOCTOR'S ORDERS

Dr Jeff Featherstone

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

So much has happened this month, I really don't know where to start. I will let you into a trade secret. The hardest job I have in A&E is referring on to the surgeons and medics for further care: It can be confrontational, as the specialists try and protect their precious beds and control a burgeoning workload.

When studying for their examinations and role-playing the 'difficult referral', if A&E

The concept of frailty in the elderly

doctors respond in kind to what boils down to completely unreasonable behaviour by a specialist, they fail the exam! We have thick skins and are slow to anger....we have to be that way.

The specialists like a nice clear-cut diagnosis – an appendix that they can chop out or a case of pneumonia that antibiotics will cure. It would be great if life were so simple; it is not!

A term that has been accepted into the lexicon of doctors in the care of the elderly is 'frailty'. This is a diagnosis that recognises the complexity of presentations and home circumstances in the elderly and opens the door to careful assessment and admission if necessary. It also recognises that minor non specific complaints (NSCs) like a fall, a temperature or weakness, if not taken seriously, can lead to disaster.

This appreciation of frailty has led to changes in A&E triage, whereby the elderly are initially seen by a highly experienced nurse and prioritised according to their intuition and clinical parameters like blood pressure, pulse, temperature, breathing rate, oxygen level and blood sugar.

We have scoring systems to assess frailty; the higher the

score, the greater prioritisation, and later the Comprehensive Geriatric Assessment CGA is performed usually by a nurse linked to the geriatric teams.

A useful tool in assessing whether an elderly relative needs assessment is the 'Five Ms':

MIND – is the patient more confused or delirious and off their normal baseline?

MOBILITY – is the patient having falls and why? A useful test is to time how long it takes them to stand and walk a short distance. The so-called get-up-and-go test is easily performed and monitored and not rocket science!

MEDICATION – is the patient over-medicated? Could we make life simpler by limiting the number of tablets being taken. I try to stop unnecessary treatment or drugs of dubious benefit. The chance of drug interactions when taking more than four different tablets is huge and, is often a reason for admission in the elderly, as they cannot metabolise these drugs with poor kidney and liver function. Multiple illnesses imply the use of many drugs (polypharmacy) and this needs very careful medical management.

MULTICOMPLEXITY – we all have different priorities and these should be taken

into consideration with shared decision-making in a holistic approach. These priorities should be listed and agreed

MATTERS – all this leads to a treatment plan with goals clearly defined.

We have guidelines in A&E around allowing a relative to stay with the elderly to comfort and orientate them. We talk slowly and clearly. We preserve dignity and make sure the patient has their glasses, hearing and walking aids.

So, as we are all getting older and living longer, it is at last reassuring to know that the care our elderly has become much more structured with terms like 'social admission' and 'inability to cope' (Acopia) in the past. The complexities of caring for our elderly are at last being appreciated by all. Patients don't always slot into one neat diagnostic box.

We try and get a quick accurate discharge letter out to GP teams and safety net with early review, home visits and even transitional care in the unit, as exists in Clonakilty.

Once again, I emphasise, if coming to hospital, do try and get a letter from your GP and do bring your tablets.

For any of you who like to read about life in A&E, I recom-

mend a book by my old boss Dr Chris Luke: 'A Life in Trauma – Memoirs of an Emergency Physician' details his 35 years in

Emergency Medicine in Australia, Liverpool and Cork. He now owes me pint!



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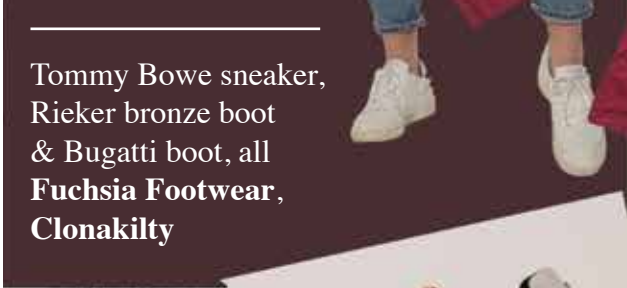
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LGBTI+
MATTERS

BRÓD is an LGBTI+ Community Group based in West Cork. A mix of LGBTI+ people and allies, the group's mission is to 'Support, Advocate and Increase Visibility' for the LGBTI+ community in West Cork.



by Mark Holland

What is BROD about, like 'what do we do?' is a question we keep asking ourselves. We know what we are for but what are we actually doing? It's pos-

Please come in

sibly a question that a lot of Local Community Groups (LCGs) have been asking themselves lately, for different reasons, but unfortunately we never really got off the starting blocks. Our genesis collided with Covid and the rest has been a right pain for all of us!

We were more or less formed out of a need for some group to organise a Pride event during the summer of 2019. Having barely survived that, there is a lot that goes into organising a street party, we all got back in touch six months later with a view to organising another one, and to develop the potential of a West Cork LGBTIQ+ hub, and then lockdown came along and poured a big cold bucket of water over our party plans, and any other plans we may have had to develop and grow as a local group. Now, any community group is only as good as its members, and we don't really have any. Of course Covid did throw up some opportunities, and there is a lot you can achieve online, but online takes the L out of LCG, and it could be counter-productive to compete with the already established LGBT+ groups who are themselves struggling to maintain critical mass online.

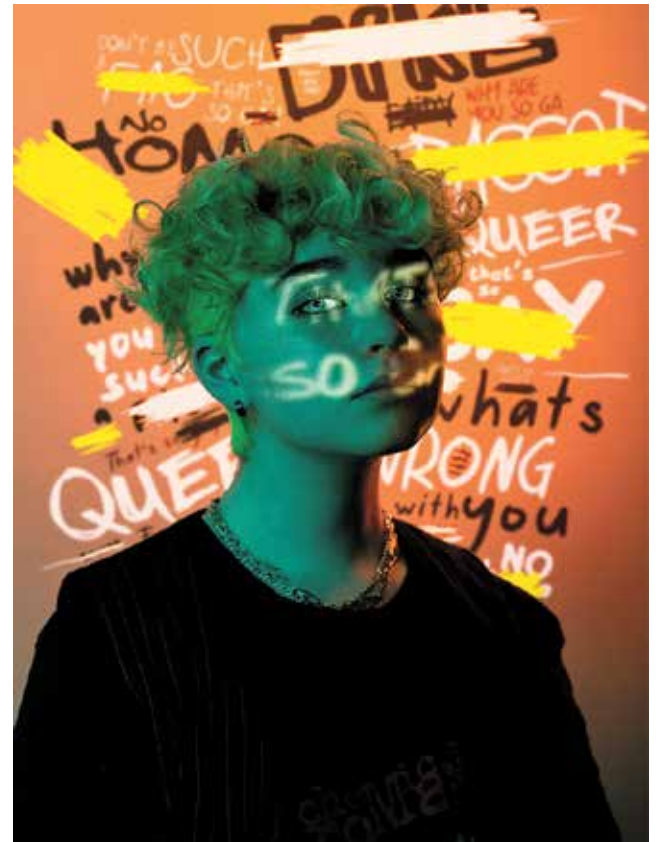
So without any funds, paid

staff or space, there is a limit to what we can do. Visibility is the primary function of any organisation whose core remit is inclusion. Exclusion is only ever based on fear of the unknown and once we are seen and recognised we invariably become embraced and integrated as functioning responsible contributors to the community we live in as ourselves. Getting these monthly columns out in the local community paper is one thing, chomping at the bit to get organising the next possible West Cork Pride is another; we are currently working with local youth groups with specific LGBT+ training, and we are also associated with organisations who run school workshops, two of which come in for special mention here:

First is *ShoutOut*, a charity that promotes inclusion of diversity through education by delivering workshops to students, parents, guardians, teachers, youth workers and workplaces. The reason that they deserve a special mention is because after the midterm break they will be launching their all new online workshops complete with animation that can be presented in any school, anywhere, anytime via zoom. These workshops are free of charge and designed for

purpose to fit into the school timetable of a 45-minute class, any teacher, student or parent can contact them at education@shoutout.ie for information or to organise a workshop. These workshops are tailor made for TY students but are suitable for all first to sixth years, it would be an achievement to aim for all of the secondary schools in West Cork hosting ShoutOut workshops this and every academic year.

The other organisation deserving of special mention is *BeLong To*, who every November run a 'Stand Up Awareness Week' specifically designed for Secondary schools. This year's programme will be run from November 15-19, and as usual finishes on the Friday with its Gala #ComeIn event, for all of the students to come to school that day wearing a top the colour of one of the six colours of the rainbow to demonstrate diversity and inclusion in a positive and engaging way. The guide and resources for 'Stand Up Awareness Week' were sent out to every second-level school and Youthreach in the country two weeks ago. The Guide is exhaustive with a whole programme of events to plan a week around with lots of instructions, strategies and



goals, a perfect project to get stuck into, with advice also on how to establish ongoing supports throughout the year with Gender & Sexuality Alliances (GSA). For more information and to get your free Stand Up 2021 Digital Pack, contact sinead@belongto.org.

Besides all of that, for now, we hope to act as an information and signposting service for all of the local people who con-

tact us. We direct people to the appropriate services and groups that may be available to them around the county, city or nationally, and we do have plans, now that social restrictions seem to be lifting, to establish a local social group with a purpose, so watch this space and hopefully we will have something taking shape, for real, before this year's end.



Amanda Roe

Trauma therapist
& Mind coach

What is adrenal fatigue?

Are you exhausted and feel like you're running on empty? Then you may be suffering from adrenal fatigue.

Adrenal fatigue is not a disease diagnosis but rather a fact that your adrenals are exhausted and finding it difficult to function at an optimal level and struggling to perform all the tasks that they are designed

to do.

Your adrenal glands are small triangular shaped glands positioned in your lower back just on top of your kidneys.

The glands produce hormones that regulate your immune system, metabolism and other essential functions.

They respond to stress by producing cortisol, a hormone that suppresses inflammation,

gives your body an energy boost and helps it to manage emergency situations.

Cortisol also regulates blood pressure, the body's use of carbohydrates, proteins and fats and controls your circadian rhythm (your sleep/wake cycle).

The adrenal glands are designed to manage short periods of high stress and danger, then rest and replenish hormones, but when you are suffering from long-term stress the adrenals can't keep up with the cortisol production needed and become fatigued.

In this scenario the adrenals will then not be able to function fully and a range of symptoms may be experienced.

There are four stages of adrenal fatigue: Symptoms are unique to each person and they may experience one or more symptoms.

Stage 1: Mild fatigue and cravings for sugar, caffeine or carbohydrate foods

Stage 2: Feeling tired more often, taking longer to feel well rested. You may notice digestive issues, bloating, unexplained weight gain or

difficulty losing weight, lower back pain, general aches and pains, irritability, nervousness, low mood, difficulty sleeping, insomnia, elevated blood pressure, blood sugar problems, hormone imbalances, fertility issues and thyroid function may be affected. More dependency on caffeinated drinks, sugar and coffee.

Stage 3: Lack of motivation and joy, low libido, feeling run-down, lack of enthusiasm, suffering from recurring infections, an increased awareness of your heart beat, agitation, anxiety or depression.

Stage 4: Burnout, brought on by chronic levels of stress and overwhelm over extended periods, ie. working long hours without adequate rest combined with irregular eating. Some people can experience panic attacks, an acute stress response or even need hospitalisation, it can appear to come out of nowhere but you have in fact been running on empty for so long that your body has reached its limit.

It is common for people suffering from adrenal fatigue

to be concerned about their health for some time with blood tests presenting within a normal range, which can lead to frustration and a lack of answers.

If you are concerned that you are suffering from burnout or you recognise some of the symptoms mentioned above a simple one-day saliva test is very accurate for identifying how well your body is producing cortisol, helping you to understand what stage of adrenal fatigue you are in. It is also useful to track your recovery. A holistic approach to recovery including diet, nutrition, lifestyle, hypnotherapy and acupuncture can all help you get well, stay well and enjoy life more.

If you would like to learn more you can contact me or book a free 15 minute consultation on my new website www.roehealth.ie alternatively call/text 087 633 1898.

Amanda Roe is a clinical hypnotherapist and acupuncturist working in Skibbereen. It is possible to see Amanda in person or remotely via zoom.

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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.

Find it inspiring to see a growing new generation of doctors and medics emerging in various corners of the world who are pushing the frontiers of modern medicine and advocating the power and virtue of what's being dubbed 'Lifestyle Medicine'. In essence, these are the brave MD's willing to set aside reliance on pharmaceuticals as a one-size fits all treatment regimen and align themselves and their careers with their profession's fundamental Hippocratic ethos to 'first, do no harm', to 'prevent disease wherever possible since prevention is better than cure' and to 'let food be thy medicine and medicine be thy food'. This growing movement worldwide is a multidisciplinary and evidence-based effort to

find new ways to treat, manage and reverse chronic illness. It is about reframing healthcare to focus on lifestyle factors which are increasingly recognised as being the root cause of most chronic illness. This approach fosters an attitude of shared commitment both among health professionals and between physician and patient in supporting effective behavioural change and improving public health education in a joined-up and collaborative way. Having been in health provision circles for many years, I find it immensely refreshing to witness the dawning of a more intelligent approach to healthcare, as the gulf between Western biomedicine and holistic medical models begins to close.

Lifestyle Medicine is premised on six key pillars that all influence and contribute to our health: 1. Physical activity and exercise 2. Diet and nutrition 3. Sleep 4. Stress reduction and mental health 5. Reduction or cessation of harmful substances and influences (tobacco, alcohol, drugs, various chemicals) 6. Healthy relationships. Interestingly however, it also acknowledges other significant factors that impact health on a more societal level such as deprivation, social isolation, lack of hope, climate change anxiety and health inequality to mention a few.

Take Dr. Aseem Malhotra for instance, the highly esteemed, award-winning cardiologist who is regarded as a 'medical game-changer' with his mission to not only highlight the links between sugar consumption and a raft of obesity and heart-related diseases but who bravely speaks out with his voice of professional authority about the potential dangers of

some pharmaceutical drugs through his work on 'A Statin-Free Life'. Then there's Dr. Chatterjee, whose ethos is "to empower you to become the architect of your own health". His 'Feel Better, Live More' podcast regularly tops the Apple Podcasts chart across the UK and Europe as people become hungrier for a more wholesome approach to life, living and health. Another example is Dr. Rob Verkerk PhD who founded the Alliance for Natural Health. His work includes directing legal actions to protect the right to natural health and has been on the forefront of developing a new model for proactive health regeneration and health system sustainability with his ongoing research, education and campaigns that focus on building multi-system resilience through such cornerstones as healthy diet, lifestyle and targeted supplements.

While this new generation of medics and thought leaders is incredibly encouraging for the future of health provision, I can't help smiling to myself. Is it really all that 'new'? Chinese Medicine is fundamentally premised on the principles of lifestyle medicine. It IS 'lifestyle medicine'. The Chinese and indeed Japanese culture of yesteryear made lifestyle medicine an art form: the more profoundly in harmony and balanced your lifestyle and sense of selfhood, the more revered you were. No living on Starbucks coffee and fast food to get through your white-knuckle-ride of a day for those guys. While cherry blossom bliss and existential simplicity may seem like an unachievable myth to us now, the art of lifestyle medicine or Yang Sheng Fa as it's called in the Chinese

medical tradition is really about a shift towards deeply aligning ourselves with all that supports us to flourish in a profoundly coherent way. Of course that means nourishing ourselves with food that is wholesome and vitalised. Inevitably that includes leaning into the rhythms of the day, the week and the seasons with life-work balance and an appreciation for the value of relaxation and quality sleep. It naturally advocates for tremendous physical engagement, activity, suppleness and fitness. But more than that, it understands that we are beings of consciousness and energy in physical form, and therefore models of health and disease need to reflect this. It's not enough to attend to just the physicality of health and illness as this is simply the endpoint. It is to embrace the absolute interconnectedness between our psychological, emotional, and spiritual life with our physical health. It is to know that equanimity, kindness, optimism, patience, dignity and resilience are powerful medicine. It's to grasp that living with a sense of purpose, inclusion and community is a tonic for the soul. And that the depth of our capacity to relate and communicate with authenticity is a balm for the heart. It is to grasp, viscerally, that our environment does affect us and being out in nature is a tonic like no other. Furthermore, it is to not underestimate the powerful potential of supporting ourselves to eat, sleep, relax, move, relate, share, express, laugh, love, care, cry, forgive, strive, play, create, reflect and pray for initiating a transformative healing journey that really can begin to reverse chronic illness.

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Cork donates over 180,000 COVID-19 vaccines

UNICEF Goodwill Ambassador Liam Neeson has hailed the generosity of the Irish public as he announced donations for UNICEF's 'Get a Vaccine, Give a Vaccine' campaign have passed the two million doses mark. Speaking ahead of an appearance on The Late Late Show last month, Neeson said, thanks to support from people and companies in Ireland, UNICEF will now deliver two



million life-saving COVID-19 vaccine doses to healthcare workers and vulnerable people in some of the world's least developed countries.

According to UNICEF Ireland, of the two million vaccine deliveries donated nationally, people from Cork have donated over 180,000 COVID-19 vaccines to some of the world's least developed countries.

As a long-time UNICEF Goodwill Ambassador, Neeson said he has been inspired by the support Irish people have shown for others around the world. "I am so proud to announce that the Irish public has now donated over two million COVID-19 vaccine dose deliveries. It is incredible. The pandemic has shown us that we are all in this together.

And the generous response to UNICEF's 'Get a Vaccine, Give a Vaccine' campaign in Ireland has been so inspiring to witness and be part of. By supporting UNICEF, people and companies in Ireland are playing their part in the biggest vaccine procurement and distribution in history. UNICEF is working to deliver three billion COVID-19 vaccines to the most vulnerable

families, health workers and high-risk people on our planet."

He said more funding is needed to achieve UNICEF's historic mission. "I ask people and companies in Ireland to keep supporting UNICEF and the fight against COVID-19. A donation to UNICEF means that vaccines get to the most remote and isolated places in

the world, vaccines are stored safely using secure cold chain equipment, health workers are vaccinated and protected against COVID-19 and vulnerable families and children receive the life-saving care they need to survive."

For more information about UNICEF and its work for children visit www.unicef.ie

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Dr. Rosari Kingston

Dr. Rosari Kingston PhD, M.Sc (Herbal medicine) is a medical herbalist practising in Dr. O'Reilly's integrative clinical practice in Clonakilty 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

A new cycle

Firstly, I want to thank everyone who came to the launch of my book, 'Ireland's Hidden Medicine', on October 15. Thank you all for your support, and I am glad to say all the books Fields had in stock were sold out. If you failed to get a copy, put your name on the waiting list or buy online.

November 1 is the first day of winter. Even though we associate this period with shorter days, more inclement weather and long dark nights it does make sense to see it as the beginning of a new cycle also, even though it appears all growth has ceased. This perception is misleading however, as so much growth takes place in the dark, be it the seed or the baby.

It is a month we associate with the dead and there are some lovely Irish traditions that are also healing. Among

these is the custom of lighting a candle for each deceased relative and placing it in a window. Visits to family graves are often undertaken this month and this serves to remind us of our ancestors and our place in the family tree. It is a great opportunity to talk about those who have died, and their influence on our lives, be it for good or ill. If the latter, it is an opportunity to identify the cause of this and to take whatever action is necessary to remedy this negative effect. It is time to take out the family tree and tell stories to the younger generation about the life and deeds of those who have gone before them. Did they live to the full? And if not, why not? Was the struggle to survive so great that it destroyed people? Did some had to emigrate and why? It is an opportunity to discuss the differences between our society

in the past and today. Within indigenous societies, ancestral healing has become popular to deal with the effects of colonisation and the trauma on a people that this engenders. Family constellation therapy is popular in Ireland, and it is a therapeutic approach designed to help reveal the hidden dynamics in a family so as to address them in a positive manner. These forms of therapies make us realise that the tradition of remembering the dead in November is an opportunity to reveal and talk about those who have gone before us and how their impact on us. It is an occasion to ask a child how they remember a beloved granny or grandad. They can be encouraged to draw or write their favourite, or least favourite memory. It allows the lesson of mortality to be imparted and that to die is part of living.

This discussion of the



importance of remembering the dead is only one part of Halloween, the other is of course the feasting, including the barmbrack and the many divination practices undertaken for this feast. Halloween is then a feast of opposites, and that is life...

joy and sorrow, life and death. Happy Halloween.

'Ireland's Hidden Medicine' by Rosarie Kingston is for sale at the reception in Dr. O'Reilly's, 12 Emmet Square, Clonakilty. (023) 885 8485.



Eoin Roe Chiropractic

As a chiropractor, I often see people who are suffering with low back pain (LBP). Within society there is a feeling that this is normal, it is just wear and tear, and everyone will suffer with it at some point: I don't agree.

This area of your body is designed to lock together and

has large strong ligaments and fascia covering the whole area and making it very stable. The stronger or more active you are, the stronger and more stable your pelvis and lumbar spine will be, meaning it is less likely you will have a problem there.

The question I always ask myself when helping someone with low back pain is "as this area of the back is really stable and not interested in moving much, why has it moved out of place and why is it painful?".

There are of course mechanisms of injury that will cause LBP problems, a fall, a car accident, a sports injury where the impact can be so forceful that it causes an injury. The truth is that very few people who come to me actually report such an injury. Just a note here –

bending over to do up your shoe or unpacking the dishwasher is not a mechanism for injury, you should be able to bend down and tie your shoe without injury; there is something else going on here.

So why are so many people suffering from low back pain?

The reality is there are as many reasons as there are people, so I am going to touch on a few general issues that I commonly come across.

Neck and Upper Spine issues:

One of the reasons that people end up with LBP is that there are other issues further up the spine that cause a neurological deficiency in the muscles and ligaments around the LB, therefore allowing it to become unstable and go out of place.

It is common for people with LBP to have other issues; like a chronic shoulder problem or unusual issues that they think are unrelated like muscle weakness or pins and needles in their hands, which they did not know could be helped. Often fixing this problem is essential to a long-term solution for that person's LBP.

Inguinal Ligament problems

The inguinal ligament actually comes out of the external oblique muscle, which has its origins in the ribs, but for practical purposes you can feel the ligament by putting your fingers on the bony prominence at the front of your pelvis and moving your fingers down and in towards the mid line of your pubic bone. The inguinal ligament

provides pelvic stability and, if you have pulled or strained this area, it will cause instability in the whole pelvis and you can feel this as LBP. For example, someone suffering from constipation can result in LBP and inguinal problems from straining in a bowel movement.

Other complex issues

It is actually quite common for someone to come looking for help with LBP when their actual issue is to do another chronic condition.

For example, somebody with a gastrointestinal problem, diminished stomach acid, leaky gut and an inability to absorb nutrients like magnesium, calcium, b12, all of which are essential for the correct functioning of nerves and muscles,

can result in back pain due to nutritional deficiency.

Whilst LBP is common and can be very debilitating, it is NOT normal and can be helped. So if you are looking for help with LBP or other issues you can get in touch with me or book a free 15 minute consultation through my new website www.roehealth.ie. If you don't use the internet, you can call/text 087 958 2362.

Dr Eoin Roe is a Chiropractor and Functional medicine practitioner working from ROE Health, Market Street, Skibbereen.

Where does your low back pain come from?

Cork cancer survivors help to fund cancer profiling machine

A €550,000 machine part-funded by two Cork cancer survivors is generating cancer profiles in 24 hours.

The Ion Torrent Genexus sequencer at CUH is the first of its kind in Ireland, identifying the DNA profiles of cancers – which are then used to determine the best type of treatment to fight the disease.

Almost €50,000 was raised during Cork Pink Week in 2019 – organised by friends Miriam Healy and Sylvia McHenry, both of whom survived breast cancer.

Other patients in the middle of

harrowing cancer treatment handed over cash to their consultants, asking that it be donated to the major fundraising drive.

The machine, the single most expensive piece of equipment bought by CUH Charity. Previously, DNA profiling had to be done in the UK, and during Covid, it often took eight weeks to turn around results. These results can now be delivered within 24 hours by CUH, bringing immense potential to improve patients' quality of life and outcomes.

Incredible public support for CUH Charity's 18-month 'Pull

Together' campaign, ensured the remaining funds were raised.

The Karen Fenton Ovarian Cancer Fund raised €80,000 in memory of Karen Fenton, who spent her final weeks in CUH before her death in 2017, aged 43.

Mick McCourt, his family and friends and work colleagues from McAfee raised more than €64,000 in memory of his wife Aileen, who died in 2018.

Prof Seamus O'Reilly of CUH described the Ion Torrent sequencer as an "incredible purchase" and thanked everyone who supported it.

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Get out of pain and move easier with the help of neuromuscular therapy

Neuromuscular Physical Therapist Lloyd O'Mahoney is one of a number of professional practitioners working out of Dr. Fiona O'Reilly's Integrated Clinic at Emmet Square in Clonakilty. Lloyd's business Kinetic Movement Physical Therapy is all about helping clients get out of pain and move better.

As well as neuromuscular, Lloyd has qualified in a range of specialist therapies ranging from biomechanics, exercise physiology and pain science to movement neurology and strength and conditioning, which has armed him with a very extensive toolbox to tackle almost any injury or pain presentation, or to help you meet your training goals.

Involved in sport from a young age, from soccer and rugby earlier on in life to running and rock climbing mainly over the past decade, Lloyd has amassed his own fair share of injuries along the way: A fractured neck, torn ankle ligaments and fractured leg to name a few and chronic shoulder issues hindered his climbing goals for a long time. Fed up of the traditional therapy model failing him and tired of not seeing results, Lloyd took matters into his own hands and dived head first into learning about all things movement and training and the human body. "I decided to seek answers for myself and to take ownership of my body," he explains, "my goal being to figure out how to best look after my own body so I could ensure my athletic longevity."

Along the way, Lloyd qualified in various specialist areas,



enabling him to work hands-on helping other people to get out of pain, teaching them how to move better and achieve their goals getting stronger and more athletic without sacrificing quality in movement.

He has learned from the best, mentoring under some of the leading minds in the world of injury rehabilitation and fitness. As a result, his approach blends the best of science and practical application. "I see great results with mixing manual therapy techniques with real world and meaningful movement and exercise," he says.

The approach Lloyd takes can be very effective whether you have an acute injury, are suffering with chronic or persistent pain, or you are looking to optimise your movement to boost athletic performance. So whether your goal is to simply play with your children pain-free without that nagging back pain flaring up, or you want to get back to running pain-free, he can help you reach your goals.

A first consultation with Lloyd starts with a biomechanical assessment and gait analysis, where he studies your posture

and the movement strategies your nervous system (brain) uses in order to compensate and move around your injury or limitation. This can be sport-specific movements or simple every day tasks such as hoovering the house. After listening to your story, learning about your injury history and observing and understanding how you move, Lloyd will then help you to make sense of your pain and set to work with getting you back doing the things you love – pain-free.

"I have great success with treating both acute and chronic pain," he says. "I see a whole host of injuries, from chronic low back pain, to foot pain, achilles and patellar tendonitis, knee and hip pain, frozen shoulder, elbow tendonitis and neck pain, just to name a few."

In recent months, with the lifting of Covid restrictions and the good weather during the summer, there have been a lot of presentations of running-related injuries. A common mistake made by people aiming to rehab a running injury and a low back injury is trying to isolate and strengthen a single muscle. He explains, "You may have been told to strengthen your glutes and all your problems will go away. However, they didn't and they won't. That is because the body is a complex and fully-integrative system so you need to pay respect to the intermuscular co-ordination and fascial connections throughout the entire body. Nothing works in singularity."

"For example, the foot is a very complex system, there are 33 joints and 26 bones in each foot, all of which need to articulate in three planes of motion every single time you take a footstep."

"In order for your glutes to

work optimally it needs a pelvis that can move in a certain way and a femur (thigh bone) to move under it in a certain way, creating relative motion at the joints and an ability for the structures to share forces evenly.

"A foot that articulates well will create a reaction above it to get the femur and pelvis to move into the correct positions in order to stimulate the optimal response from your glutes. Allowing your glutes to maximally lengthen and in turn maximally shorten and contract will help to propel you forward."

"In this situation, it may be that your glutes are not doing enough for you, but the real problem is not the strength but rather that when you run and when your foot hits the ground, it is not interacting well with the ground, resulting in the structures above the foot not being able to get into the optimal positions and an inability for the entire leg as a system to absorb and dissipate the forces acting on it."

"Instead of just strengthening your glutes, start to think about restoring the mechanics of what should happen when your foot hits the floor, and see the response in the entire leg. It's the same with walking and can have the same effect on low back pain."

If any of this resonates with you or you are interested in learning more on how Lloyd can help you get out of pain and move better and become more robust, then please get in touch.

Lloyd will also be launching new services this coming winter – spirometry and metabolic analysis – but that's another article!

To make an appointment call Lloyd on 087 246 4146 or email lomahoney86@gmail.com.

Preparing your child for the 'fall back' clock change

At 2am, on Sunday, October 31, the clocks will go back one hour. Of the two clock changes that happen annually, this is the one that parents nationwide dread, as an early wake time becomes an hour earlier overnight. Top child sleep consultant and creator of The Sleep Series, Erica Hargaden shares her top tip to manage this transition in your home seamlessly.

Often referred to as the 'fall back' clock change, this is the one that causes most headaches for parents and their little ones as a normal wake up time of 6.30am can become 5.30am in the blink of an eye.

In the week prior to the clock change, Erica suggests parents start adjusting their children's bedtime by putting them to bed 10 minutes later each night leading up to October 31. Erica explained "So if your child normally goes to bed at 7pm, you will adjust to 7.10pm on night one, 7.20pm on night two, 7.30pm on night three and so on. The logic is that by the time you get to the clock change your child will have adjusted to the new time when Sunday, October 31, rolls around and as such their biological clock will have adjusted and they will wake at the new 6am or 7am!". See www.babogoe.com



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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.

What's hitting beauty shelves this month?

Aveeno Calm + Restore
For the first time in Ireland, from much-loved skincare brand Aveeno, comes a new, unique range of face care, offering a calming and restorative solution for sensitive skin. The Calm & Restore collection is available in pharmacies nationwide and contains four hero products to be used as part of a daily skin regime including a nourishing cleanser, soothing toning lotion, triple oat serum and oat gel moisturiser – all formulated with prebiotic oat, known for helping soothe and repair your skin, while restoring the skin's moisture barrier and a new ingredient for the Aveeno family, calming feverfew, known for its antioxidant properties which helps calm



the skin. Dermatologist tested, hypoallergenic and fragrance free, prices start at €9.99.

Murad's Daily Clarifying Peel

A new addition to the Murad family, Daily Clarifying Peel is designed to gently resurface and purify the skin in just one step. Suitable for oily, combination and dry skin types, the alcohol-free multi-action peel combines three powerhouse ingredients, AHAs (glycolic acid) and BHA (salicylic acid) and a retinoid to clear pores, gently lift dull surface cells and resurface for a smoother texture and clearer complexion. It is also infused with refreshing hydrators to moisturise and help prevent dryness. Best used as part of your evening skincare routine, there is no need to rinse off, simply follow with your usual moisturiser and remember to apply SPF in the morning, €37 available from Murad stockists nationwide.

Meno Active

After more than two years of extensive research by specialists in various field of nutrition and science, the new super supplement from Revive Active has been formulated for women during and after menopause. A refreshing citrus flavour, with a comprehensive blend of 30 ingredients all delivered in a unique sachet and capsule combination. Each daily dose contains three plant extracts, ashwagandha, sage and green tea along with four digestive enzymes, omega 3 DHA, three different strains of live friendly bacteria and 19 vitamins and minerals, all contributing to the regulation of hormonal activity, normal brain function, nervous system, and energy, €59.99 for a month's supply, available in pharmacies nationwide.

Avène Localised Drying Emulsion

This very exciting new product from Avène is a complementary solution to your daily skincare that helps to get rid of stubborn blemishes in just one day and limits the appearance of residual marks without aggravating the skin. Suitable for anyone looking to calm, reduce and target individual blemishes, it's formulated with a trio of active and powerful ingredients including Comedoclastin™, Glycolic Acid and Retinaldehyde. The non-greasy texture melts rapidly into the skin, while the nozzle applicator allows for targeted application. Apply two to three times a day to the breakout until the blemish disappears completely! €13.50, available in pharmacies nationwide.

He-Shi HD Wonder Glow

Who doesn't love a gentle golden glow? He-Shi HD Wonder Glow is a skin-perfecting instant face and body make up that is light-reflective to highlight and illuminate your skin in all the right spots.

Developed with colour-correcting technology to even skin tone and cover blemishes, imperfections and veins, this quick drying tan leaves your

skin looking perfected and flawless. Vegan and cruelty free and made with 93 per cent natural ingredients, it can be used on its own or on top of an existing tan. Infused with nourishing aloe vera, skin is left feeling hydrated and soft to touch, €22, available in selected pharmacies nationwide and online from he-shi.eu

Lancôme L'Absolu Rouge Drama Ink

The new L'Absolu Rouge Drama Ink by Lancôme reveals a new innovative formula and new shade range, from dramatic reds to passionate nudes. This semi-matte lip colour delivers long lasting intense colour in just one coat, with no transfer or fading. Thanks to the revolutionary water in oil emulsion, the ultra-thin texture is four times lighter than conventional lipsticks for a light and comfortable feel on lips. With an exclusive patented petal applicator, you can expect a smooth, precise, and easy application delivering just the right amount of formula on the lips, with 18 shades to choose from, you'll be spoilt for choice, €32.50, available in Brown Thomas, Arnotts and selected retailers nationwide.

Dermalogica Daily Glycolic Cleanser

The latest launch from professional skin brand, Dermalogica, Daily Glycolic Cleanser is designed to brighten dull, uneven, and lacklustre skin all whilst maintaining the skin's moisture barrier. Formulated with Glycolic Acid, known for having the smallest molecular size of all AHAs (Alpha Hydroxy Acids), makes it effective at penetrating the skin's surface where all that dullness resides. In addition, calendula extract soothes the skin whilst jojoba seed oil nourishes and helps to condition and replenish skin, ensuring luminous healthy-looking skin after each wash. For best results, massage onto a dampened skin on the face and neck, rinse with warm water and pat dry, from €45, available in selected Dermalogica stockists nationwide and online from dermalogica.com

REN Bio Retinoid Youth Serum

Retinol-mirroring results made suitable for sensitive skin! Introducing REN'S new clinically proven serum that combines a plant-derived alternative to retinol, Bidens Pilosa, with ceramides and niacinamide to

Continued on next page...



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Avène launches new products for hypersensitive skin

French skincare brand Avène has just launched three new products for hypersensitive skin types including brand new formulations for its iconic Skin Recovery Cream and Rich Skin Recovery Cream.

D-Sensinose is now the third postbiotic active ingredient from Avène Thermal Spring Water and has a targeted action on all types of skin hypersensitivity including tingling, overheating and burning sensations. This new patented active ingredient represents a marked improvement for all types of hypersensitive, reactive, intolerant and allergy-prone skin in need of instant soothing

relief and long-lasting comfort.

The incredible new ingredient offers 24-hour hydration and restores the skin barrier in 48 hours. Uncomfortable, tingling, burning or tight skin is calmed in 30 seconds.

This October 2021, sees the complete relaunch of the Avène Tolerance Range including a cleanser, a cream and a balm complete with D-Sensinose. The reformulated products are designed for children and adults with hypersensitive, reactive, intolerant or allergic skin.

Look out for them in your local pharmacy.



people Food, Health & Lifestyle

...Con'd from previous page

firm, even tone and pigmentation, plump, smooth, and improve elasticity, while visibly reducing fine lines and wrinkles after just seven days. The added Niacinamide (Vitamin B3) helps protect against free radical damage and improves brightness and firmness; while Ceramides from wheatgerm work to strengthen the skin barrier, increase skin hydration, soothe, and reduce irritation. In fact, 96 per cent agreed the product was gentle on skin and did not irritate. Also in the collection is a Bio Retinoid Cream and Bio Retinoid Youth Concentrate Oil, €74, available in selected Ren Skincare stockists and online from renskincare.ie

Filorga NCEF-SHOT Concentrate

Ideal for use during the changing seasons and during periods of stress or fatigue. Filorga's NCEF-Shot is an ultra-light, 10-day treatment that can transform wrinkles, pores, and a loss of elasticity. This hard-working product evens out the skin tone whilst providing essential moisture and boosting radiance. The formula is concentrated in NCEF, a unique polyrevitalising complex developed by Laboratoires FILORGA with 50 ingredients incorporated for the first time in a dose equivalent to that used in a meso injection per day. Simply apply to the entire face, neck and décolleté

morning and night for 10 days before your cream or serum, €72, available in selected pharmacies nationwide and online from cosmeticsonline.ie

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Christmas Shoebox Appeal is back

The theme for this year's Team Hope Christmas Shoebox Appeal is #MakeAChildSmile and aims to encourage people to think about the single impact, joy and smiles that a shoebox brings to the child affected by poverty who receives it.



International Rugby player Josh van der Flier at the launch of the 2021 Team Hope Christmas Shoebox Appeal. Picture: Marc O'Sullivan.

Announcing the launch of this year's shoebox appeal, Christine Dobson, Cork Team Coordinator said: "We are delighted that we have been able to safely return to normal operations for the Christmas Shoebox Appeal this year. The people of Cork have always been great supporters of the Appeal and we need all that support to make as many children as possible smile this Christmas. We can only do it, if we do it together."

International Rugby player and Shoebox Appeal Ambassa-

dor Josh van der Flier said: "My earliest memory of the Christmas Shoebox Appeal was doing it in primary school. It was always very exciting because, even as a child, you really felt like you could make a difference. Like so many children, all I knew was Christmas filled with excitement and joy, and it was really hard to imagine that other children wouldn't experience it in quite the same way. I hope that schools and families around Ireland will join me to raise as many shoeboxes (and smiles) as possible."

It has never been easier to build a shoebox. All you have to do is find an empty shoebox, wrap it in Christmas paper and fill it with gifts for a boy or girl aged between two and 14, give online or attach a €4 donation and bring it to a local drop off point before the deadline of Monday, November 8 – or you can build-a-box online by donating at www.teamhope.ie.

When considering items that are best to gift, think of the 4W's:

Wear – Gloves, Hat, Scarf, Socks, Top, Underwear



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Every shoebox and online donation will allow Team Hope to deliver your shoebox with love and care directly into the hands of a child affected by poverty in countries across Eastern Europe and Africa.

Families, schools and communities are also encouraged to celebrate all the smiles that will be put on children's faces during the second annual Team Hope Christmas Shoebox Appeal Week, which will take place from November 1-8, 2021.

Team Hope's aim in 2021 is to deliver as many shoeboxes as possible to children in Romania, Transnistria (Moldova), Ukraine, Kosova, Albania, Belarus, Burundi, Democratic Republic Congo, Lesotho,

eSwatini (Swaziland), Malawi, Kenya, Burkina Faso, Rwanda, as every shoebox counts.

For more information about the Team Hope Christmas Shoebox Appeal, please visit www.teamhope.ie or contact Sally Daly (087 6854489) to arrange collection. You can also drop boxes for collection into the West Cork People office on McCurtain Hill (open 9am-5.30pm, Monday-Friday) in Clonakilty before November 8.

people Food, Health & Lifestyle



IMAGE

Louise O'Dwyer
Image Consultant

"I wish I had invented blue jeans. They have expression, modesty, sex, appeal, simplicity – all I hope for in my clothes..."
Yves Saint Laurent

‘T’here is more to life than a great pair of jeans’: I know plenty of people out there who would emphatically argue with me on that point! How could anyone possibly live without jeans? We all have our favourites, our extra sexy pair, the every-day pair, the ‘Mass’ pair, the ‘fat days’ pair and the other four pairs that we might fit into one day with perhaps one pair in there that are too big. There was a time when jeans were uncomfortable to wear but designers have tirelessly worked to soften the fabric in just the right places and worked tediously to mould and shape them so that they flatter our wonderful curves. Fashion dictates the cut that we tend to wear but we have now found ourselves in a bit of a quandary...there are multiple styles in vogue, so which direction should we go in? Most of us are desperately clinging to

The journey of jeans

our ‘skinny’s. Familiarity most definitely sums that up. We need to be nudged in a new direction and change, while difficult at times, almost always benefits us enormously.

Before I start picking apart all the different styles, it might be a good time to look at the functional side of jeans. When do you wear them and to what? It is now acceptable to wear jeans to any event, at any time, and to anywhere. Isn’t this just fantastic? What does change is the style of jeans: As the event moves up the scale from casual to glam, or more formal, the style has to be more sculpted – no baggies, rips, or mom jeans. The choice of shoe or boot that you wear underneath can add to your overall glamour or play it down.

Which of you hasn’t had a moan about shopping for jeans? Yes, finding a great pair will undoubtedly involve some work and lots of time, but trust me, it is worth it. More than any other item of clothing, shopping for jeans requires the entire devotion of your attention on any given shopping day. In other words, if you are shopping for jeans, then it simply must be jeans only. Try on as many pairs as you possibly can, every cut, every price! This is the only way that you will know what works best.

So many of you ask me to recommend which brands are best: There is no way that I could, because our shapes vary so dramatically. What works for me, most likely, will not work for you and the only way to find out is to keep trying pairs until you know...and YOU WILL KNOW! When you find ‘those’ jeans, buy two pairs, or at least

the same pair in blue and black denim. For years I have been saying that jeans are perhaps the best weight barometer that there is. We can instantly feel a little extra or a little less weight when we tie up our jeans – a good reason to make sure that you wear jeans regularly!

Jeans should be your best friend, they should shape, flatter and mould you, keep you warm, cover unwaxed legs (if needed), be your go-to feel better item of clothes and they should last you a very long time.



Denim jeans have become an integral part of everyday life, so much so that most of us never stop to question where our favourite pair came from, how they were manufactured, and the history behind jeans. It is fascinating and I’ll try to condense it for you. Levi Strauss moved to San Francisco during the 1853 California Gold Rush, to start a branch of his family’s dry goods business out west. Originally a German immigrant, he moved to New York first in 1851 with his brother. He sold many products, one of which was the sturdy imported cotton fabric, denim. Strauss partnered up with a tailor, Jacob Davis, and their denim was

used to make horse blankets, wagon covers and tents. They were then commissioned by a gold mining company to create trousers, which were strong and could withstand hard work. They patented their jeans on May 20, 1873. While denim overalls were created first,

denims with them overseas and they became less associated with workwear and more closely linked to leisurewear.

James Dean and Marlon Brando redefined the humble denim jean forever with their highly stylised roles in cult movies such as ‘The Wild One’ and ‘Rebel without a cause’. Marilyn Monroe reimagined the denim jean as an empowering and moderately sexualised style. Here we are today, thanks to all of that, with a variety of styles for whatever way we feel or look. We can work in them or we can simply look amazing in them!

The question I have been asked most about jeans recently is ‘How do you style Mom jeans?’ We have been pinned into skinnies for what feels like forever, most of us reluctant to change. We have to push ourselves, a new look is like a breath of fresh air! Mom jeans have a high rise and are looser around the hips and thigh. You can balance them by pairing with a cropped sweater and ankle boots. Also, when choosing ankle boots, look for pairs that merge with the skinniest part of your ankle, as these are the most flattering. A belted over-sized cardigan and mules is another lovely relaxed yet fitted look with Mom jeans. A tucked in silk shirt or blouse can be quite fetching also or add a glitzy belt. The classic relaxed look is with a white t-shirt (long-sleeved for winter months) and sneakers.

How about straight leg jeans? Are you wearing them? Do you know how to make them look fantastic? Choose a pair that cuts you right at or just above your ankle bone. Wear ankle

boots that show about an inch of skin for a slimming effect. Or choose boots with a higher, close-fitting top that slides under your jeans. It is worth putting a little time into ‘rocking’ straight leg jeans. They really can look sensational.

Boot-cut jeans are not everyone’s cup of tea but for those of you who like them, you work them so well. Full length boot cut jeans should be a half to 1.5 inches from the ground. The glamorous look requires a pointed toe shoe or boot while sneakers and a long open cardigan are key to going casual. A puff sleeve sweater works really well with these jeans, just add a chunky boot underneath.

Skinnies have been the main-stay for a few years so do yourself a favour and try out some of the styles above. Like everything worthwhile in life, getting used to wearing something new or different feels uncomfortable. What you need to recognise is how far to push yourself. Jeans should be your best friend, they should shape, flatter and mould you, keep you warm, cover unwaxed legs (if needed), be your go-to feel better item of clothes and they should last you a very long time. There is a mini heartbreak when our favourite pair finally succumbs to age or wear and tear – loathe to throw them away but throw them away we simply must. It is a journey, owning a pair of denims. They go through the days and nights with us, the secrets that they keep, the tears and joy that they chaperone – our sidekick, our silent friend, always there when we need them, providing support for our body and maybe even our soul.



Beauty gift ideas

Professional haircare brand Keune’s kit containing shampoo, conditioner and hair spray maintains your salon styled hair at home. €25 at **Martina’s Hair Design, Clonakilty**

Eve Taylor Teen-Skin Actives Skin Kit is a great starter kit for young skin that struggles with like blemishes, blackheads and excess oiliness. €31.95 at **Scannells Beauty & Wellness, Ballineen**



Yon-Ka’s commitment to research and innovation combines with luxurious ingredients to deliver results-driven yet pampering treatments and products. Self Care gift set €45 and Perfect Skin gift set €65 at **LA Beauty Clinic, Clonakilty**

Pestle & Mortar’s Hydrating Duo is a cult favourite. Stylishly packaged it contains Pure Hyaluronic Serum and Hydrate Lightweight Moisturiser for plump, hydrated skin.

At **Crowleys Pharmacies in Clonakilty**



These luxurious products from Image Skincare quench and soothe the skin with a blend of hyaluronic acid, ceramides and vitamins. **Smooth Beauty, Dunmanway & Skibbereen**



people Food, Health & Lifestyle

Clonakilty 'Make Way Day' reveals plenty of obstacles for people with disabilities

Several members of the Clonakilty Access Group participated in the 2021 'Make Way Day' which is a national annual event whereby people with disabilities go into their local communities, (as they are entitled to do) and traverse around the streets and footpaths in an organised way. Included were a number of wheelchair-users, both powered and traditional (pushed by user). The members made their way around the main town centre streets and took photos and videos of issues, which obstructed or hindered their ability to use the public footpaths, crossing points and other public areas.

Unfortunately, the group encountered many problems along the way. Many of these were clearly due to lack of awareness by some businesses/residents and could be easily resolved by people doing the right thing. Among them on footpaths in many areas of town were rubbish bins (empty), bicycles (parked, locked to poles and downpipes and in one case several of them stacked together), the usual tables and chairs and advertising and menu signs and cars parked blocking ramped areas.

As the photos and videos clearly showed, the solutions are simple in these cases – simply remove the obstacles mentioned and where there are laws/byelaws, that the council/Gardaí



Evie Nevin encountering one of the many areas of the town where she was unable to cross the street due to the lack of ramping.

would consistently and pro-actively enforce them. One video showed the huge danger of a man on his powered wheelchair trying to get from Clarke St. (Spar corner) across Casement St. to get to Lidl.

Because the council did not create gaps in the 'triangle' traffic separators on the 'new' roundabout when it was put in place, a wheelchair-user cannot use these 'crossing points', which able-bodied people can easily use. He eventually got off the footpath at the traffic entrance to the Spar car park, but had to then cross the street (N71 national route) and because there was no ramp on the footpath

opposite to get onto it, his only way to proceed to Lidl was on the road against the oncoming traffic!

There were several other examples of council-responsible issues that were highlighted on the day. Water drainage channels – particularly on Rossa St. footpaths, are a real hazard for wheelchair users. Asna St. footpaths were considered 'no-go' areas due to their narrowness but also the appalling rough and dangerous surface. Lack of a safe footpath exiting Kent St. car park and the traffic ramp right across the exit created huge problems for the wheelchair users. Similarly lack of footpath

ramps at safe crossing areas on many streets were also noted. In a few places there was the classic of having a ramp on one side but nothing to match is at the opposite side meaning it is essentially a waste of time! The camber of some of the 'new' footpaths in the town centre means that wheelchair users pushing themselves need good upper body strength to prevent being drawn towards the kerb and onto the street! While the day was great weather-wise, the wheelchair users also noted that on wet days when some footpaths are wet, their surfaces can be slippery and difficult to manoeuvre.

On the following week, some members of the group repeated the exercise and went along some different areas of the town. Again there were no shortage of issues that could easily be addressed by more awareness by private citizens, businesses and statutory bodies such as the County Council.

The Access Group will be meeting over the coming weeks to compile the findings and make approaches to have things improved. The group said they have been aware of and have been campaigning on most of the issues for years, but that the photo and video evidence gathered last week will really add weight to their arguments with the local authority in particular.

A second chance

tougher for them at present, as so many people are surrendering Covid pets for one reason or another.

And the next bouquet goes to all the people who adopt these abandoned dogs. They are just as dedicated in their kindness when opening their homes to creatures that may be coming with huge emotional problems due to their past.

Generally, when adopting a rescue dog, there is very little known about their background. That might not be a bad idea because their sad histories might prove too daunting to some of us.

As a new owner of a rescue dog, the first thing you have to do is get rid of all your assumptions about what he will be like. When you buy a dog from a breeder, you will probably have researched the breed, chatted with the breeder, visited the premises beforehand, checked out the parents to see what they are like because the puppies inherit many of their characteris-

tics. In buying an eight-week-old puppy, there is no emotional baggage or bad habits to deal with first.

Never ever assume your rescue is house-trained! It's not always a 'given'! It's probably a good idea to simply start all over again with the toilet training to ensure that he learns what to do in your home.

But, it's a fact that love can overcome a multitude of problems accompanied by oodles of patience and low expectations of how quickly an improvement can be accomplished. Having said that, there is something as important as love – if not more so. And I'll explain.

If we adopt a dog, feel sorry for it and dwell on its sad past, the dog never gets over that history. Whenever I go to someone who has just rescued a dog, I ask them to draw a 'line in the sand' with regard to its background. Yes, it's important to acknowledge that he had a difficult start in life. But, that was then. This is the present and he's so lucky

to have been saved from all that and given the chance of a good life with a loving family. Wallowing in the past is negative and nobody can move on. Greeting the new life as a wonderful second chance for both of you makes it a positive experience.

In following that guideline, it then becomes easier to put in boundaries that help the rescue to feel secure. All dogs, whether rescued or not, need boundaries. They learn the 'house rules' and exactly what is expected of them. That brings self-confidence and the animal can move forward.

A rescue dog takes a few weeks to settle in. He's on his best behaviour, as he susses out his new life. So be warned! As the dog settles in and feels more comfortable in his new surroundings, his true character begins to reveal itself. Those characteristics may be exactly the ones that caused him to be surrendered in the first place which can

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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.

I'd like to give a shout out to those dedicated people who run the rescue centres kindly taking in any dog no matter its age, background, or character to give them shelter along with unstinting care and devotion. They are a breed apart! Life is getting

really take people by surprise.

To pre-empt this, it's a very good idea to start basic obedience training at once. You find out an awful lot about a dog when you start training him. Has he ever had any training? How does he respond to it? You may even have to teach him to listen to you. Basic obedience training is a necessity to help him adjust and to get to know each other.

When training, it's important that a dog can look at you and read your facial expressions. However, many rescues have learnt in their former life that looking at a previous owner results in some form of abuse. So they avoid making eye contact just to be safe. And that's often

where you have to begin: teaching them that making eye contact is a good thing, which brings rewards.

Another problem could be that your new rescue wolfs his food or growls at anyone near his bowl. In the past, he may have had to fight for any scraps so he wolfs it down to avoid any other dog snatching it off or fighting him for it. You can help him overcome both of these problems but again you need to take your time and possibly get outside help.

If you have any doubts about either your ability to train your rescue or his problems are too difficult for you to manage, then definitely call a professional. That's important, as you need to know if you can make things work.

corkdogtrainingclasses.com



people Food, Health & Lifestyle

Winter pet care

As we face into winter, RAWR reminds us that, just like us, our pets need to be kept warm and safe.

Winter brings with it a drop in temperatures and more extreme weather such as storms. In extreme circumstances such as flooding or storms, we recommend you always keep your pets indoors. Make sure your pet has somewhere warm and comfortable to sleep, out of the wind and the rain and don't forget to ensure your pet has access to plenty of fresh drinking water.

Dogs: Dogs that live outdoors such as farm dogs must have a proper shelter. Dog kennels should have warm adequate bedding, which is raised off the ground to avoid the dog getting cold or wet. If you don't have a shelter where your dog can sleep, you should bring them inside during wet and windy weather.

If your dog needs to have their coat clipped in winter, be mindful that a longer coat will provide more warmth, so don't



clip them too bare. If you own a short-haired breed, an older dog, or a dog that has any medical conditions, which may make them more susceptible to feeling cold, consider getting them a coat or jumper. RAWR stocks a beautiful range of hand-knitted dog jumpers in the charity shop in Bantry. We are happy to make you a jumper if you cannot find one to suit your dog.

It may be dark, cold and wet outside but your dog still needs to be taken for their walk. It's a good idea to wear reflective clothing (high visibility jacket), so that you can be seen and it is just as important for your dog. Get a reflective collar and lead and a winter coat for your dog.

Remember that you still have to pick up their poo even in the dark so a torch and bags are a must.

Many dogs are lost during the winter, especially during thunderstorms. When thunderstorms are forecast, the best place for your pet is indoors with you. Loud thunder and bright lightening can be distressing for animals. Make sure your dog always wears an ID tag and comply with legislations by having them microchipped. If your dog should go missing, you are much more likely to be reunited if your pet can be traced back to you.

Cats: Microchip your cat and remember that cats can travel long distances so during the dark winter months it is important that

your cat has a proper cat safety collar on with reflective pieces on it.

Like dogs, cats prefer to be warm and dry indoors. A comfortable shelter should be provided for any outdoor cat. For those cats and dogs lucky enough to be snuggled up inside by the fire, it is important to protect them from danger. Make sure that you keep a close eye on your pets if they're warming themselves by the fire, because they could burn themselves if too close.

During the winter, outdoor cats sometimes sleep under cars. When the motor is started, the cat can be injured or killed by the fan belt. If there are outdoor cats in your area, bang loudly on

the car bonnet before starting the engine to give the cat a chance to escape. Never leave your dog or cat alone in a car during cold weather. A car can act as a fridge in the winter, holding in the cold and causing the animal to freeze to death.

Small animals such as rabbits or a guinea pig are often kept in a hutch in the garden. During the winter months it is really important to protect them from the harsh weather. Outdoor hutches can get really cold and damp if not sheltered. It is a good idea to move the hutch to a more sheltered area, for example in a shed or garage. Make sure they have plenty of nice warm, fresh bedding to snuggle in and change it regularly. Rabbits and guinea pigs will naturally eat more in the winter to help them stay warm, so make sure you give them plenty of food, fresh vegetables and fresh water.

Equines: It is very important that equines have access to adequate shelter. Where equines are kept outdoors over winter, a shelter should be provided in a sheltered corner of a field with its back to the prevailing wind and easily accessible for feeding. When temperatures drop during extreme conditions and at nighttime, the housing will trap their heat and keep them warm. Most Irish horses, like the draught and

cob, will not need rugs. If the horse is fit and healthy, their own coat will keep them comfortable and warm, but if he has been clipped, or if his coat is very fine and he is groomed regularly then you will need to put a rug on to protect him from the cold. All rugs should be clean, in good repair and waterproof. It is better to leave a horse with no rug, then to leave them in a rug that is wet through. Check rugs on the horse every day and make sure fresh water is readily available. The water should be free flowing and not stagnant. If there is no stream in the field then you need to supply water to the field. This water should be checked and cleaned regularly and any ice taken out during cold weather. Outdoor horses will not have access to much grass, so it is important to keep a regular supply of hay in the field for them. Give more hay at nighttime, as the temperature will have dropped and they will eat the hay to keep warm. If your horses are not used to hay, introduce it to their diet gradually, so that they do not develop colic. Make sure your horse is micro-chipped, as horses can sometimes stray if they are looking for food and this will help you be reunited quicker.

'Lions Go RAWRing' to help feline friends

Tasked by Lions International to become involved with another local community group in October, on Sunday, October 10, Bantry Bay Lions went along with RAWR on a TNR session to find out what cat trapping is all about.

There is an age old problem in Ireland with feral cats breeding, fighting and becoming sick, as their numbers increase. There is no such thing as a wild cat in Ireland, these cats all originate somewhere in their history from being on a farm, or in a home where they have been left to breed.

RAWR runs a Trap Neuter Return (TNR) Programme, to catch as many homeless cats as possible, give them a health check, neuter and treat them for parasites. Then, as long as they are healthy, they are returned to the colony they came from.

Trap-Neuter Return is internationally recognised as the most humane, non-lethal strategy to reduce the number of feral cats and improve the quality of life for cats, wildlife and people; reducing fighting, spraying and

of course noisy mating.

Sick cats that cannot be returned may have to be euthanised, which is kinder than leaving them to die a cold lonely death in the countryside. Sometimes they can be re-homed once recovered, as barn cats. Kittens too can sometimes be paired up and given new homes as barn cats, limiting the numbers having to go back to the colony. As time goes on, the numbers of feral cats in the colony gradually reduces.

Now in its 12th year as a Charity, RAWR deals on average with 500 cats each year.

The pandemic has seen an increase in feral cats, as discussed on Joe Duffy's radio show recently, highlighting the problem in Dublin. Vet closures during lockdown, financial difficulties, the housing crisis, all have played their part in the numbers creeping up.

Over the last few weeks, RAWR has been working in Macroom and has TNR'd over 100 cats. That's a lot of work for the Charity's two main trapping teams, all done by volunteers.

Once RAWR has TNR'd a cat colony, the numbers stabilise, the cats remain in a more healthy condition and settle down to life without all the fighting. The area

where the colony resides benefits from efficient rat control, with no poisons involved.

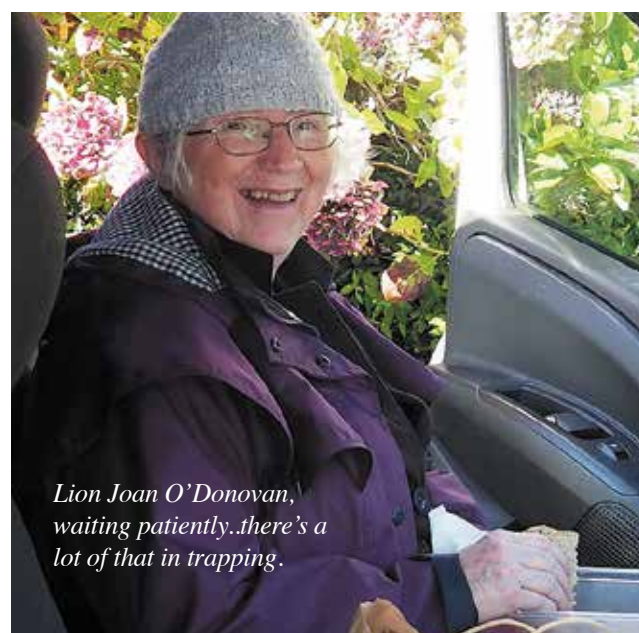
The cats need more food than just the local vermin to survive, most areas are looked after by people in the community who feed them and monitor their health; also letting RAWR know if any new cats arrive so that the team can swoop in and get those TNR'd too, to stop the cycle beginning again.

In addition, RAWR has food donation boxes in supermarkets that generous members of the public keep stocked with cat and dog food. This is used by those looking after cats for the Charity and the dog food is given out to local dog rescue centres in need of help.

The vets who do all the neutering for RAWR work with the Charity to get the job done quickly and efficiently.

Every few months RAWR runs a scheme for members of the public to bring their pet cats for neutering at just €10 each. The participating vets are amazing during these weeks, dealing with large numbers of cats coming through, at special prices, subsidised by RAWR's fundraising and the help of a Government grant. This scheme is instrumental in stopping further kittens being born and finding themselves as unwanted adults learning to live rough and become feral.

On October 10, Bantry Lions



and RAWR caught 13 cats on a beautiful sunny day; all were healthy, all neutered, treated for parasites and returned to their base, where their welfare is monitored by local people.

If you want to help stabilise a colony of feral cats in your community what do you do? In RAWR's experience, the process of Trap-Neuter-Return (TNR) offers the greatest chance of success both for the community and the cats. Each cat is ear-tipped as a means of identification prior to returning the feral cats to their territory. Ear tipping is the universal sign of a neutered feral cat. The procedure involves removing approximately a quar-

ter-inch off the tip of the cat's left ear in a straight line cut. This is done while the cat is anaesthetised for neutering and healing is rapid. In addition to avoiding needless trapping and surgery, ear tipping also benefits the cats by clearly identifying them as members of a managed TNR colony. A caretaker provides food and shelter and monitors for any newcomers or other problems.

RAWR is not a rescue organisation. Instead the Charity aims to reduce the number and suffering of unwanted animals and to find solutions to the problem of abandoned and feral animals in its area.

TNR requires patience.



Depending on the size of the colony, trapping all the cats in a colony may require several visits. There is also the question of facilities for holding cat's pre and post neutering and of financing the necessary veterinary care, transportation and food.

If you would like to help RAWR expand it's TNR programme by making a donation to funding and/or joining its trapping team; if you wish to help a colony in your community and/or be a caretaker for a managed colony, please contact RAWR by emailing info@rawr.ie, ie, calling into our shop in Bantry or via facebook. Your support is paramount to our success and you will gain a strong sense of satisfaction in the knowledge that you've prevented a great deal of suffering and have given the cats a better chance to live in a way that suits them and is acceptable to your community.

Catch the The Polar Express Experience and find the wonder of Christmas in Clonakilty

Fans of Harry Potter movies and Disney's Christmas classic 'The Polar Express' are in for a real treat this year as the West Cork Model Railway Village, Clonakilty is going full steam ahead with a magical festive transformation, with the help of Santa and his hard-working elves.

The West Cork Model Railway Village will become an enchanting indoor and outdoor walk-through Christmas experience for families, from Saturday, November 27 all the way up to and including Christmas Eve (Friday, December 24). With the train currently being adorned with lights and filled to the brim with presents for boys and girls in advance of their visits, Mr. Claus and his elves are working hard to ensure that families will have a magical immersive experience in the run-up to Christmas at 'The Polar Express'.

With 50 per cent of tickets already sold in its inaugural year, Santa's helpers have sent us exclusive information about what the boys and girls can expect in advance of 'The Polar Express' arrival in Clonakilty:

Upon entry and throughout the experience, families will be fully 'wrapped up' in the fairytale experience with Christmas Trees and fairy lights aplenty! When boarding 'The Polar Express' they will meet Santa's elves who will teleport families into their world as they then become part of the show.

Kicking off with the first carriage, where the elves will perform a 15-minute show, families will then move to the second 'VIP' carriage to meet the man himself, Santa, who will take time from his hectic pre-Christmas schedule to sit with each family and discuss the important business of this year's present requests before posing for a photo. (Family photographs with Santa can then be collected from the café as a keepsake for what promises to be an unforgettable experience.)

As you disembark, each family will be provided with a special interactive UV torch to explore and discover the elves' living quarters, while helping them in the search of Santa's



(l-r) Kim McNamara, Manager of West Cork Railway Village, Paul Hayes, Chairperson of Clonakilty Enterprise Board and Orla O'Donovan, Chairperson of Clonakilty Chamber of Commerce. Pic: Dermot Sullivan

reindeer, Dasher, who is a bit scatty and tends to wander off!

As night falls, families will close out their journey through the enchanted Model Village by exploring the miniature Cork towns by twilight, to make a wish and snap another unforgettable family photo!

'The Polar Express' will be brought to life by Karl O'Connor, who is a household name in Cork and beyond after constructing and designing themed sets and displays for huge experience events in Cork and Dublin such as The Nightmare Realm and Winter Wonderlands over the years through his company Blue Box Displays, with the help of his team of "imagineers". Mr O'Connor said the challenge of transforming the village was one he was relishing.

He said: "Events are back with a bang and as we approach Christmas, it is the perfect time of year to give families a well overdue in-person and immersive experience. Having the opportunity to create 'The Polar Express' experience is the pinnacle of what we do at Blue Box Displays. We love being imaginative and creating sets and props to provide an experience that people wouldn't believe is possible. We have always been known for our extravagant displays and the

broadness of our design capabilities and 'The Polar Express' will be no different and will be a fantastic opportunity to supplement what is already on offer at West Cork Model Railway Village. It's a pleasure to be able to do this again, and we are very excited to bring a really high-end, quality and interactive experience to the public," he concluded.

Adding to Mr. O'Connor's comments, Kim McNamara, Manager of West Cork Railway Village said: "This is a very exciting time for us, and we are really looking forward to welcoming families from all across Munster and Ireland to West Cork Model Railway Village to have an unforgettable experience at 'The Polar Express'. We would also like to extend a big thank you to Clonakilty Chamber and Clonakilty Enterprise Board for helping us bring this to fruition. We are in awe of what Karl O'Connor of Blue Box Displays and his team have conceptualised and cannot wait to see it in action from November 27 right up to Christmas Eve."

As 50 per cent of the tickets (€15 per adult and €22 per child) have already been sold, and to avoid disappointment, families are advised to book now on modelvillage.ie.

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Grammy award winning violinist visits Bantry with Irish Chamber Orchestra

Following on from concerts with Thomas Zehetmair and Mezzo Soprano Paula Murrihy in October, the Irish Chamber Orchestra is back on the road touring in November for the first time since 2020. Renowned Grammy

Award-winning German Violinist Florian Donderer makes his debut with the Irish Chamber Orchestra for three concerts, one of which takes place in Bantry on November 12

Berlin-born Donderer has devoted his life to chamber



music and his energetic playing and emphatic interpretations make him a valued partner for ICO. His dynamic, brilliant, and incisive playing has seen him perform with some of world's finest ensembles. As a conductor, he captivates orchestra, musicians, and audiences alike.

He has selected a rich baroque programme which opens with C.P.E. Bach's 'Symphony in A Major,' a lyrical and intriguing work from his Hamburg sojourn. This is paired Hans Werner Henze's arrangement of Bach's Fantasy-Sonata 'I Sentimenti', which projects this expressive harmonic material into a larger

instrumental range. Continuing the Bach showcase, Florian highlights short extracts from J.S. Bach's The Musical Offering, written towards the end of his life, a period in which he became preoccupied with developing his expertise and bringing his high-mindedness to new levels. Mozart adds his voice to Bach's music, paying tribute to the master of fugue with his 'Adagio and Fugue in b minor.' Debussy's sophisticated 'Danse Sacrée et danse profane' is one of the finest works for harp and strings. Finally, 'Leclair's Violin Concerto Op. 10 No. 4 in F major' demonstrates Donderer's

ability to tackle the often-fearful difficulties of Leclair's music, with charm and brilliance.

Don't miss this fabulous concert with Florian Donderer at St. Brendan's Church, Bantry, on Friday, November 12 in association with West Cork Music and Cork County Council.

For tickets and more information see www.irishchamber-orchestra.com.

The Irish Chamber Orchestra is resident at the Irish World Academy of Music and Dance at the University of Limerick and is funded by The Arts Council of Ireland/An Chomhairle Ealaíon.

November and December at DeBarra's Spoken Word

by Moze Jacobs

Whatever the future may bring (we increasingly recognise that we don't know) 'words' will surely come into it. And some of them will be uttered with precision, fire and emotion. Catrice Greer, the November guest at DeBarra's Spoken Word, has a vibrant 'presence' when called upon to perform. At other times – during the interview ahead of her appearance – she is softly spoken.



Catrice lives in Baltimore (Maryland) in the US, where she initially honed her spoken word skills. She fell into it by accident. "I was very shy. Speaking in front of others was the worst thing imaginable but I

was grand 'behind the scenes', for example working as an intern/writer with (associate) producer credits at a Baltimore TV station. One day, in college, a woman's elbow knocked a folder out of my hand. She helped me pick it up, read some of my poems, and ran to the professor's office to show them. I ran after her but she beat me to it. He read my poems and then became my mentor. He just wanted me to be comfortable in front of other humans, sharing my work."

It worked. "Three years after leaving university, I took part as a poet in structured performance events to lift women's spirits and honour notable icons including Sonia Sanchez, who recently won a prestigious literary award aged 87." After earning a BA in English Literature in 2013 and also studying psychology, Ms. Greer is now not just a 'traditional poet for the page' but also an established performance poet. She became the (virtual) poet-in-residence at Cheltenham Poetry Festival in November 2020.

Nature is a big theme. "I grew up in a suburban kind of place. A very large yard, trees all around. Nature was everywhere; part of life. It reflects the human condition. We've been given the gift of life and it's lush and filled with potential. But are we actually taking good care of each other and the planet?"

Healing is also at the forefront of her work. Physically and mentally. Recovering from a seizure disorder and brain injury has forced her to adapt and grow. "I have to rely on other senses more."

Her poem 'MammaMendUs', nominated for a Pushcart Prize, features the matriarchs in her family, two great-aunts, both grandmothers, and her mom. "I wrote it to process the loss of the elder matriarchs; my mom is the mother figure still living. Society kept so many women in a box. But their greatness transcended that. The impact they had. I want to honour anyone who has that kind of energy inside, male or female, who contributes to

nurturing and care for others. Let's remember that we can do that for ourselves, too. Turn that love and care inward."

Catrice Greer features at DeBarra's Spoken Word on November 3 at 8:30pm, followed by open mic.

Lauren O'Donovan, December's guest, recently won a prize for her first poetry film 'Latrinavox'.



What is it? "A good hint is in the title which is Latin for 'Voice of the Toilet'. I've always been captivated by what people write on bathroom walls. Quite a conversation; like an agony aunt column. I took photographs in some cubicles

at the UCC student centre when I was doing an MA in Creative Writing in 2020. There's some really moving stuff there, such as, 'My boyfriend says he loves me and I'm scared. I don't understand why he would. At first, I wanted to turn Latrinavox into a series that included the men's bathrooms. So I sent some male student friends with their camera phones into the toilets. But they found either very little graffiti or maybe a little vulgar drawing. There really wasn't the same vulnerable conversation."

Many (female) pub visitors will have glanced at toilet walls but through Lauren's lens, the statements become poignant. Windows into inner worlds. Her range is much broader though. One of three artists selected by the Sligo Arts Festival, her winning poem 'Burlesque' fits into the theme of 'mythology retold'.

"One of the modules during the MA studies was mythology. I really was struck by the gender divide. Zeus, king of the gods, was off doing terrible things to young girls left, right,

and centre. And it was just accepted."

As part of her zoom event for DeBarra's Spoken Word, Lauren will not just be doing poetry but also an exercise in flash fiction. "Really brief fiction, anywhere between 200 and 1,000 words. Super-short stories. It's in a kind of sweet spot between poetry and prose. Pretty cool if you are trying to push yourself somewhat out of your comfort zone. There are loads of competitions and places you can submit to. Flash fiction is definitely hot. There is a quick flash fiction technique that I am going to share in DeBarra's session. It's a little bit of a trick."

Lauren O'Donovan is featured at DeBarra's Spoken Word on December 1 at 8:30pm, followed by open mic.

Email debarrasspokenword@gmail.com to get the zoom link for both events. More information and interview on youtube.

Masters of Tradition online at Bantry House and other venues



Martin Hayes and Brian Donnellan. Pic: Joe Chapman

Masters of Tradition (September 29 - November 17, 2021) takes place online this year but its mission remains the same – to journey to the heart of Irish music and provide a platform where subtle elements of the music can be heard. This unique festival presents Irish traditional music in its purest form and also features collaborations that stretch in many directions.

Concerts will be streamed each Wednesday evening by the US platform OurConcerts.live. These concerts will have been pre-recorded in Bantry House, Future Forests in Kealkil and Abbestrewry Church in Skibbereen. These concerts can also

be viewed on-demand after the initial streaming.

As ever, the Festival is headlined by its Artistic Director Martin Hayes, the fiddler from East Clare, whose distinctive touch and extravagant virtuosity has brought the tradition to new levels.

On October, 27, poet Doireann Ní Ghríofa will be joined by guitarist Steve Cooney and accordianist Derek Hickey for a performance in the intimate library of Bantry House.

On November 3, father and daughter duo Mick O'Brien and Aoife Ní Bhriain join Emer Mayock to perform music from a very special collection of music, which originated

in the southwest of Ireland in the mid-nineteenth century. Collected by Canon James Goodman (1828-96), this music was sung and played in the years before traditional culture in that region was devastated by the Great Famine of the 1840s. The Rector of Abbestrewry, Canon Goodman undertook the building of a new church in Skibbereen in 1890 and it is in this church that the Goodman Trio perform that concert.

On November 10, Immram – a setting of the suite of poems written by Nuala Ní Dhomhnaill – will be performed by Neil Ó Loghlainn's Group in the beautiful dining room of Bantry House. The music combines

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influences from the sean nós tradition, jazz, contemporary classical music and features some of the most exciting and experienced musicians in Irish music today.

On November 17, Masters of Tradition concludes with

a special performance by the festival's Artistic Director and one of the world's leading fiddle players Martin Hayes who will be joined by pianist Cormac McCarthy and concertina player Brian Donnellan in the library of Bantry House.

For more information and to book, go to ourconcerts.live/masters

Masters of Tradition is generously supported by the Arts Council and Cork County Council.

'The Shanley Sessions' launched

Shanley's in Clonakilty has just launched 'The Shanley Sessions', a series of nine weekly streamed performances and interviews from the venue.

Family-owned since 1904, Shanley's bar is a renowned music venue, which has played a key role in the thriving music scene in Clonakilty since the late 1970s.

'The Shanley Sessions' will showcase over 22 artists and bands, some early in their

careers and others that are more established, all of whom have a connection with the town of Clonakilty or the bar and reflect the quality and spirit of collaboration which has always been central to Shanley's live music performances over the years.

Through the LPSS, funded by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, Shanley's restarts the tradition of bringing music to the community and hosting artists as they come together and play live again through 'The Shanley Sessions'.

Artists on the line-up include: Bill Shanley and

Band, Declan Sinnott and Hank Wedel, Diarmuid Cahill, DreamBeam, Eleanor McEvoy, Eleanor Shanley with Mike Hanrahan, Eugene Brosnan and The Innocent Bystanders, Eve Clague, Fiona Kennedy, Gavin Povey and Band, Johnny Neville and Jim Murray, Johnny McEvoy, Michael McGovern, Niamh Kavanagh, Blue Train, Paul Harrington, QUIET, Richard Nelson Trio, Roy Harper, Paddy Sherlock, Sam Clague, Shanley's House Band, Starlight Wranglers, Wayward Folk and more.

Shanley's is home to renowned musician/producer, Bill



Sam Clague performing in Shanley's, Clonakilty

Shanley, established internationally through working with artists including Ray Davies, Paul Brady, Mary Black, Gilbert O'Sullivan, to name a few.

Speaking about the launch of The Shanley Sessions, Bill says, "This has been an exciting pro-

ject to be involved in. Shanley's has always been a live music house, producing these shows to share our music in a new way has led to great collaborations over the series and allows people to experience some of the magic of the venue".

The Shanley Sessions take place online, weekly on Sunday at 8pm nights, via Vimeo.

Follow Shanley's on facebook and twitter for live updates: shanleysbar.ie

people Arts & Entertainment

OUT & ABOUT IN WEST CORK



Ellie (9) and Paddy (5) O'Donovan, Tullyglass, Bandon opening the maths trail at Fitzgerald's Park Cork for Maths Week which takes place across the island last month. Pic Michael Mac Sweeney/Provision.ie



Devil Freya O'Connell from 2nd class at Dunderrow NS Halloween fancy dress party. Picture Denis Boyle

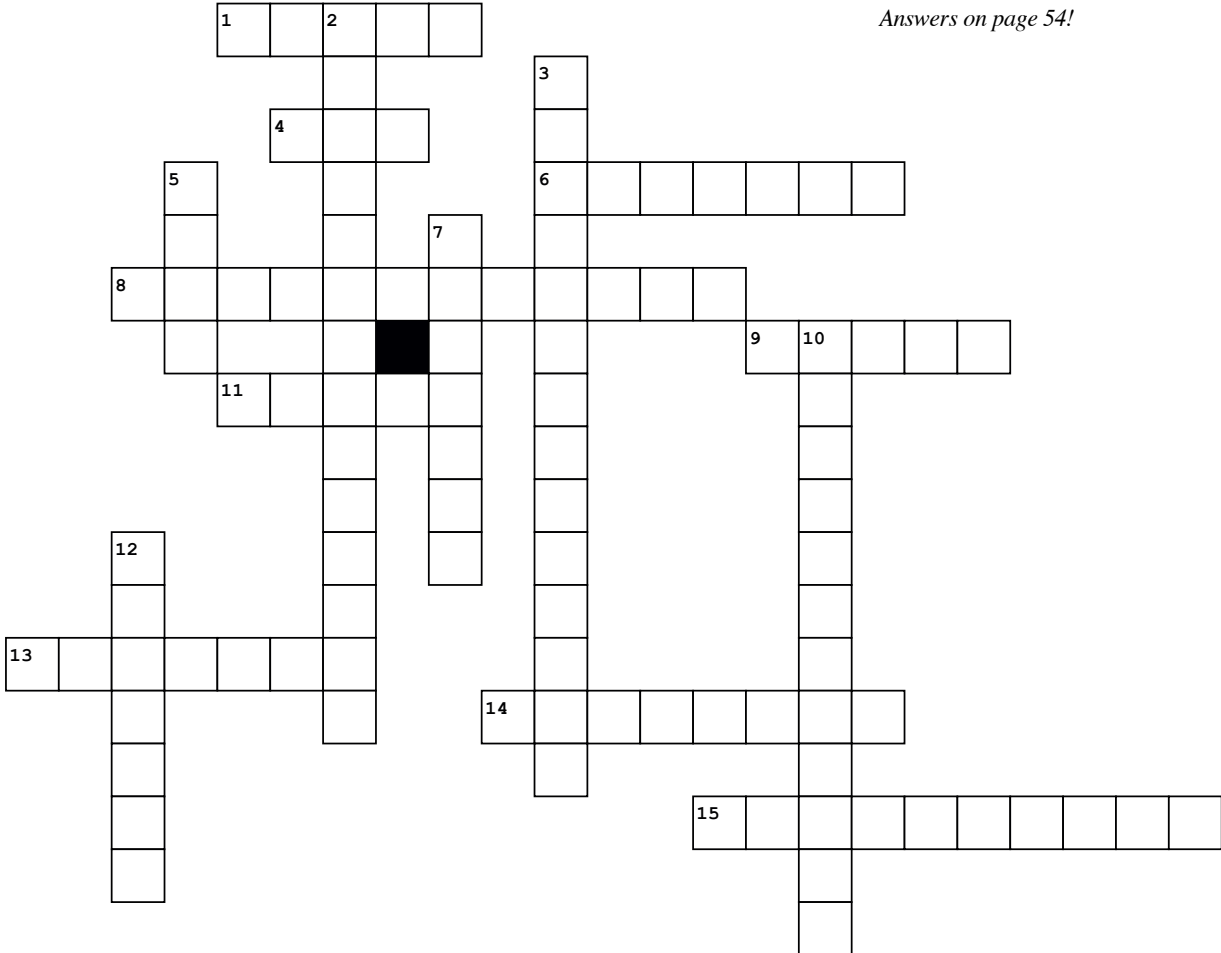


Charlie (3) and Ollie (5) from Skibbereen visiting Leap Scarecrow Festival.

In the news Crossword

- Across
- 1. 'The Man Who Stayed Alive' is the debut album of this long time Irish act's lead (5)
 - 4. A new artform that exists only in the digital ether (3)
 - 6. 'The Grand Master' snapped in Killarney National Park (3,4)
 - 8. Head chief who set down his pipes for good (5,7)
 - 9. A Spanish rebel lass that has revealed her ghoulish secrets. (5)
 - 11. Chinese gooseberries, or a people for whom zero was the aim (5)
 - 13. The late James Michael Tyler played this character in Friends (7)
 - 14. By "Reconfiguring its backbone" it left many users invisible (8)
 - 15. This plan to track north, to maybe fly south, has been shelved (5,5)
- Down
- 2. For the first time in a century they raced upstream instead of down (6,8)
 - 3. A controversial levy that Pascal eventually gave way on. (11,3)
 - 5. Máire _____ an tSaoi, Irish language poet who passed away this month. (4)
 - 7. A type of shot or seat (7)
 - 10. Never fret Rosaleen, you would have been addled by Edwin if you'd stayed. (6,6)
 - 12. Name of a box, papers, and jewellery maker (7)

Answers on page 54!



Sudoku

The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9

				8			3	
		8	1					
	2				6	7		
		9			2		8	
		5				4	2	
4	1			9		5		
							7	
7		4						
			4	5		6		

#113933 Difficulty: moderate

7					6			3
				1	9			
3	8	5				9		
			1	4			2	
9							7	5
	6							
					8			4
		2			7		3	
		6	5					

#8501 Difficulty: hard

West Cork Literary Festival announce Autumn/Winter readings and in-person events

After a busy summer of events the West Cork Literary Festival is planning in-person readings and an online workshop for the Autumn/Winter.

On Saturday, November 13 at 7.30pm, West Cork Literary Festival, as part of Dublin Book Festival, will join JR Thorp who will discuss her novel 'Learwife' with Nadine O'Regan in front of a live audience in Smock Alley

and the event will also be available to live stream.

West Cork Literary Festival invites people to join bestselling author, Carmel Harrington, for an online workshop on Popular Fiction. The workshop will take place over five evenings from Monday, November 15 to Friday, November 19 at 6pm. There will be a maximum of 10 participants on this workshop and the ten-part workshop will take place in two 90-minute sessions per evening.

Popular Fiction covers everything from romantic comedies to thrillers, emotional

contemporary family dramas to historical sagas. The thread that connects these genres is exceptional storytelling written in an accessible way for readers. Carmel will take writers through ten steps that will help them develop their skills in characterisation, dialogue, setting, plotting, self-editing and the all-important querying to agents and publishers. The sessions will be a mix of teaching, exercises, and group discussion.

Using a decade of experience, as a successful published author, Carmel will also share

tips that she would have loved to hear before the good stuff happened and what she learned after her books hit bookshelves internationally.

This workshop has been designed for writers at any stage of their publication journey – whether they need help to start, or a nudge in the direction of how to reach 'the end.' All they need is a notebook and a pen, for writing exercises and an idea that they would like to develop further.

For the programme go to www.westcorkmusic.ie



Best-selling author Carmel Harrington will host a workshop.

Authors inspire West Cork children during Children's Book Festival

Primary school pupils from West Cork had the opportunity to virtually meet some of their favourite authors and illustrators as part of October's Children's Book Festival.

The annual festival helps spread the enjoyment of books and reading among children and families, authors and illustrators, teachers and librarians all over Ireland. It forms part of the

Right to Read initiative offered through all public libraries.

Cork County Council's Library and Arts Service put together a blended Children's Book Festival programme with many of the events taking place online and virtually. It's hoped that in-person events will resume in November, with best-selling author Michael Smith scheduled to visit visit five schools on the Beara Peninsula,

including St Michael's National School on Bere Island, during November. The polar historian is working with Castletownbere Library to engage pupils in the adventures of Irish explorer Tom Crean and his time stationed in Berehaven as Warrant Officer for the Royal Navy. Michael's biography, 'An Unsung Hero – Tom Crean' has sold over 100,000 copies worldwide and the story of Tom Crean is

now part of the curriculum in Irish schools after the success of Iceman – Tom Crean for younger readers.



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Enniskeane kids star in RTÉjr series



Theo and Amelia Horgan

Two children from Enniskeane have been chosen to star in episodes of 'Let's Find Out', the Irish-produced science TV series for children, supported by Science Foundation Ireland.

Theo Horgan and his big sister Amelia Horgan prepared their own science experiment and took part in a fun quiz on the show, which starts airing on RTÉjr and on the RTÉ's stream-

er RTÉ Player from November 8 – just in time for this year's Science Week.

Because of Covid-19-related restrictions last summer, the producers of the show decided to only select siblings for filming and wanted them all to be from the same county. Cork got the vote.

The children's scenes were all filmed at the Waterworks Experience in Cork city. Mary

Murphy of Stopwatch says: "We were so lucky to be able to use the fantastic facilities at the Cork Waterworks – including the museum and playground. We turned the place into the show's 'Brain Power Station'. This is the place where children take part in what we call the Brain Power Challenge quiz to send brain fuel back up to the spaceship."



WEST CORK LITERARY FESTIVAL

Saturday 13 November 7.30pm / In-person & online

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Monday 15 - Friday 19 November / online daily

Popular Fiction workshop with **Carmel Harrington**

For information and Online Booking visit
westcorkmusic.ie/LFprogramme














West Cork Music is supported by Cork County Council's Economic Development Fund.
Festival image: Catherine Weld – *Fragile Island II* www.catherineweld.com



ASTROLOGY

Kate Arbon

Kate Arbon is an astrologer, writer and spiritual teacher. Living in West Cork for over 20 years she gives personal consultations locally and internationally using traditional natal and Horary astrology.
email: astro@katearbon.com
www.katearbon.com

November Sun Signs

The early few days of November will offer us a taste of things to come in the later weeks. This could be a combination of exciting, volatile, frustrating and provocative energies as the key planets carry the energy of action, disruption, delay and restraint. With these contradictory dynamics competing for expression, we could have a fairly interesting month ahead.

At the end of October, Mars moved into Scorpio, one of its home signs and it will be travelling through this sign until mid-December. This position gives the warrior planet extra power, urging us to do something, to confront what is unacceptable or strike out for what we want. Scorpio can be dedicated to delving into the core of an issue and is unafraid of revealing uncomfortable truths. This is not time to conduct business in secret or attempt to hide under the radar.

Mars in Scorpio will be in a tense and challenging aspect to both Saturn, the planet of

structure, order and restraint and Uranus, the planet of discontinuity, unexpected events and novel ideas. This will trigger the ongoing Saturn Uranus theme which has been the signature of 2021. Many changes, social disruption, new developments and uncertainty have occurred already this year. We've had to adapt and establish new procedures and methods in a chaotic or uncertain scenario.

Mars in opposition to Uranus and square to Saturn is a forceful and challenging energy. Our basic security, physical needs and stability are being unsettled by Uranus in Taurus. New patterns of social behaviour and imposed restrictions are indicated by Saturn in Aquarius. Breaks in supply chains and power outages are on the horizon. This month we will be required to display maturity and a firm resolve whilst seeking alternative directions and creative options.

The real heavy lifting takes place during the first half of the month up to the Lunar eclipse on

November 19. By then the more troubling aspects will have played out. It may be best to wait until the third week of November before fully committing to any fixed plan or project as circumstances can change at short notice.

The New Moon on November 4 is a potential flashpoint with the Sun-Moon combination opposing Uranus. Feelings of rebellion are strong, and you may want to act rashly or impulsively. Pent-up anxiety and tension could bring things to a head. Sudden severances take things in a new direction and erratic responses cause disruption. Although this energy can potentially create further unsettled or chaotic situations it can also be a time of momentous and vital shifts. These are times when the most significant life changes can occur. Remember that powerful forces are at work currently and we can expect the most beneficial outcomes rather than fear the worst.

Try to find a positive outlet for any inner excess energy that you

may feel building up in the first weeks of November. Use it to do a clear out or revamp around the home. Take some exercise, do something unusual to break your routine or try a new and exciting activity to take advantage of this slightly wild and erratic dynamic, especially over the few days around the New Moon.

Mercury joins the Scorpio planets on November 5 and makes a soothing connection to Venus, as she moves into Capricorn. This brings some practical and sincere support and easing of communication over these tumultuous few days. Venus remains in Capricorn until early March due to a retrograde. The planet of social connection, luxury and the things we love to enjoy are very restrained in this prudent sign. Self-restraint and moderation is a key focus over the next few months. Establishing a basis for social values that are individually and collectively sustainable is part of the current theme.

November 19 brings a Full

Moon and Lunar eclipse in Taurus. This marks an eclipse season that continues for the next 18 months. Taurus puts the focus on stability and security in areas of money food fuel and health while Scorpio shifts our attention to the development of personal power, trust, loyalty and depth of feeling. This combination will help us become clear about what is truly important. The Month ends as Neptune finally ends the retrograde that started in late June. Neptune in Pisces is an invitation to move beyond personal and ego identification. It offers renewed opportunity to reach into the unseen metaphysical realms for inspiration, illumination and intuitive understanding.

November has a New Moon at 13° Scorpio on November 4 at 9.14pm and a Full Moon at 28° Taurus on November 19 at 8.57am.



Aries: Don't push your luck now. Joint financial affairs and investments are likely to be an issue at this time, and it is a good time to clarify each person's expectations and to take care of any legal business, insurance, wills, and so on. On a personal level, there is a desire to

intensify the level of intimacy and honesty in your closest relationships and to clear away anything in yourself which is impeding that deeper union you seek. Any temptation to make abrupt decisions and changes could lead to additional problems that you can do without. Stick to what's clear and avoid taking on other peoples responsibilities.



Taurus: Partnerships, marriage, and one-to-one relationships get your attention now. You'll be called upon to co-operate and perhaps to relinquish some of your own personal interests for the sake of harmony and mutual benefit. You may end up questioning yourself

as well as the motives of the people around you. 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. Don't let anyone pull you in a direction you don't want to go and do what's best for you but the emphasis is on 'we' rather than 'me'.



Gemini: Doing your best work and taking pride in it are a focus for you now. You should be able to make some worthwhile career moves or at least secure your current position so that you don't have to worry about your financial future. This is a good time to examine

how you use your time and energy, to improve your efficiency and productivity. Watch out for health matters as you are concerned with your body now, and you may be inspired to begin a self-improvement program, create better habits, or begin a new diet or fitness plan.



Cancer: You're energised and inspired, creatively and emotionally approaching this New Moon time. You want to bring forth all that's deep within you. You express yourself more freely, playfully, and spontaneously and are more willing to take chances. Lady Luck is in

your corner so be sure to look for good deals. Social activities, travel and attending different cultural events will all lead to meeting people who can help further your goals. The dramatic and performing arts, sports and games, or other forms of self-expression and entertainment appeal strongly to you now. You can accomplish much if you set your mind to it.



Leo: From the beginning of this month, you will have been enjoying the success that you worked hard to achieve. Don't be too quick to put your energy into new projects as you approach the New Moon, wait until the end of the month. All kinds of creative work

are favoured and you might find yourself more closely involved with children at this time. There is likely to be some conflict between your personal enjoyment and what others think you should be doing for kicks. Those things that need to be discussed and settled with the family can be dealt with in the next few weeks.



Virgo: Take a trip back into your past and you will find the answers you are looking for. Now it's time to make changes instead of doing a repeat performance. Taking time to talk with neighbours and folks you cross paths with daily may result in more positive and smooth-

er-running relationships generally. You'll want to fritter away your time on fun and social events over the New Moon, but this may not be at all bad, things have been serious enough for you to want to take a break now. This is a good time to participate in or contribute to any community events in your area.



Libra: Money, possessions, financial security, and practical matters are a focus for you now. You can make some very interesting professional or business moves this month. Be ready to put your money on the table to get ahead. If you have tended to be generous

or extravagant with your resources, you may begin to see the light at the end of the tunnel. At the least, it should become clear to you what your next steps should be regarding your finances. Your astute vision will enable you to correctly assess the right investment, job or any other money matter that arise after the New Moon phase.



Scorpio: During this time you can make an impression on others by making a strong statement to the world about who you are. People recognise you and are likely to follow your lead, or at the least, they stay out of your way. You are likely to feel more confident and vital

now. However, you may be so preoccupied with yourself and your own desires that you unintentionally ignore other people and their needs. Include the ones you love in your plans and things will get progressively better. You should be able to strengthen the bond with someone who has been an influence in your life.



Sagittarius: You'll be torn between what you want to do and what you have to do. Retreating from the world for a while and spending some quiet time alone to relax and rejuvenate appeals strongly to you now. You may feel like you are at low ebb and as if nothing is hap-

pening or you may simply not want to be 'where the action is'. Don't overreact, overdo or overindulge to compensate for things not going according to your plans. Sometimes it's best to do what you must get it out of the way now. You'll get your turn to please yourself. Competitive ambitions and ego drives are on hold now.



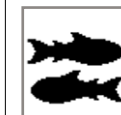
Capricorn: Get involved in charity events or social action groups that interest you and you will make headway in many different areas of your life through the people you meet and the information you discover. You may be asked to take responsibility or even a leadership

role or to contribute and participate more fully than you have in the past. You will enjoy being part of a team or group effort now. Being part of a community or circle of friends and building your social network is important to you at this time. Benefits from past efforts come home to roost.



Aquarius: Over the New Moon don't mix business with pleasure if you want to avoid trouble. Not everyone will be on your side over the next few weeks so you may want to choose your friends carefully and keep your personal thoughts and opinions to yourself.

With your career and reputation very important to you at this time, you can make significant gains regarding your ambitions. Recognition for your efforts and receiving credit for your accomplishments are likely now, but only if you've 'done your homework'. This is an excellent time to look for a promotion or to engage the support of those in positions of authority.



Pisces: This is a time to lift yourself out of your usual mundane concerns to get a larger perspective on your life. Although it may all seem overwhelming for a while remember that as long as you keep plugging away you will make gains. You really can get things up

and running if you try. A chance to do things a little differently will make all the difference in the world. Don't slow down because someone can't keep up with you. You have to maintain the momentum. A teacher or mentor who appears on this New Moon may be particularly important to you later.

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Ah...Baroque cocktail anyone?



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.



Neoclassical: *The Oath of the Horatii*, Jacques-Louis David 1786

Almost everyone is familiar with the Renaissance, and most of us will have heard of Impressionism. Beyond that, however, the lay-person's knowledge of art history gets a bit sketchy (no pun intended!). A mention of 'Baroque painting', for example, might prompt an unintended yawn (not that complicated art history stuff!). But if the Baroque was a cocktail it would be the most intense taste of your life – a blast of flavour with an alcoholic moon-kick; as intense as a Caravaggio, a Rembrandt and a Rubens – three names which exemplify 17th century Baroque painting.

The 16th century Italian Renaissance, in contrast, would be a vintage wine, taken with a mouth-watering meal. Renaissance painting is all poise; beautifully restrained strength, classical proportions, classical beauty; full of light and sumptuously sectioned colour, the latter revealing its debt to Byzantine and Medieval painting. But mostly its debt is to the sculpture, painting, logic and rhetoric of classical Greece; it is the culture of antiquity that the Italian Renaissance sought to revive, with all of its elegance, power and balance.

Caravaggio, with his gritty realism and earthy palette, was a pure shock to the idealism of the Renaissance; as were the voluptuous nudes of Rubens and the thickly encrusted paintings of Rembrandt. These 17th century artists brought a new level of realism into painting, one that was closer to every day life and less bound to the idealistic heavens. They also brought into painting the dramatic moment,

the moment of confrontation and conflict, and in doing so used the most dramatic lighting they could, the intense darks and lights we know as chiaroscuro.

Italian Renaissance painting was as light as the Baroque was dark. Its most powerful patron was the Vatican, and whilst it was filled with the spirit and form of classical Greece, it was predominantly the tool of the Catholic church. Its message was triumphant and empirical: it expressed the might of the Vatican at the height of its power. It did this extremely well, for classicism is both tragic and triumphal, and even in its expression of tragedy its carriage is heroic.

It is not possible, of course, to re-create the conditions of the Renaissance; this was a broad cultural revival that encapsulated everything from philosophy and literature to geometry and architecture. Painting was only one part of this interlinked

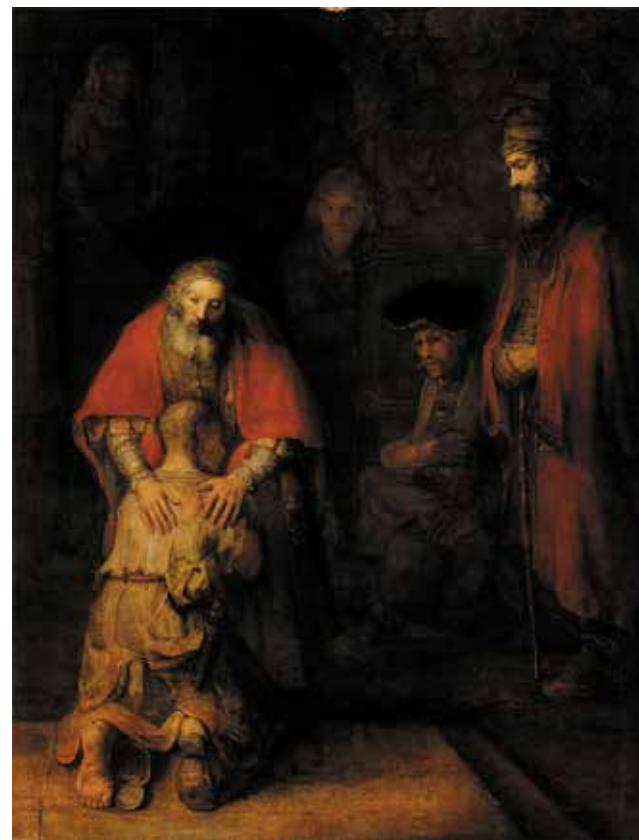
movement, spurred on by the rediscovery of the culture of antiquity. Classical revivals have occurred since however, in the 18th and 20th centuries. In 18th century Europe this manifested as a neoclassical movement encapsulating all of the arts. In the 20th century neoclassicism, with its sense of heroic triumphalism, was largely hijacked by Nazi and Soviet culture and has been tainted ever since.

Whilst the heroic triumphalism of the Renaissance is out of step with our own time and culture the Baroque is a different story. Full of dramatic catharsis, brooding melancholy, pathos-filled narrative and gritty realism, Baroque painting reads like a script for contemporary Western culture. It is no wonder then that the Baroque painters of the 17th century are having a profound impact on a new generation of figurative painters, many now in their 30s and 40s, seeking both a return to figura-

tive mastery and a mode through which to express the world's turbulence and beauty.

It is perhaps no coincidence that a neo-Baroque movement in painting is rising against a backdrop of conceptualism (where an idea alone will do), the eternal twilight of the postmodern (where everything goes and aesthetic standards are obsolete), and the myth of modernism (which seeks ultimate abstract purity of expression). There is a thirst amongst painters moving in the neo-Baroque direction for the roots of their craft; for the magic of a subtle and emotively powerful figuration.

Next month I'll be looking at some of the leading figures in this generation of painters. Some, such as Guillermo Lorca, seek to create a new world of Baroque fantasy, whilst others, such as the Italian Nicola Samori, seek to re-create Baroque masterpieces only to partially destroy them. I'll also



Baroque: *Return of the Prodigal Son*, Rembrandt 1663 - 1665

be looking at the Norwegian master Odd Nerdrum and the work of the Nerdrum School of painters, for whom pathos,

dramatic narrative and human connection are key.

The cocktails are ready; chin chin.

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people Arts & Entertainment

Bantry artist explores beauty and fragility of the natural world in new exhibition



A new art exhibition, featuring 30 paintings and drawings by Bantry based artist Catherine Weld, is opening at Cork County Council's Library HQ Gallery. The solo collection, called 'Fragile Island', will run for four weeks from October 29 to November 26. The artist will also host a free workshop in the gallery in conjunction with the exhibition.

The LHQ gallery is located at the County Library Headquarters building next to Cork County Hall. Its accessible exhibition facility is available to emerging and established artists, community arts groups

and others.

The exhibition is inspired by Catherine Weld's daily walks in the rural landscape in West Cork and making drawings of the things she encounters. Her exhibition explores how Covid-19, together with the global effects of climate change, puts us in a place of unprecedented uncertainty.

Catherine says that anything that sparks her interest can become a subject, "I find that inspiration comes from the most delicate flower to extraordinary formations of rock, to the painful stumps of felled trees. For me, inspiration comes also

from sounds, touch and the sensations of weather, light or atmosphere and I record them using pencils, charcoal and even lumps of earth and the sap of plants. My drawings and paintings explore the complex and beautiful but fragile and vulnerable natural world, as it comes under increasing threat from changes in climate and the ravages inflicted on it by humanity."

Catherine will facilitate a free two-hour drawing and collage workshop in the gallery on Wednesday, November 17 from 10.30am to 12.30pm. No previous experience is neces-

sary; however, the workshop is limited to six participants in accordance with Covid-19 public health guidelines. The workshop will explore tonal values and composition, there will also be an exercise combining collage and drawing. Participants are encouraged to bring along materials, such as photographs, that are meaningful to them for the exercise. Booking is essential and can be made by emailing arts@corkcoco.ie

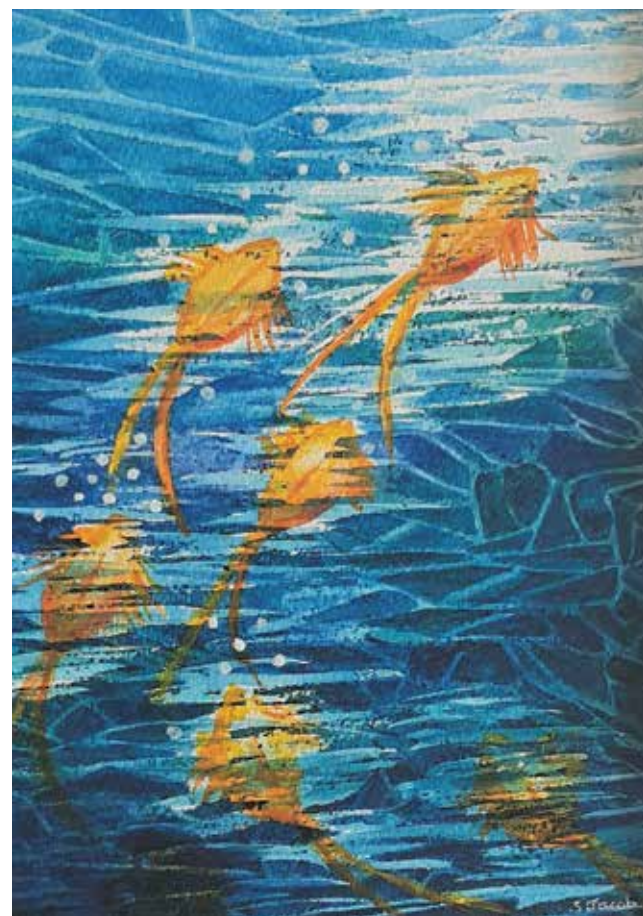
For more information visit www.corkcoco.ie or www.catherineweld.com

November exhibition at Clonakilty Community Arts Centre

Serendipity is an art exhibition from Kinsale Atlantic Artists, which will open at Clonakilty Community Arts Centre on Saturday, November 6 at 7.30pm.

Kinsale Atlantic Artists meet up weekly to work, share ideas and inspire each other. They are a very creative mixture of painters, sculptors and textile artists, so you are sure to see something original that will interest you.

Everyone is welcome to drop in and see this eclectic collection of artworks from a diverse group of artists. Gallery opening times, 11am to 5pm, Tuesday-Sunday. The Exhibition runs until November 27.



CROSSWORD ANSWERS Across: 1. Aslan; 4. NFT; 6. Red Stag; 8. Paddy Moloney; 9. Nancy; 11. Kiwis; 13. Gunther; 14. Facebook; 15. Metro North Down: 2. Liffey Swimmers; 3. Corporation Tax; 5. Mhac; 7. Booster; 10. Arlene Foster; 12. Pandora

OUT & ABOUT IN WEST CORK

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



Ardfield & Rathbarry NS Communion



The children of Togher National School, Dunmanway who received their First Holy Communion at St. James Church, were L-R : Ari Hyland, Eli Smith, Faye Buston, Aoibhe Parry and Ella Kingdon

people Arts & Entertainment

OUT & ABOUT IN WEST CORK



Sadie Brookes and Julia Fitzgerald from Ballymoney National School Ballineen, with their prize winning carved pumpkins.

Dance more dances

Have you always wanted to learn how to dance? Do you want to brush up or refine your dancing for a special event? Why not take this opportunity, after a long 18 months of restrictions, to add some more fun and enjoyment to your life. If you already have a dance partner, bring him, or her, with you; if you don't have a partner, come alone or bring your friends. Group lessons are a great way to have fun and learn how to dance. In the classes you will learn the steps and moves that make you feel more confident on the floor. It's never too late to start.

"At Cork Dance Club, our philosophy is a simple 'A, B, C D – Any Body Can Dance'" says instructor, Anne. "Everyone has the potential to be a dancer, with proper instruction and confidence. Learning to dance is no different from learning any other discipline. It may feel awkward at first but that's to be expected. Eventually you will master the basics and be able to dance with full enjoyment without having to think about it. You will be able

to just feel it and dance. The good news is learning to dance is always fun, even in the early stages."

Dance lessons are normally given in succession, with you learning step-by-step and building on what you have already learned. By learning in a step-by-step fashion, and practising in-between your lessons, you will develop muscle memory and eventually dance steps, routines and effortless movement to the music will become second nature.

Cork Dance Club's lessons encompass many different styles including waltz, jive, quickstep, tango, cha cha cha, foxtrot, samba, rumba and lots more. Whether you want to learn to dance at your wedding, deb's/grad's ball or just because you're looking for a new hobby this autumn you will find that learning how to ballroom dance will give you the confidence to do any of the above, anywhere.

"Here at Cork Dance Club we like to get to know all our students and regularly hold social events such as weekend dances, a Valentine's Ball,

weekends away and an annual dance holiday in Spain, where you can come and meet new people and show off your dancing skills," adds Anne.

To coincide Strictly Come Dancing's 2021 series, Cork Dance Club is commencing new introductory starters' course in the GAA hall in Bandon on Monday, November 1, at 9pm.

Ballroom dancing is undergoing a tremendous resurgence in popularity, as new generations are discovering the joy of dance. Young and old alike can express themselves to a variety of exciting ballroom dance rhythms: the sexy and sultry Latin beats such as salsa, tango, rumba and more; the slow and romantic smooth dances of foxtrot and waltz; and the ever popular quickstep and jive. Dancing is good for your health and is a great way to make new friends.

"Our speciality is adult lessons. So if you're between the ages of 18 and 88, you are welcome to explore the world of dance with us at Cork Dance Club. If you think your age has anything to do with your ability to dance, you're wrong... we believe it's never too early or late to fall in love with dance.

"Whether you are an experienced dancer looking for new challenges or a beginner who has never danced a step in your life, you will find we have lots to offer you. So what are you waiting for, come along and join in the fun," Anne concludes.

To find out more about the Cork Dance Club visit their

website www.corkdanceclub.com or contact Anne at 087 2487696 or email corkdanceclub@gmail.com.

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people Arts & Entertainment

Suspenseful new literary thriller from Bantry author

Bantry based award-winning author James Lawless has just published his new novel 'The Spanish Au Pair'; a contemporary, literary thriller about a Spanish au pair who becomes embroiled in the strange goings on of a Dublin family, tyrannically ruled by

a predatory but outwardly respected Garda Inspector, Fionn Mac Convery.

"While many of us hear of the exploits of the Irish diaspora in far-flung fields, I wondered about the other side of the coin? commented the author. "What is it like for a foreigner to come

to live and work in Ireland, the land of a hundred thousand welcomes?"

"The prompt for the novel is topical with recent media coverage on the exploitation of au pairs, particularly as cheap substitutes for prohibitively expensive crèches."

The story follows an inspector who, in his ambitious rise in the force, has damaged several people, including his wife whom he abuses, and a previous au pair. The novel pivots on his constant efforts to seduce Mariana. In the course of avoiding Fionn, Mariana experiences the mean streets of the city and meets some of the characters who have been damaged by



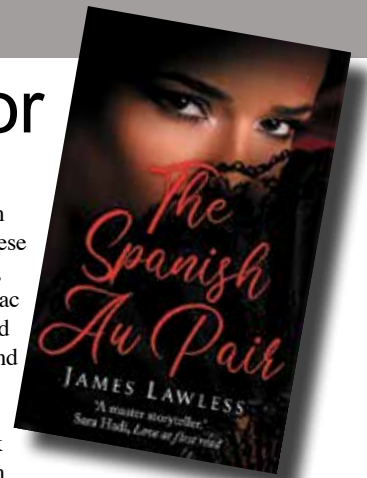
him. There are also suspicious links with Mac Convery and the murder of the father of the taxi driver Sam Sinclair whom Mariana befriends; and perhaps equally tragically is Mac Convery's hand in the death

of the homeless Tina whom he was supplying with stolen cocaine in return for sex. These connections begin to cohere, as Mariana, together with Mac Convery's maligned wife and a vengeful Sam, set out to find justice.

"Lawless has a classy turn of phrase and can whisk up ambience at will. He is an author we should perhaps start taking more seriously." Sunday Independent.

The Spanish Au Pair is for sale in Bantry bookshop and on Amazon.

James Lawless' awards include the Scintilla Welsh Open Poetry Competition, the WOW award, the Cecil Day Lewis



Award, the Sunday Tribune/Hennessy and Willesden Herald award nominations; and he was shortlisted for the Bridport Prize. He is the author of five novels, a poetry collection, a children's collection of stories and a study of modern poetry.

jameslawless.net

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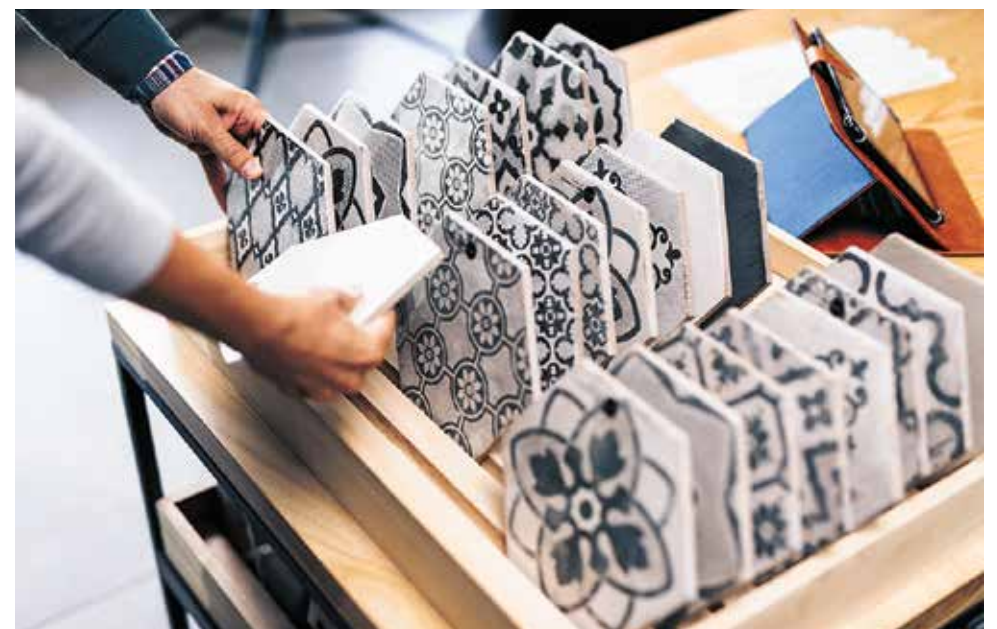
INTERIORS

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

What should I invest more on and where can I get away with spending less? If you are starting a new build, or thinking of doing a renovation project, then this topic will be very dear to your heart.

Yes, I'd love to have beautiful and original pieces for every room of my own home but that's mostly not practical, or within my budget. There are times that I have to compromise and the same goes for my clients...but not at the expense of the design we are aiming to achieve together. That's where



my experience and contacts as a designer come in.

Everyone deserves to have an inviting home and you can create beautiful spaces regardless of your budget. Luckily I know Munster's shops' stock and prices intimately and can advise where to find something at a reduced price but there are times when it's worth spending the money.

First and foremost, think about where you will spend most of your time. Most people will say their kitchen or open plan living space. So let's look at making this space bright and airy, functional and fun to be in.

Spending a significant amount on your kitchen, so that it is designed around your needs, makes life so much easier. The kitchen is the heart of the home and if you have sufficient storage, attractive hardwearing countertops and efficient appliances you'll reap

the rewards of that investment for years to come.

Flooring will make or break a design. It can instantly make your space look cooler, warmer, larger or smaller so think carefully here and invest in something that looks great and will survive the activity level of the room.

Items that you touch every day need to be more durable, which more expensive items tend to be. Spend a little more on handles, the kitchen tap and so on to save in the long run.

Lighting can last years if good quality. I recently advised a client to move an industrial style light from a bedroom to over the dining table – 15 years after purchase it was still going strong! Don't settle for 'satisfactory'; well-designed lighting can make so many activities in the home easier and more enjoyable.

Choose wisely when buying

your furniture and spend on the key items that will get a lot of use such as a table and chairs. Maybe think about adding some vintage pieces that will keep their value – there is some fabulous secondhand dining furniture out there.

If you are buying new, try to get as much as you can from one store so that you can bargain a bit.

My key message on all these purchases is think hard before you buy. Will it serve its purpose well and not just adequately? Will it cost more in the long run if I don't invest now?

Once you have a good quality base you can mix in budget off-the-shelf accessories such as bed linen, ceramics, rugs.

Interior designers can actually save you money in the long-run so for more tips get in touch with me before you start your next big job.

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Jean Perry

Jean Perry is a lifelong horticulturalist and campaigner for organic and sustainable farming and growing. She has been living and growing in Baltimore since 1989 where she ran The Glebe Cafe and Garden with her family.

As I start this new column the future seems to be more fragile than ever. In a world that is still struggling with the Covid pandemic, the thought of trying to do something about the ever present Climate Crisis can feel pointless and even overwhelming, but never has the adage 'think globally, act locally' been more relevant.

A big driver of change should be local food production. The present global agri-business model is worth a staggering 24 trillion sterling every year, but the reality is that this money is concentrated in the hands of a very small number of very large and powerful organisations. They control everything, from the seeds we grow, to the oil that drives the tractors and the markets that sell the food. Your local farmer gets less of the cut year after year.

It would be easy to write a whole article on the problems of modern day agriculture and food production but the bottom line is that it is a major cause of carbon emissions, loss of biodiversity and climate change. Yet it could be so different. There are lots of young and not-so-young people who are making a small living, on sometimes small patches of land, growing in sustainable ways, working with nature and supplying their local communities with healthy food, grown with complete traceability, low carbon footprint and no food miles.

Over the next few months, I would like to introduce you to some of them, tell their fascinating stories and where you can buy their produce.

For this issue I spoke to

Madeline McKeever who founded and runs Brown Envelope seeds. All foods start with seeds, even food for livestock, so where could be a more appropriate place to start.

Madeline was born and brought up on a mainly beef farm in Co Meath. The middle daughter of three, the tomboy, she loved being out on the farm and remembers always wanting a horse. After boarding school she went to Trinity, initially to study medicine; but she changed tack and got a degree in Botany instead. For her masters she studied Vegetation History concentrating on climate change at the end of the last ice age. Perhaps this was unconscious preparation for things to come!

With little prospect of employment in the 1980s, Madeline travelled to America, ending up on an organic farm in Maine. Here she learned organic farming in the summer and continuous cover forestry in the winter. A trip to Johnny's Seeds in Maine during that time proved to be an inspiration that she drew on later.

She married in 1986 and moved to a small farm in West Cork in 1987.

They started dairy farming with a herd of 12 beautiful Jersey cows. Madeline wanted to make cheese but with two small daughters and the end of her marriage, it became obvious that, logistically and economically, dairying on that small scale was unviable. She stopped milking in 1999.

Turning to beef farming and planting trees, she had time to think about what to do next. Around this time, Madeline and I were part of Growing Awareness, a group organising conferences supporting Organic food production, and from this, we started the Skibbereen Farmers Market. Taking on one of the first few stalls, Madeline had very little to sell and the idea of Brown Envelope seeds took hold. She was growing vegetables and saving seeds for herself so this was just the next step.

From here she obtained her Organic licence and, whilst registering as a seed producer with the Department of Agriculture, she discovered that no one else in Ireland was actually growing organic seeds, apart from the Irish Seed Savers Association – it seemed like an ideal business opportunity.

Working with little help, she gradually built up the business; one of her daughters, Holly, came home to help for a while, but she has recently been elected to the Dáil, making her mum

very proud.

Madeline has always concentrated on growing open-pollinated vegetable varieties, that if you had the time and energy, would produce an interesting and varied year round diet in Ireland. But she loves experimenting and you will always find unusual and tempting additions to the catalogue, as well as a very comprehensive list of tomato varieties; my particular favourite.

Madeline's latest exciting innovation is the creation of a market place website, selling a range of organic and chemical free herb and vegetable seeds from Brown Envelope and various other seed producers across Ireland. This is as a response to Brexit, Covid, and the consolidation of the international seed industry. The aim of this multi-vendor site is to offer a better choice of quality chemical free



Madeline McKeever who founded and runs Brown Envelope seeds.

seeds for growers and gardeners. Madeline's seeds represent the start of a resilient local food system and you can buy her seeds on www.seedie.ie

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Gardening in November

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November can be a damp, raw month with short days but there are many colourful shrubs with colourful and abundant berries. Enjoy the last remnants of autumn leaf colour before turning to evergreen trees and shrubs to provide valuable winter interest, as leaves disappear from deciduous trees. Nerines, Cyclamen and Schizostylis will be still providing much-appreciated late colour at this time of year.

Think about visiting gardens that are open to the public with good collections of autumn and winter colour, taking notes and photographing noteworthy specimens.

Despite the short days there is plenty to be done in the garden.



GARDENING

John Hosford

The Weekend Garden Centre

November marks the start of the bare-root season for trees, shrubs, hedging, shelter and forest trees, roses, fruit trees and bushes. This is the ideal month to plant the full range of bare-root plants, taking full advantage of the accumulated heat of the soil from the summer sunshine. The advent of shorter days and greater rainfall will mean you won't be dragging water for months if you plant in late Autumn.

Stake larger trees and, if rabbits, hares or deer are a problem, do protect with appropriate tree guards, which should be put in place immediately after planting.

Guarding against frost

Lift and store Dahlias and Begonias now, placing in a dry, frost-free shed or greenhouse. If you are in frost-prone area bring these indoors without any further delay, as risk of frost is greater as we move into November and December. Clean off any excess soil and debris from the tubers before storing and watch out for any rot or signs of fungal disease. Label with colour and variety details.

Bring Geraniums, Pelargoniums, tender Fuchsias, Cannas and patio Salvias under protection now if not already brought



indoors, checking first for pests and any fungal spores.

Some heating will be required now if you are keeping frost-tender plants inside. The most convenient are thermostatically-controlled electric heaters. Heating large greenhouses can be expensive so to save on heating bills, separate off a smaller part of the greenhouse with bubble plastic. If your greenhouse has glass to the ground, the lower half can be insulated with bubble plastic and polystyrene.

Ventilate whenever possible. Maintain good air circulation to keep down diseases such as botrytis. Close the ventilators in the early afternoon to conserve precious heat.

Take advantage of any good spells of weather now to get on with gardening work. Work done now can save a lot of time and effort when spring comes around.

Clean pots and seed trays in readiness for spring seed sowing and potting. Dispose of old compost, dead plants and all old debris, which will harbour pests and diseases.

Using clean containers is a vital and essential step towards propagating and growing healthy plants.

Water all plants more careful-

ly now. With shorter days and lower temperatures, growth will be slowing down, so it is more important to be more careful with watering. Water with lukewarm water early in the day, keeping water off the flowers and foliage.

Indoor vines

Begin pruning indoor vines by cutting back all the fruited shoots back to one or two buds from the mainstem. Vines can be pruned through to late winter but those under glass are best pruned early to admit light for other plants under cover. Cuttings can be made from the prunings.

Vegetable Garden

Broad beans and peas can still be sown outside this month. Cover with cloches to protect the crop and take precautions against mice if necessary.

Begin harvesting Brussels sprouts. Start harvesting from the bottom of the plant upwards since the largest sprouts form at the base of the plant first. Very tall plants that are vulnerable to being toppled over in high winds and gales should be staked and tied to a robust stake. Net against pigeons if they are proving a threat.

Fruit Garden

Check fruit in store regularly, discarding any showing signs of rot, fungus or deterioration. Pick carefully late-ripening apples.

Start winter pruning of apples and pears. Prune gooseberries and redcurrants.

Aim to build up a framework of four or five main branches, each with plenty of fruiting spurs to produce a plentiful supply of succulent fruit. Leading shoots can be pruned by one third to half. Any shoots not pruned in late summer should be cut back to two or three buds from the previous year's growth. Dead crossing or diseased wood can be cut out. Opening up the centre of the bush to allow air to circulate helps to prevent disease.

Tulips and Spring Bulbs

This is the best month to plant tulips. Choose a sunny, well-drained position for best results. Plant your tulip bulbs at two to three times the depth of the bulb, digging in coarse grit if the soil is heavy. Tulips can also be grown in pots. Continue planting of Narcissi, Crocus, Lilies, outdoor Hyacinths, Bluebells. Paperwhite Narcissi can be planted in bowls or pots where they will flower within seven to nine weeks of planting.

Spring Bedding Plants

Get Wallflowers, Sweet William, Pansies, Violas, Polyanthus, Forget-me-nots planted as soon as possible. Add 'Gee-up' and an organic fertiliser at planting time, protecting against slug damage.

Lawn Care

Rake up fallen leaves. Compost them to make leaf mould, which makes a soil conditioner, mulch, and component in potting composts.

Send the lawnmower away for sharpening and servicing and be ready for the spring rush. Keep off the lawn during wet weather. Use planks to step on if you have to access borders.

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people Home & Garden

Over half of privately rented properties have BER rating of D or less

The 297,000 households living in the private rented sector are more at risk of experiencing energy poverty than those who own their own homes, according to a new report.

With the current focus on energy issues, 'Warm Housing for All', a joint collaboration between two national charities, Threshold and the Society of St Vincent de Paul (SVP), is timely.

The report highlights that 55 per cent of private rented properties have a BER rating of D or less, with 20 per cent rated F or G.

Previous SVP research published in 2019 showed that children living in the private rented sector were two times more likely to experience energy poverty than those living in owner occupied homes.

Without action now, the charities are concerned there will be a growing gap in housing standards and increasing inequality in outcomes for private renters. The report sets out clearly the measures required to successfully improve energy efficiency and housing standards in the private rented sector.

The 'Warm Housing for All' report deals comprehensively with the situation in the private rented sector under five headings; current standards for

energy efficiency, opportunities and barrier to retrofitting, financing retrofitting in the sector, protecting tenants, and a pathway forward, which contains 15 recommendations.

In relation to financing, the report highlights that energy efficiency improvements in the sector are particularly challenging without strong government leadership. A major barrier is the "split incentive" that occurs when a landlord meets the cost of improvements, but it is the tenant who reaps most of the benefits through reduced energy bills. On the other hand, tenants do not control their rental property and do not have the autonomy to make it more energy-efficient, nor do they have the security of tenure to incentivise them to invest in energy efficiency measures. This means that neither party is strongly motivated to upgrade the building.

A number of proposals to overcome this 'split incentive' are put forward by the organisations, including making properties in the private rented sector eligible for funding equivalent to the 'Better Energy Warmer Homes Scheme,' for low-income tenants and their landlords, based on a tenant receiving the Housing Assistant Payment (HAP). However, Threshold and SVP stress that eligibility should be contingent on the landlord providing a long-term lease to the tenant.

In relation to the opportunities and barriers, the report stresses the need to significantly

increase the numbers employed in retrofitting to meet the current target of 500,000 retrofits by 2030. The charities say this is an opportunity to use public investment to create good jobs throughout the country.

It also recommends the establishment of One Stop Shops for the private rented sector. This is a service, promoted at EU and national level, that supports homeowners through the retrofitting process by providing a single point of contact.

This report recommends that this service should be available and tailored for landlords and tenants in the private rented sector.

Ann-Marie O'Reilly, Policy Officer at Threshold said; "With one in five households now living in the private rented sector and the Government's commitment to introducing a minimum BER in the sector by 2025, targeted measures, as well as funding, are required without delay to address the energy efficiency of private rental homes."

Issy Petrie, SVP Research and Policy Officer said; "The ambitious target of 500,000 retrofits by 2030 has already been set by Government. With this report we want to make sure that households in the private rented sector benefit from this too.

To reduce energy poverty, we need a coherent strategy that aims to tackle energy inefficiency in the private rented sector as well as addressing the cost of energy, and overall income adequacy. While not without

its challenges, the benefits are wide ranging as it will not only improve the quality of the housing stock, but it will also

help meet our climate targets and reduce health expenditure in the future."

The full report can be found

at www.svp.ie/warmhousing-forall



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people Sport & Fitness

Anyone for tennis?

Clonakilty Tennis Club would like to let readers know that they are welcome to visit the club to try their hand at a game of tennis. Wednesday, from 8-10pm, is 'Club Night' where players of all levels turn up and are paired off by a host for a number of games. This is a great opportunity for beginners to try out the game and meet other members.

The Club is based at the Clonakilty Sport Complex, behind SuperValu and is part of the Sacred Heart Convent grounds. There are four all-weather floodlit courts enabling tennis to be played all year round. During school term the courts

can be booked for games from 4pm to 10pm and during school holidays from 10am to 10pm. Courts are also available over the weekend when booked in advance.

As well as Club Night, once a month the club runs a Friday night competition where pairings compete for prizes; on some occasions these nights are run for charity such as Marymount hospice in Cork, an initiative promoted by Tennis Ireland.

The club also participates in competitions organised by Munster Tennis, such as the Summer Cup, a knockout competition for teams of four either mixed or mens/ladies doubles, and the



Winter League, a round robin format for mixed and men's/ladies teams. This year Clonakilty Tennis Club's Grade 4 mixed team reached the final of the

Summer Cup!

Players can also enter Open Competitions, hosted by some of the bigger clubs in Cork – this year teams from Clonakilty

won a mixed five competition in Carrigaline, and a Ladies three team won competitions in Aghada and Ruchbrooke.

If you are interested in taking

up tennis and would like to join the club please contact Louise on 087 9763553 or Conor on 087-2761229.

people Sport & Fitness



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.

The Art of the Impossible was a saying frequently mentioned, when I spoke with Jette Schmidt, a mum of two and a three x 100 miles (160km) Ultra marathon finisher. We met at the club house of the running club Bløvsørd Løverne, in which she has been a member for 35 years. If you saw her on the street, you'd probably think of her as a blond, normal, petite size lady with a beautiful, contagious smile. But get the coat off and put her in running shoes, you'll see that she's really fit, and if you put her in a race, you'll find out she's all about grit.

"When I first started running back in 1985, I had just learned about marathons, and I secretly thought, that sounded awesome. It was a goal I kept for myself, during my first years in the running club, but in 1993 I went to

The art of the impossible (Part 2)

the Berlin Marathon on a whim. The club had a free race ticket and I was asked if I wanted to go. Since I was already running long distances (I preferred the longer runs and enjoyed running with the guys training for marathons), I thought why not and grabbed the chance. It was a great experience right up until I got to the finish line. Then it hit me – what now?"

The 'What now?' has since been a constant in Jette Schmidt's running life, for whilst she's doing these crazy athletic sports, she also has to balance a life with two kids, a career, a home, friends and family. "That's the art of the impossible," she told me, "To make room for everything. I've always strived to be 'a whole human being' with room for not only my training and my goals, but also for my family and my career. It might have cost me sacrifices in athletic results, but I don't want to be selfish and only focus on my goals. There has to be time for other stuff as well."

And whilst juggling the needs of two kids, she has also managed to fulfil her second big dream: to compete in an Ironman. In 2012 Jette completed the Copenhagen Ironman, which included 3.8km of swimming, 180.2km of cycling and the running of a full marathon (42.2km).

Scheduling training for the Ironman was like putting together a puzzle. It began with a short run before the kids got up, and a longer one later in the day if possible; a bike ride while the kids were at swimming classes



in the afternoon; an early start at work also meant the possibility of an hour of extra training.

Schmidt told me it was the best race experience ever. Her family and friends from the running club and her colleagues from work came out to cheer for her, as she fulfilled yet another one of her dreams.

At the finish line, however, the same thing happened as before. Where there had been a dream, there was now a blank space and Jette was once again left wondering what to fill it with. It was only a month later that the next challenge came, in the form of a 60 km ultramarathon race. "It took me two days to say yes" said Schmidt, who was about to enter new territory, going beyond her 42.2km marathon limit.

To make room for everything. I've always strived to be 'a whole human being' with room for not only my training and my goals, but also for my family and my career. It might have cost me sacrifices in athletic results, but I don't want to be selfish and only focus on my goals.

In 2017 Schmidt upped her game even further, competing in her first 100 mile (160 km) race around the Danish isle of Mors. "It was a race full of pain after the first 100 km. It was raining and I was miserable. No energy, cold, nothing really worked for me. For a long time after I said, 'Never again'".

However in 2020, maybe on a quest to redeem herself from that first miserable experience, Schmidt signed up again. This time with the help of a coach, Kristina Schou Madsen, winner of the World Marathon Challenge 2020. Together they made a plan for training, nutrition and fluid intake during the race. And as Schmidt's finishing time went down from her first race, she felt much better, so great in fact, that when the ultramarathon she signed up for in Sweden was cancelled, she jumped on the opportunity to run the 'Mors 100 Miles' for the third time.

This time everything was on point: training, nutrition,

fluid intake, and her daughters keeping her company at the aid-stations, helping her both mentally and physically to complete the race. "Running this far is a bigger challenge mentally than physically," she says, "You need to eat when you're not hungry and drink when you're not thirsty. I have an arsenal here of saltstick, bars, gels and what-not" (she empties a small box on the table and show me all the different stuff, there needs to be eaten and drunk during the race). "You can run up to around 20 km without drink or food, but after this, your body needs salt and electrolytes and preferably a bit of fuelling (food). After 60 km, that's where you need to add food/fluid intake during your training, so you can try different products and foods and see what works for your stomach".

Schmidt's youngest daughter biked alongside Jette through the night aid-stations. "This was wonderful. It was such a great experience to have her there. She took great care of me and made sure I had everything I needed".

How does one balance all the time spent on training with maintaining one's life? This is a big question, because often when people start on their training journey, they meet resistance from family and friends. Often this resistance is temporary and born out of a fear of change. With time new habits are often formed and accepted. But still, how do you fit in everything?

"I've never stuck to a training plan 100 per cent," says Jette,

"there's always something that comes up. And that's fine. That's life and that's how it is supposed to be." She quotes a saying, she heard at a talk: "Make sure you have the back up from your surroundings. Don't turn it into an egoistic project". This resonated deep within me, I wouldn't do what I do, without the support of my family and friends."

I hope the stories of Jette Schmidt and David White (published in the October issue) have left you inspired and in awe of what 'normal' people can do, given the chance, the opportunity and the determination – and not least, with the back up and cheer from the people around them. So if you find yourself inspired to take on a challenge, or to be more active in your life, my advice is to take a leap of faith and start. Your health and your life will be enriched from it, but do involve your loved ones. If you feel resistance, don't give up. Give it time and give them reasons to become involved, maybe as a training partner, or someone to hold you accountable.

In the case of Jette Schmidt and David White, it is quite clear, that the root of their success in their extraordinary achievements also belongs to their loved ones. In the words of Schmidt: "The art of the impossible, got possible with a little help and support."

Questions and comments are welcome as usual at: taniaskitchenfitness@gmail.com or via [@trainwithadane](https://www.instagram.com/trainwithadane)

OUT & ABOUT IN WEST CORK



Kilbree Junior County Champions visit Kilmeen NS.



MICC, Dunmanway held a Non Uniform Day last month which raised over €1,000. This event coincided with Drimoleague and District Vintage Club tractor run, held in memory of Eoin McSweeney. The proceeds were presented to Brú Columbanus and West Cork Rapid Response: Aoife Walsh, Dr Jason van der Velde (West Cork Rapid Response), Eimear Galvin, Áine Hickey and Mr Murphy, Principal MICC.

people Sport & Fitness



A treasure trove of GAA memories in new book from PJ Cunningham

Grassroots: Stories From The Heart Of The GAA, is a treasure trove of GAA memories, tales and incidents spanning over 150 years.

"The book generated an incredible response from every county in Ireland, as well as from the Irish abroad," said author and journalist, PJ Cunningham, who collaborated with Croke Park on the publication.

"I have included stories, not only since the GAA's foundation in 1884, but from before, through to the Civil War and up to modern times.

"The collection is, in essence, the first time that this rich oral tradition of sideline and on-field stories have been put together and published in this form.

"It provides snapshots into the history of the GAA, recounted by the people at the heart of the action, whether those stories are happy or sad, dramatic or ordinary."

Volume 1 has just been published and such was the response from the GAA community that work has already begun on a second collection.

The first edition includes stories from the rich history of Cork GAA – none more unusual than the account by Kildorrery native Mike Monaghan of how a 'Fine Gael club' planned to ambush a Fianna Fail team and delay them from appearing in a local final.

There is an embarrassment of riches in terms of Rebel stories with memorable stories

of how a soccer man in the city nurtured a hurling destiny for eight players to experience All-Ireland glory.

Tim Horgan's beautiful vignette saw him attend a match in which Christy Ring scored 6-4 against Wexford – and he didn't see a single puck from the great man.

How could a driver end up in court for giving 20 Cork fans a lift to the Munster hurling final in Thurles in the mid-1940s? The milk-run-turned-sour tale was written in a gripping narrative by the late Donal Herlihy remembering every nuance of the day as a 16-year-old.

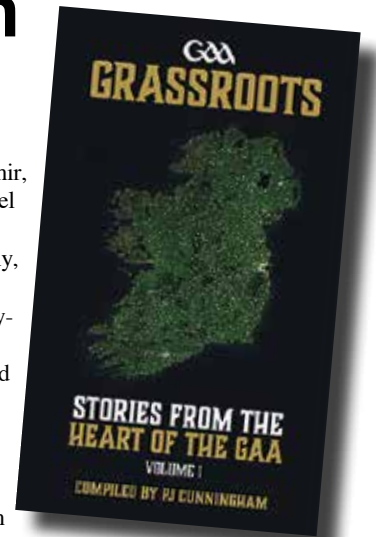
Other contributors to the book include former Irish soccer international Niall Quinn, Meath legends Sean Boylan and

Bernard Flynn, Tony O'Hehir, son of the legendary Michael O'Hehir, former Galway hurling captain Joe Connolly, Dublin star of the nineties Keith Barr, ex-Armagh player and manager Joe Kernan and RTÉ hurling analyst and former Offaly star, Michael Duignan.

"The folklore and stories that built up around our games are part of the reason that the organisation occupies such a special place in Irish society," said GAA President, Larry McCarthy.

"The GAA has always been about more than just games, it is part of what we are."

Grassroots: Stories From The Heart Of The GAA (Volume 1), priced at €19.99, is available



now in all good bookshops.

*If you have a GAA anecdote or story you would like to share for Volume 2, contact PJ Cunningham at 086-8217631 or at: pj@gaastories.ie.

Twelve stories from County Cork have been selected to appear in a fascinating new book on the GAA, written by people at the heart of the association nationwide.

people Motoring



CAR REVIEWS

Sean Creedon

Hyundai Ioniq 5 makes an electric statement

much of the concept is gone, the front design has been retained, as has the diagonal crease down the sides and the matte finish, resulting in a futuristic vision.

The car does look futuristic because you get a retro sci-fi looks, especially at the front and rear of the car. Looked at from the side, the car is rather more conventional and that is likely to boost its appeal.

The first question the neighbours ask when they see me driving an electric car, is 'what's the range.' Officially it's 480 km for the top of the range version, but of course much depends on the time of year you are driving and whether you are using air conditioning, lights, etc.

When I arrived at Hyundai's Irish headquarters in J.F.K Drive, off the Naas Road in Dublin, there were two Ioniq 5 models sitting outside, a white

and a black. Paula, the ever efficient receptionist in Hyundai, handed me the keys of the black car and I was off on the M50.

My wife loved it and she was very impressed with the 'drawer-type' glove compartment. The passenger side also gets a vanity mirror, a hand-grip over the door, but no hand-grip on the driver's side.

The exterior colour was black, but inside it was dazzling white. In many electric cars I have driven, the dash area always seemed to be minimalist. But I think the dash in the Ioniq 5 is the nearest I have seen to a regular petrol or diesel car.

In most electric cars there is a button to choose drive, reverse etc and it's normally located between the driver and the front seat passenger. In the Ioniq 5 you choose the drive functions via a stalk, located to the right of the steering wheel.

There are four trim levels, Executive, Executive Plus, Pre-

mium and Premium Plus, with prices starting at €37,995 for the Executive with the smaller 58kwh battery. The Executive Plus starts at €40,995 and the top of the range Premium Plus starts at €53,495.

Hyundai say that the Ioniq

5 is redefining the way people look at electric cars.

If you are serious about buying an electric car later this year or in 2022, don't do so until you have a test drive of this Ioniq 5.



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Recently I got to test drive Hyundai's Ioniq 5 for 24 hours, by no doubt I will get an opportunity at a later stage to have this electric car for a longer period. I was very impressed with the car on what was one of our lovely 'Indian Summer' September days.

The much talked about Ioniq 5 is Hyundai's first pure electric car. It's a car that has been designed as electric only, unlike their Kona and the namesake Ioniq, which are also available as hybrid models.

So that sets the Ioniq 5 apart from those other popular models, while also signifying a huge step forward for Hyundai. This car is designed to make more of a statement and show Hyundai's serious ambitions with electric cars.

The Ioniq 5 is based on the Hyundai '45 concept' which was shown at the Frankfurt motor show in 2019. While