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Keith Cotter from Bantry, who conferred with a Masters of Education in School Leadership from the University of Limerick, pictured with his son. Pic Sean Curtin True Media.

Cork one of five European cities chosen for pilot energy advice project

A new Home Energy Upgrade Office kiosk on Grand Parade in Cork will offer advice to individuals and communities on saving or even generating energy at home and reducing carbon emissions.

Cork is one of five European cities to be chosen for this pilot programme, which aims to create more energy communities by giving people the practical tools, business models and concepts to do so.

Part of UP-STAIRS, a pan-European project, the project is led in Ireland by the International Energy Research Centre (IERC) part of Tyndall National Institute, with the support of Cork City Council. The programme will also run in Germa-

ny, Austria, Spain and Bulgaria.

The public can call in to get expert information on all aspects of forming communities that are looking to upgrade their homes or community buildings to be more energy efficient or install community owned renewable generation.

Dr Padraig Lyons, Head of Group at IERC says. "We want to bring home-owners, neighbours, and local communities together to form 'energy communities'. When people work together, they can often get better results at a reduced cost. For instance, if a group of neighbours are interested in getting solar panels on their houses, it would be cheaper for them to come together as an 'energy community'

for the project, as often the costs, such as hiring a cherry-picker for installation can be spread across the group. Our Implementation Champions will support them through the whole process from advising on grants, to legislation and providing technical information."

The pilot project, which is funded by the EU's Horizon 2020 research and innovation fund, will run until January 2024. It is hoped that if it is successful, the service will be offered permanently.

The Home Energy Upgrade Office is open five days a week, Monday to Friday, with specialised staff from Cork City Council.

For more information go to www.h2020-upstairs.eu/ or ierc.ie.

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Phase one of upgrade and enhancement work for Bandon signed off on

The Mayor of the County of Cork Cllr Gillian Coughlan and Chief Executive of Cork County Council Tim Lucey have signed the contract for Phase one of the Bandon Traffic and Public Realm Enhancement Plan with West Cork contractor Pat O'Driscoll Plant Hire and Civil Engineering Ltd., signalling the first phase of the larger Bandon TPREP Implementation project.

Bandon TPREP provides for a complete upgrade of Bandon's town centre streets with enhanced footpaths, public space, and landscaping, making Bandon a more user-friendly place for pedestrians and cyclists while facilitating increased footfall and vibrancy in the town core.

The street upgrade and enhancement work will extend from St Peter's Church at Ballymodan Place to Market Street junction. The installation

of a new distribution water-main and service connections, new drainage and underground utility diversion and renewal work, new widened footpaths, and a realigned road with natural stone finish will also feature. Also included are public lighting upgrades, additional pedestrian crossing facilities, hard and soft landscaping including trees, seating and bike parking.

The Mayor of the County of Cork, Cllr. Gillian Coughlan highlighted how, "As a proud Bandonian, this contract signing marks the realisation of the vision for Bandon that was adopted by the Elected Members of Cork County Council in 2017. The Plan was developed following significant public consultation, for which I thank everyone for, and I am confident that together with we have a Bandon which is recognised as a premier market town, with an unique sense of place, which



Clodagh Henenhan, Contractor Paul O'Driscoll (Pat O'Driscoll Plant Hire and Civil Engineering Ltd.) Divisional Manager, West Cork Co Co, Cllr. Gillian Coughlan, Mayor of the County of Cork and Tim Lucey, Chief Executive, Cork Co Co, pictured at the contract signing for Phase 1 of the Bandon Traffic and Public Realm Enhancement Plan.

Photo by theheadshotguy.com

supports ease of movement for all, embraces its rich built and natural heritage and enhances its role as the Gateway to West Cork."

Chief Executive of Cork County Council, Tim Lucey, went on to say, "Cork County Council is delivering a traffic and public realm enhancement

plan to support the continued growth of Bandon and preserve the unique heritage which is reflected in its buildings and history. Recent public investment of more than €50 million in Bandon has delivered a comprehensive range of infrastructure additions and improvements for the town. This

current investment by Cork County Council will, in tandem with recent investment by the Council in a new library, and a range of community projects, add vibrancy and prioritise community in this important heritage town."

Works will commence in Ballymodan at the end of the

summer and are expected to take 10 months to complete. The implementation of Traffic Management Systems will be necessary to carry out the works. Businesses and householders will be consulted in advance traffic and management will be deployed in a manner to minimise disruption.



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Old cow shed is a work of art

An old cow shed in Allihies has found a new lease of life under the creative direction of Belgian artist Nadette Charlet.

Opening officially on July 1 with the launch of its first art exhibition 'Tommy's House; the '8 Cows Gallery' has been warmly welcomed by the local community as a wonderful cultural addition to the small rural village of Allihies.

The old cow shed that houses this new art gallery belonged to the late Tommy Hodges, bachelor farmer, copper miner, and much-loved character on the Beara Peninsula. Tommy was the uncle of artist Nadette's husband Richie.

In 2005, in search of a better quality of life, more family time and more freedom, Nadette, Richie and their two sons, Tom and Neil, relocated from Belgium to Allihies. For the first eight years, winters were spent travelling while every summer heralded a return to the family's new Irish home on the Beara peninsula.

Here, Nadette, an art teacher and illustrator, moved by the wildness and the inspiring beauty of her surroundings, started to paint and draw.

'Tommy's House' exhibition will show a collection of 13 of her oil paintings on board or canvas, as well as watercolour paintings and prints, a series of black and white photographs printed as cards and a collection of 'real objects' as they were in the house.

Tommy Hodges and his brother Willy, descendants of Cornish miners, were the last Church of Ireland family in Allihies. The bachelor farmers, who both worked in the Allihies copper mine in the 1950s, lived together all their lives, looking after their small family dairy farm. "They both were unique and exceptional characters, well-known and much-loved by the whole community of Allihies and around," shares Nadette. The Hodge brothers donated some of their land to Allihies Parish Co-Operative to accommodate the Allihies Copper Mine Museum.

Nadette and her family built their home out of one of the brothers' stone sheds. They were neighbours for 14 years. Willy passed away in 2016 and Tommy in 2019.

Tommy left the family some land, his house, and a cowshed.

The Hodge brothers' house remains, to this day, pretty much as Tommy left it, taking Nadette back in time but also into the future in providing the inspiration for her opening exhibition.

In 2020, during the first lock-

down, Nadette started to draw and paint details of his house, silent witnesses of Tommy's life

"I took lots of photos of other details that caught my eye and sensibility... Without any expectation or purpose other than my inner little voice, I painted more watercolours of Tommy's house details and objects, still witnesses of Tommy's unique personality," shares Nadette.

In an interview with West Cork People back in 2004, Tommy gave an insight into a period of his life, explaining how in the 1950s, the exploratory work carried out by the Emerald Isle Mining Corporation offered one of the few employment opportunities in the area at the time. It was a tough and dangerous job. "A lot of lads went down the mine, lost the head, and had to surface straight away again," recalled the Hodge brothers. One thing in particular that both brothers remembered vividly was the gas, which came off the explosions in the mine. "It was terrible... the gas was sucked away by an air-driven fan," said Tommy.

Willy's work detail involved clearing the old shaft and blasting tunnels inside the mine. "We used to drill with a jackhammer and in those days there was nothing to cover your ears with," he recalled. "After drilling we then had to pack holes with explosive powder. Before electrical blasting was introduced and all the fuses were lit by one switch, you had to light 30 individual fuses by hand. One of my mates who

was lighting the fuses, didn't get away in time, and was killed," said Willie. There was also the danger that the timber frames holding up the tunnels would collapse and trap the miners inside the mine."

The miners were transported up and down the mines in a square cage, which held four people, however it often happened that the steep rope, which lifted the cage, would come off the rails.

There were a number of signals for different emergencies. "Nine hoots was the danger signal," said Tommy. He recalled how one of the miners drowned in the early days of the mine being dried out. "I was running the hoist at the time and when I brought the cage up, there was a lad inside it crying."

The big developments that the Emerald Isle Mining Company envisaged never materialised and in 1962 work ceased at the mine. "It was a dangerous job but if the mine had stayed open, I would have continued working there," said Willy.

Nadette returned to Tommy's house many times since that visit that first inspired this exhibition.

"I painted very slowly, and time expended with that feeling of creating, not producing. Up until then I always envied the artists who work quickly and create a stunning piece with just a few strokes of paint. I had the sticky feeling I should be more intuitive in my creations and spend less time into details. But in these times I allowed myself to dive into details no matter



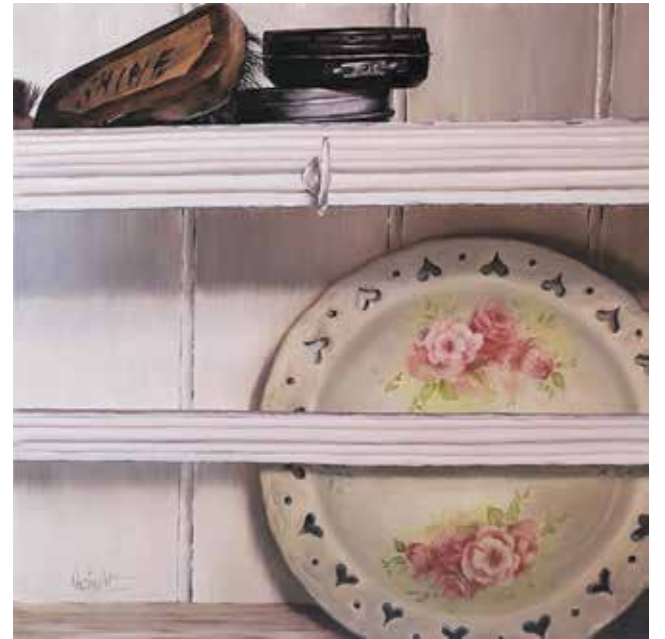
Nadette Charlet outside the old cow shed turned art gallery

what... Maybe it is my true intuitive nature after all...

"It surprises me that, in a time where I enjoyed so much being outside and in the now, my painting took me to such an intimate and 'in the past' area... Perhaps it was a subconscious effect of the lockdown.

"I felt many times that Tommy's solitude was a kind of

Tommy Hodges and his brother Willy, descendants of Cornish miners, were the last Church of Ireland family in Allihies. The bachelor farmers, who both worked in the Allihies copper mine in the 1950s, lived together all their lives, looking after their small family dairy farm.



Bill drafted to create national strategy for turning organic waste into energy resource

A new bill to allow for the State to come up with a national strategy for recycling organic waste and turning it into biogas has been drafted by Cork South West Deputy Christopher O'Sullivan.

The draft bill – the Anaerobic Digestion (National Strategy) Bill 2022 – will provide a mechanism for the Minister for the Environment, Climate and Communications, to create a national anaerobic digestion strategy.

Anaerobic digestion (AD) is a process of recycling organic waste matter into a biogas, which can then be used for energy production and as an organic fertiliser, thus reducing emissions and generating low carbon renewable energy.

"By positively contributing to the decarbonisation of Irish agriculture and the generation of renewable energy by the use of anaerobic digestion, Irish farmers will be enabled to play a key role in slowing down the pace of climate change," said Deputy O'Sullivan, who is also vice chair of the climate action committee.

"It's not just agriculture that will benefit from and contribute to these facilities. Distilleries are growing in number throughout the country, and they've had challenges with disposing of the grain used in the distilling process. Used grain can be fed into anaerobic

digesters, therefore extending the life and use of the grain and fulfilling some circular economy goals."

An existing medium scale anaerobic digester in Timoleague in West Cork, produces enough electricity to power 1,000 homes, Deputy O'Sullivan said.

It's estimated that over a 10-year period it will have stopped an estimated one million tonnes of carbon from escaping into the atmosphere, he said.

"Ireland currently doesn't have a strategy or policy for anaerobic digestion, and the obstacles to establishing and running AD's have prevented the expansion of this renewable, low carbon technology," Deputy O'Sullivan said.

"A national strategy will encourage an expansion of this technology across Ireland, and in doing so provide a secure source of renewable energy."

It's estimated Germany has 10,000 ADs. In the Republic of Ireland there are 13.

The strategy could also include micro scale anaerobic digesters, which could allow the hospitality sector, and even households, use food waste to create their own energy to be used in cooking for example, and using the liquid bio-fertiliser for growing more food locally.



The late Willie and Tommy Hodges

lockdown all together."

Nadette's style of painting is figurative and often detailed, her favourite mediums being oil and watercolour.

"I usually take pictures of the subjects that 'talk' to me and paint them later in my studio," she says.

"Even if my work is figurative, the result is always different to the painting I was planning... There is something I can't control, another dimension, that appears in the final image, and I like to think my instinct guided my hands to paint my emotions. That, to me, makes the essence of the difference between a photograph and a painting."

The opening of this art gallery marks the completion of an exciting project for Nadette and for the Allihies community and the promise of good things to come. Who knows what the future holds for this unassuming cow shed at the western tip of the Beara Peninsula...



A WEST CORK LIFE

Tina Pisco

So here we are: mid-summer. My favourite time of the year. I know some will say that the autumn is the most beautiful, that winter is most cosy, and spring most uplifting, but I'll take full-blown summer over the other three. Summer is the best. The landscape is lush and green. The light is golden and dappled thanks to all the greenery. The days are long with a wonderful mix of busy and lazy. Best of all is the temperature, especially when it's 'roasting'. It probably has something to do with being born in the Med, but my happy place is not just warm – it's hot.

So far, the jury is out on summer 2022. Most of June was not bad. Beautiful sunny days that got me out to the beach if not in the water, and lots of lovely afternoons pottering in the garden, and a good few BBQs. Though today is rainy and grey, and the forecast is grim for the weekend, it hasn't been that bad. In fact, if you had the chance to get out into the sunshine you might feel that summer is doing pretty well this year. West Cork has been mostly

Heatwave anyone?



dry, mostly calm, and warmish. We haven't lit a fire in weeks, though some evenings we've been tempted.

I guess what I really mean is that I'm hoping for a heat wave. A proper Irish one. Met Eireann defines a heatwave as five consecutive days of temperatures over 25C. Yes please. In fact, a week, or three would be just the ticket.

I must admit that I don't feel that 25C is in any way excessive. It's balmy not hot. I suppose I should be grateful when I see what heatwaves have become in my native Med. 40C-plus in June! Even northern countries like Belgium saw temperatures rise to 35C last week. It certainly looks like extreme heat is becoming the summer norm on the Continent, and we should be happy that we are spared. The last ten summers have been the hottest on record, so the Irish temperature trend is definitely

on the rise, but that doesn't mean that we'll be getting the sort of grilling that southern Spain has been suffering anytime soon. The top temperature ever recorded at a weather station in Ireland was 32C in 2018. A spokesman for Met Eireann recently stated that Ireland's summer temperatures may rise to 30C more often in the coming years, but we won't be seeing anything like 40C in the decades to come. We may well become the sun holiday destination in the future as the Med becomes unbearable.

The good thing is that whatever the weather, West Cork in July delivers. Now that we are back to festivals and gigs there's a lot to look forward to. First on my list is the Old Time Fair. I'm going to make the effort this year and get dressed up. I used to really be into fancy dress but had gotten a bit lazy in the years before the pandemic, preferring to become a spectator rather than a participant. During the pandemic I swore that when we got back to 'normal', I would become a participant again. If you are around Clonakilty on July 2, I encourage you all to rummage in your closets and root around the second-hand shops, to dig out grandfather shirts and braces, granny hats and frocks, and jump right into what has always been one of the most enjoyable festivals in the West Cork calendar.

Talking about enjoyable festivals, July has always been a high point for me thanks to the West Cork Literary Festival. I've been involved in one way or another for twenty years, with Bantry becoming my second home for a week or two every July. The last two summers have felt empty without it and I can't wait to get back. This year the festival is on from July 8 to July 15. The programme is chock-a-block with interesting events and the craic is sure to be mighty after the long wait. I'll be running a workshop on 'Crafting the Short Story' from July 13-15. For details on the programme or to sign up for a workshop go to <https://www.westcorkmusic.ie/literary-festival/>

Letter from the Editor

Welcome to the July issue of West Cork People, I'll keep it short and sweet this month...so much to do, no time to waste! Anyone else feel like they've lost the reins on the summer, as it gallops ahead. We're one of many chancing a holiday abroad this year...I'll let you know next month if we manage to get out of Dublin airport!

If you are one of the sensible holidaying in West Cork this year, you will be spoilt for choice. From the West Cork Fit-Up Theatre festival to the many agricultural shows, festivals, gigs, gardens and activities, summer entertainment is back with a bang. Pick up a copy of our Visitor Guides (Clonakilty & Area and 3 Peninsulas) to see the amazing offering of things to see and do from one end of West Cork to the other or check out explorewestcork.ie.

With West Cork being such a favourite holiday destination, particularly with the domestic market since the start of the pandemic, this month we put together a feature for holiday home owners showing the fantastic range of home and garden retailers in West Cork, ready to help you turn your house into a home away from home.

The centenary of the Irish Civil War is being marked with a number of events this month and next, so history buffs will be happy with the focus on this period of history in the next two issues. For this and lots more see inside,

I hope you enjoy the read,
Until next month,
Mary



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SOCIAL DEMOCRACY

Holly Cairns TD

At the end of June there were just twelve properties advertised for rent in Cork South West on daft.ie. There are fewer than 80 homes to buy for under €250,000 between all of the major towns. We know this is a beautiful part of the world with strong communities. It is the type of place people want to live in. Unfortunately, like many areas of Ireland, young

Government action needed on dereliction as housing crisis worsens

families and others simply cannot afford to buy a home here. Affordable housing is rare and social housing lists are unacceptably long. It is even worse for people with a disability. The reality for so many people of my generation is that home ownership is not possible.

In the past eight years house prices have doubled, growing by more than twelve per cent in the past year alone. Rents have also doubled in a decade, while housing costs have skyrocketed, wages have flatlined and low pay is endemic. The situation is getting even worse. Many people now cannot find a place to rent, even at unimaginably expensive costs. Owning a home is just a pipe dream. This did not just happen. It is not some accident. It is the re-

sult of deliberate policy choices of governments over the past two decades. The actions of this Government are not only perpetuating the problem; they are making it worse.

As the housing crisis gets worse and worse, the Minister for Housing seems to have no idea of the realities facing families. Research has shown that last year the number of new homes available for individuals to buy fell to fewer than 6,000, which was its lowest level in years. Instead of building homes for families, investment funds are buying up homes and building to rent.

Dereliction is another major issue that disgracefully is not being addressed. There are thousands of buildings dilapidating throughout the

country, which would make ideal homes. Activists in Cork city have identified more than 700 derelict buildings within 2 km of the centre. On a smaller scale, there are similar levels of vacancy in Bandon, Bantry, Skibbereen and other towns and villages across west Cork. There are also many formerly fine farm houses that have been left to decay and collapse.

If the Government is serious about supporting rural Ireland, then dereliction needs to be tackled. So far the Government policies to address this major issue have proven to be ineffectual and inadequate. Reporting vacant sites has essentially been made the responsibility of the general public. In addition there are no vacancy reduction targets in the Government's



Housing for All plan not to mention that the vacant home housing unit only has one staff member.

It is incredibly disheartening for communities to see buildings crumble before their eyes. These are sites that would have cost a few thousand euro to do

up but that work will now cost hundreds of thousands of euro due to Government inaction. It is even more frustrating and distressing for families searching for homes to witness buildings being left idle. The time to act is now.



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Social Democrats

Councillor Danny Collins elected Mayor of the County of Cork

Cllr Danny Collins, an Independent Councillor for the West Cork Electoral area, has been elected the Mayor of the County of Cork. Cllr Collins was nominated by Cllr Declan Hurley, and seconded by Cllr Seamus McGrath.

Mayor Collins topped the poll in the Bantry Electoral Area in the 2019 elections, having been co-opted to Cork County Council in March 2016 following the election of his brother Micheal to Dáil Éireann.

Raised in Lowertown Schull, Mayor Collins studied catering and hospitality at the Regional Technical College (now MTU), and initially worked at several businesses in Cork and England. In 1998, he leased his first business in Bantry before purchasing the Boston Bar where he still trades today.

Active across a wide range of community voluntary organisa-

tions, Mayor Collins credits his late mother for inspiring him to help others, saying, "My mother Patricia passed away in 1993 when I was just 16 years-of-age. She was a keen helper and committed member in different voluntary organisations, which inspired me to follow in her footsteps. I look forward to using my time in office to support as many people as I can, in particular those who give their time for free to the benefit of the entire community."

Mayor Collins lives in Bantry with his partner Noreen Coakley with strong links to the town and the West Cork where supporting local enterprise was always an active ethos. His father, Seamus, worked for the nearby Drinagh Co-Op for 48 years, never missing a day of work. Mayor Collins highlighted how keen he is to continue to showcase how

Cork County has earned its title of the food capital of Ireland, "Upon retirement, my father travelled across the county with his grandchildren and always spoke of the unbeatable artisan food offering made from local suppliers that is available in our beautiful county. We have an amazing asset in this sector and I am keen to show what my father always said, that Cork is the best place in the world."

The new Mayor of the County of Cork said he is proud of his record on the Council since joining in 2016. "Local government can make a real difference in the lives of ordinary people. I have been proud to work on local projects such as the new Pontoon in Schull, the flood relief scheme for Bantry, and the footpath from Glengarriff Village to the Nature Reserve. I look forward to leading the Council at this important time

for Cork County, as we support businesses and celebrate the community links that have proven so important in the past two years."

Mayor Collins also highlighted how he was acutely aware of the current economic difficulties being experienced by families and businesses, "The rising costs of food, electricity and fuel are making it more and more difficult for everyone and I would like the people of Cork to know that I will do everything I can to ensure a spotlight is kept shining on providing as many supports as possible to assist those most in need."

Cllr Deirdre O'Brien of Fianna Fail, a member of the Fermoy Electoral area, was elected as the Deputy Mayor of the County of Cork.



The new Mayor of the County of Cork, Cllr Danny Collins with his partner Noreen Coakley pictured at the Annual Meeting of Cork County Council where Mayor Collins was unanimously elected.

Union Hall RNLI names new lifeboat



Helm of the Union Hall lifeboat Chris Collins with crew members Riona Casey, Darren Collins and Hugh McNulty pouring the champagne during the naming ceremony and service of dedication for the Atlantic class lifeboat the Christine and Raymond Fielding in Union Hall on Saturday afternoon. Photo: Anne Minihane.

A crowd gathered on Keelbeg Pier last weekend for a special ceremony and service of dedication to name Union Hall RNLI's Atlantic 85 lifeboat, 'Christine and Raymond Fielding.' The funding for the lifeboat came from the late Dr. Raymond Fielding, a keen mariner and proud Corkman. While Raymond and his wife Christine did not live to see the lifeboat put into service, Raymond asked that it bear both their names.

The lifeboat has been on service since June 2021, but the ceremony was postponed to allow the community to celebrate together. The lifeboat was officially handed into the care of the Institution by

Eddie Fitzgerald, a close friend of Mr. and Mrs. Fielding. The couple were described by Mr. Fitzgerald as a great team who had been married for 48 years before Christine predeceased Raymond. The Fieldings loved sailing, spending a great deal of time off West Cork, in particular.

RNLI Trustee, John Killeen accepted the lifeboat from Mr. Fitzgerald, on behalf of the charity, before giving it into the care of Union Hall Lifeboat Station, who were represented by Deputy Launching Authority, Peter Deasy. Speaking during the handover, John Killeen said, 'All of us in the RNLI are one crew and we need the tools of the trade to carry out

our lifesaving work. One part of that is the lifeboat, while the other is our volunteers. The lifeboat crew give a lot of their time and take a risk in going out to save people. It's a fantastic day for the community here in Union Hall.'

In accepting the lifeboat on behalf of the station Deputy Launching Authority Peter Deasy added, 'While we're sad to say farewell to our former lifeboat 'Margaret Bench of Solihull,' which has served the station faithfully for five years, we look forward to writing a new chapter in the station's history with the arrival of this new Atlantic class lifeboat.'

'This Atlantic class lifeboat

means that we now have the latest and finest rescue equipment available. I know that when the crews head out to sea, we will have peace of mind that this lifeboat will help to keep them safe. We also remember today the people who worked so hard in setting up this Station and who sadly are no longer with us, particularly Paddy O'Donovan, our former Chairperson of the lifeboat station, who was passionate about establishing a lifeboat here.'

A service of dedication was led by Reverend Chris Peters and Father Gerard Thornton. Following this, the lifeboat was officially named by Bill Deasy, Union Hall RNLI boathouse Manager, with the occasion being marked by Helm Chris Collins pouring champagne over the bow of the lifeboat.

A vote of thanks was delivered by Brian Crowley, Chairperson of Union Hall RNLI. Music for the ceremony was provided by St Fachtna's Silver Band and The Union Hall and Castlehaven Parish Choir. MC for the event was Fundraising Chairperson Carmel McKenna.

The Atlantic 85 class lifeboat is one of the fastest vessels in the fleet; with a top speed is 35 knots. Designed to operate in shallower water, the B class can handle challenging open sea conditions. It is ideal for rescues close to shore, near cliffs and rocks and areas inaccessible to all-weather lifeboats. It is also capable of being beached in an emergency without sustaining damage to the engines. Since the station opened in 2014 Union Hall RNLI have launched 68 times and brought 98 people to safety.

New initiatives and funding will make remote working more accessible for West Cork people

Fine Gael Senator Tim Lombard has agreed that a series of new initiatives and funding from Government will make remote working more accessible and attractive for people in West Cork.

The announcement this month by Fine Gael Minister Heather Humphreys includes a voucher scheme which will give remote workers free access to local digital hubs and provide at least 10,000 hot desk facilities in total free of charge to existing hub users and those using facilities for the first time.

Senator Lombard said: "A series of measures announced by my colleague, Minister for Rural and Community Development, Heather Humphreys, marks a significant development in making remote working a more viable option for people living in Cork, in particular our rural areas.

"At least 10,000 hot desk spaces will be provided across the country under the new Connected Hubs Voucher Scheme, which is aimed at both existing hub users, as well as those accessing digital hub facilities in Cork for the first time. The scheme will initially provide three days of hub use per person between now and the end of August.

"Minister Humphreys also announced €5 million in funding, through the Connected Hubs 2022 Call, which will be used to build capacity and enhance existing Remote Working facilities. This is on top of the almost €9 million that was awarded applicants in 2021.

"Three innovative projects in West Cork were successful in securing funding. These are:

The Mix Co Working in Clonakilty, €67,500 for a new 'meeting booth' and to add solar panels to the building;

Bantry Bayworks, €24,565 for new acoustic work booths and adaptation of meeting space; and Bere Island Heritage Centre BCP, €12,217 to develop a new workspace.

"In addition to these measures, funding of €50,000 is also being provided to Cork County Council under the Town and Village Renewal Scheme.

"This will help the Council to promote remote working opportunities and increase Cork communities as a destination for people considering relocating from our cities and larger towns who may want to return home and enjoy a new experience.

"It was also revealed today that the number of Remote Working facilities on the Connected Hubs Network has now reached 242. This represents over 60 per cent of the 400 hubs pledged as part of Our Rural Future, the Government's landmark five-year rural development policy.

Announcing the new measures, Minister Humphreys said: "Remote Working has been a game-changer for thousands of people. It's given people of all ages a better quality of life – allowing them to spend more time with their family friends, working within their local town or village."

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Special Focus: WEST CORK REMEMBERS 1920-1923

A weekend of conflict in Skibbereen

The first casualty of the Irish Civil War in Cork was Patrick Francis McCarthy, who died in Skibbereen in July, 1922. On the centenary of the war, Pauline Murphy explains who Patrick was and the circumstances of his death.

Twenty-two-year-old Patrick Francis McCarthy Jr, from Morahin near Ballydehob, was killed on July 3, 1922, during what became known locally as 'The Siege of Skibbereen'.

McCarthy was a fisherman and, as a dedicated member of the Republican movement, a Section Commander with the IRA Skeaghanore Company, 1st Battalion Cork IRA No.5 Brigade. McCarthy first joined the

IRA in 1919 and, during the War of Independence, he saw action at Kilmichael and took an active part in the attack on Schull RIC Barracks.

In the early summer of 1922, Free State forces held only two posts in the whole of Munster – Listowel in Co. Kerry and Skibbereen in West Cork.

Just before midnight on Saturday, July 1, 1922, a large party of Anti-Treaty IRA, under the command of Gibbs Ross and Tom Hales, marched into Skibbereen, where the Free State army had taken over the town's RIC barracks. Jer McCarthy was in charge of this Free State post and naturally refused the request of the IRA to vacate it.

On the following day, Sunday, July 2, fierce fighting broke out between the opposing factions and, as full scale hostilities commenced, the IRA took up positions in a number of buildings in the town. Market Street witnessed the most intense

fighting with the Bank of Ireland building, occupied by the core of the IRA, bearing the brunt of the Free State's fury.

Although outgunned by the IRA, Free State forces put up stiff resistance in the Barracks.

In the early hours of Monday, July 3, Patrick McCarthy was positioned at the Windmill Rock, which rises behind North Street. An unfortunate lit cigarette led to him being spotted by a Free State sniper and brought down by a bullet. McCarthy's comrades managed to get him to hospital but he died the following day, July 4, 1922.

By 8pm on July 4, a truce had been declared between the Anti- and Pro-Treaty forces in Skibbereen. The terms of the truce saw the Barracks vacated by Free State forces and handed over to the IRA. The fighting had left a number of men with injuries on the Free State side but there was only one casualty of the four day event – Patrick

Francis McCarthy.

By July 5, a sense of normality had returned to Skibbereen – shops reopened and civilians ventured back out on the streets, which the IRA now patrolled.

The IRA's control of Skibbereen was shortlived however, as Free State forces flooded into Cork, in large numbers, the following month.

The 24-year-old IRA leader from the Schull Battalion, Gibbs Ross, died in action against Free State forces in Bantry on August 30, 1922.

Tom Hales was captured by Free State forces in November 1922. After a stint of internment he was released when the Civil War ended. Hales later became a Fianna Fail TD but resigned in the 1930s when he became critical of the party's drift away from its Republican ideals. Tom Hales died at the age of 74 in 1966.

West Cork suffered much during the War of Independence but the Civil War proved a more bit-



A plaque at The Rock in Skibbereen (unfortunately with the wrong date) marks the spot where Patrick Francis McCarthy was shot.

ter conflict, which saw brother fight against brother. Tom Hale's brother Sean, who took the opposing side in the Civil War, was gunned down in Dublin in December 1922.

Patrick Francis McCarthy is buried at Aughadown,

overlooking the Ilen River.

Today a plaque at The Rock in Skibbereen (unfortunately with the wrong date) marks the spot where he was shot and his name also appears on the IRA memorial in Bantry.

Taoiseach acknowledges that the killing of Dick Barrett was "manifestly illegal"

An Taoiseach Micheál Martin delivered a keynote and wide-ranging address at the National Civil War Conference at UCC on June 15. He dealt with several of the atrocities committed during the period including Ballyseedy and the 'execution' of prisoners, Dick Barrett, Rory O'Connor, Liam Mellow and Joe McKelvey, who were put to death, without charge or trial, on the orders of the Free State Government.

Speaking of that horrific act, An Taoiseach said, "It was manifestly illegal and it damaged the standing and authority of the new state. They had each been

in custody for over five months and in the case of Dick Barrett he was executed without trial or court martial as a reprisal for an IRA policy which he was known to have opposed".

An Taoiseach went on to say that, "we need to find a way of talking about our state's formation while admitting the radicalising and destructive impact of such actions. But it is also essential to acknowledge the full picture. For example, the murder of Deputy Seán Hales was manifestly wrong and promoted no positive cause – something which Dick Barrett, his old acquaintance from Cork, understood".


Having recently sought a state apology for the killing of Ballineen man Dick Barrett, at the hands of the first government, members of his Commemoration Committee are very pleased to hear the Taoiseach concede that his death and that of his comrades were manifestly illegal. His thinking on the atrocity is very much in line with that of the Tánaiste, Leo Varadkar, who stated in the Dáil, on November 24, 2011 that, 'people who were murdered or executed without trial by the Cumann na nGaedheal Government were murdered. It was an atrocity and those people killed without a trial by the first government

were murdered. That is my view'.

During his address, An Taoiseach recounted his own family's involvement in the War of Independence and how as children they learned of the "incredible determination and bravery of our grandparents". Yet, they weren't told the stories and events of the Civil War as it was 'not a time to be celebrated'.

In this the centenary year of that tragic event, discussion, acknowledgement and leadership may help in the healing and reconciliation process.

Christopher O'Sullivan TD



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Heritage groups across Cork benefitting from Grant Schemes and new publications

Sixty-seven groups throughout Cork County have been allocated funding for a variety of projects and events as part of Cork County Council's 2022 County Cork Heritage and Commemorations Grant Schemes. The total amount of funding allocated is €119,130 with a variety of projects set to benefit including video documentaries, exhibitions, archives, natural heritage projects and a wide range of heritage publications. Funding has also been allocated to establish the condition of important local heritage buildings.

Mayor Coughlan congratulated the groups, saying, "I would encourage everyone to partici-

pate in the variety of events on offer over the coming months as we can remember our past together and what it meant for the Ireland of today. The period from 1920 to 1923 saw significant events taking place in our county, featuring many who were household names from an important time in our collective history. This funding is vital in helping us acknowledge and protect our heritage, so these stories will long outlive each of us and be told to generations to come".

Chief Executive of Cork County Council Tim Lucey also highlighted how, "The supported projects are in keeping with the objectives of Cork County

Council's Heritage Plan and will result in increased awareness of heritage while promoting good heritage practice."

Other projects and events supported relate to the centenary of the Civil War and will mark such occurrences as the burning of Mitchelstown Castle, the Battle for Cork, the killing of Michael Collins at Béal na Bláth and the deaths in December 1922 of Sean Hales and Dick Barrett. These were significant moments in the Irish Civil War relating to the County of Cork, showing the significance of the county and its people in the story of the Irish Civil War.

Mayor Coughlan has also

announced the publication of a book by Cork County Council titled 'Centenary Timeline: The War of Independence and Civil War in County Cork 1920-1923'. This publication, in a chronological manner, sets out hundreds of the events that occurred in and with relevance to County Cork from the 1920 to 1923 period, documenting important local names and events as well as significant developments on the national level.

The publication will be available from bookshops throughout Cork in the coming weeks and it is anticipated that demand for the publication will be very high.

Special Focus: WEST CORK REMEMBERS 1920-1923



HISTORY & POLITICS

Kieran Doyle

When the decade of centenary celebrations began in 2012 (covering events such as World War One, the Easter Rising, emancipation for women, the War of Independence, and so on) the Irish Civil War years were always going to be seen as the most contentious to commemorate. While there are many more local and national events to be celebrated in 2022/23, the conference in UCC marked one of the most significant events in the historical calendar. There were 130 speakers from across Ireland, the UK, Europe and the USA. An array of top academics shared the stage with independent researchers, and promising PHD students cast a wide net over the civil war. It will be impossible to go into detail about the conference in this article but what I hope to do is give clarity to what went on. It was not a conference just about the war. There were lectures and papers on memory, trauma, gendered violence, cultural implications, agrarian unrest, the loyalist experience, propaganda, its impact of America, IRA strategies and dozens of more fields: All of which were recorded and can be found on the UCC civil war conference website if one is interested. What's more, despite the potential for controversy, the whole four days were met with an open-mindedness and thirst for knowledge that reflected the maturity we have today about a conflict that once upon a time tore families apart for generations long after. Taoiseach Micheál Martin opened proceedings, setting the tone for an engaging few days.

So where does one begin? I'll start with trauma and memory. I will try to reflect, as faithfully as I can, the ideas that were discussed. I found the lectures that touched on this field a fascinating aspect. So many memories have been passed down, but does that make them accurate? Other memories have been deliberately under-reported or suppressed because there was not the capacity at the time for people to share them properly.

The Irish Civil War National Conference UCC

One particular panel – Dr Linda Connolly, Dr. Siobhra Aiken (great granddaughter of Frank Aiken) and Fergal Keane, BBC journalist and writer – were gripping. Dr Connolly, who has a particular interest in gender-based violence took us behind the scenes of woman who were the victims of assault (by all sides) and how incidents like that were remembered or suppressed. Connolly revealed how one has to interpret the language on documents of the time, such as 'outrage', 'nerves', and other implied meanings, to capture sexual assaults on women. It was an era where sexual matters were matters of shame, even if forcefully perpetrated on women. Testimony was not an easy thing to share. The aftermath of such young women victims dying, just a few years after the civil war, were signposts of how counselling and treatment, that we take for granted today, were not available or even conceived of back then.

Siobhra Aiken, a young and upcoming historian, examined how so many veterans and victims of the civil war, used fiction to deal with or release their trauma. Siobhra examined a wide range of 1920s and 30s civil war literature and cross-referenced them with the real events that the authors took part in, revealing how close to the truth many 'fictitious accounts' were. The reasons were many: self-therapy, a recall protected by a veil of fiction and, in the cases of many women, their only avenue to share their memories, as publishers in the 1920s and 30s rejected the majority of female autobiographical accounts of the civil war era. Fergal Keane, author of 'Wounds' spoke about his own family's experiences in the civil war. However, Keane added a wonderful modern experience to what war and trauma really means by eloquently narrating the moments of conflict he witnessed as a journalist. He recalled the genocides in Rwanda and the former Yugoslavia. He spoke emotionally about speaking with people who had just murdered neighbours in villages, and he could see how the trauma of war had broken them mentally and spiritually. Bravely, Keane admitted how it affected his own mental health and he had to undertake therapy for PTSD. At least Keane and others can now do this, unlike our grandparents and great-grandparents in the aftermath of 1923.

Dr. Eamonn Phoenix, of Stranmillis University College, was breathtaking in his depth



Group of people outside the Imperial Hotel, Free State Army headquarters in Cork city (Courtesy of the National Library of Ireland, NLI HOGW 16)

of knowledge, as well as his enthusiastic, witty and eloquent discussion. I would highly recommend listening back to his panel discussion on 'partition'. He reveals the hard truth that whatever the outcome of the Civil War, the Northern State was well and truly fixed, with support from the imperialist United Kingdom and supplemented through the forces of the RUC and B-specials (32,000 Protestant Ulster Volunteers veterans from WW1 introduced by no other, than Winston Churchill). He painted a picture of Carson and Craig, moulding a Protestant State for a Protestant people in spite of Craig's initial attempts to appeal to both nationalist and unionists in forming the new state. Phoenix revealed how Craig rejected a nine county 'Ulster' state in favour of six, believing it would be too difficult to control otherwise. Saying that, he willingly plucked the Catholic majorities in Tyrone, Fermanagh, Newry and the City of Derry into Northern Ireland. Indeed, Derry in 1920 returned a majority nationalist Sinn Féin lead majority through the proportional representative system. The PR system (that we still use in the republic today) was introduced to the Irish system in 1920, mainly to give loyalist communities a better say in government. Craig and Carson ironically did not extend that to the North. After that election, the PR system was abolished, and gerrymandering was introduced to ensure a unionist majority at all times. The northern IRA could do little in the face of such control and, outside of the vicious civilian pogroms and murders, no 'military battles' took place. Sadly, many nationalist IRA men and women rejected by the south, were sent back to Northern Ireland after the civil war. They returned to a hostile atmosphere, leaving another type of bitter legacy that emerged from the civil war.

An interesting segue from this, is to a lecture given by Dr Fearghal Mac Bhloscaid about the second Northern Division of the Civil war, Tyrone and Derry. Whatever about the difficult environment for the northern IRA in a hostile state, they were not helped by the GHQ in the south. They were poorly trained and under armed. Despite the pleas for support on the ground, guns and munition intended for the north were deliberately sent to the Monaghan brigades outside the Northern State. Fearghal goes on to tell that the nationalists of the north felt abandoned by their southern brethren, though Collin's attempts to aid the northern nationalists have to this day, led many to sympathise with him.

It was great to see some of

our local historians take to the stage. Dr. Alan McCarthy, formerly of Michael Collins House Museum, lectured on media and propaganda, a topic from his PhD. He regaled his audience with stories such as only one of the sixteen Munster papers of that period supported the anti-treaty. Many of the pro-treaty papers were physically destroyed or were forced under threat to run republican articles in their papers. He was accompanied by independent historian, Felix Larkin, who through the medium of cartoons, gave an insightful and novel approach to perceptions of the civil war. Once again, this can be seen online, and it is well worth viewing the cartoons in his slides. Kilmurry native, Niall Murray, gave a paper on Béal

na Bláth, which looked at how the mid-Cork anti-Treaty IRA returned to urban conflict in the aftermath. Tony McGrath, an independent historian, revealed how the Free State memorial in Knocknagoshel, when replaced after it was vandalised, had to be 'reworded' for fear of not offending, or fear of not being damaged again. So much more!

It wasn't all talks and lectures. The Irish Army displayed a civil war period weapon on campus, an 18-pounder gun. There was a civil war history walk by Gerry White. The army band of the First Southern Brigade wowed the crowds in the sun-soaked square outside in the main Quad. A number of archives were opened – check out St Peter's North Main Street and the museum in Fitzgerald Park that are still displaying the material.

The UCC department of history has done a great service to Cork and Ireland with this event, which is itself an archive of material of the future. John Borogonovo has been a driving force in Irish history and is no stranger to giving lectures in Cork County. He was ably assisted by the likes of Dr Helene O'Keeffe, John O'Donovan from Leap, Dunmanway man Mervyn O'Driscoll, Professor Chris Williams, Eugenia Hanley, Dr. Donal O'Driscoll and a host of names too long to list but all acknowledged on their website. Be sure to check it out for yourselves.

Unveiling at Ballinhassig



A plaque was unveiled at Paddy Bridge commemorating the Ballinhassig Company of Irish Volunteers who ambushed a cycle patrol of RIC Auxiliaries at the bridge on the 3rd of February 1921. Pictured is 90-year-old Sean Walsh, son of Michael Walsh, who commanded the volunteers, unveiling the plaque with County Mayor Gillian Coughlan and the great-grandniece of Michael, 10-month-old Hannah Walsh with her mother Anne-marie. Picture. John Allen



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.

The Shankill Bombing came at an extremely precarious time in the peace process in Northern Ireland. This attack and the resulting retaliation attacks that culminated over the following days, very nearly derailed the entire peace process altogether. At this stage of the Troubles, for the very first time, Loyalist paramilitaries were responsible for more civilian

The story of the Shankill Road Bomb

deaths than Republicans.

One of the main Loyalist paramilitary organisations in Belfast at this time was the UFF or the Ulster Freedom Fighters. The leader of the UFF was Johnny 'Mad Dog' Adair. Leadership of the UDA and UFF used the office above Frazzelli's chip shop on the Shankill Road as their headquarters. It was also the office used by the Loyalist Prisoners Association, which was a group that gave out money to the families of Loyalist paramilitary prisoners. Saturday was the day that money was distributed. Therefore, on Saturday, October 23, the building and the surrounding area was busy. The IRA knew this. They also knew that Johnny Adair had been seen entering the building Saturday morning. He was the main target in the Shankill Road bombing. The IRA put a plan in place to execute him.

Shortly after 1pm on Saturday, October 23, 1993, two IRA men, Sean Kelly and Tomas Begley, walked into Frazzelli's chip shop dressed like delivery men in white coats. It was a normal Saturday afternoon and the area was busy with shoppers.

However, in one of the men's hands was a five pound bomb with an 11 second timer attached. A third IRA man waited outside in a car so that once the bomb was planted, all three could make a quick getaway.

Sean Kelly waited just outside the front door of Frazzelli's, while Thomas Begley walked through the crowd of customers holding the bomb. The IRA's official statement regards this was that, Begley's orders were to remove all the civilians from the building by gunpoint and arm the bomb before fleeing himself. The bomb was designed so that it would explode directly upwards, with the aim of killing the occupants of the office above: Hopefully including Adair. However, what actually happened was the bomb prematurely exploded whilst still in his hand. The violent and extremely powerful blast caused complete destruction of the building, making it collapse in on itself, and trapping many people underneath the rubble. Begley was killed immediately along with nine other people, two of whom were children.

Killed in the blast were chip

shop owner, John Frazell, 63, his daughter Sharon McBride, 29, UDA member Michael Morrison, his wife Evelyn and their seven-year-old daughter. Michael's father had recently died and the three of them were walking to a shop to pick up a wreath when they were caught up in the explosion. Others killed were Leanne Murray, 13, George Williamson, 63, his wife Gillian and Wilma McKee, 38. On top of the fatalities, there were 59 casualties. Johnny Adair had left the building before lunchtime.

Many of the wounded lay under the rubble for hours before they could be rescued due to the huge mounds of debris and bricks. Something else that hindered the rescue operation was that some bodies were so badly maimed that paramedics found it difficult to identify bodies. The bomber Thomas Begley was killed immediately in the blast. His accomplice Sean Kelly was severely injured; he tried to run from the scene but was too badly wounded to get far.

Sean Kelly was taken to hospital by ambulance lying beside other victims of the bombing

that he had caused.

After the bombing, the IRA released this statement: "The IRA today targeted a regular meeting of UFF activists on the Shankill Road UDA headquarters. Eight hours after the operation not all of our volunteers are accounted for, we can only conclude at this stage that those volunteers are amongst those that were tragically and unintentionally killed by a premature detonation of this device. We regret all innocent deaths and understand the grief felt by those loved ones of all those who died today."

Within hours of the bombing, the UFF called the BBC and issued a statement saying that all their service units would be fully mobilised and that the national electorate would pay a heavy price for the bombings as a reprisal. Their statement is below:

"This afternoon the people of West Belfast have been on the receiving end of a blatantly indiscriminate bombing attack supposedly aimed at the UFF. The number of women and children killed and injured is still unclear but lends a lie to the

false claims. As from 18:00hrs tonight that's six o'clock on Saturday on the day of the bomb all brigade and active service units of the UFF across Ulster will be fully mobilised. John Hume, Gerry Adams and the nationalist electorate will pay a heavy, heavy price for today's atrocity, which was signed, sealed and delivered by the cutting edge of the Pan Nationalist Front. And finally to the perpetrators of this atrocity we say this. There will be no hiding place, time is on our side and to Hume, is this part of your peace process?"

Sean Kelly was sentenced to nine terms of life imprisonment at his trial in January 1995. The judge at his trial, Lord Justice McDermott, described the bombing as "wanton slaughter" and "one of the worst outrages to beset this province in 25 years of violence."

Kelly was released in July 2000 under the terms of the Good Friday Agreement. He now works as a tour guide in Belfast, teaching tourists and anyone interested in the Troubles, the history of the conflict.

The relationship between the climate crisis and human rights

By Clonakilty Amnesty Group

The climate crisis threatens human survival and all human rights to life, health, housing, water and sanitation.

There are already 400,000 premature deaths linked to climate change; it is predicted that there will be an increase of global hunger and malnutrition by 2050; there have already been 26.4 million people internally displaced due to weather related disasters since 2008; if the temperature increases by two degrees Celsius, a billion people will see a severe reduction in water resources; with 62 per cent of the people in South Asia facing increased risk of death and poor health.

Poor and marginalised people already bear the brunt of climate change. Indigenous people are at the forefront of trying to tackle the deforestation of their land, the destructive mining practices that poison their rivers, the factories that spew poison into the air. Too many of these activists have been murdered or impris-



oned for speaking out and desperately trying to draw the world's attention to what is happening.

One young climate activist in Rwanda pointed out that in her country she sees many environmental issues but 'The media is ever-reporting politics and celebrity gossip. The silence on environmental justice seems to be international. Most people do not care what they do to the environment'.

Artemisia Xakriaba is a 19-year-old indigenous activist



in Brazil who represented more than 25 million indigenous people and traditional communities at the 2019 Global Climate Strike in New York. She says, "The Amazon is on fire... climate change is the result of this and it also helps make the fires stronger. And beyond the Amazon, there are the forests of Indonesia, Africa, North America, whose suffering has such an impact in my life and your life. We, the indigenous peoples, are the children of nature, so we fight for Mother Earth, because the fight for Mother Earth is the mother of all other fights. We are fighting for your lives. We are fighting for our lives. We are fighting for our sacred territory. But we are being persecuted, threatened, murdered only for protecting our own territories. We cannot accept one more drop of indigenous blood spilled."

While wealthy nations are the biggest polluters we benefit from the abundance of food and the raw materials that come from the poorer nations. To continue to refuse to act in time, to slow, if not halt, disastrous climate change is a crime against humanity.

Ardfield students crowned All-Ireland debating champions



(l-r) Andrea Whelton (12), Michael O'Donovan (11) and Lily Hayes (11)

A group of students from a small West Cork school scooped the country's top prize for young debaters when they won the Concern Primary Debates Final.

The team from Ardfield National School, Clonakilty, defeated St Francis Xavier Senior National School, Blanchardstown, in the final. They were among more than 200 schools from across Ireland who entered the contest.

The motion for the final was: "Ireland is doing its fair share to make the world a better place". It was proposed by the students from Ardfield and opposed by the St Francis Xavier team in a closely contested debate in Dublin. All finalists were aged between 11 and 12.

The primary school competition has been running for nine

years, but was only expanded to be an all-Ireland contest last year. This is the first All-Ireland final to be held in-person, as last year's decider was via Zoom due to COVID restrictions at the time.

The contest is organised by international humanitarian organisation, Concern Worldwide, in partnership with 16 Education Support Centres, with funding from Irish Aid.

"Concern runs the primary school debates to engage students with critical literacy skills, research skills, and to introduce them to complex humanitarian development themes," Concern's Head of Active Citizenship Michael Doorly said. "It also engages them in how to take action in their communities and around the world."

He praised the students for the

standard of debating and thanked their teachers, the adjudicators, the Education Support Centres and Irish Aid for making the competition possible.

"We are just so honoured and proud to represent our small West Cork village and our four-teacher school, and to bring home the All-Ireland title," Ardfield NS team mentor Jacinta O'Donovan said. "It was an absolute joy to mentor the students and to watch them grow in confidence and find their voice."

The Ardfield NS team consisted of Michael O'Donovan (captain), Andrea Whelton and Lily Hayes.

A recording of the final, along with recordings of the quarter- and semi-finals are available on the Concern Worldwide youtube channel.

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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.

We have all heard that a four-leaved clover is lucky but the 'hungry-grass' was quite the opposite and very unlucky indeed for anyone who stood on it. 'Hungry grass' cannot be distinguished from other kinds of grass. It is said to grow on the spot where some poor person died of starvation in famine times, and when you step on it you suffer the pangs of hunger. Older people carried a bread crust in their pocket, as a precaution, for the smallest morsel of bread banished the hunger.



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Irish plant lore

There were many wild plants with peculiar properties and uses. In damp places, such as marshes or river banks, the Irish Spurge, 'Bainne Cín na nÉan', grows in great yellow-green clumps. Its juice was used to remove warts but it also had a sinister use – poisoning fish. People filled a canvas bag with spurge, pounded the sack until the contents were beaten into a juicy pulp and then dropped it into the river. The result was that every fish – eels, trout and salmon and so on, came floating dead to surface for hundreds of yards downstream. The purpose must have been to anger the local landlord who in the past 'owned' the fishing rights to the rivers.

When men went to the bog or the hill they were often asked to bring back a bunch of heather, used by the womenfolk as brooms and scrapers. The 'long heather' was made into brooms and the shorter stiff heather was used for its colour and fragrance. White heather was also considered lucky.

Many of the wild plants were used in folk cures and quite a few were eaten as food. Many of the older people ate a dish of boiled nettles three times in May when the nettles were young and green. This was for health reasons because nettles are a renowned blood purifier. 'Praiseach Bhui' (charlock) was gathered and boiled for food in hard times.

Of course wild fruits were eaten. The favourite was the

'fraochán', the blue whortleberry that grew in profusion in the bogs. The blackberry, the crab-apple, the sloe and the hazelnut were gathered and eaten. Blackberries, in particular, were used for making jam. In places sloes, elderberries and other wild fruit were used to make home-made wine. One of the most beautiful sights of autumn is the glowing red clumps of rowan berries. These were left for the birds.

Several plants were highly regarded as food for fowl and small animals. Chickweed, groundsel and the big purple thistle were chopped up and added to the hens' food.

Children played games with some of the plants – blowing dandelions 'clocks', catching bees in the 'fairy thimbles' of the foxglove, making boats from 'feileastram' (wild iris). Little boys made whips and 'bastúns' (small whips) of the long soft rushes which grew in marshy places. In earlier times before oil lamps, the pith of the rushes made candlewicks and rush-lights. Rushes were also used for cattle bedding and rough thatching.

Thistles 'feocadán', the old people said, grew only on good land. A story was told of a blind man who set out to make a match for his daughter with the son of a farmer who tried to mislead the blind man on the question of the worth of the farm. The blind man and his servant boy came riding into the farm and when they dismounted the boy was told to tether the horses to two big thistles. 'But sir, there isn't a thistle in the field', said the boy. 'If that's the way, we might as well be shortening the road home for we have no business with land that won't grow a thistle'. This, of course, happened at a time when most marriages were arranged by the parents of the couple getting married.

Wild plants were used to dye wool and linen yarn. The roots of spurge gave black, flag iris roots – a grey-blue colour, briar roots a dark grey. An expert could get a clear yellow from heather. Whitethorn leaves made a dark blue and alder leaves a dark green. The blossoms of furze and of 'buachalán buí' (ragwort) made various shades of brown and dull yellow.

Ferns were burned and the ashes used in making soap; washing with fern soap was said to be very good for the complexion. The 'mismín' (wild mint) and 'rileog' (bog myrtle) were put with clothes and linen to keep the moths away and they gave the cloth a pleasant smell. Dandelion roots were used to make coffee.

Many other plants too had their uses, as food or drink,

as medicines, as material for various things. Nowadays all such things come from the shops, but rural life is so much less interesting for the loss of the old knowledge of plants and their uses.

Down through the centuries plants have been used for magical protection and healing or to provide the user with magical powers. There was an ancient idea of sympathetic magic – that similar things can be made to act on each other from a distance through a secret sympathy. So, for example, plants with yellow flowers were believed to have something of the power of the sun, while red flowers had the qualities of blood and fire. For example, Scarlet Pimpernel's blood red flowers were a sure sign that it possessed great strength and power. Similarly, plants that have an attractive scent, like mint or yarrow, were often used in love charms.

There was an ancient idea of sympathetic magic – that similar things can be made to act on each other from a distance through a secret sympathy. So, for example, plants with yellow flowers were believed to have something of the power of the sun, while red flowers had the qualities of blood and fire.

By far the most important magical use for plants was for healing remedies and cures. On the basis that 'fire lights fire', so the stings of nettles have been used since ancient times as a cure for rheumatism and the bright red stems of Herb Robert 'Ruitheál Rí' were used to cure cattle suffering from red water fever. Plants also had to be plucked at certain times of the year, particularly May Eve and St. John's Eve (June 23), when the potency of herbs was thought to be greatest. Dawn was also thought to be the best time of the day to collect herbs, before the dew had dried. Dew was believed to have special powers, and plants that collect lots of dew like Lady's Mantle 'Dearná Mhuire' shared in these powers.

Many of these ancient remedies have scientifically been proved to be effective. For example, digitalis found in the foxglove plant is used in cures for heart ailments. St. John's Wort has been widely used as an anti-depressant. Lesser Celandine was also known as pilewort because it was used to cure piles. Traditionally it was believed that this was because

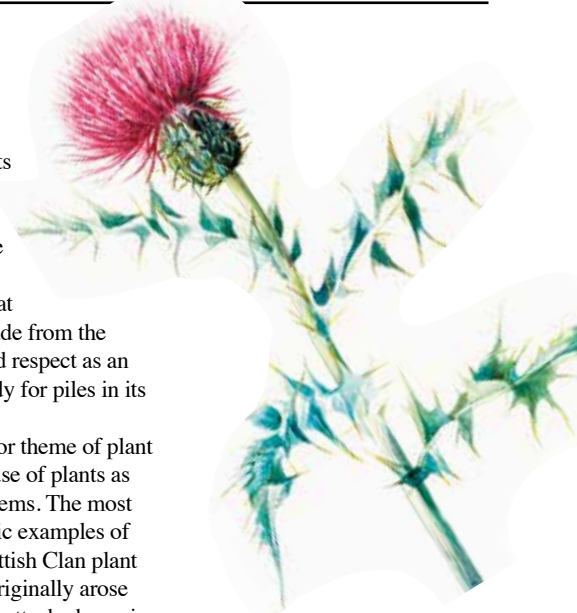
its knobby roots resembled haemorrhoids. However, while this is true, it is also the case that an ointment made from the roots has earned respect as an excellent remedy for piles in its own rights.

Another major theme of plant folklore is the use of plants as badges or emblems. The most prominent Celtic examples of this are the Scottish Clan plant badges. They originally arose when each clan attached a sprig of their plant onto a staff or bonnet, particularly going into battle. Thus the McGregor clan has Scots Pine as their plant badge; the Robertson clan has bracken, and so on. While providing a distinguishing emblem or mark might be one reason, of more importance it seems to be that they were considered the clan's charm-plant, bringing good luck. Nothing as formalised as clan badges seems to have existed in Ireland, but there is evidence that sprigs of different plants were used in the same way here. The Fianna wore sprigs of plants when going into battle. Diarmuid Ó Duibhne's emblem was a yew branch, while Oscar's (son of Oisín, grandson of Fionn Mac Cumhaill) was a branch of red-berried rowan.

Plants, of course, are also used as national emblems. It is said that the Scottish have the thistle as an emblem because it helped to repel invaders, while the Welsh have a similar story about wearing the leek into battle against the English. Just as the Irish wear shamrock on St. Patrick's Day, the Welsh wear the daffodil on March 1, the feast day of their patron saint, David. Wearing emblems on a particular day to commemorate important events or people is also common. The poppy is worn on Remembrance Day for those who died in the First World War and subsequent wars. It is said that the custom was inspired by the poppies that grew on the battlefields of Flanders.

It is intriguing that plants have so many different names. Many plants have several names, unlike animals, birds or even trees. Alternative names for foxglove include Dead Man's Fingers, Fairy Thimbles, Lady's fingers, etc, while in Irish it is 'an Lus Mór' (big plant); 'Lus na mBan Sí' (Plant of the Fairy Folk); 'Méaracán Dearg' (Red Thimble), etc. The Dandelion has alternative names like Clock, Piss-a-bed, Priest's Crown, etc. In Irish it is 'caisearbhan', but also 'Bearnán Brídé' (the indent one of Brigid), 'Lus Bhrídé' (Brigid's Herb), etc.

Plant names in English that have 'wort' as an element (like St. John's wort, Mugwort, etc)



usually have a medical role. In Irish the equivalent is usually 'lus', found in names like 'Lus na Fola' (yarrow), 'Lus na gC-námh mBriste' (plant of broken bones – comfrey). Comfrey was used to heal sprains while one of yarrow's uses was to staunch blood from a wound.

Many plant names are based on the plant's appearance – its flowers, fruit, leaves, roots etc. The 'Bluebell' is obviously names after its flowers, while the Dandelion is believed to be called after its leaves because they are shaped like a lion's tooth (French 'dent de lion'). Sometimes it is some other notable factor which provides a name. A common name for Scarlet Pimpernel is 'poor man's weatherglass' because the flowers close up when rain threatens. Another common source for names are the medicinal uses of a plant, usually from the complaint they are alleged to cure. For example, Marsh and Hedge Woundwort are so called because they were believed to have the ability to cure wounds. Eyebright got its name because it was used to soothe sore eyes. Also, plants sometimes got their names from other uses. Lady's Bedstraw is so called because it was mixed with straw in a lady's bedchamber to provide a sweet smell and to keep away fleas. Similarly Soapwort got its name because it was used as precisely that – a soap for washing clothes.

Many plants have whimsical interesting names like 'Jack-go-to-bed at noon' an alternative name for Goat's Beard; Robin-run-the hedge, an alternative name for ivy or ground ivy; 'God Almighty's bread and cheese, an alternative name for wood sorrel' Gill-go-by-ground, another alternative name for ground ivy an appropriate name as any gardener who has it in his garden will testify. There are many plants with musical names such as Ragged Robin, Rosebay Willow Herb and Midsummer Men among many others.

From their many uses to names, the world of plants is indeed an under-recognised and fascinating one, worth learning more about.

people Farming

Rosettes are readied for the return of Carbery Show

The Carbery Show Society CLG is thrilled to once again be able to welcome competitors and spectators to Skibbereen for The Carbery Show, taking place on Thursday, July 21. Society members are working at full steam now, taking entries for all classes (see entry details at end), updating the programme and readying the rosettes for show day.

The main events of this year are:

- the much-anticipated Cork County Yearling Gelding and Filly Championship, sponsored by Allied Irish Bank, Skibbereen. This highly competitive event always ensures a fine presentation of top young horses from around the county.

- the Cork County Beef Bull Championship, sponsored by Munster Bovine and open to all major beef breeds. The standard of bulls is extremely high and this is a huge attraction in the bovine section.

Qualifiers for both finals have been selected at all the other Cork County Shows.

Featured classes in 'Horses and Ponies' are the Irish Draught Mare and Foals Classes and Champion Foal of the Show. Carbery Show will stage the following qualifiers this year:

- Clarecastle Show - Colt Foal All Ireland Championship
- Bantry Show - Irish Draught Foal Munster Championship
- Limerick Show - Irish



Draught Two year old Filly Championship

- Roscommon Show - Irish Draught Yearling Filly Championship

- Kildysart Show - Two year old Filly All Ireland Championship

- Ballinasloe Show - The All Ireland Donkey Mare & Foal Championship

Other classes in the horse section are ridden pony classes and leading pony classes, working hunter classes and donkey classes. There is also an excellent Carriage Driving Competition.

In Cattle there are classes for Shorthorns, Jersey, Friesians, Belgian Blues, Herefords, Charolais, Limousins, Aberdeen Angus, Simmental, and Commercial classes. There is also a qualifier class for the Aldi-ABP Irish Angus All Ireland Champi-

onship, with the final to be held at Iverk Show.

A new class this year which was recently announced by Minister of Agriculture, Food and the Marine Charlie McConalogue TD - 'Breeder's Choice' Series. The Minister announced that over the next five years €250,000 will be invested in the grassroots showing sector, which will showcase the best of beef breeding heifers.

There is also a qualifier for the All Ireland Junior Young Stockperson Championship for 8-12-year-olds, with the final to be held at Trim Show in September.

The Show Society continues to encourage home produce through its large indoor exhibition, which includes horticulture, flowers and flower arranging, photography, arts and crafts, and

cookery.

In the horticultural section there are qualifier classes for:

- the Quality Onion All Ireland Championship, final to be held at Virginia Show.

- the Bord Bia '7 a day' Best in Season Kitchen Garden All Ireland, final to be held at Tullamore Show.

Carbery Show continues to encourage the exhibitors of the future with many junior classes for children such as ridden and led pony, cattle, horticulture, arts and crafts and junior cookery, with special trophies presented by Mrs. Mary O'Driscoll for exhibitors with the most points in the Junior Cookery and Junior Arts and Crafts sections.

Always immensely popular is the Pet Dog Show, a non-pedigree show that starts at 2.30pm. There are numerous cups to be awarded to the winners of the Dog Classes and a Special Champion Rosette and Trophy to the Champion Dog of the Show.

Irish Dancing Competitions start at 2pm for various age groups and include a trophy for Overall Champion Dancer.

Skibbereen Show has been noted for its marvellous trade stands, some who come from very far afield to exhibit a variety of crafts, foods, shrubs and plants, machinery and dairy equipment, farm and business services and local enterprise.

CARBERY SHOW

Closing Date for entries:
Wednesday 13th July

SKIBBEREEN

THURSDAY 21ST JULY

main events:

Cork County Yearling Gelding and Filly Championship

Cork County Beef Bull Championship

also...

Horses & Ponies

Cattle Classes

Indoor Classes

Junior Classes

Dog Classes

See editorial on this page for entry details.

IRISH DANCING COMPETITIONS

LIVE MUSIC TRADE STANDS

CHILDREN'S AMUSEMENTS

MOBILE PET FARM CYCLE SENSE

Again, this year the Show has its children's amusements section and the very popular Mobile Pet Farm is attending! A new attraction this year is Cycle Sense, who will have a bicycle obstacle course for kids. The Cycle Sense workshop in the showgrounds will be open for people to call in and visit on the day to see their trojan work on reusing bicycles and revive paint centre.

There will be live music in the afternoon.

Prize lists for Cattle, Horses and Ponies and Indoor sections (Cookery, Arts & Crafts, Photography, Horticulture, Flowers and Flower Arranging) are available by

calling to Skibbereen Library, North Street, Skibbereen, Tues to Sat 9.30am to 5.30pm or by emailing: carberyshow2020@gmail.com or phoning: 086/3082140

Closing date for entries is Wednesday, July 13, 2022.

Barryroe Show returns with a programme packed with fun and competition

After an absence of two years due to Covid, it was with great pleasure that Barryroe Agricultural Show committee announced the return of this beloved event, taking place this year on Saturday, July 9.

This will be the 64th year of this show and support for it has been unwavering, says Show Chairman John O'Brien: "Barryroe Show has enjoyed the loyalty and backing of our wonderful sponsors throughout the years and we are very grateful for this. We would like to take this opportunity to thank them, especially our main sponsor Barryroe Co-op."

Can you spot a winner? Entries are now closed but a wide variety of competitions are included in the show programme: horses, ridden classes (small hunters), pony classes,

poultry, dairy and beef.

A carriage driving competition will also take place on show day, as will the All-Ireland Yearling Colt/Gelding Championship Final, which has a prize of €2,500.

Indoor exhibits cover the broad gamut of horticulture, floral displays, baking and arts and crafts, with adult and junior categories. With the renewed interest countrywide in traditional crafts, this area is sure to be busy with both entries and admirers.

Animal lovers young and old will enjoy Pet Corner, and also the Dog Show. If you think your dog is a potential winner you can enter on show day at 1.30pm.

Finally, make sure you have a good root through your wardrobe as there are Best Dressed Lady and Gent prizes up for grabs; anonymous judges will

be circulating with their style calculators!

With lots of children's sports and other entertainments, Barryroe Show is a great day out for all the family.

At Barryroe GAA Grounds, Lislevane, Post Code: P72 KP04. Ample parking is available in the vicinity of the grounds due to the goodwill of neighbouring farmers.



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Agricultural Show

Barryroe GAA Grounds, Lislevane, P72 KP04

Saturday 9th July 2022

Wide variety of classes available including:

Horses, Pony, Dairy & Beef, Poultry. Ridden Classes.

Carriage Driving competition on show day.

Hosting the €2,500 All Ireland Yearling Colt/ Gelding Championship Final.

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Pet Corner

DOG SHOW

(entries taken on day 1.30pm)

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people Farming

A great month ahead for agricultural shows

FARMING
IN WEST CORK

Tommy Moyles

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

In association
with



After a Covid-induced two year absence, Agricultural shows are returning to the West Cork farming social scene. July sees Dunmanway, Barryroe and Carbery agricultural shows make a welcome return and there's great credit due to the committees in getting them up and running. These events take a lot of effort to keep going from year to year but having to stop up for two years and get back up and running again involves even more work.

Two of the earlier shows in West Cork had different outcomes. Bandon show didn't



Cows line up for the camera on Tommy Moyles farm at Ardfield, Clonakilty.

go ahead this year and that's understandable. Traditionally they are among the first of the livestock shows out of the blocks in May, but for this to happen, decisions and planning begins in earnest from February or March and this year, with Covid still in the air at that time, the committee decided to hold off. A sensible decision in my view given the effort and cost required to hold the event at a time when unexpected cancellations were still a possibility. Traditionally Clonakilty show is a few weeks after Bandon and the committee made a decision late enough in the day to carry on with the show albeit in a much more stripped-back version. There's a lot of moving parts involved in getting the show back on the road so to speak, so in the circumstanc-

es it was the right decision. From a personal perspective it was the first time in my life I missed out on Clonakilty show due to a previous booking made at a time when the event didn't look like it was going ahead.

Hopefully the weather plays ball for the aforementioned July shows; from speaking to a few livestock exhibitors, they're delighted to be back in the ring showing their animals.

Milk Price

Others who are delighted at the moment, at least in terms of prices, are West Cork dairy farmers. Excluding VAT, base prices for milk for both Carbery and Dairygold suppliers are at 50.24c/l and 50.23c/l respectively. This means farmers with high milk solids (Butter fat and Protein)

are pulling in close to and, in some cases, over 60c/l. These are unprecedented prices and, even though they sound good, the steep increase in input prices this year is putting a big dent into milk cheques.

Rainfall

According to Teagasc, rainfall levels in West Cork are running six to seven inches behind the long term average so that has impacted on growth. It hit the point at home where I held off making decisions on taking out silage or putting out fertiliser until there was rain. There isn't a deficit of grass but if I was to cut extra silage, I could end up short very quickly. Basing decisions around weather conditions rather than sticking rigidly to a set plan is a must when farming. If I cut those fields

now and we had a year like 2018 and there was no rain until the first week of August, it would increase the workload at a time of year when work eases off. If rain does come sufficiently and kicks off grass again, then I can cut the fields safe in the knowledge that grass is growing again. The decision I took this time was rather than feed silage to the cows, I got the reels out and fed grass that would be longer than usual. Calves were going under the wire ahead of the cows and therefore had the pick of grass so there was no fear of them. If paddocks aren't grazed out to what I'd consider a satisfactory level this time out they will be skipped at next grazing rotation and baled up. Rain did arrive at the end of June so paddocks are growing well again and the

fluid grazing plan can adjust accordingly.

Fertiliser

Increased fertiliser prices and the fact I've been focusing more on clover and multi species mixes over the last few years resulted in my fertiliser use being on the floor in comparison to other years. Using plants other than grass has made pasture management more interesting and initially it's certainly not as straightforward as the 'spread a bag of fertiliser and the plant will grow' method. You have to be more observant and open to changing how you use grass because of it. That bit of on-farm experimentation is interesting too. It's almost like a new hobby of mine but maybe more on that next time.

Dunmanway show programme packed with talent

Enjoy a Slice of country life at
72nd Dunmanway Agricultural Show

From pedigree animals to homebaking; everything is on display.

live music & dancing

free entry & entertainment for kids!

www.dunmanwayshow.com

Sunday 3rd July
Dromlena Lawn (race field)
Dunmanway from 10am. Adults €10

Dunmanway Agricultural Show is back on Sunday, July 3, at Dromlena Lawn (race field) Dunmanway, by kind permission of Ballyboy Race Committee.

It is no small task to stage a comeback, but the Show's committee was willing and determined to put on the best event that they could. "We are incredibly grateful to our sponsors, without whom we certainly could not continue," says long-time Show Secretary Kitty Cotter. "We also wish to acknowledge the generous funding obtained through the Irish Shows Association from both the Department of Rural and Community Development and the Department of Agriculture.

This funding is a real lifeline to our show and so many others."

Highlights of the show include the return of the Horse Sport Ireland All-Ireland Young Show Person competition for young handlers aged 16-23, with a very attractive €1500 prize fund.

Another big attraction making a return in the equine section is the Murray Bros. Tarmacadam Broodmare Championship. There will also be a wide range of classes in the ridden ring and the pony ring and a donkey derby will round off the day. The Show will also play host to a variety of Irish Shows Association qualifiers.

In the cattle section is the very successful Munster Pedigree

Beef bull competition, sponsored by Lehan & Associates Dunmanway with a €600 prize fund. This competition has the added interest of being judged on a public scoring system, which creates a great buzz around the ring. Also in the beef section, is the Department of Agriculture sponsored Breeders Choice four star or five star heifer competition for traditional beef heifers with a prize fund of €750. The dairy exhibitors are not forgotten either, with the return of the Carbery Group All Ireland EBI cow and the All-Ireland EBI calf sponsored by Hurley & White's builders, Dunmanway.

In sheep are classes for Scotch, Commercial, Suffolk

and Texel. The highlight will be the €500 All-Ireland Scotch Hogget Ewe, sponsored by Ad-s4Tractors.ie and W&M Kiely.

Dunmanway Show's renowned indoor section will be packed to the rafters with all the lockdown crafting projects and newfound green fingers. There are classes for everything from photography to farm produce and flowers, needlework and of course the home baking and preserves.

Afternoon entertainment will include a fun dog show, live music, best dressed lady, most appropriately dressed person and bonny baby show. There will be free children's entertainment on the day. Admission is only €10 per adult and children go free.

people Farming

A West Cork Farming Life: Brennus Voarino, Cape Clear

Brennus, describe your farm on Cape Clear Island?

There are 110 acres in total on the farm and it is in three separate divisions. It's all very rough land but suits that suits the cattle we have. It's mainly a suckler herd made up of pedigree belted Galloway cows. When we first started here back in 2008 much of the land was over grown. As we don't have sheds we reseed fields after cattle have been out wintered on them. We use ring feeders for silage and move them regularly so that is our ploughing I suppose and it has worked well so far. While I'm not certified organic, I don't use sprays or fertiliser, I just use lime on the land and it's made a big difference.

What livestock do you have?

We started with Angus, Hereford and some continentals but as I'm pretty new to farming, I wanted something that was easy to manage. So after doing some research I thought Belted Galloways or Belties, a Scottish breed would suit. We then set about importing six heifers from Scotland. They are a milky enough breed, have no horns, are easy to calf and they're out-wintered so easy to manage. There's around 35 animals in total including 14 cows. I only keep heifers if I think they are good enough and every year I keep four bullocks which are fattened and finished under 30 months.

So there's about eight bullocks between the one and two-year-olds and I keep them on one of the out farms. I sell the meat from these to local customers including chef Ahmet Dede at the Michelin starred Custom House in Baltimore. I also have a small flock of 20 Llyn sheep made up of 20 ewes. Like the cattle, I wanted something easy to manage and these are kept on a 17-acre out farm and I sell the meat from these too. My fiancée, Samantha, is a bee keeper and has 14 bee hives. Bees can fly up to eight miles so they can cover the whole island. We harvest the honey from July.

How different is farming on an island to the mainland?

Because we're on an island, we've become a jack of all trades. So we have to know a lot about animals and a lot about mechanics. If a machine breaks down and you don't have a part you just have to stop until you get what you need from the mainland. You can't really call the vet. If a vet has to call, it's pretty serious, and if they can't make it, then that's too bad. Going to a call on the island could take up half of their day. Everything comes in on a boat. Even animals and everything takes longer. Like the mart, you have to book ahead for the boat and they can only take two trailers on the boat. It's first come first served and, if it's full, you just have



Brennus Voarino with his Belted Galloway herd on Cape Clear island.

to wait until next week. If the weather is very good, we're able to book the barge and that can take more but it's not always possible to book that.

Island farming has its challenges, but there's a good spirit. When we go at silage everyone helps each other. There would be a few tractors flying around the place. We've to do a bit of everything. I'm a fisherman as well. No one lives off of farming alone on the island. Once a week, I go hauling pots for lobsters and crab with the O'Driscolls. It's the last fishing boat on Cape.

You were a finalist for the Teagasc Student of the year award this year... How did you find that experience?

That was a total surprise to me. I was delighted to get to the final.

I'm from a science background, so was used to college, but I found the practical stuff was very good. To be in a shed with other farmers of my age and be shown how to do things, was very beneficial. Some of the course didn't apply as it was designed for

the bigger mainland farms. We have to do things slightly different on the island. We don't have sheds or slurry and there's no AI. We get worse weather too. Nothing grows here until end of April so trying to get animals grazing in February didn't apply. Some of the early grass might be affected by salt blown in from the sea too. Every farm is different it's just

we're very different.

The staff in the college were very helpful for me. If there was rough weather and I had to leave early to make the ferry they let me off. The biggest challenge was it was twice as expensive as other students, as I needed accommodation and had to be there the night before. In summer there are more boats and I might get an earlier.

OUT & ABOUT IN WEST CORK



Congratulations to Grace O'Donovan, Dunmanway and Katie Lordan, Drimoleague who took first and second place, respectively in the Young Showmanship Class at Cork Summer Show. Pictured here with judge, Clive Jennings.

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Courtmacsherry RNLI lifeboat stations and Barryroe GAA club feature in film to promote national drowning prevention partnership

Volunteer lifeboat crew from Courtmacsherry and Ballycotton RNLI, along with members of Barryroe GAA are featuring in a short film to promote a drowning prevention partnership between the RNLI and the GAA. The two organisations have been working together on a water safety partnership since 2017, which has seen RNLI volunteers visit their local GAA clubs to share water safety advice and information. The film has been released in advance of the RNLI's appearance on the pitch at Croke Park to promote the partnership, at the upcoming All-Ireland Senior Hurling semi-final this Sunday (July 3) between Limerick and Galway.

The one-minute film was made to promote the partnership between the RNLI and the GAA and shows how both organisations share the same values of community and volunteerism. Many RNLI volunteers are also GAA volunteers, and the aim of the partnership has been to share water safety advice as widely as possible in all com-

munities. The film was made on location at Courtmacsherry lifeboat station and Barryroe GAA club by Banjoman Productions. It shows a lifeboat training exercise and a water safety talk to a room of school children. While over at the GAA club, players take to the pitch and warm up for a match. It shows the importance of the many different roles the volunteers hold.

The film will be shown on the big screen in Croke Park before the semi-final on Sunday and will be shared with lifeboat stations, branches, and clubs. There are 46 lifeboat stations on the island of Ireland, with 333 GAA clubs within a 10 km radius of them. On average 111 people drown in Ireland each year and the work being done through the partnership aims to give everyone the knowledge of what they can do to both keep safe or help someone in trouble on the water.

One of the volunteers to feature in the film is Vincent O'Donovan, Courtmacsherry RNLI Deputy Launching Authority. A volunteer in both the



Vincent O'Donovan (Courtmacsherry RNLI and Barryroe GAA) with Norman Fleming from Barryroe GAA

RNLI and the GAA, Vincent hopes that the film will encourage more people to get involved in their community and think about water safety. Vincent said, "I'm very proud to be involved in the film and that it shows what is good about volunteering and local communities. Many of us in our local RNLI are also involved with the GAA, they go together and it's a wonderful partnership. I hope people will

want to get involved in their community and learn more about water safety."

RNLI Trustee and Coxswain, Paddy McLaughlin has been involved with the partnership from the beginning and has seen it evolve over the last few years. Paddy said, "When we approached the GAA with the idea of working together to prevent drowning, they supported it straight way. Since



2017, RNLI volunteers have been giving hundreds of talks to GAA clubs and have been invited to events and match days to promote water safety. This is a lifesaving partnership and with so many people involved in the GAA on this island, we are getting water safety advice and

awareness talked about in our communities."

The video is available to view, share and download on rnli.org.

For more information on the partnership or to request a water safety talk visit rnli.org or email: water_safety@rnli.org.uk

OUT & ABOUT IN WEST CORK

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



Kate O'Donovan and Tadhg Lenard from Skibbereen pictured at the Professor Gerry O'Sullivan Memorial Park in Caherahg last month.



Mayor of the County of Cork, Cllr Gillian Coughlan recently visited a number of Ukrainian refugees who now call Bandon their home. In a show of solidarity, the Mayor presided over a Ukrainian flag raising ceremony at the local Council Office. On behalf of the citizens of Bandon, Mayor Coughlan expressed her heartfelt support to the Ukrainian nationals and assured them that they will experience peace and warmth from the people of Bandon. The Mayor thanked all the local agencies - both statutory and voluntary - for the suite of support services that have been put in place and that are working so effectively. The Mayor also commented that this cross community collaboration is what makes us what we are. Pic: Dermot Sullivan

people Environment : Making a difference

Action needed on implementing Sustainable Development Goals



GROUNDED

MEP Grace O'Sullivan

This week in the European Parliament, we voted overwhelmingly to support a report on the implementation of the Sustainable Development Goals (the SDGs).

It's a vote that was of particular interest to me. I'm a member of the European Parliament's SDGs Alliance, and as the Greens/EFA group's representative (Shadow Rapporteur), I've been involved in negotiations around the report's progression through the European Parliament.

In those roles, I'll be travelling to New York in July, as part of a delegation from the European Parliament to

the 2022 High Level Political Forum (HLPF) on Sustainable Development, the UN's annual conference that takes stock of SDGs implementation.

The SDGs have been in place since 2015, when the international political community gave the green light to the 2030 Agenda for Sustainable Development, committing to the 17 interlinked Sustainable Development Goals, with 169 targets.

There's a strong Irish connection. The SDGs were first mooted in 2014, when the UN General Assembly appointed Ireland's UN Ambassador in New York, David Donoghue, and his Kenyan counterpart Machiara Kamau, to lead the negotiations on producing a new set of Sustainable Development Goals to follow on the Millennium Development Goals.

The concept was ambitious and the negotiations intense, carried out between world governments. I've had the pleasure of meeting David Donoghue and discussing, in depth, the entire process with him. The story is inspiring –

how he and Kamau managed to come up with language that was strong and unwavering in its conviction. How they pushed the boundaries and were unapologetic in sticking to their aims and moving forward with impressive aspirations around the future of humankind and the planet. They navigated a set of goals of importance and magnitude through the complex maze that is international political negotiations at the highest levels. The resulting set of Sustainable Development Goals speak for themselves.

But while the Goals are laudable, implementation is vital. Despite calls from the European Parliament and the Council on the SDGs, the European Commission has not yet adopted a comprehensive strategy to address gaps in SDG implementation at EU level. As we approach the mid-point of Agenda 2030, Europe is on track to meet only 15 per cent of those targets.

The SDGs Implementation Report we voted on this week, assesses the EU's implementation of the SDGs and makes concrete recommendations for

how to achieve them both in the EU and globally. It examines the need for real progress in the areas of governance, monitoring, budgeting and finance, and multilateralism in order to attain the SDGs as a whole.

The Parliament's SDGs Implementation Report is the Parliament's tool to hold the EU to account regarding its implementation of the SDGs. Its importance lies in its analysis of the implementation of SDGs in the EU. It includes language on the aim (set out in the 8th Environment Action Programme, legislation I was the Parliament's lead negotiator on) for the EU to achieve a Wellbeing Economy and to renew the call for Beyond GDP indicators. Sadly, the report concludes, on these and other areas, we have a long way to go.

With less than eight years left to achieve the SDGs, and not a single country on track to achieve them, it's time to take action around the EU and the international community's implementation of the SDGs.

Against the backdrop of a world where geopolitical, climate and humanitarian crises

compete for resources and policy-makers' attention, the SDGs have an increasing relevance. The questions now are: will the SDGs be taken seriously as the only framework for emerging from these crises, and how quickly can we ramp up their implementation?

In July, when I travel to New York as part of the delegation to the UN, the report will serve as our mandate around revisions of particularly important SDGs, covering quality education, gender equality, life below water, life on land and, importantly, partnership for the goals.

The SDGs are an important part of my work in the Parliament, but they have coloured and influenced aspects of my life and work for far longer than the few years I've spent in politics. As an ecologist and as a lifelong peace and environmental activist, I have fully supported the aspirations of the goals since their inception. They're a blueprint for a sustainable and fair future, living well, within the planetary boundaries. They espouse a global vision of a healthy planet and better quality of life. They represent the

overarching priorities we must aim for, if we are to survive and thrive into the future.

We must leverage and highlight the SDGs in these trying times, as the world is hit with crisis after crisis. Never before has it been more important for us to find ways of living sustainably, and well, on a changing and challenged planet.

The SDGs remain the only international agreement to build a more equitable and resilient world that prospers within planetary boundaries. Nice words about SDG implementation are no good though, if we don't put those words into practice. On environment, that means increased action on climate. We need increased ambition and action on biodiversity and on reducing pollution. It means commitment and action around supporting genuine sustainability and countering widespread greenwashing. If we're to do right by the SDGs, it must be with more than words: it must be with meaningful action every day.

Kinsale CS takes first place in Schools Sustainability Competition

Kinsale Community School in Kinsale, Co. Cork has been named as the winning post-primary school in the SSE Airtricity and Microsoft Ireland Solar Schools Sustainability Competition. The school took first place with their 'Save the Bees' initiative, which saw students plant a biodiversity orchard and a hedgerow in their school to provide food for bees and other pollinators as well as fruit for birds.

The Schools Sustainability Project competition is the most recent project that SSE Airtricity and Microsoft Ireland have partnered on as part of their Solar for Schools programme. Launched in 2020, the renewable energy programme enables schools to power classrooms using energy generated from their own roof, helping them to reduce their carbon footprint, and their energy costs.

With an investment of close to one million euro, the partnership involved the rollout and installation and management of solar panels in 29 primary and post-primary schools, which are connected via Azure IoT to Microsoft Azure, a cloud computing platform. The panels installed across all 29 locations have the combined power to generate enough electricity for 68 Irish homes for a full year.

A key objective of the project was to show students first-hand how they can play a part in combatting climate change. Digital screens were installed as part of the project to show the school's energy use in real time, allowing students to see the impact of the energy efficiency upgrades and helping them and the wider school community to better understand their consumption and how they can become more energy efficient, while also further reducing their emissions.

Following the initial installation, SSE Airtricity and Microsoft Ireland committed to the delivery of an education program to primary and post-primary schools involved in the project. It was from this commitment that the Schools Sustainability Project competition was born.

As part of the Schools Sustainability competition, schools from Connacht, Munster, and Leinster took part in a three-module course on renewable energy, sustainability, biodiversity, technology and innovation. Following these modules, project submissions were made demonstrating the efforts of the schools to improve the environment.

In a prize-giving event at Kinsale Community school, a sustainability grant of €2,500 from Microsoft Ireland was

awarded to the school, with each participating student also receiving a computer Tablet worth €100 from the SSE Airtricity eStore.

Speaking on the day, Kathleen O'Brien, Deputy Principal, Kinsale Community School said: "Our experience of the Solar for Schools Programme has been highly impactful, it reduces our costs and carbon footprint but also it enables us to educate our students about the positive impact that innovative technology is having on our school, as well as the wider community in Kinsale. Winning the Sustainability Project Competition was fantastic, it really affirmed the positive work that students are doing in terms of finding solutions to local environmental problems."

Following the prize giving, Fergal Ahern, Head of Business Development, SSE Airtricity said: "SSE Airtricity is proud to be Ireland's largest provider of 100 per cent green energy. Providing renewable energy solutions is in our DNA and we are delighted to partner with Microsoft Ireland on this educational schools' competition that engages primary and post-primary students and gets them thinking about the impact they can make on the environment whilst helping them to develop and implement sustainable



Pictured at the recent awards presentation are Back (l-r): Janis Gómez Navarro, Lioba Kappner, Carmen Yunta de la Fuente, Lauren Hubert, Niamh Barry, Aoife Hurley and Front (l-r): Rachel Bogue, Fergal Ahern, from SSE Airtricity and Orlaith Allen.

options for their schools.

"The students of Kinsale Community School have demonstrated great intent and passion for sustainability, showing us first-hand how sustainability and renewable energy can combine to help fight climate change while also benefitting their school and community on a daily basis."

Richard Ryan, Datacentre Community Development Programme Manager, Microsoft Ireland also addressed the

winning students: "Microsoft Ireland was delighted to partner with SSE Airtricity to roll out the Solar for Schools Programme in late 2020. Part of this programme was focused on educating the students about the impact the technology could have on creating a more sustainable future for their schools. With that in mind we were delighted to extend the engagement with the schools through this competition and it's been inspiring to see the way

the teachers and students have embraced and engaged in the process. I'd like to congratulate all the schools who participated in the competition, but particularly acknowledge the integrated approach taken by the winners to involve the wider school community."

Further details on the Solar for Schools Programme can be found at www.sseairtricity.com/news.

people Environment : Making a difference



ENVIRONMENTAL MATTERS

Fiona Hayes

I recently watched an impassioned plea from Arnold Schwarzenegger: The one-time Mr Universe, film star and Republican Governor of California, was encouraging delegates at the Sixth Annual Austrian World Summit on the Environment, held on June 14, 2022, to support rapid expansion

of use of existing technology, such that we can speedily quit using fossil fuels.

His speech starts in the film industry looking at the technology that allows him, at the age of 74, to continue his all action hero type roles, clambering along roofs of trains travelling at 180 miles an hour and riding motorbikes at 120 miles an hour in current film shots and advertisements appearances. He marvels at the advancement of the technology that creates this 74-year-old, all action hero illusion.

Schwarzenegger was born in Austria, the son of the local police chief who was a member of the Nazi party and who served in the World War Two Military Police involved in the invasion of Poland.

Schwarzenegger's father wanted him also to join the police, but his son had other ideas with body building offering him a route out of Eastern Europe, as he headed for fame and fortune in the USA.

This makes his speech even more poignant, as he looks at the war between Russia and Ukraine not only as a conflict but also as a driver of the climate emergency.

The Notre Dame Global Adaptation Initiative Index (NDGAI) rates countries' vulnerability to climate change and global challenges. It finds that people who live in conflict zones are amongst the most vulnerable to the climate crisis, as well as being the most neglected by climate action. Yemen, Mali, Afghanistan, The Democratic Republic of Congo and Somalia, all of which are constantly dealing with conflict, are amongst the lowest ranked for climate resilience in the NDGAI.

Conflict often damages the environment, destroying large areas of forest or damaging infrastructure such as oil installations or large industrial facilities. This in turn can lead to stored pollutants being released into the soil or water courses. Often this destruction releases large volumes of greenhouse gases into the atmosphere, further exacerbating climate change.

Environmental degradation reduces peoples' general resilience as well as their ability

to adapt to climate change. Economic degradation occurring as a result of war, reduces a country's capability to adapt to, or mitigate against climate change.

War causes large scale displacement of people, which authorities of any countries involved have to deal with, creating further economic stress for those nations.

As is often the case, and is demonstrated currently in Europe, natural resources are often exploited as the quickest and easiest way of tackling the ensuing economic disruption. The Russian war against Ukraine has highlighted Europe's reliance on fossil fuels as countries hustle to find a replacement for Russian oil and gas, further exploring technologies such as fracking, previously banned as a result of public pressure in many European Countries.

Schwarzenegger points out that in the first two months of the Russia/Ukraine war, Russia spent €7.7 billion on missiles attacking Ukraine; and in the same two months Russia was paid €44 billion for Russian fuel that was sent into Europe.

Europe is spending millions of Euros on aid for Ukraine in an attempt to finish this war and is spending billions of Euros on oil from Russia, enabling Russia to extend the war.

Schwarzenegger states that we must expand use of sustainable energy technology that is already available to enable a complete ban on use of Russian

oil; to stop funding this war. He states that we have 'blood on our hands'

We have a climate and pollution emergency, which we do not fully focus on, and which we are distracted from by geo-political and socio-economic issues that dominate the headlines in mainstream media; and yet, seven million people a year, more than twice as many as died from the Covid Pandemic, die from pollution. In addition to this, extreme weather events like heavy rainfall, prolonged droughts, desertification, environmental degradation, sea-level rise and cyclones are already displacing more than 20 million people each year.

Schwarzenegger is right to focus on ending this war by switching to sustainable energy and defunding the offensive. At a time when governments seek to set climate change targets domestically and are working on mitigation to try and limit a climate catastrophe, war waged anywhere works against climate and pollution targets in every way and creates humanitarian crises to add to those being created by severe weather events.

An alien looking in would conclude that human beings are determined to self-destruct and to take as many other species with them as possible.

De-funding Russia's war by rapidly building the infrastructure to go green would be an infinitely better spend for Ireland than buying oil from Russia, albeit via the UK or

EU. When Eamon Ryan voiced this recently as reported in The Journal, he was criticised for 'dreaming', however Iceland with a population of 345,393 runs on 100 per cent renewable energy. It gets 75 per cent of the electricity from hydropower, and 25 per cent from geothermal. They made this transition because they could not afford the soaring prices of fossil fuels.

Costa Rica who, like Ireland, have a population just under five million are close to being carbon neutral, with 95.58 per cent of the country's energy coming from renewables. Like Ireland Costa Rica has an abundance of free-flowing water. Their water generates more than 78 per cent of the country's electricity, with the remainder made up through wind turbines, geothermal energy, and solar.

People in Costa Rica must create 25 per cent of their energy usage with power they have generated themselves, thus people are more conscious of usage and less likely to waste electricity.

We are not short of technology to create energy from renewable sources and tackle climate change. We currently lack infrastructure and lack focus on creating the infrastructure. Perhaps the necessity to end the Russian war will force the political will to make the necessary changes on countries and will make us all energy independent.

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Last week saw the publication of a new proposal from the European Union for a Nature Restoration Law. The new law will set legally binding targets for nature restoration both on land and at sea. The new targets would apply to every EU member state and complement existing laws and targets.

Highly or fully protected Marine Protected Areas (MPAs) are known globally as the best way to restore marine environments. By setting up large no-take zones, where no industrial activity is permitted, Ireland can implement this new law to meet its full potential for biodiversity recovery and climate stabilisation.

The law states that habitats and ecosystems with the 'greatest potential for removing and storing carbon and preventing or reducing the impact of natural disasters such as floods will be the top priorities.' These criteria put Ireland in a prime position as our marine ecosystems like seagrass meadows and kelp forests offer both storm protection and store large amounts of carbon. The sediments of our continental shelf area have also been identified as areas with enormous carbon storage capacity if undisturbed by industrial activity.

Only 6.4 per cent of the ocean globally is covered by MPAs and less than two per cent are no-take MPAs, where

full protection is given to the ecosystem and species at risk. The new ecosystem restoration bill offers Ireland the opportunity to revitalise our seas. No-take MPAs offer the entire ecosystem the chance to recover, from the seafloor to the shoaling surface waters and the rocky outcrops of nesting seabird colonies.

Currently, only two per cent of Ireland's seas are protected, however, there is no active monitoring or management in place to ensure they are actually protected. Fair Seas is calling for 30 per cent of Ireland's waters to be placed within MPAs by the year 2030. This aligns with our government's previous international commitments and would satisfy our new obligations within the Nature Restoration Law.

"The Nature Restoration

Law proposed by the European Commission today will herald a significant and important change in how we treat, use, value and respect nature.

These proposals will create legally binding targets that go beyond existing environmental legislation to protect species and wildlife, and require us to take proactive measures at a sufficient scale, to restore and recover nature from decades of overexploitation. Yet, like all legislation, it will only be successful if implemented and delivered effectively. In the face of the ever-worsening biodiversity and climate crises, we need urgent action and restoration now. There is no time to wait" – Dr. Donal Griffin, Policy Officer at Fair Seas.

At the launch of Fair Seas' new report 'Revitalising Our Seas' Minister for Housing,

Local Government and Heritage Darragh O'Brien said: "We are the first generation to fully understand the risk and threat to our planet and we're the last generation that can do something about it. We know what we need to do, and we've got to get on and do it."

It is encouraging to hear this message from Minister O'Brien, and more so the new Nature Restoration Law will ensure this sentiment is backed up with legally binding targets to ensure that action follows words.

"This law is a much-needed addition to existing EU environmental legislation, because it recognises that mere protection of our marine environment is no longer enough. Too much has been lost in Irish waters over decades of industrial fishing. We could rebuild the long-lost oyster reefs in the Irish Sea or

strictly protect areas of Irish shelf sediments from bottom trawling, so that the carbon storage potential of these areas is not hindered. The potential for restoration is therefore vast." Regina Classen, Marine Policy and Research Officer at The Irish Wildlife Trust:

The Fair Seas campaign is led by a coalition of Ireland's leading environmental non-governmental organisations and networks including Irish Wildlife Trust, BirdWatch Ireland, Sustainable Water Network, Friends of the Irish Environment, Irish Whale and Dolphin Group, Coomhola Salmon Trust, Irish Environmental Network and Coastwatch. It is funded by Oceans 5, Blue Nature Alliance, BFCT and The Wyss Foundation.

people Environment : Making a difference



GOING GREEN

Lauren Guillery

Lauren Guillery is a musician, horticulturist and crafter with a keen interest in sustainable living and the natural world. Here she shares tips on how to be more environmentally friendly.

Ah, summer! I love spending as much time outdoors as possible this time of year. Doing so requires a little thinking ahead so I don't compromise on my sustainable living ethos, and I can enjoy good weather and good company without impacting negatively on the environment. Something I always bring with me when I'm out of the house is my reusable cup. I put it in the car every time I go somewhere, just because I never know when I might need a little pick-me-up, or in case I bump into a friend and decide to go for a take-away coffee.

A recent study found that over 22,000 coffee cups are disposed of every hour in Ireland. This crazy number is the equivalent



Greening your summer

I gladly accept the wooden cutlery offered by some vendors because I reuse it to label my pots of homegrown veggies in the garden.

of 200 million coffee cups used once and thrown out every year in this country. This wouldn't be so much of a problem if we had the proper recycling facilities, but we don't; and since disposable cups are often tossed in the general waste bin along with everything else, their convenience has become a massive waste issue. Despite the government planning the implementation of a 20c levy on disposable coffee cups in the autumn, most coffee shops and petrol stations already offer a rebate when you bring your own reusable cup, so it makes sense to get used to the idea of owning – and bringing a 'keepcup' everywhere. A friend gifted me a travel mug a few years ago and it is still going strong – over the years I have tried many reusable cups, from plastic to bamboo and glass ones, but they all eventually broke, and I find the stainless steel mugs the most reliable and sturdiest of all.

Another thing I make sure to always have in the car is a glass bottle, which I top up with water before I leave. That ensures I won't need to buy a plastic one when I'm thirsty or if

I need to top up the car radiator with water. A 2014 study found that several cancer-causing chemicals leach in the water if a plastic bottle is exposed to heat, which it does if left in the car in the summer, so I'd rather be safe than sorry and keep a glass bottle in there.

We like to treat ourselves to the odd chipshop dinner in our household, and food vendors are one of the worst offenders when it comes to single use waste. When ordering food, I always tell the person at the counter that I would rather not have any plastic with it – that includes Styrofoam tubs of mayonnaise and curry sauce, and the disposable plastic cutlery and straws. The green plastic cutlery that is given by some food vendors, although supposedly compostable, require industrial composters, which are not readily available on the streets and therefore end up in the general waste bin. I keep some stainless steel cutlery in the glove compartment of the car for these occasions, but I also gladly accept the wooden cutlery offered by some vendors because I reuse it to label my pots of homegrown veggies in

the garden. And even if it only lasts me one season, it does stop me from buying plastic labels, and makes me feel very clever altogether!

At this time of year, I often see families and couples eating ice cream at petrol stations and wonder why they keep their engine idling when it's been proven that car fumes are toxic to breathe, especially for children. Turning the car off when going for a quick run to the shop or just sitting in it is such a simple thing to do, and with the rising costs in fuel I'm surprised more people haven't copped on to it.

When out in the garden, I keep mosquitos and midges at bay by rubbing crushed lavender flowers on my arms, ankles, and calves. Lavender and other aromatic plants such as mint, thyme, and rosemary produce a fragrance and oils that act as a natural mosquito repellent. Or you can just drop some lavender infused oil on a clean cloth and rub it onto your skin.

It goes without saying that if you want to reduce waste in your home, you need to bring a tote or a reusable bag with you when doing your grocery

shopping and running errands, but there are things so simple to make at home with a couple of ingredients that you will wonder why you didn't start doing them years ago. Making lemon sorbet is one of the easiest things to do, and this recipe doesn't require any special machine – just a freezer and a timer because you need to give the mixture a quick stir every hour. All you need is 250g of white caster sugar, the juice of two or three lemons, and a thick strip of lemon peel. I like to add some vodka to the mixture but that's optional! Place the sugar, lemon juice, and the lemon peel in 250ml of water and heat up until the sugar has dissolved. Bring the mixture to the boil for three minutes,

remove the lemon peel (and add the optional vodka) and let the mixture cool down before pouring it in a container with a lid. Put the container in the freezer for an hour and a half, and then using a whisk break up the mixture to incorporate the ice crystals which have started to

form on the edges. Return to the freezer for an hour and mix again, repeating this pattern every hour three more times. You can trust me when I say this refreshing summer treat will keep your partner and kids asking for more!

Finally, I like to use 'leftover water' to water our plants, and I harvest rainwater from our roof to water the greenhouse and top up the water tray for the garden birds. If the last two months are anything to go by, we need to value our water consumption and start using what we readily have available. 'Make hay while the sun shines' as they say, and harvest water when it rains.

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Reader's Tips

Make your own tomato food with eggshells and banana skin...

Cook both in the oven until crispy. Once cool, place in blender and blitz to fine powder. Add a tablespoon per plant.

If you would like to share your own eco-friendly tip on any topic please email: info@westcorkpeople.ie

Irish company launches the world's first completely compostable deodorant

After three years of research, planning and development, Irish brand The Handmade Soap Company has announced another world-first; a new unisex ANAM Deodorant that is completely compostable – you simply pop your finished product (including all packaging) into your food bin.

The ANAM deodorant embodies the true spirit of this family business: cruelty-free products made with ethically sourced raw ingredients and fully sustainable packaging.

Deodorants and antiperspirants make a daily feature in all of our hygiene routines, however not everyone is aware of the harmful toxic ingredients in many brands. These chemicals

are immediately absorbed into the bloodstream due to the large concentration of hair follicles

and sweat glands in the underarm's thin, folding skin. Daily use of these products has been

continuously linked to serious health issues such as kidney and liver failure and there is ongoing research into the link between some of these chemicals and certain cancers.

By combining natural, foraged ingredients with vegan formulas and sustainable packaging and processes, this 100 per cent natural, handmade deodorant offers the greenest alternative to commercial deodorants ever made. Switching to this new product will end the damaging cycle of traditional aerosol use for both you and the environment.

This latest launch by The Handmade Soap Company is both Ecocert and Cosmos accredited, the highest accreditations a brand can boast for sustainable practices and natural

ingredients in Europe. Last year The Handmade Soap Company confirmed every single product they produce is now both Ecocert and Cosmos accredited, an incredibly rare achievement.

Brand Founder Donagh Quigley explains how, "this natural deodorant does not block sweat pores like antiperspirants do, so the goal was to figure out a way to neutralise the bacterial growth which leads to body odour. Which we have successfully done through natural active ingredients, such as sage leaf extract and Zinc salt. And most importantly, no more nasty chemicals need to go straight into our bloodstreams anymore, straight through the highly sensitive and absorbent thin layer of skin at our armpits.

We wouldn't swallow a handful of toxic ingredients, and yet what we do with deodorants every day is arguably worse, as it enters our bloodstream without being metabolised."

The Anam collection is enriched with a fragrant and calming mix of rare essential oils for the ultimate skin and wellbeing pick-me-up. Effortlessly fusing warming coriander seed, soothing lavender with heady eucalyptus, geranium and rich vetiver at the base, all blends are 100 per cent natural, 100 per cent vegan and pack a botanical powerhouse punch for the senses. The new Anam Deodorant is available to purchase at all The Handmade Soap Company stockists, as well as online at www.thehandmadesoapcompany.ie. RRP €17.95.



people Environment : Making a difference

Bumper spring for West Cork birding

Branch Committee Member **Karl Woods** writes about the extraordinary spring that birdwatchers have enjoyed in West Cork this year.

Anyone who has spent any time in West Cork knows how lucky we are to be in such a beautiful part of the world for nature. It is a haven for wildlife and birdwatching is one of the more common hobbies for those who love nature and the outdoors.

Spring is an interesting time for birdwatchers, as this is when migratory birds move from their wintering grounds to their breeding grounds. Not only are our summer birds starting to arrive, we also have birds passing through on their migration routes, and the occasional bird that has overshoot its usual route and has ended up here instead. In theory, almost any migratory bird could turn up if the conditions are right.

Due to its location West Cork is always a good place to be for those interested in migratory birds in spring. Headlands and islands are usually very good for seeing migrating birds and West Cork has some fantastic spots, including The Old Head of Kinsale, Galley Head, Mizen Head and Cape Clear, among others. In addition to the

headlands and islands, marshes and lakes are also good for migrating waterbirds such as ducks, waders and herons.

While the usual areas had some interesting visiting birds, Galley Head had a really nice spring season with Serin, Ring Ouzel, Dotterel, Subalpine Warbler, three Tree Sparrows and an unusually large number of Brambling seen. A very nice list of birds for any given spring on its own. This however was overshadowed by Clonakilty, which stole the show with a bumper spring season, earning it the nickname of Costa del Clon at one stage!

The combined area of Clogheen Marsh and White's Marsh was at the heart of the action, starting in March when a lovely group of four Garganey made a brief stopover. Unlike most visiting ducks that turn up in the winter and stay for longer periods, these are more commonly seen passing through in the spring, usually only stopping for a short time. Seeing these striking birds is a wonderful treat and a group of four together was an even rarer sight. At the same time a Cetti's Warbler was heard singing from the foliage at the back of White's Marsh. A very rare visitor to Ireland, this small bird is known for its tendency to keep out of sight while giving out little bursts of very loud song. Even from the back of the marsh this little bird could be heard clearly above any



Clockwise from top left: Garganey, Squacco Heron, Great White Egret and Cattle Egret.

other birdsong. Although the Garganey decided to move on, the Cetti's remained in the same area singing on and off. Shortly



after, more birds started showing up with two Great White Egrets and up to three Cattle Egrets moving back and forth

between Clogheen and White's Marshes. Relatives to our resident Little Egrets, sightings of these two species are becoming more common and with continuing climate change, they could in time follow the Little Egret and become resident breeding birds. Up until the end of April, it was possible nearly every day to watch all three species of Egret in the marshes with the sound of a singing Cetti's Warbler, which combined with the sunshine really gave the feel of a far more exotic location.

Lesser Yellowlegs, a rare visiting wader from North America also made an appearance for a short time. While multiple birds cannot be ruled out, it is presumed that this bird then did a little tour of West Cork (and why not) with further sightings in Rosscarbery, Timoleague and finally back to Clonakilty later in the Spring. Buff-breasted Sandpiper, another bird from North America, was also seen in Clogheen Marsh around the time the Yellowlegs came back.

Although things quietened down for a couple of weeks into May, the spring season wasn't quite finished yet for Clonakilty. A Purple Heron caused a brief bit of excitement for a day before disappearing. This slimmer, more colourful version of our resident Grey Heron is a very striking bird, unfortunately well known for hiding in reed beds out of sight, only giving brief appearances. Shortly after, an even rarer visitor showed up

in the form of a Squacco Heron. Usually found in southern Europe, the bird delighted both locals and birders from around the country as it spent a couple of weeks out in the open where it could be watched feeding on insects and amphibians. With returning sightings of Purple Heron, Great White Egret, and Cattle Egret, the area was hosting four rare herons at the same time. A bumper spring for Clonakilty indeed, and one with a very tropical feel to it.

BirdWatch Ireland West Cork Branch News

Upcoming outings being held by the Branch are:

Sunday July 3: An estuary and farm walk at Ballydehob, meeting at the playground car park at 11am (no dogs please).

Sunday August 20: National Heritage Week family event at Rosscarbery, meeting opposite Celtic Ross at 2:30pm.

To receive news about our events join our mailing list by sending an email to mailinglist@birdwatchirelandwestcork.ie. For more information about the Branch contact Fiona O'Neill at secretary@birdwatchirelandwestcork.ie.



The little things that run the world

Eugene Daly reminds us of the important role that insects play in our own survival and the high price we will all pay for the spraying of chemicals and clearing of scrub. If you see what you suspect to be a burning of lands or hedge-cutting offence before August 31 you can report it to your local NPWS office on (01) 539 3396.

A tune called 'The World Upside Down' was reportedly played by a British band after the English surrender to George Washington at Yorktown in the American War of Independence in 1781. I have never heard this piece of music but it is appropriated

today by environmentalists, considering the diminishing of natural resources and living creatures, habitat destruction, misuse of pesticides and herbicides and general destruction of nature in mankind's pursuit of gain.

Many years ago the distinguished Harvard biologist Dr. Edward O. Wilson warned that the environment would collapse into chaos if insects were wiped out 'the little things that run the world'. He also famously said that, "destroying rain forest for economic gain was like burning a famous painting in order to cook a meal".

It appears that not a week passes where scientists and naturalists do not express grave concern about the disappearance of insects – flies, bugs, bees, beetles, moths and butterflies from their usual habitat. Insect life is the basis of a food chain that makes up the natural life of the countryside. They provide life supporting food

for birds because without them, especially in the initial stages of chick-rearing, insect protein is vital. Some birds, like swallows, martins and swifts depend completely on aerial mites and flies and suffer without them.

The lack of insect food is causing a serious decline in farm and garden bird numbers – some species have fallen by half. Corncrakes are gone more or less, the cuckoo is saying good-bye, the curlew is practically gone because of drainage of bogs and marshes and the clearing of scrub. This is a watching time. Consider the scarcity of butterflies and evening moths, the low number of bumble and honeybees, the disappearance of wasps, ladybirds, house flies even.

Be concerned and question where possible the use of herbicides in public parks, path ways, roadsides. Be concerned about furze fires, which are illegal from March 1 to August 31; be concerned about the cutting of



roadside ditches in the same months. Question yourself about your use of herbicides to 'clean' entrances to dwellings. We have become obsessed with tidiness and manicured lawns. Try to leave the grass to grow high so that wild flowers can flourish to feed our pollinators, 'Don't mow, let it grow'.

When insects are killed by chemicals, the birds that eat

them do badly too, when the poisons enter their systems. Many insects, as well as bees, are also pollinators in orchards and in fruit nurseries. They are also useful eliminators of mammal remains. All have a purpose.

Intensely farmed land with hedgerows cut down or destroyed, headlands of grassless tracts cleaned by chemicals,

look as ordered as military parade grounds, but have been achieved by the elimination of a vital living element of the biosphere.

A British scientist, Dr. David Goulson, of Sussex University stated: "We appear to be making vast tracts of land inhospitable to most forms of life. If we lose the insects, then everything is going to collapse".

A taste of summer at the Eccles



Under the direction of award-winning Chef Eddie Attwell, the Eccles hotel has established a reputation for its excellent food, with most of the produce on Eddie's menus picked fresh daily from the hotel garden and polytunnels he has planted, foraged locally or supplied by the best of West Cork's artisan food and drink suppliers.

Prior to joining the Eccles team, among other career highlights, Eddie spent time in the two star Michelin restaurant L'Enclume in Cumbria and has appeared twice on BBC's Great British Menu.

He was recognised as West Cork's Local food Hero in 2019 and the hotel's breakfast was a national winner at Georgina Campbell's National Breakfast

Awards 2020.

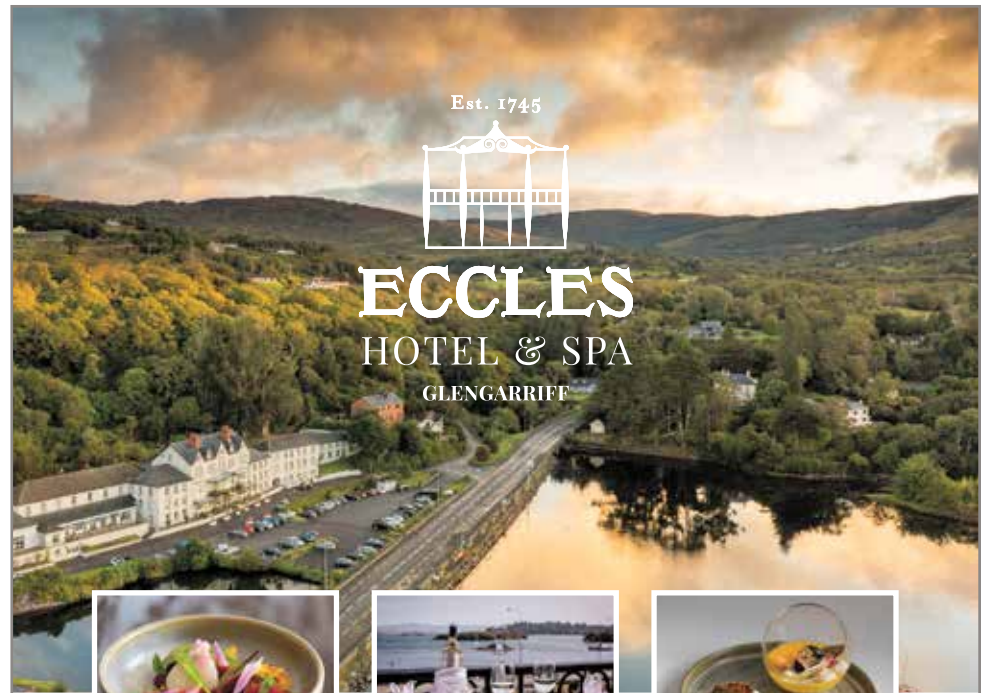
Situated on the waterfront in picturesque Glengarriff village, Eccles Hotel & Spa, the only four star hotel in Glengarriff, commands panoramic views of Bantry Bay.

Guests can make the most of their time at Eccles Hotel & Spa in the scenic surroundings by sea kayaking in Glengarriff Bay, going for a hike up to Mount Gabriel or even scuba-diving to discover what's beneath the surface of Bantry Bay.

Rich history is evident throughout this historic hotel built in 1745, which has hosted many well-known names including sister to Duchess of Cambridge, Pippa Middleton, and many famous guests have crossed its threshold over the

years including Maureen O'Hara, and writers Maeve Binchy, WB Yeats, George Bernard Shaw, Enid Blyton and William Makepeace Thackeray, who following a stay in 1843 asked "What sends tourists to the Rhine and Saxon Switzerland? Within 5 miles of the pretty Inn of Glengarriff there is a country of the magnificence of which no pen can give any idea."

Today the hotel is a member of the Historic Hotels of Europe collection, where dream properties in captivating destinations across the continent are hand-picked, all inspired by millennia of prosperity, charm, intrigue, romance and cultured creativity. www.eccleshotel.com



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CELEBRATING OUR LOCAL FOOD PRODUCERS

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.

These days, raw honey is considered a superfood with such varied health properties such as antibacterial, antioxidant, wound healing,

Leo's local honey

brain protecting, as well as being nutritious and delicious. Here in West Cork we are lucky to have local beekeepers who take pride in the quality of their honey and the way they treat their bees. One such beekeeper is Leo McDermott. I had heard about Helen and Leo from friends and neighbours and met them now and again on school runs but hadn't really connected them with beekeeping until we were looking for local food producers to take stalls at our local Community Producers Market in Baltimore. I finally met them properly when we had adjacent stalls in the market and I persuaded them to tell me their story.

Sitting in the kitchen of the beautiful house that they have built, Helen told me that she was brought up in the house next door, where her mother still lives. Her family farmed and grew a substantial amount of their own food, as did many people farming small acreages in the 1980s.

Leo, on the other hand, is a city boy making his way in the

building trade in

Dublin as a carpenter but he always had a passion for the sea. In 1998 a friend suggested he might like to try sailing and he ended up in Baltimore getting involved with Glenans Sailing School, loving it so much he stayed on for a second week becoming hooked on sailing as a result. He worked away in Dublin, sailing as much as he could in his spare time until 2008 when the recession hit and the construction world collapsed. He was lucky to sell his house, which he had completely renovated, just before the housing market went into a tail dive and then, at a loose end, he headed to West Cork where he felt at his happiest. He divided his time between Baltimore and Dublin for about a year before getting involved with the Ilen Project and Glenans, also buying an old wooden boat to repair and renovate and it was around this time that he met Helen.

The two of them have created a lovely home for their children on a plot of

Helen's mothers land but before they settled down they spent a year sailing

around Europe with their two small girls; at that time the youngest was five

months and the older daughter two-years-old. What an adventure...visiting the Scilly Islands, France, Spain and Portugal. At around the same time as they received planning permission to build in 2016, Leo started beekeeping. His first two hives were placed on the spot where the house is now. He had always been fascinated by bees and learnt a lot from the internet, reading many books and eventually joining the Carbery

Beekeepers Association, but he hadn't ever had the space or opportunity to keep them until he moved to West Cork. Listening to him talking about his beekeeping journey, how he has studied them, sometimes coming home from work and just sitting by the hives watching their behaviour, learning their habits and flight patterns, it is obvious that what he really cares about is the bees and any spare honey for us to eat is a bonus. He builds his own hives now and keeps his bees in as natural



a way as possible. The honey is not heat treated and his bees have access to all the flowers, vegetation and trees around Loch Ine. It's special. Leo and Helen both work, Leo gardening and building maintenance and Helen works in recruiting for a Swiss pharmaceutical company, luckily working from home. Although Leo is the main beekeeper, the whole family is involved with the honey especially at harvest time. The girls, Aisling and Roisin make the labels for the jars, and most weeks Helen and the girls

bring their honey to the market. This is the first year that they have actually sold honey. In the past they have given jars of honey as gifts or swapped with neighbours for eggs or vegetables etc., being part of a small community of local beekeepers and growers who help and encourage each other. Now though we can all taste their honey.

Leo's honey can be found at The Baltimore Community Producers Market on Sunday mornings from 11am till 2pm

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A FLAVOUR OF WEST CORK RECIPE

Karen Austin

Fideua – feed-ay-wah, is a Spanish dish similar to Paella, which is perfect for summer eating. It's cooked in a same way but it's made with vermicelli pasta instead of rice. It originates in Valencian region of Spain and seemingly was invented by a fisherman who headed out to sea forgetting to take rice to make his dinner. After catching some fish he started to cook a paella, beginning with the sofrito and stock, but when it came to stirring in the rice he found he only had pasta noodles. Necessity being the mother of invention he broke the noodles up and stirred them into the paella (which is also the name of the pan a paella is made in) using all the usual

ingredients. This obviously produced a great result as it is now a national dish.

'Our' Spanish mother-in-law makes excellent fideua, which is served with alioli (garlic mayonnaise) on the side, it's truly delicious. I have stood by her side in her kitchen taking notes whilst she cooks, observing all the small tricks that make the dish a success and although hers is still the best, I did get to get a good understanding of how to make fideua, although I have yet to master making a good socarrat. In Spain the crispy bit at the bottom of the paella pan is called socarrat.

There's quite skill to achieving socarrat, as it's not burnt food that you're after but gently caramelised food that's gone so far that it's become crispy. It is a prized part of the paella, which is fought over and talked about and very much judged to be part of your success.

I really enjoy seafood fideua but I also enjoy a vegetable fideua, especially in the early summer. The garden is an exciting place to search for dinner in June. Artichokes, carrots, green beans, broad beans, fennel, beetroot, onions, garlic, peas, potatoes, spinach, chard and parsley are all jostling for attention.

This is my take on fideua using vegetables that I picked one

A special Spanish dish for summer

late June day. In Spain there are special fideo noodles, which have been toasted, but I use vermicelli pasta and get good results. Maybe I'd get even better results if I toasted them first – now there's a thought!

Take time to gently fry the vegetables in olive oil and then allow the tomato to reduce and become jammy before seasoning with a little salt then stirring in the noodles, this will ensure a better depth of flavour.

I have taken a short cut in explaining how to make this recipe with only using a jar of artichoke hearts. If anyone wants to know how to prepare fresh artichokes just email me – karen@lettercollum.ie and I'll send instructions.

The list of vegetables is interchangeable, use the freshest that you can get. Use a wide pan to cook this. Mine is 27 cm across.

Garden Vegetable Fideua (fid-ay-wah) Serves 3-4

Ingredients:

- 1 onion
- 100mls olive oil
- 1 bulb fennel
- 5 fresh artichokes or 1 jar artichoke hearts
- 1 red pepper
- 7 cloves garlic
- 2 small courgettes
- 150 g green beans, topped and tailed.
- 3-4 big ripe tomatoes or 1 can chopped tomatoes
- A good pinch saffron soaked in 100mls hot water
- 1 heaped tsp smoked paprika
- 1 glass white wine
- 250g vermicelli pasta
- 400mls vegetable stock
- Salt
- 1 lemon

Method:

Soak the saffron in 100 mls hot



water then put aside to infuse.

Peel the onion and chop finely.

Wash and trim the fennel, cut in half then slice thinly.

Wash the red pepper, remove the seeds then slice in strips.

Gently heat the pan, add the olive oil, onion, fennel and red pepper.

Cook on a medium heat stirring frequently for ten minutes. Don't allow to brown.

Slice or dice the courgette into small chunks and stir in and cook for a minute or two.

Peel and chop the garlic, stir together with the vegetables, cook for two minutes, then add the chopped or grated tomato and a glass of white wine, season with a little salt and stir in the sweet smoked paprika. Snap the green beans in half, then add in. Allow everything to bubble up, then reduce the heat and gently reduce the sauce until thick and jammy. At this stage check the seasoning, if you are happy, stir in the vermicelli pasta – I roughly

break it up but not too small.

Stir the pasta into the sauce until well coated, cook for a minute or two then add the saffron plus soaking liquid and 450 mls vegetable stock. Bring to the boil, stir once then reduce the heat to a gentle simmer. DO NOT STIR AGAIN.

Drain the artichokes and dot about on top of the noodle then give them a little nudge to help settle in.

Cook for approx 5-6 minutes, the liquid should be absorbed and the noodles tender. Take off the heat, cover with a cloth or a newspaper, then leave to relax for at least 10 minutes before serving.

Serve with lemon wedges and alioli (garlic mayo).

I have added a little mustard to this alioli to stabilise it but if you want to make true alioli omit the mustard and go super slowly with the oil

Alioli

Ingredients:

- 1 tsp Dijon mustard
- 3 cloves garlic
- a pinch of salt
- 1 egg yolk
- 150 mls olive oil

Method:

Crush the garlic with the salt then whisk together with the mustard and egg yolk.

Slowly drizzle the olive oil onto the egg yolk, whisking continuously, until emulsified, before adding more oil.

For a vegan version, omit the egg yolk but be super cautious, adding the oil drip by drip

Enjoy the summer!
Karen

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OUT & ABOUT IN WEST CORK

Newcestown Primary School held a very special assembly last week so that five-year-old pupil Adam Clarke, in the company of his 20 fellow Junior Infant classmates, could complete the final 0.25km of his 6km mini-marathon walk. Adam, who attends Enable Ireland services in Cork, raised over €11,000 for Enable Ireland. He is pictured celebrating with his family – sister Hannah, Dad Fergal, Mum Therese and brother Ned.

Pic: Gerard McCarthy
Photography 087 8537228



people Food, Health & Lifestyle

A warm welcome awaits at Hurley's Ballinspittle

Ballinspittle has to be one of the go-to destinations in West Cork this summer. Surrounded by blue-flag beaches and woodland, yet often overlooked on the way to Kinsale, this pretty little village has seen new life breathed into it over the past few years. From beautiful home interiors at Chalk & Easel to the apothecary style refill shop Leafing Mercantile and most recently Olga's Own Craft Studio, there is a really nice vibe going on in the village. No trip would be complete without a visit to the village pub, and you won't find a more authentic one than Hurley's Ballinspittle.

In the same family for over 160 years, Hurley's traditional Irish pub is reputed for the warmth of its welcome and for serving up some of the best pub fare this side of Cork. It's Beef and Guinness Pie and Seafood Chowder are famous and, by the online reviews, it's a very popular spot with local tour guides.

Run by Lester and Lindsay Hurley since 1995, Hurley's offers a good variety of freshly-prepared food served daily in friendly relaxed surroundings. Whether you're in need of a light bite or something more



Lindsay and Lester Hurley

substantial, you'll find it here, including gluten-free and vegetarian options. Hurley's is also renowned for serving a good pint of stout.

The pretty exterior, painted in white and red, is deceptively small, as inside can comfortably seat 70 with standing room for another 100.

A large beer garden offers more seating outside and is a lovely spot to while away an afternoon, particularly on a sunny day.

Although lunchtime trade is brisk all week, Hurley's still manages to fit in preparing

food for Meals on Wheels three days a week. "It started with a soup run during the pandemic," explains Lindsay and a need for the service was identified in the community. We're happy to be a part of that."

While pubs are still the cornerstone of Irish social life, things have changed in the past few years. "There were three pubs in the village when we first landed in the mid-nineties," says Lester. "It's just us now." The daytime trade is now more concentrated around lunchtime service. "Some of our older daytime regulars have sadly



Just a slice of the spacious beer garden.

passed away in past few years and we do miss those up at the bar during the day," says Lester.

There is a great buzz in Hurley's most weekends, a mix of locals and tourists, with a younger crowd tending to congregate in the large pool room. "It's a very mixed crowd, which is nice," says Lester. While live music is still on pause since Covid, there is never a shortage of good company and 'craic'. It's also a good spot to watch a live sports game.

Managing work-life balance can be tough in the hospitality industry particularly if you're working for yourself in a small rural village. The pandemic was an eye-opener in lots of ways

says Lindsay "that would never have happened before Covid." Their son, Nathan, 18, works in the bar in his spare time and the family involvement in the running of this friendly bar is evident in the attention given to customer service.

According to a recent review, Hurley's is an "Amazing Bar and Restaurant. Great food. The owners and staff are super nice people. Always a great welcome. We love dropping into Hurley's when we are down that way."

If you're staying in the area, passing through, or on a day trip to Ballinspittle, do make sure to drop into Hurley's. The pub is open seven days a week during the summer and food is served from 12.30pm.

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Celtic Ross Hotel celebrates Failte Ireland four star rating

Celtic Ross Hotel in Rosscarbery has been awarded a four star rating from Failte Ireland. Having won 'Best 3Three Star Hotel in Ireland' in 2018, the hotel team are thrilled to finally achieve their four stars from Failte Ireland. Celebrating 25 years in business this year, General Manager Neil Grant and the Celtic Ross team have been working tirelessly behind the scenes in order to secure this

special achievement. Community and locally-sourced produce are central to the family-owned hotel ethos. In 2021 Celtic Ross was accepted as a member of Good Food Ireland, a testament to their commitment to West Cork food, working with local producers and brands to create exciting West Cork menus.

The Wycherley family, who own the Celtic Ross, built Celtic Ross on family land and have owned the magnificent

hotel ever since. Speaking on the four stars status proprietor, Gerry Wycherley said; "Celebrating 25 years in business and achieving four star status is a testament to the staff for their commitment, care and service to our guests."

Celtic Ross Hotel General Manager, Neil Grant commented; "Rosscarbery is the most magical place and the hotel is perched in a stunning location on the Wild Atlantic Way.

Whilst location and decor obviously help, the most important ingredients in achieving four star status are our people and the community that welcomes visitors like they are long lost friends. After months of hard work behind the scenes and a winter of refurbishment, it is with great honour and pride that we get to announce that Celtic Ross Hotel has successfully achieved 4 star status with Failte Ireland."



Stars shining in West Cork; Nora Reilly, 5, Laura Breen, 6, Liam Breen, 7, Betty Reilly, 7 and Clíodhna O'Donovan, 7, the grandchildren of hotel proprietor Gerry Wycherley, celebrate on The Warren. Pic: theheadshotguy.ie



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people Food, Health & Lifestyle

Bandon to temporarily host second CAMHS centre while Clon readies St David's ward

Bandon will temporarily host a CAMHS (Child and Adolescent Mental Health Services) facility while renovations to St David's Ward in Clonakilty Community Hospital are being completed.

Minister Mary Butler visited Clonakilty Community Hospital on June 8, when she was also given a tour of the planned new extension the hospital.

Cork South West Deputy Christopher O'Sullivan said the temporary placement of the second CAMHS centre in Bandon means people can access services more quickly.

"This is so needed. CAMHS' work is vital for children suffering distress. Having permanent centres in Dunmanway and Clonakilty will greatly increase the geographic reach of this frontline service to help children throughout West Cork," Deputy O'Sullivan said.

"I'm so glad the HSE responded to our community's calls for a second CAMHS centre to be made available."

Earlier this year Deputy O'Sullivan called on the HSE to fund a CAMHS centre in Clonakilty. The West Cork CAMHS team met with Minister Butler and Deputy

O'Sullivan, where the team outlined the massive constraints to their services, due to the limited capacity at the Dunmanway centre. Deputy O'Sullivan said, at this meeting, "the HSE spokesperson gave a timeline of four to six months for the completion of the renovations at St David's ward. It's my job now to ensure the HSE is held to this timeline.

"As I've said before, it's a vital service for early intervention in moderate to serious mental health issues, if we can help children before they become adults then we will significantly improve lives.



TDs inspect design for new endoscopy clinic

Pictured inspecting the design of Bantry Hospital's new Endoscopy Unit recently were Eimear O'Sullivan, Minister Mary Butler, Christopher O'Sullivan TD and Pat Cronin.

"From the medical assessment unit to the acute beds and, of course, the newly opened walk-in Local Injury Unit, we are so lucky to have Bantry General Hospital," Deputy O'Sullivan commented. "We often hear of the apparent downgrading of the hospital and read headlines about how the HSE want to close it. Judging by this visit, nothing could be further from the truth. There are extraordinary things happening in this hospital."

KNOW YOUR RIGHTS

Need help with unexpected extra costs? You may qualify for the new additional needs payment

With the cost of living high and prices rising all the time, it is worth considering whether you may qualify for this payment.

Anne O'Donovan, Development Manager with South Munster Citizens Information Service spoke recently about the new Additional Needs Payment.

What is the Additional Needs Payment?

The Additional Needs Payment is a payment to help you with an expense that you cannot pay from your weekly income. Anne stresses that you don't have to be in receipt of a social welfare payment to get an Additional Needs Payment and confirms that you may get this payment if you are working and on a low income. She says, "When you apply for this payment, your income and circumstances will be assessed to find out if you qualify. There is no set rate for an Additional Needs Payment and the amount you get will depend on your individual circumstances and what you need help with."

The Additional Needs Payment is not a type of loan and you don't have to pay it back. You must be living in Ireland in order to apply for this payment. It replaces the former Exceptional Needs and Urgent Needs payments.

What can I get it for?

You can get the Additional Needs Payment to help you with an expense that you cannot pay from your weekly income. Anne lists some examples of the types of costs that are covered below but this is not a complete list and other expenses can be covered too. If in doubt, apply!

- An increase in your fuel or electricity costs
- Funeral costs
- Bedding and cooking utensils, if you are setting up home for the first time
- Food, clothing and shelter after an emergency event such as a fire or flood
- Recurring travel costs to hospital
- Visiting a relative in hospital or prison
- Mortgage interest repayments
- Paying for private rented accommodation
- Extra costs of children starting school

You can contact your local Citizens Information Centre to get more details or to get some examples of how the CWO assess applications for an Additional Needs Payment and the amount they will pay.

How much is it?

There is no set rate for an Additional Needs Payment. The amount you get will depend on your circumstances and what you need help with.

How do I qualify?

To qualify for an Additional Needs Pay-

ment, you must:

- Live in Ireland and
- Have an income below the 'weekly household income' limit – see table below

Weekly household income

Members of your household	Amount
Single person	€350
Couple with no children	€450
1 child	€551
2 children	€652
3 children	€753
4 children	€844
5 children	€970
6 children	€1,086
7 children	€1,222
8 children	€1,318

When you apply for an Additional Needs Payments your application will be assessed by a Community Welfare Officer (CWO).

The CWO will look at your circumstances and decide if you qualify for the payment.

In some cases, the CWO can provide a payment if your income is above the weekly household income limit, but it will depend on your circumstances.

How to apply?

To apply for an Additional Needs Payment, you must complete an SWA1 form. You can get this form from your local CIC, the Community Welfare Service or alternatively, you can get it online. If you

need help completing the form, Anne recommends you call your local CIC for an appointment. Staff will be happy to help.

Once you have the form completed, you will send it to the Community Welfare Officer for your area

What supporting documentation will I have to provide when I apply?

You will need some of the following to apply:

- PPS number for you and people in your family that are dependent on you such as your partner or children
- Proof of your identity such as Public Services Card, Driving Licence or Passport
- Proof of address such as a household bill
- Proof of residency such as an Irish Residence Permit (IRP) or EU/EEA passport or national ID card
- Proof of income and financial situation such as payslips and bank statements

If you would like more information on this topic please contact a member of the local Citizens Information team in Bantry on 0818 07 8390, who will be happy to assist you. Bantry CIC is open on Monday - Thursday from 10 to 5pm. and on Fridays, from 10am-4pm. Phones are monitored from 9 to 5pm, Monday to Friday, so you can leave your name and number and you will get a call back during these hours. The email is bantry@citinfo.ie.

Charity urges public to use its free mental health services

Turn2Me, a national mental health charity, has urged the public to use its free mental health services, following the ESRI report which classified 55 per cent of 22-year-old women and 40 per cent of 22-year-old men as 'depressed'. The charity emphasised that two of its free services, its Support Groups and its 'Thought Catcher' service, have no waiting lists and can be used by anyone in Ireland.

Turn2Me is urging anyone who is experiencing anxiety, depression, grief or relationship issues to sign up for their free support groups, which are facilitated by mental health professionals, and run six evenings a week.

The 'Thought Catcher' service runs every day from 2pm until 8pm. It's a safe online platform where people can post about how they're feeling, and other users can respond with positive, uplifting messages. Users can engage with both the Thought Catcher and the support groups without the barrier of a waiting list. These services are funded by the HSE National Office for Suicide Prevention (NOSP).

Go to Turn2Me.ie



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Eoin Roe
Chiropractic

Cardiovascular health

As the consequences of cardiovascular issues are so serious there does come a time when medication is necessary.

So why am I writing an article about cardiovascular health – well there are many diet nutrition and lifestyle factors that have a significant influence on cardiovascular health, but to have the most impact you have to make these things part of your life.

There are many factors that contribute to your specific risk of developing cardiovascular disease including genetic predisposition, other health issues such as diabetes, lifestyle factors such as exercise, diet, smoking and even personal relationships. For the purpose of this article, I want to focus on the lifestyle factors

that are within your control.

From a functional perspective we are seeking to understand how well the endothelium of your blood vessels are working and there are some early clinical signs that I will always look out for: the most important of which is blood pressure. As blood pressure increases, the endothelium (inner lining) can become damaged, once this happens cholesterol can infiltrate the lining of the blood vessels and provoke an inflammatory response. This leads to plaquing also known as atherosclerosis. There are many common signs of poor circulation, which are often ignored, such as cold hands and feet, poor capillary refill in the toes and hands and even the emergence of fungal in-

fections in the toes and changes to skin in the legs.

Diet

This is more complicated than a single diet, as there are factors that will be specific for each individual and a more comprehensive evaluation would be appropriate. However, if we look at the basics eating a diet that is high in fibre and antioxidants from fruit, vegetables and whole grains, healthy fats and protein is beneficial from a cardio-protective viewpoint. A good example of this sort of diet would be the Mediterranean diet.

For those who already have high blood pressure, which is a leading cause of damage to the endothelium, lowering sodium is essential and there is a huge amount of research in a diet called the DASH diet. The DASH diet limits the amount of sodium, saturated fats and added sugar and has been shown to lower blood pressure in as little as two weeks.

Additionally for some people who have high levels of TMAO, which is very damaging to the lining of blood vessels and may want to consider a vegetarian diet. TMAO is generated by the gut microbiome in response to foods that are high in choline, lecithin and L-carnitine. These are found in foods like eggs, red meat, dairy products and saltwater fish and lowering them can reduce circulating TMAO in the blood.

Exercise

Getting regular exercise and remaining active is of critical importance to cardiovascular health, as well as getting the heart working and pumping blood around the body, which can improve vascular dynamics. Exercise also prompts the vascular endothelium to produce a compound called eNOS (endothelial Nitrous Oxide). Endothelial NOS has very beneficial effect on the blood vessels, it is anti-inflammatory and is also involved in making of new blood vessels and tissue repair.

Many people will get a significant benefit from walking at a brisk pace for about an hour a day, if you can't manage that, start with what you can manage and build up over time. There is also benefit from more high intensity workout which are done for a shorter period of time and there is some evidence that the more intense the exercise the more the anti-inflammatory effect. This has to be done with caution and you have to be careful not to overdo it and injury yourself.

Supplements

This is an area that will prompt some debate but there is a significant amount of good evidence to suggest that taking fish oil (omega 3) supplements and B-multivitamin for lowering cardiovascular risk factors.

It is important that you seek out good quality supplements

and take them in a dose that is sufficient. In the case of fish oils; to see benefits you need to supplement with between 2g to 4g per day this may be a lot higher than doses stated on some supplement packets*.

In the case of B vitamins, it is important to know that some forms are better than others. Looking for supplements with the bio-active forms of these nutrients is important, such as methylcobalamin (a form of B12) or 5-methyltetrahydrofolate (a form of folic acid). Macánta an Irish firm have a good B Multi vitamin called Vitamin B Complex +.

Sometimes it can be daunting to change your lifestyle but the benefits can be huge; the key is to start with what you can manage and continue to build on that.

*If you are taking blood thinning medications please check with your GP before taking fish oils

If you are interested in further assessment and preventative health care Eoin Roe is a Doctor of Chiropractic and Certified Functional Medicine Practitioner based at Roe Health in Skibbereen, you can contact him through the website www.roehealth.ie or on 087 958 2362.

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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.

Courage to pause

by the wisdom that is shared in my groups, particularly of how people make small changes in their lives even after a few short sessions. If we can just take the courage to pause and make a little space in our lives, so much more of life opens for us. And we can begin to make wise choices for our own wellbeing and perhaps allow ourselves to move in new directions. I was delighted recently to have been contacted by several West Cork People readers who like to follow my column every month. And because so often these articles are influenced by reflections shared within my groups, I felt motivated to describe how a typical mindfulness session runs for anyone who may be interested in giving it a go.

An hour-long drop-in session usually begins with a short, guided meditation that helps us to arrive and settle. Then there are a few minutes to inquire into how the meditation was for people or if they are noticing

any change in their own habits or patterns during the week. This is followed by a second meditation with inquiry. I very often read a poem during the session. There is no obligation to speak or share anything about your experience. I don't play music in my sessions, nor provide any mantras or sounds except my own voice and any natural sounds that may occur in the space around us. So, there is more of an encouraging of wakefulness in the sessions than relaxation. Having said that, people often experience a sense of deep rest during meditations.

Without any agenda or without judging ourselves, we practice how to sit silently, in stillness, doing almost nothing. We are not attempting to clear our minds, not stopping, or blocking thoughts, emotions, or physical feelings, but learning to sit and be ok with however we are feeling. By developing this skill of sitting with however we're feeling, together we learn

to sit with discomfort, joy, ease, grief or whatever is happening in the moment for us. By staying on our seats and noticing how we are, we notice our thoughts, but we learn to let them pass by. We learn to let go of sounds. We get to know the field of physical sensation that is ever present in the body.

This skill of learning to be ok with aspects of our meditation, like sounds, physical feelings or thoughts, whether pleasant or unpleasant, when applied to our lives can help us not only experience the joy and delight of pleasant moments but also to accept, rather than resist some of the unpleasant events or encounters in our everyday life and to let them go. Mindfulness and compassion, these two vital and sustainable life-skills, can be applied to pretty much every situation we encounter, and it is the application of these practices to our lives that allows space for gentle changes to occur. These lines from Rachel Holstead have

been swirling around me and through me lately, "And space becomes your gift, encircles everything, slows the pace, lets the light in".

I base much of my compassion-based mindfulness work at Myross Wood in Leap now, which is a now a community-based centre for climate action and sustainability (CE-CAS.ie). If you would like to either begin a compassion-based mindfulness practice or deepen an existing practice together in community with others, drop-in mindfulness sessions run on Tuesday mornings 10-11am: €10.

Online guided meditation sessions continue via Zoom on Mondays and Wednesdays at 8pm. 45 minutes. Donation-based.

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

Tusla cash injection puts young people on career path

A bursary scheme to give care-experienced young people a financial boost towards the cost of their education has been launched by child and family agency Tusla.

The scheme, which is now in its second year, provides a cash injection to those over 18-years-old to help them achieve their career goals.

Care-experienced young people, who are not receiving financial support for their education from any other State source, can apply for a bursary of up to €5,000 to fund a third level course or to purchase necessary materials or hardware.

Speaking at the launch, Kate Duggan, National Director of Services and Integration, Tusla, said: "In order to meet the individual needs of care experienced people, the funding is available for a wide variety of courses and training, such as third level courses, apprenticeships as well as training-related equipment."

Closing date for applications is October 28, 2022.

See educationbursary@tusla.ie for further details.

people Food, Health & Lifestyle

Students hoping to find breakthroughs in cancer care

Five third level students, including a student from Bantry, will spend the summer researching increased understanding and possible new treatments for cancer patients in Ireland. Their research, across a range of cancers, is being funded by Breakthrough Cancer Research' Summer Scholarship Programme. The charity strives to ensure that patients have access to the best treatments for cancer and never have to be told that there is 'no hope'.

Projects include increasing early access to new medicines from pharmaceutical companies, researching what makes high-risk Multiple Myeloma (cancer of the bone marrow) cancer cells different to find new therapies that can target these differences, the effects of Vitamin D receptors in oesophageal cancer (cancer of the food pipe), and the benefits of pre and post operative exercise and nutrition programmes for people with various cancers.

Tim Cronin from University College Cork and native to Bantry was amongst the students' awarded scholarships. Tim will look at the role of expanded access chemotherapy programmes in a designated cancer centre at Cork University Hospital. Expanded access is where pharmaceutical com-



panies provide early access to unauthorised new medicines that are not yet publicly available to cancer patients who may benefit from them. These medicines have been proven to be safe and effective through clinical trials but have not yet been brought to market.

Currently in Ireland, there is no standardised protocol for their use and therefore it relies on individual applications from oncologists and haematologists to pharmaceutical companies to obtain these treatments for their patients. Tim aims to create a repository of available programmes in Ireland to allow for greater awareness and use, and to begin the first steps towards

creating a nationwide expanded access programme protocol to manage and monitor their use in cancer patients in Ireland more effectively. The goal is that these programmes will be more readily available to patients who need them and as a result will improve cancer patient outcomes into the future.

Orla Dolan, CEO of Breakthrough Cancer Research, says that they are investing in the future of cancer research in Ireland. "Research into new treatments and cures of cancer is the only way that we will increase survival rates. We are delighted to partner students with research teams to develop the education of the next generation of cancer research leaders. Now in it's second year, the Summer Scholarship programme is focused on patients, with the ultimate aim being to improve cancer care and increase survival rates. It is also vital for students to have these hands-on experiences in our cutting-edge research labs in Ireland, something they have been missing out on in recent times (due to COVID)."

Over the past 20 years, Breakthrough has helped bring nine novel treatments to clinical trial and the organisation has a further five in the pipeline.



Emer O'Sullivan

MA, MSocSc, MSW, MIACP, MAC, HDip Relationship Studies

Counsellor Emer will help you to come to terms with any concerns and help you set about making positive changes in your life.

Life Coach Emer will help you to examine your life, evaluate what you want, and check the direction in which you are heading.

Emer is an accredited counsellor with the Irish Association of Counselling and Psychotherapy, and a member of the Association for Coaching. She has worked for many years as a Family Support Social Worker in the community.

Clonakilty 083 3855570

emerosullivancounselling@gmail.com
www.emerosullivancounselling.com

Bantry's annual cancer fundraiser returns

"Researchers in Cork have discovered a new way to treat oesophageal, colorectal and other gastrointestinal cancers that are resistant to traditional chemotherapy treatment". (RTE News, February, 4, 2022)

The researchers who helped develop the treatment mentioned above, and others, will have been directly supported by the amazing funds raised by the Bantry Cancer Shop since 2007.

"Unfortunately, we were unable to hold our fundraiser for the past two years due to Covid," organiser Nora Cremin laments, "but the good news is we are back in business! We hope to hold our fundraiser on the last

week in July and the first week in August at the Bantry Bay Hotel Nightclub, with the kind permission of Mr and Mrs O'Donovan.

"Since we started this fundraiser in 2007, we have donated to Cork Cancer Research, Marymount Hospice, Cancer Connect and the Arc Support House, Gories, Bantry."

Any items surplus to requirements are welcome for this worthy cause; unwanted gifts, unused purchases, jewellery, bags, ornaments, statues, bric-a-brac, household and nursery items, arts and crafts, pictures, paintings, glass, ware and china, exercise equipment, good toys and games, music centres, musical instruments, cds and dvds etc but not clothes, shoes or soft

toys please.

Donated items will be gratefully accepted at the Bantry Bay Hotel Nightclub on July 23, 24 and 25 from 11am to 2pm.

The sale of donated goods will then take place from Wednesday, July 27, 10am to 5pm. Proceeds will be donated mainly to Cork Cancer Research (Breakthrough Cancer Research) to help support their great work in co-operation with UCC with donations also, as previously, to Arc Cancer Support House, Gories, Bantry and Cancer Connect with a donation also to the Stroke Unit, Bantry General Hospital.

Further details please contact Nora Cremin (027) 51276.

Do you dread getting your period?



Amanda Roe

Trauma therapist
& Mind coach

Unfortunately many women do dread getting their period. Menstruation will start for most girls at about 12-years-old although it can begin as young as eight, and will naturally return monthly until menopause somewhere between 45-55 years. That is 30-45 years, so it is well worth becoming intimately acquainted with your body at that time of the month, as your period also provides a good indication of your general

health

The menstrual cycle is made up of a number of cycling phases. It starts with the first day of the period and ends when the next period begins.

Follicular Phase: The first day of menstruation, when the endometrium (lining of the uterus) sheds, is the beginning of the follicular phase. One or more follicles in the ovaries with eggs inside them will grow large enough for ovulation to occur.

Proliferative phase: Is from the end of the period until ovulation when the endometrium grows from nothing after the period to a thick padding ready for the implantation of a fertilised egg.

Ovulation: Midway through the cycle ovulation occurs when an egg is released from the ovary into the fallopian tube

Luteal Phase: As soon as ovulation occurs, the follicle, which contained the egg, transforms into a corpus luteum and produces progesterone, as well as estrogen, in preparation for egg fertilisation and pregnancy.

Secretory Phase: During this

phase the endometrium will either support egg fertilisation and attachment with rising levels of progesterone, or if pregnancy dose not occur, the corpus luteum will stop producing progesterone and estrogen; as hormone levels drop the endometrium will begin to breakdown, cycling us back into the follicular phase and menstruation.

The ideal cycle is 28 days, with a light to normal flow, for four to six days, no pain, no clotting.

As hormones fluctuate through the phases mentioned above mood and enthusiasm which changes from energetic and outgoing too nesting and wanting to spend more time at home are to be expected.

Women in tune with their body may also notice changes in their libido, skin, hair and bowel movements throughout the menstrual cycle.

Teenagers often think of abdominal cramps, pain and headaches as normal. However pain, migraines, headaches, irritability, PMS, anxiety and depression, although common, are in fact

indications of deficiency or hormone imbalance and should not be accepted as normal, as there is so much that can be done holistically to help.

Other signs to keep an eye out for are periods which are shorter, longer, irregular, heavy, unpleasant discharge, clots or periods, which vanish completely for an

extensive length of time.

Acupuncture has been used for thousands of years for gynaecological issues, regulating periods, supporting fertility and menopause, as well as for emotional and mental health.

Your body is constantly talking to you. When you listen and seek help from someone who

knows how to interpret the signs and symptoms it is possible to restore balance and support health and wellbeing naturally.

Amanda Roe is a Clinical Hypnotherapist, Acupuncturist, Life and Health Coach providing holistic solutions for your mind, body and emotions.

When YOU feel good everything is possible!



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One of the most important things you'll purchase this summer is a safe, effective sunscreen. But how to choose which to go for? Do you know that there are two completely different types of sunscreen, chemical and mineral? What is the difference between mineral sunscreen and chemical sunscreen and why is it important?

Just like the chemicals we spray on the land get into the rivers and into the sea, the chemicals we spray on our bodies get into our blood and into our organs. So in Organico we are very aware of the importance of knowing that what we spray on our skin is safe, not just that it's not going to give us a rash but that it's safe when it's absorbed.

You'd hope that products like sunscreen would be comprehensively tested for safety, but a quick research shows otherwise. While they may be tested for skin reactions (though not always), they are definitely not tested for their effects inside our bodies.

Most of us can spend a small amount of time in the sun without an SPF and benefit from the boost of vitamin D. But for extended periods in the sun (and we're hoping for lots of those now that it's summer) and for people with fragile, sensitive skin, it's absolutely vital to have a good sun protocol that includes hats, sunglasses, cover-ups, and effective sunscreen.

Most mainstream sunscreens — the type you'll commonly

**HEALTH**

Hannah Dare
Organico Bantry

find in a supermarket — are chemical sunscreens. They're made of a carbon-based compound that penetrates the skin. They work by absorbing UV rays into the skin, changing the rays into heat, then releasing that heat from the skin. They are easy to apply and cheap to produce, but there are a few very concerning things about these types of sunscreens.

Because they create heat in the skin, they can irritate sensitive or compromised skin, particularly skin affected by rosacea. They're also linked to a higher rate of breakouts in people with acne-prone skin. Also, by inviting UV rays into the deeper layers of skin, they create the possibility for those rays to damage the skin below its surface.

And if that wasn't worrying enough, there's also evidence that chemical sunscreens disrupt hormone production in females and males of all ages. One very

common active ingredient in chemical sunscreen, oxybenzone, has been associated with increased risk of endometriosis in women, weakened sperm quality in men, skin allergies, hormone disruption, and cellular damage.

Luckily, there are some safe and effective alternatives on the market, which are known as Mineral Sunscreens because of the way they work. The two main active ingredients in Mineral Sunscreens are zinc oxide and titanium dioxide, both declared safe by the FDA. Mineral sunscreens are formulated out of tiny mineral particles that sit on top of the skin where they deflect and scatter UVA and UVB rays away from the skin. Unlike chemical sunscreens, they don't create heat (making them better for people with sensitive skin) and they don't penetrate the skin (so they're less likely to clog pores and cause hormonal disruption).

After you choose which type of sunscreen you want to use (mineral or chemical) you then need to consider which strength (SPF). The thing about SPF (or 'Sun Protection Factor') is that the sunscreen industry wants us to believe the higher the number the better, but experts argue that anything above SPF 50 offers only a marginal amount of extra protection, and can actually lull us into a false sense of security.

If you'll be out in the sun for a while, on the beach say, Cancer Research UK suggests wearing an SPF 15 or higher and generously reapplying it at

least every two hours, for best all round protection. That way you also re-apply after sweating or swimming. Reapplying a lower SPF cream can be better than applying a high factor once and hoping it will protect you all day.

According to the European Working Group (who have a whole article on the dangers of high SPFs): "When used correctly, sunscreen with SPF values in the range of 30 to 50 will offer adequate sunburn protection, even for people most sensitive to sunburn." So you don't need to buy super high SPFs, you just need to be sun smart and use your products correctly.

Our favourite natural, mineral sunscreen brands include Green People, Organii, Lovea, Weleda and Badger. And the quality is getting better and better — the latest one we got in, Lovea, is light and easily absorbed and doesn't leave the skin at all white and greasy. We have facial creams, baby and children's creams and sun creams for all skin types. So you don't need to take the risk with chemical laden sunscreens for your family this summer — just call in or visit www.organico.ie and see what's available.

Organico Shop Deli & Bakery is open from 9-6pm Monday-Saturday, on Glengarriff Road in Bantry. Call us on 027 51391; email us on info@organico.ie and buy online from us on www.organico.ie.

**HERBAL
HEALING**

Dr. Rosari Kingston

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

Yarrow is a herb, found in the temperate regions of Europe, North America and Asia. It has been used medicinally for thousands of years by many cultures. In North America the Navajo people considered yarrow one of the 'sacred life' medicine herbs. In Greek myth, the god Achilles used yarrow to heal the wounds of his men hence its Latin name *Achillea millefolium*. It was also known in antiquity as *herba militaris* due to its ability to staunch wounds. It is just beginning to flower and may be found in very poor soil, the edge of the road and neglected gravel areas. It will also grow in good soil but for medicinal purposes you need the wild variety that is struggling to survive in inhospitable terrain.

All parts of yarrow are used in healing and the whole herb consists of the parts over the

ground. This herb is used for relieving rheumatism, and traditionally it was made in the same way as tea, with a glass being drunk before breakfast. One account from the National Folklore Schools Collection adds whiskey to it.

'Old people got a weed called the Yarrow and washed it well. Then they cut it up, stem, leaves, roots, and all and leave it steeping for a day or two in pure spring water. Then it should be simmered for a couple of hours and strained, and people add to it a glass of the best (first shot whiskey, men call it and it is not to be got in every public house) A wine glass of this mixture in water taken three times daily is a prevention as well as cure for pains.'

However, most of the accounts drink it as a tea as can be seen in the following entries from the National Folklore

Schools Collection.

- Blossoms of elder and yarrow cure rheumatism (NFCS 0392: 227)

- There is a plant called the Yarrow which grows wild and when it is boiled it is supposed to cure rheumatism (NFCS 0389: 270).

- The Yarrow plant drawn like tea and a glass taken before breakfast in the morning is a great cure for rheumatism (NFCS 1126: 395).

Due to some of its constituents, yarrow may also be useful in relieving symptoms of depression and anxiety and the flavonoid antioxidants in yarrow tea may fight digestive spasms, inflammation, and other symptoms associated with irritable bowel syndrome (IBS).

It is remarkably effective as a wound herb and an old name for yarrow is wound wort. Dioscorides, who was doctor



with the Roman army in the first century AD, tells us to, "Pound the leaves and put them on a fresh wound to close and heal it, to clear heat and inflammation from the wound, and to congeal the blood." I know of a colleague who cut himself with a chain saw, and being a good distance from his house, simply chewed some leaves of yarrow and applied them to the bleeding wound. By the time he got to the house, the wound was sealed, and he left it be. He had no further trouble with it. This effectiveness in wound healing is also borne out in a two-week study of 140 women where it was observed that an ointment

made from this herb and St. John's wort helped heal episiotomy sites, which are surgical incisions on the vaginal wall made during childbirth. Both St. John's wort and yarrow flower at the same time.

Yarrow also helps with sinusitis (tea) and is also useful for loss of appetite (tea). It is particularly useful at the onset of a cold, 'flu or fever and may help in preventing a cold getting worse.

Yarrow can be harvested from June until September, and it is easy to pick the whole herb. Hang up the herb in an airy place like a barn and use as required over the winter.



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.

Last month, I covered clots in the leg and, its serious sequel, a clot in the lung that is the pulmonary embolus.

I am going to cover injuries to the legs in this issue. These provide much of the work for the Minor Injury Units in Bantry and Cork. Just as the role of Emergency Units has changed from dealing with 'emergencies' to plugging gaps in the health service, as the only true 24/7 service, so the work of our Minor Injury Units sometimes has nothing to do with a minor injury! We all try to care and point the patient on the right path to get help.

I will give you some examples: When I worked at Bantry as a Minor Injury Doctor, I saw patients with broken necks and hips and so on. They were seen, stabilised, and transferred safely but by no means were the injuries minor!

That is the nature of the job, the HSE set up strict criteria of who we should see and who is inappropriate but a patient in trouble sees hospital and goes! We always try our best.

So back to your leg injury. The mechanism of injury is so important. This will determine the forces involved and the chance of serious injury. Height

A leg up on injuries and X-rays

of fall, speed of collision, soft bones, on blood thinners and so on. So too is the age of the patient. Young children and toddlers are particularly difficult to assess and often need senior review in the major Eds, not the minor injury units.

The minor injuries units have different opening and closing times, which can vary, as well as the minimum age, so do check first.

So, you have twisted your ankle – what determines the need for an X-ray? If you can walk on it that is ok. Pain on pressing the bone at the side of the ankle, the fibula, particularly the rear of that bone signals an X-ray is needed and ditto for pain over on the side of the foot where the ankle ligament, when torn, can damage the long bone going to the little toe.

Pain over the inner aspect of the ankle and inability to take weight on it is more serious, as this is the deltoid ligament and very important for ankle stability. If this is damaged, it can be associated with damage to the fibula bone at the side of the knee, and this will need an X-ray.

If you are unsure, a good plan would be to elevate the ankle, and apply a cold compress to reduce the swelling. Don't overdo the cold though.

If you are a sporty type and in training, it is a good idea to see a physio who may even advise a cast and crutches.

On the subject of sport, pain over the ball of the foot in long distance runners is often due to a stress fracture, which does not show up on X-ray initially and can take six weeks before training can resume. Pain over the front of the shin in runners is due to 'Shin Splints', as the muscles expand and stretch the tight skin of the shin.

Pain in the heel is common. If you fall off a high wall and land heavily, it is a serious problem, as the heel bone can break and not only need an x ray but a CT to confirm. It is often associated with injuries, due to

a shock wave causing hip and spine fractures, and needs expert attention in CUH.

Pain in the toes is common after somebody in stiletto heels stamps on you and just needs rest and painkillers!

High speed twisting injuries to the foot – as in car crashes and falling off a horse with the foot trapped in the stirrup – is serious and needs an X-ray to make sure the bones of the forefoot are not dislocated. Once again mechanism is so important.

Pain in the heel without a fall or injury is often due to inflammation in the soft tissues, is difficult to treat and again, no X-ray is needed. We sometimes consider a steroid injection, weight loss and rest! This is called plantar fasciitis. It rarely needs surgery.



Moving to the knee, this is another area that keeps us busy. The knee is the largest joint in the body. Unlike the hip, which is a stable ball and socket joint, the knee is a hinge joint, needing strong crossover ligaments, the cruciates; and ligaments either side called the collateral ligaments, which are often damaged in sport. It is not a good design.

So you twist your knee on the football field. Can you walk a few steps? Good, no need for panic. If you cannot walk and the knee swells immediately, this means there is potentially serious damage. You will have heard of the notorious ACL injury and torn cartilages. These

can cause immediate swelling causing bleeding into the joint, which is not so good. You will need an X-ray; a doctor will test the joint looking for excessive movement or glide due to loss of ligamentous stability.

I usually drain the joint under local, which helps relieve the pain and confirms blood in the joint. We then arrange a visit to orthopaedics to consider treatment options. The knee will need to be rested and crutches with a support brace given.

If the knee swells a day after injury, this is common, as the joint repairs itself; it will need review but not necessarily an X-ray.

Pain and creaking in the knee is common as we get older and is due to wear and tear; it does not usually need a X-ray or MRI unless all simple measures have been tried and you are heading for a knee replacement.

Cuts and scrapes to the leg are common. The skin over the shin is very fragile; stitches make things worse. If a flap of skin is raised and bleeding briskly if the leg is raised above the heart and pressure applied, it will stop. The skin can be put back in place and kept in place with steri strips. Your GP/South Doc and Nurse will be the people to see. Occasionally a varicose vein can bleed and again don't panic – get the leg up and put pressure over the area. Running around in a panic, as I have seen, can cause bleeding to get a lot worse.

I have covered much of the workload of Minor Injury Units here. I think they have been a great success and I hope my quick review of leg injuries helps you to decide whether to go or not. You can always ring first for advice – it is a great service. Waiting times are short and things much more relaxed than in the major ED units. Bantry Hospital 027 50133.

Next month, I will cover wrist, elbow and shoulder injuries. Till then take care and enjoy the summer.

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VOICE online workshops offer opportunity for disabled persons in Cork to learn new skills and meet new people

Are you a disabled person living in Cork? Would you like to learn new skills, meet more people and work towards being a more active agent for change in your local community? Then sign up for VOICE's one-hour free online workshops over eight weeks, starting in July.

'VOICE' stands for Virtual Online Inclusive Communities for Empowerment. The one-hour workshops, which will take place every Wednesday, will have guest speakers who will talk on a relevant, interesting. Groups will be six to eight people.

Nicola Meacle Community Development Worker said, "Throughout all my time, both working with disabled people and as a disabled person myself, I have come to recognise the key role Peer Support

plays in both connecting with other disabled people to learn from each other but also how we can empower each other to overcome the barriers that prevent us living our lives the way we want. We can all develop the right skills to be an agent for change in our local community".

Nicola goes on to say, "Online is a great way to come together and learn new skills, get a little peer support, meet new people all from the comfort of your own home or wherever you are based. It doesn't matter what your impairment is, ALL are welcome".

Want to know more? Please Email nicolameacle@ilmi.ie OR text/ring 087 718 9237.

voice

Virtual Online Inclusive Communities for Empowerment

**Are you a disabled person living in Cork?
Would you like to learn new skills,
meet more people and work towards
being a more active agent for change in
your local community?**

**8 one-hour free online workshops
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Contact nicolameacle@ilmi.ie
OR text/ring 087 718 9237

people Food, Health & Lifestyle

The July Beauty Edit – What's hitting beauty shelves?

AyuGlo Tan

The multi award-winning cosmetics brand founded by renowned make-up artist Suzie O'Neill has developed a premium tanning range which is set to take the market by storm. With a selection of mousse and liquid products to choose from in light/medium and medium/dark shades, it suits all skin tones and types. Dancing with the Stars winner Nina Carberry has also been unveiled as Brand Ambassador for Ayu and like many ladies nationwide, when she heard that Ayu was developing a tanning range called AyuGlo, she was beyond excited and just knew AyuGlo would be in a different class, and it is. With its unique scent of feminine rose, peony, geranium, iris, and pink fruits paired with sophisticated ginger and patchouli, they smell divine! AyuGlo Mousse (150ml) and AyuGlo Liquid (200ml) €23.50, available online from ayu.ie and Dunnes Stores.

Vichy Neovadiol Meno5 Bi-Serum

During perimenopause and menopause, the skin often bears the visible impacts of hormonal changes, with reduced collagen production and increased dryness. Neovadiol Meno5 Bi-Serum, with a unique synergy of dermatological actives, targets five key visible signs of menopause on the skin, including increased dryness, dullness, uneven skin tone and texture, and loss of firmness, causing skin to



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.

wrinkle and sag. Powered by a synergy of active ingredients; proxylane, niacinamide (vitamin B3), Vitamin C and E, glycolic acid, and skin-nourishing omega 6-9, this lightweight formulation helps to intensely nourish, restore comfort, and reveal a radiant, even looking complexion. Skin texture feels smoother and looks firmer, helping you to feel your best throughout the menopause, €39, available in selected pharmacies nationwide, instore, and online.



Klorane Nourishing and Repairing 3 In 1 Mask with Organic Cupuaçu

French botanical haircare brand, Klorane recently launched their new range of haircare products with Organic Cupuaçu Butter. The 3-in-1 Nourishing and Repairing Mask is a luxurious mask, specially formulated for very dry, damaged, or brittle hair types. Enriched with Organic Cupuaçu, a fatty acid-rich ingredient, the creamy mask deeply nourishes the hair, imparting needed hydration whilst filling in gaps in the hair fibres, increasing the hairs overall strength and improving its appearance. It can be used as a classic mask, an overnight mask for the hair lengths or as a daily styling product to be used on the ends. Hair is left feeling fuller, with enhanced shine and an unbeatably soft finish, €18 Klorane products are available from selected Irish pharmacies nationwide and online from millies.ie.

Clarins Beauty Flash Peel

Recently launched, Clarins Beauty Flash Peel works on all levels of the skin to effectively and visibly target lack of radiance, uneven skin tone and visible wrinkles. With glycolic and salicylic acids to exfoliate the skin to boost skin regeneration and restore radiance and suppleness, this is a quick, convenient, and effective way to renew your skin at home. Simply apply it in the evening, 2-3 times per week

in a thin layer to cleansed skin, it has a very handy brush design for easy application. Avoid the area around the eyes and leave it to work for five-10 minutes before applying your night cream, €43 available from selected Clarins stockists nationwide and online from clarins.ie

The Beauty of Sensitive Skin

The award-winning vegan-friendly international sensitive skin range by Camille Knowles is a four-piece range which has been carefully formulated to support and protect sensitive and eczema-prone skin and focuses on fully natural ingredients. Pregnancy-friendly, and baby-friendly too, they contain high-performing ingredients like jojoba oil, which works to protect the skin's barrier as well as BIOECOLIA®: a prebiotic to help balance the microbiota (ecosystem) of the skin, encouraging beneficial skin flora. The Daily Moisturising Cream, 100ml €13.99 for dry and sensitive skin, is packed full of nature's finest ingredients to soothe, calm, and hydrate your delicate skin. Other products in the range include a skin wash, bath oil and bath salts, all available to shop from over 30 Boots Ireland stores nationwide.

ARTDECO Light Luminous Foundation

The new ARTDECO Beautify your Luminous Skin collection provides a naturally beautiful, luminous complexion for the

summer months ahead with the combination of a nourishing, light foundation, and delicate setting powders. The vegan Light Luminous Foundation with blue light protection provides a natural, radiant glow. The liquid foundation has a light to medium coverage and contains at least 90% ingredients of natural origin. Its breathable, silky texture melts into the skin. Formulated with Lumesens, to protect the skin from blue light and the resulting premature skin ageing, it can also optically reduce wrinkles and diminish blemishes. Available in five shades, €20.50 available in selected pharmacies and salons nationwide and online from stralabeauty.com

Seoulista Peppermint Toes

Introducing NEW Seoulista Peppermint Toes®, the high-performance treatment for helping sore, over-worked active feet get back on track. Designed for sport-fuelled lifestyles and busy days, this one-step, hydrating foot treatment targets the most common concerns of active feet, including rough, dry skin, and even fungal infection. The serum-infused boots are filled with purifying eucalyptus leaf extract to help fight bacterial build-up, soothing peppermint leaf and shea butter to help combat inflammation, hydrating hyaluronic acid and a cleansing blend of natural botanicals to nourish the feet. This powerhouse of potent ingredients is sealed against the

feet for a 30-minute targeted treatment to deliver fast, effective results at home, leaving them smelling fresh, looking fit, and feeling ready for their next adventure, €11 available in selected pharmacies nationwide, Dunnes Stores and online from seoulisabeauty.com

La Roche Posay Anthelios Oil Correct SPF50+

New from La Roche Posay, Anthelios Oil Correct is a daily corrective sunscreen for oily, blemish prone skin. Combining La Roche-Posay's pioneering expertise in sun protection with its dermatologist recommended skincare; Anthelios Oil Correct SPF50+ offers broad spectrum protection against UVA and UVB, pollution and oxidation. This hybrid sun care product is enriched with key dermatological actives for oily skin: Salicylic Acid, Niacinamide and Zinc to unclog pores, correct imperfections, soothe inflammation and helps reduce excess sebum. The gel-cream provides up to 12h mattifying finish and the non-oily texture leaves no white marks and is suitable for use on all skin types. €26, available in pharmacies nationwide, instore, and online.

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West Cork man undertakes cycle in memory of young wife lost to breast cancer

Eoghan O'Leary, with connections in Bantry and Dunmanway, will be joined by a group of friends and family to undertake 'Cycle4Helen', a huge 670km fundraising cycle, from Malin Head to Mizzen Head, this July in memory of a beloved wife and friend lost to cancer at a young age.

Eoghan and his late wife Helen, (nee Guinane) from

Clonlara, Co. Clare, were married less than eight months when Helen was diagnosed with Stage IV Metastatic Breast Cancer in January of 2019, at the age of 30. Helen had no history of cancer in her family before receiving the devastating news. She fought incredibly hard but passed away in August of 2020 at the age of 32.

A large portion of the funds

raised will go to METavivor, a charity specifically chosen by Helen whose sole focus is in the area of metastatic breast cancer. The second chosen charity is Breakthrough Cancer Research, based in Cork, who carry out vital work in the field of cancer research. The final charity is St Francis Hospice in Dublin.

A core group of 12-14 cyclists of mixed ability, with

a support team, will cycle from Malin Head to Mizzen Head from July 17-22. They will be joined along the way for stages by dozens of other cyclists and will hopefully culminate with a large group of 45-plus cyclists reaching Mizzen Head on the final day.

To donate search for 'Cycle for Helen' on gofundme.com



IMAGE

Louise O'Dwyer
Image Consultant

For such a long time, I have listened to so many women express how much they struggle with clothes and knowing how to effortlessly put outfits together. Hearing this always makes me sad because clothes are all about having fun and expressing yourself. Too many of you overcomplicate this, second-guess yourself and give up. Why is that? It never has anything to do with clothes, ever! What it does have to do with is confidence and self-esteem issues that can play havoc with how you see yourself. Most of you will stand in front of the mirror and immediately see and point out any negative areas or parts that you don't like about yourself. It is almost as if you can somehow zoom in on them, like a phone screen, and they become enormous and take over. It might be all well and good to pay a stylist to help you to create a wardrobe to die for but if you revert back to an internal criticism every time you are left in front of the mirror then what is the point? In the same way that training wheels can help you to cycle, a stylist can help you to practise making good decisions when it comes to accepting how

you look, and finding clothes for you so that you feel like 'you' in them. At some point, those training wheels should come off and you will instantly know what works and why it works. What is going on behind the scenes is a confidence building process that you simply must give permission to and take on board completely.

We all have our favourite body parts or features so we need to train the brain to intentionally focus on these 'good' parts first. Feeling better about how you look has to be a conscious decision, not something that you can float in and out of. When you feel better about how you look, you intuitively know how to dress yourself and you feel comfortable in your clothes.

The brain loves a reward system and will keep searching for that reward or feel-good response. This is how you build a 'new' neural pathway and the more that you repeat something or a process, the stronger that neural pathway becomes so that it replaces your self-criticisms with compliments. It's so important that you say nice things to yourself because the human brain takes everything literally and as a result will do everything possible to fulfill your request. Isn't that incredible? You can think your way into liking how you look, don't ever forget that and, just as easily, you can think and convince your way into feeling that you look terrible all the time. The choice is yours...

Here are a few guidelines to get you going with your new 'Growth Mindset'. The key to great summer style is to keep things 'simple'. A white tee-shirt is a wardrobe staple so always have a few crisp white ones with a neckline that suits you ready

to wear whenever. Bin any that have gone off-colour. They work with anything; tone down a dressy skirt or more formal pair of trousers and make them look more funky.

If you shy away from the strong bold colours that this season has adorned us with, then mixing different neutral shades is also very attractive and will probably allow more wearability and be less recognisable. It is not and will never be a boring look, but rather a cool and glamorous way of dressing. On the other hand, if you love bright colours, this is your time! It doesn't matter at all about matching bold colours, don't worry, now every colour works together and the brighter and bolder the better.

A glam bag makes any under-stated outfit look 'put together'.



A neutral trench coat adds instant 'wow' factor even if you have your runners and leggings on under it.

Express yourself the right way

Let loose in a tent dress, not everything that you wear has to be clung to you, and show off your waist, enjoy having a lot of extra material floating around you.

Always upgrade some of your beach apparel. You cannot expect to feel good about how you look in old beach wear. Please don't do this to yourself, I'm not saying that you should go out and spend a small fortune on new beachwear but a few feel-good bits won't cost the earth!

Silk slip skirts are made for summer wear, day or night, and it all depends on what you wear on top... that white tee shirt will come in handy here for a toned-down day look with a denim jacket and you can add a slinky little top for evening wear.

Loose, ruffled, off-the-shoulder tops are wonderful but can come across as being 'busy' if you wear them with a loose bottom, so match them up with a tapered trouser, skirt or jeans.

For those balmy days – and we hope that July will bring plenty of them – have a few breathable long sleeves and loose pants on the ready.

Your summer dresses are screaming to be worn so please do as they ask, with minimum fuss because you will never regret wearing them!

Please try out some brain training on yourself, I promise you that it definitely works and I know quite a few people who have little sticky notes posted all around their bedroom mirrors – myself included. Little reminders of what we have to be grateful for, what we love to wear, what looks good and what feels great. Here's to a July filled with all sorts of gatherings and chatter and laughter and messy houses full of sand and empty bottles.

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Protect your skin with Avène's facial suncare collection

For over 30 years, French skincare brand, Eau Thermale Avène, has been on a mission to protect skin and has an impressive history of pioneering improvements in suncare and photo-protection. This year Avène has announced an update to its extensive, award-winning sun care portfolio with the launch of its broadest, cleanest and most gentlesuncare collection.

The newly reformulated Ultra Broad Spectrum Facial Suncare SPF50+ Collection is now complete with Avène's exclusive and ultimate sun

filter, TriAsorB™. TriAsorB™, which launched successfully last year, is a unique organic and ultra-broad sun filter that protects our skin from the most damaging and penetrative rays:

short UVA-UVB rays, long UVA rays and also High Energy Visible (HEV) Blue Light.

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people Food, Health & Lifestyle

Calls for students with dyslexia to have access to assistive technology during standardised tests

Students with dyslexia must have access to assistive technology when sitting standardised Drumcondra Tests, a Fine Gael Senator has said.

Senator Tim Lombard has repeatedly raised the need for supports for students with dyslexia and has said situations where technology that these children have been depending on is removed for exams cannot continue.

Senator Lombard said, "Approximately 10 per cent of our population is dyslexic, with around 100,000 students with dyslexia across our primary and

secondary schools. A very high percentage of these students use technology to help them in their learning.

"Assistive technology includes reading pens and iPads, and it has been an absolute gamechanger for those with dyslexia over the past few years.

"However, despite the enormous benefits these tools provide, students are in a terrible situation where the technology they have been depending on throughout their education is removed for exams. This has a massive impact on the confidence of a student, with

children being put through such high levels of stress that they're not able to do anything for two hours in an exam environment.

"This is akin to taking glasses away from a child who is visually impaired and asking them to then sit their exams.

"Schools up and down the country are taking different approaches to help students with dyslexia avoid stressful exam situations. Some principals are making the decision that dyslexic students don't have to sit exams at all and are fighting the Department of Education on it. Others

are requiring children to sit one exam with the use of assistive technology, and another exam without.

"The Department is saying that principals have a degree of flexibility when it comes to this issue, but yet are not providing them with any criteria. A lot is being left to the ethos and initiative of the principal and this is putting exceptional pressure on our educators.

"I understand from speaking to Minister Madigan that an investment programme of €210m has been delivered to schools under

the Digital Strategy for Schools 2015–2020. An additional €50m through the successor Digital Strategy for schools to 2027 has also recently been issued to schools.

"We must ensure that this funding will continue to give children access to the technology they need, including children with dyslexia.

"Funding is available to schools under the assistive technology scheme for the purchase of specialised equipment such as computers and software to assist children with special educational

needs, including children with dyslexia.

"I know that Minister Madigan has launched a review of the assistive technology scheme at the start of this year and this is very welcome.

"But in relation to exams, the Department of Education must take a definitive line on this issue and immediately update guidance to schools. The bottom line here is that our children sitting exams must have access to the technology they rely on to succeed in education," concluded Senator Lombard.



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.



West Cork welcomes inclusion with dedicated space for LGBTI+ events

by Mark Holland

Hats off to all at the Community and Family Resource Centre in Skibbereen for hosting the events and looking after us all so well for the month of June. It is the first time that West Cork has had its own dedicated LGBTI+ inclusive space, and that alone has made such a difference and meant so much to so many marginalised people. It all culminated last Tuesday with a closing ceremony at the Uillinn Arts Centre, with the assembled crowd enjoying the same high standard of refreshments, live music, and the opportunity to reflect, that we had been treated to for the whole month.

It was a month packed full of events, educational and social, that all began with the newly appointed LGBTI+ Development Officer, David Campos, assembling, with the

help of many hands, 300 Pride packs. The packs included badges, stickers, balloons, flags, bunting, information leaflets and a programme of events. David and his helpers then went out, on foot and by car, to every single business in Skibbereen, to deliver, in person, invitations to all of the events, and the materials to decorate and display on premises the welcoming colours of inclusion for all diverse minorities.

The Centre itself is a fabulous resource that feels like it was purpose-built. It is opposite the old Courthouse building on North Street, just the after the playground if you are coming into town off the Cork road. It is a single storey premises on the same grounds as the 'Spearline' building, with easy access to all three spacious function rooms, and facilities. On June 1, they raised the flag outside and opened the Archive Exhibition

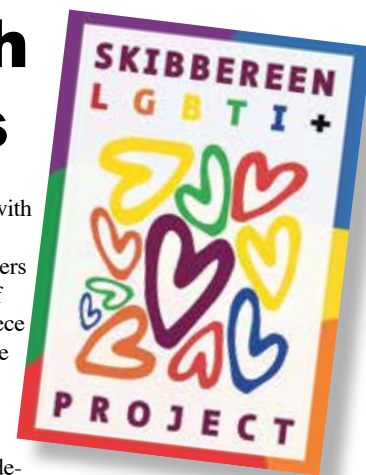
inside, which remained on display to the public for the whole month. The exhibition, 'Not Sick, Sinners or Criminals', is the story of Cork's LGBTI+ community during the 1970s and '80s compiled by archivist/activist Orla Egan, who witnessed it all in real time. As director, Orla came back on June 21 to present her film from around the same era, 'I'm Here, I'm Home, I'm Happy', which puts a warm glow of nostalgia on some of the experiences from back then.

Other events that were hosted there during the month were; Awareness Training, presented by LINC, Transgender Issues, presented by TENI, and Choir practice and performance with Liz, which leads us to the high point of the month, Pride day on June 18. So, taking the show on the road with all staff and management on board, we set up an information stall at the Farmer's

Market, and had great fun with conductor Liz regaling the market-goers and stall-holders with a stunning rendition of our newly crafted masterpiece of singing. Later, back at the Ranch, on North Street, we had a full afternoon of live music, headlined by the Youth Group, playing to a decent crowd with food and craic.

The month is over but the initiative is only beginning. David started up LGBTI+ Movie Nights for over-18s in May and this will continue on. The movies are shown weekly on Fridays at seven o'clock in the Centre. There is a big screen and comfy chairs, with refreshments, and it's all free of charge. We are also awaiting the arrival of a couple of hundred new book titles to set up an LGBTI+ Library at the centre. Information about next week's film, upcoming events, and anything else that's happening

will be posted up on Instagram and Facebook @skibbereenc-frc. It is up to us now, the West Cork LGBTI+ community, and supporters' club, to get behind this initiative and come out and get involved. To show that it is wanted and vital to the improved wellbeing of all of us in West Cork. It would be wonderful if people were to come forward with suggestions of activities that they would like to attend, like choir practice, table-tennis, or anything else that you think you would like to do in a group that would get a crowd out.



Love your body and respect others

The headline sounds like a gimmick in an advert, but it's really what you should be doing this summer. Going to the beach or other outdoors events, you'll feel tempted to put on less clothes to cope with the heat. But some of you won't because you'll be insecure. 'How will my thighs look in these shorts?', 'How will my arms look if I wear a spaghetti string dress?', 'My butt is too big and fat for a bikini', 'Short skirts are only for skinny girls', 'Does my tummy look weird with this crop top?'. Questioning yourself like this will mean dressing differently to how you really want to. Long or half sleeves to hide the upper arm area, dress or shirt to hide the naked midsection. Swimsuit

instead of bikini...the list goes on.

As a lifelong student and master of training and everything fitness, I say: don't be ashamed of your body. Love your body as it's meant to be loved. Be happy it can walk you, run you, dance, skip, hop and roll. Celebrate that you can move, you can do anything you want to (with some practice and patience). We all look different and any body (type) should be celebrated. Why should we only let the models in the magazines wear thong or g-string bikinis, short shorts, miniskirts, spaghetti string dresses and crop tops?

I say if you feel it, wear it! And tell your judgemental friends and family to help celebrate the bravery of the free

choice of clothing for everyone.

We could all probably do with a little more activity, a little better food and more time sleeping. But life is life and sometimes we get busy. That shouldn't keep us from enjoying the summer to the fullest.

And yes, I have been judgemental too and thought to myself: 'Why wear THAT dress with bare midsection, when you have tummy fat?' As years and experience – and perhaps a better love for all kinds of bodies and their stories – have passed, I'm now at the point where I tell my friends that, 'She probably knows how she looks and she's wearing it anyway. I think it's really cool of her'.

Today at the beach was such a day, and my friend who

commented, turned to me and said, 'Yes! You're right! I never thought about it like that'.

So regardless if you're training or not this summer, give your body the positivity and love it deserves and respect other bodies.

If you enjoyed this little pep talk about body-love and respect, but are missing some exercises to show your body some love, let me know in an email or via Instagram. I'll be happy to use next month's column for a reader wish.

As always: Comments, Questions are welcome at taniaskitchenfitness@gmail.com or via Instagram @trainwithadane



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.



people Food, Health & Lifestyle

Fundraising drive to keep the lights on at Baltimore's Wild Atlantic Pool and Fitness Centre

To overcome financial pressures created by energy costs, the Wild Atlantic Pool and Fitness Centre in Baltimore will undertake a number of fundraising events over the next few weeks: A fundraising dinner will take place at the Sailing Club with special guest Steve Redmond on July 15 (€50 pp, book at the Pool) and a coffee morning at the Sailing Club will take place on July 19.

The Wild Atlantic Pool and Fitness Centre began life in 1998 as the Baltimore Harbour Leisure Centre. It was put into one of the old industrial school buildings and became part of the complex belonging to the Baltimore Harbour Hotel. The hotel went into liquidation in late 2008 but the community was determined they would retain the valued leisure centre and today as a



CLG, it continues to run on a not-for-profit basis.

The pool and fitness centre is a central part of the local community, both the mainland and the islands, but it is struggling to keep afloat with the increasing costs of operation. Having to close for Covid meant a loss in revenue but the huge popularity of the public and school lessons on reopening meant that the sauna could be renovated and the steamroom reopened. The restricted opening hours of the Dunmanway pool and closure of the Schull one meant that the

Centre was even more important in providing leisure and instructional swimming.

The Centre caters to a wide range of users, from passing tourists delighted with the crystal clear water, to athletes and post-injury sufferers needing remedial exercise. Sam Burch, a local osteopath says: "We are so lucky to have such a wonderful local facility here in the village. On a professional level, the pool depth and size is perfect for exercise rehabilitation and can play a really important role for my patients convalescing". There are older swimmers who use it on a daily basis and children queuing up for lessons from the popular staff. Ten local schools use the facilities, coming all the way from Cape Clear and Castle-townshend.

However, electricity charges have been one of the big challenges of 2022. Although the Centre has a large array of solar panels, triple glazed windows and energy efficient heat pumps, the energy demand for heating the water, sauna and steam room is still considerable. The Centre has also been hit by a shortage of staff, just as every area of leisure

and hospitality has been affected. The pool employs two full time staff supported by a couple of part-time staff. Although student staff help the situation during college holidays, the Centre is still looking for an extra experienced full-time lifeguard.

As well as fundraising events over the next few weeks, the Centre is also having a membership drive offering 10 per cent off all annual memberships. There are a number of flexible good value membership options, as well as walk-in prices for non-members.

For the summer months, there are special summer sessions of swim lessons for children running from July 4 for six weeks. These will be groups of 20 or so children split in to sections with dedicated teachers to each group. There will also be the very popular Splash Camps running throughout July and August for children to play games and enjoy the water in a safe environment.

Contact the Wild Atlantic Pool and Fitness Centre by email (info@baltimorepool.ie) or phone (028 20622) or see social media for more information.

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My West Cork DNA Projects (Part 2)



THE DNA OF WEST CORK PEOPLE

Mark Grace

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

This month provides the second set of synopses given in alphabetical order, for my wife's ancestral lines and what we have learned from atDNA matching. If you have DNA tested and related to any of these families, do get in touch and consider adding your DNA information to the project. My wife's ancestry is genetically proven to her three-times great grandparents, which also reaches the boundary-defining available church records in County Cork. Her DNA can be matched against on most testing websites. This provides a solid and verifiable dataset for anyone finding a close match within this genealogical timeframe.

Goods of Rathbarry

Since my article 'A Good Story' in the February 2022 edition of this paper, further research has revealed a little more about Thomas Good, current patriarch of my wife's branch. His death was found in 1885 at the Incurable Home in Cork city where he was given "of Clonakilty" aged 85. This indicated that he

was born around 1799/1800 if accurately recorded, although we still do not know who his parents were. His final resting place is an unmarked but documented grave in St Finbarr's Cemetery, Cork. This matches up with the information that it was indeed his widowed daughter Anne Lane living near the Methodist church in Clon on the 1901/1911 census and that other family members used the same Incurable Home in their later lives.

It has also been confirmed that Thomas married Anne Cotter in November 1825 at Ballymoney (near Ballineen) and that he is recorded in Griffith's valuation of 1852 as residing in property without land close to Castlefreke in the Milltown townland of Rathbarry, explaining his children being employees at nearby Castlefreke (as seamstress, shepherd and gamekeeper). The other Good in the village at the time is a farmer named James and it is unclear if he is a son or another relative. One of his sons also worked at Castlefreke. Descendants of the Goods have occupied the same house in Ballineen since the 1870s.

In terms of DNA matches, Thomas's branch through several unconnected links points to the extensive Good families who lived around Kilshanning by Mallow in the C18th. Many of these moved and settled in and around Ballineen/Enniskeen and Bandon. Anyone who has Good family ancestry in West Cork will know how many families are recorded and that too many couples have similar names. This means the quality of many family tree branches on websites such as Ancestry are unreliable due to rampant copying and loose interpretation of the available data. As Ancestry's matching algorithms use all available data (whether the trees are right or wrong) it means many of the

hints cannot be taken at face value.

Records around Kilshanning are gradually appearing online and it is hoped a candidate set of parents for Thomas will be found that ties the paper and DNA story together.

Lowneys of Beara, Clonakilty and Wexford

Lowney is a well-known business family in both Clonakilty and Wexford. They are the same genetic family. The wider family tree in both counties is proven by DNA.

Riobard O'Dwyer's 'Annals of Beara' supports family legend: "The Lowney in Berehaven were originally O'Sullivan's who came from beside the Laune River, Killorglin, Co. Kerry. They were called the Launeys after coming to Berehaven, and they eventually became known as the Lowneys. Four brothers came. One settled in Bunskeellig, one in Bere Island, one in Clogheen, Garnish, and the fourth (a weaver) in Ard na Sciach, Filane, Castletownbere. Later, they spread out to Foromanes (Eyeries) and to Lickbarahan (Cahermore), to Derrimihan (Castletownbere) etc." – Annals of Beara, Vol. II, p. 280 (2009).

While there is no Lowney Y-DNA project (male and surname lineage), those who have tested fall into the same genetic group as the O'Sullivan study, supporting the oral history. What is missing in the story is the timing of their arrival in Beara. I have insufficient DNA data in my project to provide an estimate.

The O'Sullivan Bere clan fled, settling in the Laune valley, following the defeat of the Catholic Irish and their Spanish allies at the Battle of Kinsale by English Crown forces (October 1601 - January 1602). The return to

Beara is assumed to have taken place sometime in the C18th. atDNA matching does suggest some connection between many of the surname on the peninsula, particularly between the group on Bere Island and my wife's family from Filane (Ard na Sciach), east of Castletownbere, but it is apparent the connection is prior to the start of church records. With intermarriage between local families a high degree of endogamy (shared DNA from common ancestry) can make detailed interpretation difficult. The surname has variant spellings including Looney and M'Lawney (becoming Maloney in South Wales, for example). The sheer number of Lowney families in the Annals suggest the brothers must have returned in the earlier part of the C18th at the latest. Of course, they could have adopted the same name even though they were biologically different families entirely.

My wife's branch moved out of the Beara peninsula in the late C19th and is still known locally in Clonakilty by the name Looney, even though spelling their names Lowney. For example, the 1911 census has the family clearly listed as Looney but the signature was Lowney. atDNA matches support the family origins in Filane. Interestingly, I have identified a particular DNA segment on chromosome 17 that points to this townland and is a marker for many matching descendants of Lowney, Sullivan and Sheehan who all lived there at the turn of the C19th. This is currently the only townland-specific marker identified in my research. The Lowney story is also supported by apparent pre-church record genetic connections to the group on Bere island (Rerrin village).

The current paper trail confirms the family patriarch as Timothy Lowney (c1799-1897)

and his wife Mary Sullivan (1807-1878) who married in 1826, my wife's three-times great grandparents. Their son John Lowney (1834-1916) and his wife, also a Mary Sullivan (1837-1929), married in 1860 and are my wife's two-times great grandparents. Both families were given of 'Ardnaskeagh' on their marriage and both Timothy and John farmed Filane Upper.

John and Mary's son John 'Jack' LOWNEY (1862-1940) was born in Scart on Beara and was the one who settled in Clonakilty, founding several businesses leading to the well-known family based in the town today. Jack married Ellen Sullivan (1860-1934) of Kilmore, Whiddy Island in 1890. Jack and Ellen's son Patrick aka Josie Lowney (1891) is the one who moved away from Clon and became the patriarch of the family who are now well established commercially in Wexford town and beyond. There are proven DNA matches across the two sides of the family.

One of the challenges in DNA matching this family is the inevitable number of segments that must relate to deep Sullivan ancestry rather than recent generations. We have three generations of Lowney men (who are genetically Sullivans) marrying Sullivan women. The current size of the database is limited and I continue to seek descendants of both branches who are willing to share their DNA details to help resolve some of the uncertainties.

Mannings of Dromdeegy

Dromdeegy is an area north of Dunmanway in Fanlobbus parish. The Manning surname can be associated with one belonging to English settlers, but as mentioned in last month's article this family belongs to wider O'Brien Mongáin. This agnomen or regional clan name in its diminutive form means 'hairy' and can be found also as surnames Mangan and Mongan. Manning is an anglicised corruption and therefore not necessarily to be confused with English settlers, as indicated through connections with the Fitzpatricks of Derryduff (Rosscarbery). For this specific branch church records provide a difficult paper trail with connections only inferred by DNA, indicating a wider distribution for the use of O'Brien stretching from Rosscarbery to north of Dunmanway.

The current head of this Manning family (my wife's three-times great grandfather) is Cornelius Manning, determined through church records and overseas descendant DNA matches to be from O'Brien. He was born before 1785 in West Cork to be aged about 25 upon

marriage. Nothing is known about his actual age as it is not recorded, however he married Mary Carthy (McCarthy) on or before 1811. Cornelius is listed in the Tithe Applotment Book of 1826 at Dromdeegy and in Griffith's Valuation of 1853 farming 51 acres at Dromdeegy. There are no further records for him.

Cornelius and Mary had several children which show a close relationship with a neighbouring Donovan family as well as the McCarthys. Mary Manning (c1812) of 'Droumdega' married Denis Donovan of the same place in 1832 Dunmanway; my wife's two-times great grandparents and one half of a family story of two Manning sisters marrying Donovan brothers. Witnesses were Cornelius Manning and Timothy Donovan, fathers to the couple. Denis and Mary Donovan farmed in the townland of Derrylahan near Dunmanway and their children are recorded as being born there.

Ellen Manning (c1815) of 'Droumdeega' married Michael 'Mick' Donovan of the same place in 1838 Dunmanway with the same witnesses supporting the other half of the family story. Mick and Ellen DONOVAN are also recorded as living in Derrylahan as were the births of their children.

Juliana Manning (Jul 1821) baptised as d/o Cornelius Manning and Mary McCarthy of 'Droumdeega' married Denis Carthy in 1850. Both were of 'Droumdega' and witnessed by Denis Donovan and Tim McCarthy. The couple appear to have settled in Togher and Keenrath (just SW of Dromdeegy).

While no direct DNA connection has been established down my wife's direct branch, two DNA matches have been established to Jerry Manning (c1816-1865) of Dromdeegy, a son or nephew of Cornelius. Jerry married Mary Crowley in 1844 and settled in Cloontiquirk near Dunmanway. The couple had six daughters who all married as O'Briens after emigrating as a family and settling in Placerville (Boise, Idaho). Other genetic connections are suspected to local Manning families but little DNA has been shared to clarify them. Again, anyone connected to these families is welcome to collaborate to prove a shared common heritage.

More next month. Comments, questions, and issues that can be answered as part of future articles can be emailed to DNAmatchingprojects@gmail.com or follow the West Cork DNA projects on Facebook blog 'My Irish Genealogy & DNA'.

NCBI opens new store in Skibbereen

National Council for the Blind of Ireland (NCBI) is delighted to announce the opening of its newest retail store in Skibbereen, which boasts a new, modernised look and feel, supported by a sustainable fit-out.

The NCBI Skibbereen team welcomed Darina Allen to cut the ribbon opening the store to the public in June. Ms Allen also spoke at the store launch where she commended the team at the store, NCBI volunteers and the wider organisation for the work done with people who are blind or vision impaired.

She said while speaking to

customers at the store: "How about this for a chic charity shop! I'm a real charity shop nerd and I've been to many of the charity shops when I visit Skibbereen, so I was delighted to see such a queue outside the door. There's an extra feel-good factor about buying pre-loved and making it re-loved."

Speaking about NCBI's service offering, Darina added: "Do spread the word to people because there are all of these wonderful supports for people who are blind or vision impaired. NCBI has a constant need for volunteers and those of us who volunteer for different things realise that

we get much more from it than we give!"

Beverley Scallan, Head of Retail at NCBI added: "We are delighted that Darina Allen joined us in Skibbereen to open our brand new store. Skibbereen is the perfect place for NCBI to bolster our ability to provide supports and services to people who are blind or vision impaired in Ireland. As with all our recent new openings, NCBI Skibbereen will follow the trend in our journey to challenge perceptions of what a charity shop should look like with our new, sustainable fit-out.

NCBI's chain of shops, which is the second largest

in Ireland, plays a vital and integral part in the charity's overall fundraising efforts, allowing the national sight loss agency to provide vital, life-changing services to over 8,000 people each year, many of whom live in Cork.

NCBI invites members of the local community and beyond to visit the store and sample some of its top quality pre-loved clothing, accessories and more on offer.

Donations are accepted in the store as are expressions of interest in volunteering at the store. You can also contact shopvolunteer@ncbi.ie.



END OF LIFE MATTERS

Melissa Murphy

End of life Doula Melissa Murphy, a companion, guide and resource supporting our community in end of life matters.

I understand that my days on earth are finite. Like you, I'm aware that countless humans are dying everyday including my own friends and family – yet it still feels difficult to believe that one day I too will come to the end of life. It's time to update my health care directives, as now is all I know

Brave conversations

of my time for sure. I speak to my nearest and dearest routinely about what I would want if I became incapacitated, am dying, and am dead; however the last time I put anything in writing was alongside my husband while living in the States years ago. I believe this is wise to revisit; making clear that it's in alignment with what I would want – or not – for my care today, and to be sure it's organised on documents familiar to my adopted country here in Ireland. I encourage and teach others to do this routinely hence the subject for this month's column.

For those less familiar with this topic, here's a summary from Citizens Information: 'An Advance Healthcare Directive is a statement you can make on the type of medical or surgical treatment you want or do not want, if you are unable to make these decisions in the future. It only becomes effective if you lose capacity and you can no longer communicate your decisions yourself. It provides direction to healthcare professionals to care for you accord-

ing to your specified wishes, and clarity to families about the care you requested. For example, you may not want to be resuscitated if your heart stops beating, or you may not want to be kept alive with the use of a ventilator. An Advance Healthcare Directive is sometimes known as a living will, advance statement, advance decision or advance refusal. You may want to refuse a treatment in some situations, but not others. If this is the case, you need to be clear about all the circumstances in which you want to refuse this treatment. You should update your directive if you change your mind and you can also revoke (cancel) a directive at any time, either verbally or in writing.' More on citizensinformation.ie, then search 'advance health care directive'.

I would like to highlight that youth and health do not make us invincible. Feel free to read that again as I have. It doesn't matter how old we are, and ideally we would want to be well; not feeling under pressure when talking about/writing down/

recording (or all of the above) what our wishes are if faced with unforeseen circumstances. For example, we might be needing surgery or medical care after a life-threatening situation. Yes, this happens. A lot. I have worked in healthcare settings and have collaborated with these professionals throughout my life both in the States and here in Ireland. Ask any medical provider in a hospital – they have experienced these cases time and again. It can be extremely challenging for folks in healthcare and loved ones when they have limited, to no direction, guiding them on how to care for you.

Again, none of us knows when or under what circumstances we may become unable to make decisions about the healthcare we want to receive and – as importantly – the care we do not want. Another issue to consider is the complexity of today's medical conditions and life-extending treatment options. Consider what quality of life means for you. These are two major reasons people

should not delay making plans. I saw a phrase recently that read 'end of life decisions should not be made at the end of life'. Another suggested that, 'having end of life plans is a display of love'. My intention here is to reframe this subject for you. By having these conversations now, you are doing others a favour relieving them of stress; offering the opportunity to take comfort in knowing your wishes have been heard.

End of life doulas can support with pre-planning as well, so I'm sharing a few resources that may inspire you to think more about this yourself and for those you care about. I hope this helps you to begin.

www.beprepared.ie – A friend and colleague recently released this beautiful, thoughtful book. I bought one myself and can attest that it's a creative way to begin these conversations. I especially appreciate the section dedicated to prioritising what's important to us today; to living fully.

www.endoflifeireland.ie – I supported someone in my end

of life doula role who was looking for a simple but informative advanced care directive. She was very clear about her wishes and wanted to share them in writing with her GP and friends. We both found it to be a really accessible tool.

www.letmedecide.org – I took facilitator training with Dr. Molloy a couple years ago and learned so much about this care directive and companion book he developed. Currently being utilised in nursing homes, but it's an excellent resource for anyone.

hospicefoundation.ie – The Irish Hospice Foundation offers our country a wealth of education. Their advance care planning form and website are no different.

To learn more or to connect with Melissa, email her at starsbeyondourskin@gmail.com or visit www.starsbeyondourskin.com.

She also welcomes your questions or ideas for future columns!



Radical Wellness

Freya Sherlock

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

I am continually in awe of the power of gratitude. Modern life and current times can so easily foster a sense of lack, of not having enough, of needing more. But this perception is often culturally and socially driven and not necessarily real. While we all face the immense challenge of the escalating cost of living, and perhaps teeter on the edge of anxiety or even panic at the prospect of making ends meet, it is perhaps at times like this that it becomes even

Gratitude as medicine

more important to pause and reflect each day on all that we can be so grateful for.

The work of Japanese scientist Masaru Emoto, who photographed the effect of different emotions on the molecular patterning in water has been ground-breaking in showcasing the vibrational reality and impact of our thoughts and feelings. Gratitude, like all emotions, has a unique vibrational and energetic pattern and this ripples through our watery physiology, conducting a harmonious resonance on a cellular level. Like a tuning fork, gratitude can calibrate us to an altogether sweeter note. And it is available to us in each and every moment.

Gratitude inspires reciprocity. Reciprocity builds goodwill. Goodwill evokes generosity. Generosity yields a sense of abundance. And abundance casts an aura of calm and contentment.

What's curious is that we can find our way into a sense of deep gratitude and abundance both from changing what we choose to focus on mentally or emotionally, but also by adjusting our physiology.

When I take my clients through the WildFit 90 Day Challenge, a three-month

nutritional and behavioural change programme, they don't only change physically. It's not just that they shed unwanted weight or find themselves feeling much less inclined to eat non-nutritious food. Nor is it simply a way to become free of the inflammation and pains they thought they were stuck with or to overcome metabolically related conditions they have been struggling with.

What I find particularly moving to witness in my WildFit clients is their change in perception and the exponential ripple effect of benevolent change that occurs throughout their lives as they move through the programme. As the WildFit Challenge unfolds, clients simultaneously gradually 'take a holiday' from all foods that don't serve them (or indeed, any of us) whilst optimising the quality and quantity of their incoming nutrition. For many people, it is the first time their body has ever experienced that degree of superb nutrition. Initially, with such an unprecedented supply of goodness, their body seizes the opportunity to do much-needed repair and recuperation. But as this process stabilises, and their body normalises a sense of nutritional abundance, I notice that they

begin to experience abundance in other areas of their life.

People start to report feeling that they have a sense of spaciousness in their life, with time feeling a little more available to them. Or they describe having launched into clutter clearing and sorting that they've been meaning to do for years. Or they have an abundance of energy that compels them to undertake that garden project or home-making mission they had almost given up on. Or they mention feeling more financially abundant even though nothing has changed in their income levels. Or they start feeling more connected with loved ones and more emotionally open, so enriching their relationships. Or they find that their dormant libido begins to awaken and stir into life. Or they begin to shine with that special kind of shine that comes from simply feeling happy for no particular reason. Yet all that has really changed is that in becoming nutritionally abundant, the lens (their body) through which they experience life begins to shift. Gratitude for life and for its simple pleasures begins to take root. There is a sense of 'enough-ness', of feeling satiated and nourished, not just physically and nutritionally but in a myriad of subtle yet

powerful ways.

If you would like to find out more about whether the next WildFit 90 Day Challenge starting on July 25 could be right for

you, book a free Discovery Call with Freya Sherlock to discuss your health needs and aspirations. Email hello@freya-sherlock.com or call 086 127 3148.

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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.

Last month I wrote about my concern that dog's are getting a really bad press at present. Talking to a friend of mine about this, she suggested I write about the positive effect that dogs can have on their carers.

Some time ago I lost my husband to cancer. Before his death, he gave me my first Boxer puppy, which started a long-term

More than just man's best friend

love of this goofy breed. Jack christened him Minder and after his passing, that dog was my emotional link to my past and he meant everything to me. You can imagine my emotional trauma when Minder was poisoned and died in my arms five years later.

Minder Two took his place to continue my memories and keep me going. Each subsequent Boxer has been a joy, a loyal companion, and often a reason to get up in the morning. They have taught me how to be a good dog trainer and often what to expect when training other people's dogs. Another lesson they've taught me is not to take myself too seriously or they will happily make a fool of me!

That's just my story in a nutshell. But you can multiply it exponentially for all those who have invested their lives, emotions and so on, in their own dogs.

The Covid lockdowns started an explosion in dog ownership, as many people like myself were isolated and seriously in need of companionship. Our dogs gave us their loyalty and unstinting

friendship during that lonely period, as they do in normal times. You could add that they have been the saviours of our mental health.

And that's just you and me. We're a small number compared to the specific help that dogs give to many others. Evidence says that stroking a dog decreases tension, anxiety, and brings a smile to the face. That's why Care dogs are such important visitors in homes for the elderly. These are special dogs who seem to understand the importance of sharing love and companionship to those in their declining years who enjoy the visits and the positive feeling of touch.

And then let's think about those dogs that are trained for people with special needs. I personally believe that some dogs, just like some humans, possess an innate ability to recognise when they need to take care in the presence of certain people. For example, a friend's female Labrador had an unintended litter. I advertised them on my website and they all went for free to various homes. They

were a cross between a chocolate-coloured Labrador/Springer Spaniel. I even went out to train one of them with a lovely family with a special needs child.

Some years later, I took a call from a father who wanted to know if that same combination had had any more litters. He had a special needs child and wanted a puppy like the one I'd visited. It seemed that this puppy had grown into the most beautiful, gentle character who was much loved by the child. He related that every morning this girl got up early so she and the dog could spend time having a 'love-in' on the sofa. And all of that with no special training! Sadly to say, the canine combination hadn't been replicated!

Then there are the Guide dogs

who become the eyes of those visually challenged people who would be literally lost without them. The list goes on: Search and Rescue. I wonder how many lost adventurers have been rescued by them.

Then there are the Police and Army dogs who sniff out drugs, search for the lost, wounded and cadavers in avalanches, collapsed buildings, after earthquakes, and so on. They are so focused and determined as they go about their jobs.

And then there are the Assistance dogs who are able to empty dishwashers, open doors, retrieve phones, etc., allowing a person to remain in their home. Their loyalty and love is beyond question.

And finally, I would like to

mention those dogs who are trained to be alert to seizure sufferers, to those who have panic attacks due to PTSD, and who can sniff out cancers, and other diseases. I have an anecdote on the latter. I lived near a family with two sons and a Red Setter. The oldest son had never paid much attention to the dog. However, on his return to live at home, the dog shadowed him, never leaving one particular side and concentrating on his lower leg. It transpired that the guy had a tumour on the outside of that leg which the dog had discerned!

Dogs are loyal, clever, funny, kind, devoted. They deserve more from us and we need to acknowledge their role in our lives.

Say no to hot dogs this summer

During the summer months, even in Ireland, we often enjoy long, hot days. Dogs and cats can suffer from the same associated problems as humans, namely overheating, dehydration and even sunburn. The advice below from RAWR (Rural Animal Welfare Resources) will help you to protect your pet from the elements, so you both enjoy your summer without incident.

In all the circumstances below it is vital that you have fresh, cool water available at all times. Bring a bottle of water and a drinking bowl when going anywhere with your pet.

Animals are not able to sweat like humans do. Dogs and cats cool themselves by panting and by sweating through their paws. If they have only overheated air to breathe, animals can collapse, suffer brain damage, and possibly die of heatstroke. Just 15 minutes can be enough for an animal's body temperature to climb from normal to dangerous levels that will damage the nervous and cardiovascular systems, often leaving the animal comatose, dehydrated, and at risk of permanent impairment or even death.

Never, ever leave your pet alone in a vehicle. Even on just a warm day with the windows open, a parked car or van can quickly become a furnace, causing heatstroke, which can kill an animal. Remember, parking in the shade offers little protection, as the sun moves during the day. Don't force your animal to



exercise in hot, humid weather. Exercise them in the early morning or in the evening, and keep walks to a minimum. Before walking, think about the ground, as well as the air temperature. Hot surfaces such as tar roads and footpaths could burn your pet's feet, even in less extreme cases it may be uncomfortable. Imagine how it feels to walk in burning hot sand, what would your reaction be? Do not expect your pet to respond differently.

Never leave your dog standing or lying on hot surfaces; a pet's body can heat up quickly and their sensitive paw pads can burn. Do not take a dog to the beach unless you can provide a shaded spot. Rinse them off after they have been in salt water.

It is not only you that can suffer sunburn, your pet can too. Provide plenty of shade and a well-constructed doghouse for animals staying outside. Bring your dog inside during the hottest part of the day. Be extra sensitive to old and overweight animals. Some dogs such as Bulldogs and Pugs, as well as those with heart or lung diseases, should be kept cool in shaded rooms.

Don't leave rabbits outdoors

in a hutch that is exposed to the sun and keep cats indoors in extreme hot weather.

Equines also need to be cared for properly; they too need an adequate shelter which provides shade and plenty of fresh drinking water.

Keep your animal well-groomed. Dogs with long hair and a thick coat feel the heat more, having their coat kept short helps prevent overheating. Don't overdo it, the hair acts as protection from the sun so by removing too much and exposing the skin you are putting your dog at risk of sunburn. Cats should be brushed often.

Spring and summer months are peak times for fleas and ticks. Because we all live in well heated homes, these parasites can be a year-round problem but the spike in temperature during the summer often sees an increase in the number of animal affected by these nasties. Make sure your pets are treated with suitable products. If in doubt ask your vet for guidance. It is much easier to prevent than treat these problems.

Be kind to your pets and enjoy the summer.

Bantry Bay Lions Bed Push Race a huge success



The Bantry Bay Lions hosted the inaugural 'Bed Push Race' on Sunday, June 19 in the Slob Car Park in Bantry.

14 teams competed in a knockout format to race around a course in a bed; one person in the bed and four pushing it through a course constructed with bales of hay, which were procured by Lion Dolf D'hondt. The beds were sourced by Lions Jerry Harrington and Dolf, with

the latter instrumental in making them ready for racing.

It was a hotly contested event with the Bantry Fire Department and Pat McSweeney Engineering teams making it to the final. In a very close race, Pat McSweeney came out on top. Pictured are the winning team members with the Cup. Please note that the baby was not in the race! In the background are Lions President Marion Rouse with Lions Aaron Buckley and

Nora Lynch, the main event organisers.

This event was a huge success, made possible by generous sponsors, enthusiastic competitors, many volunteers and supportive spectators. The Lions Club would like to say a big thank you to all involved. Half of the funds raised in Bantry will be donated to the Lions Suicide Awareness Drop-in Centre. Amount to be communicated later.



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Special Feature: SUMMER AT HOME

Greenify: Bantry Credit Union's Green home improvement loan



Bantry Credit Union is one of a group of credit unions throughout the country that offer 'Greenify', the innovative Green credit union finance solution for homeowners. Greenify is the new brand offering for home energy upgrade loans from Collaborative Finance, which is a collaborative hub for credit union loan products. Collaborative Finance's first product of-

fering was the highly successful Cultivate farm finance brand.

Speaking on behalf of Greenify, Finbarr O'Shea, Manager of Bantry Credit Union, said: "Greenify is a Green home improvement loan that is designed on the Cultivate model. It is based on the same key principles as Cultivate: Keep it Local, Keep it Personal, Keep it Simple."

In response to the Climate Crisis and rising energy costs, the Irish Government are calling on homeowners to make their homes more energy efficient. Greenify is the response of a number of forward-looking

credit unions throughout the country, who recognise the need to offer a Green home improvement loan that provides Green finance based on credit union principles.

For credit unions, this means living their values: in this case, contributing to and being part of the community's response to the challenge of Climate Change.

Finbarr explained: "We chose the brand name 'Greenify' because it's an action word and signifies a process, a journey. We all need to play our part in this journey of Greenification. As we all know, the future of the planet depends on it."

Asked what this means in practical terms, Finbarr said that the credit union itself has a lot to do to become more Green. This process has begun. In the past year the credit union has started using recycled paper for all its leaflets and promotional material. It also ran a short video competition for TY students at Colaiste Pobail Bheanntairi on the theme of Sustainability. The credit union is also engaging with local community groups in the region that are working on their own sustainable energy projects.

"But there is so much more that we can do, that we have to

do," Finbarr said.

Returning to the theme of Green finance, Finbarr said that Bantry Credit Union's commitment to its members is that it will not engage in 'greenwashing', that the credit union will continue to 'walk the walk' of Greenification, as well as provide the finance for others to do the same.

True to this principle, the interest rate for a Greenify loan at 6.5 per cent is the lowest rate on any loan from Bantry Credit Union. Greenify is an unsecured loan of up to €75,000 over a maximum duration of 10 years.

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West Cork People Reader's Garden Anne O'Mahony from Skibbereen

With so many of you putting so much effort and creativity into creating beautiful gardens at home over the past few years of this pandemic, we thought we'd take a leaf out of Monty's book and dedicate a regular space in the West Cork People gardening section to showcasing our reader's gardens. From novices to more experienced gardeners, spaces to reflect or encourage wildlife, veg plots to wildflower meadows, cottage gardens to town courtyards, acres to just a few containers, we want to see it all. If you have a garden – however small – you are proud of and would like to share and perhaps inspire others to get growing, please pop an email off to us at info@westcorkpeople.ie.



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Anne O'Mahony from Skibbereen started developing her garden in March 2020 at the start of the pandemic. As Anne was in a vulnerable group, she was locked down. Anne's garden, which is on a number of different levels behind a terraced townhouse, has brought her and my family a lot of joy throughout the last few difficult years. Her grandson has named it 'The Garden of Light'.

Where did you start?

The garden was a blank canvas except for one apple tree and one other plant. I got the steps and slabs reset and had railings installed. Manually, I turned over all the soil and prepared the garden for planting. I researched where best to locate the now over 100 plants. I tried to plant wildlife friendly plants and I love to see and hear all the wildlife in my garden.

Favourite place?

Sitting on my patio looking around at all the blooms and appreciating what I have created. The scent of the flowers is amazing.



Special Feature: SUMMER AT HOME

There's no grey area in perfect patio design

If you'd like to relax on a Mediterranean terrace without ever leaving West Cork, adding colour and texture to your outside space, no matter how small, will get you at least halfway there... some sun is of course a bonus. Albany Fusion Home in Skibbereen has all the paints and outdoor fabrics you need to create a space that is so fun and relaxing that you'll never want to leave home again.

Think about colour first and foremost when designing your outside room, be it a patio, yard or balcony. Colour has the power to transport us back to a much-loved holiday in the sun, with every country having its own signature palette. For a French Riviera effect think of turquoise blues of the sea, earthy terracotta and browns and sunshine yellow. If Morocco is your preferred destination look at cobalt blue, bright reds,

pinks and emerald greens. For a summer in Havana, lean towards soft sorbet shades of pink, green, blue and yellow.

To create an interesting canvas first look at your hard surfaces and imagine how you could transform a wall, railings, trellis or shed with some hard-wearing paint. Fusion stocks a large number of paint brands – Colourtrend, Little Greene, Tikkurila, Dulux and more – that have created technically superior high-gloss and low-sheen finishes for exterior woodwork and metalwork, as well as sumptuous matt finishes for brickwork and render.

For old and damp walls check out Little Greene's 'Limewash', a very traditional exterior finish, used to decorate and protect porous stone and lime-rendered surfaces. Limewash is a breathable finish that penetrates the surface and the colour is built up by applying successive coats.

For wood that is weather stained and drab, Cuprinol 'Garden Shades' has special pigments that ensure a rich colour but allow the natural texture of the woodgrain to shine through. It is also suitable for terracotta,



Fusion's outdoor fabrics in shades of the Mediterranean.



Add colour and personality to all your outdoor surfaces.

brick and stone so this is a very hard-working tin of paint.

Now that you have your background sorted it's time to add interest and texture with accessories. The secret to making the most of an Irish summer is to be able to move in and out as the

sun appears, without the faff of dragging everything in and out with you!

Fusion carries a unique collection of soft-touch, fade-proof outdoor fabrics that you won't be terrified to leave out in the rain. They come in a range of



A background fence in Dulux's 'Blackforest Gateaux' allows jewel-toned accessories to pop.

patterns, colour combinations and textures (woven, tapestry and velvet) for you to mix and match. Try to avoid going for just one pattern or colour – you want to add lots of interest with a little bit of clashing.

These outdoor fabrics are suitable for cushions, benches and most garden furniture – replacing the fabric on an old but comfortable deckchair could

give it a whole new lease of life! Or give your outdoor space the ambiance of an upscale resort with glamorous outdoor curtains, a simple way to create a feeling of luxury and privacy.

Albany Fusion Home has everything you need to give your patio a facelift this summer – call in to view the range and receive expert advice and guidance.

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Special Feature: SUMMER AT HOME**SUMMER HOMES
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White Daisy Mosaic Glass Lamps from a huge selection in all shapes and colours at **East meets West, Schull**



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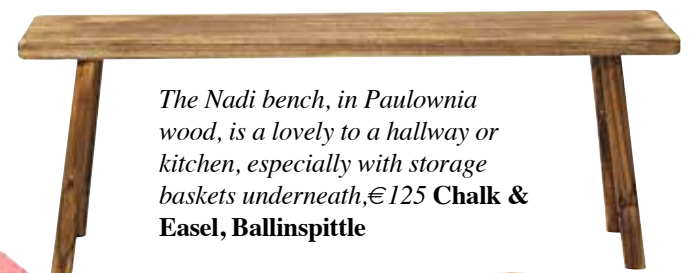


Bring nature in with one of hundreds of curtain fabric designs at **Perrotts Home Living, Clonakilty**

Relax in Heathfield Swivel Rocker (with a range of fabric choices) €779–€849 at **Glentree Furniture, Dunmanway.**



Attractive, sustainable and hard-wearing flooring is a must for the modern summer home – **Ted O'Donovan & Sons, Leap**



The Nadi bench, in Paulownia wood, is a lovely to a hallway or kitchen, especially with storage baskets underneath, €125 **Chalk & Easel, Ballinspittle**

Colourful plastic chairs for kitchens, conservatories or gardens. €85 **Fusion Home, Skibbereen**

Create a tropical garden with a *Trachycarpus fortunei* from **Deelish Garden Centre, Skibbereen**



Enjoy an impromptu dinner outdoors with a Weber portable charcoal barbecue from **Tom Sheehy's, Clonakilty**



No patio is complete without some of these colourful pots from **Clonakilty Garden Centre.**



Go wild and weird with interesting conservatory plants such as this pitcher plant from **Future Forests, Kealkil**

Special Feature: SUMMER AT HOME

Skibbereen shop offers eclectic elegance in home interiors

Cork property prices rise by €15,000

Property prices in Cork have mirrored the national trend by rising during the quarter, according to the latest MyHome.ie Property Report.

Asking prices for a three-bed semi-detached house in the county rose by €10,000 over the quarter to €265,000. This means that prices in the segment have risen by €15,000 compared to this time last year.

Meanwhile, the asking price for a four-bed semi-detached house in Cork has risen by €5,000 over the quarter to €325,000. This price is also up by €15,000 compared to this time last year.

There were 1,413 properties for sale in Cork at the end of Q2 2022 – an increase of 11 per cent over the quarter.

The average time for a property to go sale agreed in the county after being placed up for sale now stands at nearly three-and-a-half months. In the city, it is nearly three months.

The author of the report, Conall MacCoille, Chief Economist at Davy, said that 2022 should be a year of two halves, with price inflation slowing down in the second half of the year. “Double-digit inflation and sharp price gains are set to give way to greater concerns on affordability, the economic outlook and the impact of the ECB raising interest rates.”

He said that even though the slowdown has been marginal this quarter, anecdotal evidence from estate agents suggests that the momentum driving asking price inflation earlier in the year, is starting to slow.

“However, we are unlikely to see a repeat of the Celtic tiger era – as mortgage lending rules have kept the market in check. The expected rise in interest rates from the ECB, while notable, will also not have the same negative effect given the Irish market is well insulated at present.”

Full details of the report can be found at www.myhome.ie/reports

With soft furnishings, occasional furniture, beds, mattresses, lighting, and so much more, Abbey Furniture in Skibbereen is a veritable Aladdin’s Cave of beautiful and unique homewares.

Winner of the coveted ‘Soft Furnishing Supplier of the Year’ award at the Irish Independent Retail Awards 2018, this family-run shop is a must-visit for anyone styling their home. If you’re tired of the ‘sameness’ offered by the mass market, the eclectic mix offered at Abbey won’t disappoint.

Owner Helen Dempsey, who started the business over 30 years ago out of her garage, loves meeting people in the shop and gets a lot of satisfaction out of advising customers on design and colours.

Her experience and good taste means there is always a fabulous selection of interiors to catch the eye, from chic

breakfast bar stools to side and console tables in various materials to a range of baskets, offering a beautiful solution to organising and hiding away clutter in the home. Anyone interested in a coastal theme for their property will be delighted with the fun nautical items in the shop.

If you’re in Skibbereen, be sure to call in and take something special home with you.

Abbey Furniture is located at 2 Bridge Street, Skibbereen. (028) 22131





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Special Feature: SUMMER AT HOME

Styling a coastal holiday home

Chalk & Easel is a place to be inspired, feel creative and acquire beautifully designed items for the home and gifts for others. With a background in interior design, the owner and curator Emily Connell is experienced and passionate when it comes to turning houses into homes; warm and inviting spaces. For anyone lucky enough to have a second home to get away to in West Cork, Emily helps inspire with some practical advice on styling and furnishing a coastal property.



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Using surroundings as inspiration is key when styling a holiday home. What advice/favourite interior pieces could you share for someone decorating a holiday home in a coastal location such as West Cork?

Firstly we need to think about keeping things simple. A holiday home is somewhere to escape from everyday chores so there is no need to give yourself more work like dusting and so on. Decorate with useful necessary items, and try to find items that can multitask so you can have less things in your holiday home. For example a jug that can be a vase, a throw that can be a tablecloth, blanket or even a towel, go for 100 per cent cotton like the Hammam Towels handwoven by artisans in Turkey, a bench (I love the Nadi Bench) that can live at the end of a bed or in a hallway but can double up as extra seating at the dinner table or even be brought out to the garden. Dinnerware can be extremely practical if you go for something really simple but hardwearing that can be used in the garden and by kids without worrying about breaking it. For example the Serve range by House Doctor; you can even through it in a bag and take it for an impromptu picnic on your day trip, it will never break.

A holiday home is a place to get away to and should encourage relaxation and tranquility. What items in your shop, be it soft furnishings or lighting, could best help achieve this?

I think this can be achieved very effectively by decorating with things that make you appreciate where you are.

If you are by the sea a tide clock would not only look beautiful on the wall but it's also a very useful tool if you like to walk or swim the beaches, and a reminder that you are lucky to be close to such natural beauty.

Buying art from local artists will connect your haven to its surroundings. Artists have a way of capturing a

feeling of a place with clever use of colours and light; seeing a piece of art on your walls when you arrive will immediately start to help you relax and settle into your space.



While mirrors play a huge roll in changing the feel of a space, I would keep them to a minimum in holiday homes. Stick one in the bedroom and/or bathroom and that's it. Its what's inside that counts anyway! A particularly nice mirror would be the 'Walls' mirror, as it's simply just that, a mirror (no frame to clean!)

No-one wants to have to think too hard about cleaning or tidying when they're relaxing on holiday. Investing in timeless pieces that offer both form and function can help in avoiding clutter and chaos. What are your top furnishings that are both beautiful and practical in achieving this?

Our senses feed us information even when we are not looking for it.

We are really loving the new Nebulisers by our friends La Bougie who are just down the road. This little machine is neat and so easy to



Choose from five different scents (go for Mission Fig if Adare Manor is the level of luxury you seek) and simply screw in the little bottle of oil.

Organisation is key and one of the best things you can do is ensure you have the right storage. Holidaying in Ireland you will have at least three different jackets per person. Allocate a convenient hanging area and fit it with lots of good quality simple hooks, you can never have too many. I really like the clean lines of the 'Pati' range but we have so many to choose from.

Lighting is one of the most important factors to consider



when creating a space. Stay away from fussy ornate lamps, and go for well-diffused light sources. Something like the 'Little Fellow' or 'Opal Lamp' would be ideal, with the added bonus that a simple wipe with a duster will be all they require to keep them looking tip top.

Furniture should be timeless and functional. If you buy right the first time you will never need to redecorate. Less is more when it comes to decorating a holiday home, a blank wall is better than one filled with things that don't bring joy. Really try to tap into how things make you feel when you see them, hold them or even smell them.

Indoor plants

If you are lucky enough to have a conservatory, a sun room or even a windowsill to grow plants in, there is a wide selection of options to choose from. However before you start to choose plants, Noah Chase of Deelish says there are a few practical considerations.

Amount of light

The light levels of the location are very important as is the type of light. Light situations refer to natural full sun light (through windows, patio doors, sky-

lights, and so on, either direct or filtered). However full direct summer sun will cause discoloration and scorching, so during the summer months this would be the spot to avoid for many plants, however in the winter that location would be a great growing spot.

Temperature

Room temperature can vary from season to season and it is always worth measuring the temperature for the whole day with a thermometer. As it is just as important to know the day temperature as it is the night. Plants left in sun rooms over the winter can find night temperatures too cold and cause the plant to decline. Cold draughts can be just as damaging; hallways tend-

ing to be particularly draughty.

Locations which become too warm from direct sun or from a nearby radiator can cause a lot of leaf damage, so it can be necessary to move your plants around during the year to make the most of available light and temperature.

Humidity

Different plants require different levels of humidity. Houseplants that need high humidity are best grown in a steamy bathroom, misted regularly or the pot placed in a saucer of damp pebbles. In a greenhouse, humidity can be raised in hot weather by damping down (wetting) the floor, overhead watering or misting. However, high humidity can cause fungal problems, in which

case open vents to improve ventilation.

Humidity of the room needs to be considered. A bathroom or kitchen will often have high humidity levels whereas a living room with the central heating on will tend to have low humidity. Orchids tend to suffer in drier atmospheres, and few plants with thrive in very dry situations.

Once you have considered the growing conditions, it is time to choose what to grow! There are hundreds of options when it comes to choosing the right plant for your situation but listed on the opposite page are 10 of my favourite indoor plants and popular at Deelish Garden Centre, Skibbereen.

Continued on next page...



THE NATURAL GARDENER

Noah Chase

Noah studied horticulture at the Eden Project in Cornwall, England. He now co-manages a family run nursery, Deelish Garden Centre in Skibbereen, specialising in rare, unusual and edible plants. His passion is sustainable gardening, useful plants and care of the environment.



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Special Feature: SUMMER AT HOME

Indoor plants

...Con'd from previous page

Bonsai



There are many options available when it comes to indoor bonsai. Many are happy to be grown outside during the summer and taken inside for the colder months. Taking care of these great plants can be a hobby in itself and can provide many hours of fun for the indoor gardener!

Citrus plants

This group of plants will thrive in a sunny position and include; Lemons, Orange, Grapefruit, Loquat and Lime. I recommend regular feeding with special citrus feed to keep a steady production of flowers which

will eventually turn into fruits. During the winter as with most indoor plants, try to keep the soil on the dry side.

Boston Ferns



This versatile plant makes a gorgeous addition to an indoor space, in a variety of different forms.

From hanging baskets to large rolling pots, their thick, lush leaves add a beautiful splash of greenery anywhere you place it.

While Boston Ferns do require a humid environment, try using a spray bottle to keep the soil moist during the summer months.

Cactus and succulent plants

Cacti and succulents love direct sunlight and need minimal water to survive. If you have a dry warm room with low humidity, this may be the perfect group of plants for you!

Mandevilla



Mandevilla plants make a beautiful sunroom addition with their large exotic blossoms. If you can provide suitable support, they can climb up to eight feet high.

While they require large amounts of water, it is very easy to overwater them accidentally.

By keeping them in tight containers with good drainage they can easily grow into bold, leafy bushes with lots of flowers!

Terrariums

A terrarium is an indoor miniature garden confined within a glass container that is usually sealed to create an ecosystem that is self-sustaining in terms of watering and nutrients. In fact there are cases of some being sealed for over 30 years! We have a great selection of glass containers, and all the accessories needed to create your own miniature indoor

garden. Once you have prepared your container, seal it up and enjoy for years to come with no watering needed!

Abutilon



In addition to their beautiful shape, Abutilon flowers come in a variety of gorgeous colours that could be a great way to tie in your sunrooms' interior design!

Although this tropical flower would not typically survive our Irish climate, keeping it in an oversized pot with moist soil will help keep it healthy while growing indoors.

Peace Lilies

A plant that lives up to its name, peace lilies are fairly forgiving if you forget to water them and will hang down to let you know when they need attention. A natural air purifier that neutralises toxic gases, these lovely plants are easy to care for

with minimal maintenance and regular watering.

Spider Plants

As spider plants are extremely low maintenance, they are one of the easiest plants to grow within an indoor space, often seen growing from hanging pots.

Ensuring proper drainage and a good amount of indirect sunlight will help these beautiful plants thrive indoors. They are also great air purifiers.

Mother in law tongue

An extremely low maintenance semi-succulent, which is ideal for indoors and popular for its architectural foliage. It will take a range of positions from low to medium light levels, as well as being an air and EMF radiation purifier, this is a great choice for the not so green fingered!



As you can see from this list, there are lots of options to choose from. I didn't even have space to mention our selection of carnivorous plants! Feel free to call in to us here at Deelish Garden Centre for expert advice on house plants and all areas of your garden. Remember, gardening doesn't have to cost the earth.

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Special Feature: SUMMER AT HOME

West Cork flower farmers celebrate locally grown flowers

A number of West Cork flower farmers are getting ready to celebrate Irish Flower Week in July. Organised by the Flower Farmers of Ireland group, the week, which runs from July 3-10, is an annual celebration of the quality and variety of Irish cut flowers, plants and foliage.

From Flicky Howe near Kilbrittain to Ruth Fortune in Glandore, Shippool Cottage Garden and The Petal Field in Innishannon to newly opened nursery Tantalus in Kinsale, West Cork is well-represented when it comes to the growing and selling of cut flowers.

Overall the number of growers registered with the Flower Farmers of Ireland organisation has increased by 20 per cent within the last twelve months. This is driven by a growing trend for Irish consumers to seek locally grown flowers and foliage for special occasions.

According to Flower Farmers of Ireland group joint chairperson Anna Hogan, there are now over 80 flower farmers that cultivate and grow flowers and foliage through the season. "Irish flower farmers have a range of unique flowers available through the year," she said. "Every year our flower farmers are testing the market



West Cork flower farmer Flicky Howe.

with more varieties of flowers that are suitable for a range of occasions. A whole new world of flowers is opening up to our customers and, because the flowers are seasonal, they are only available for a certain time, so our customers travel with us through the season".

This year to celebrate and highlight the 'locally grown' theme, the group has arranged a number of regional events.

Glandore-based Ruth Fortune is holding a 'Flower Field Visit' on Thursday, July 7 at 11am. To book a place visit her website www.ruthfortunefflowers.ie.

Flicky Howe, based at Howe Strand near Kilbrittain, will be running her usual Irish flower giveaway with The Roughly Foodie in The English Market.

Southern flower farmers will be in the Grainstore in Ballymaloe selling a range of lovely Irish flowers.

Ruth Fortune Flowers is a half acre flower field overlooking Glandore harbour. Smallscale growing like this is the opposite of industrial flower production – soil health is prioritised, weedkillers and pesticides are not used. The result is fragrant, seasonal flowers full of vitality. Ruth grows flowers for weddings, gift bouquets and for her stall at Skibbereen Farmers Market. She also runs workshops on flower arranging and how to grow your own cut flowers. She launched a new webshop this spring, which allows people from anywhere in the world to easily order flowers for their loved ones in West Cork.

Based at Howe Strand near Kilbrittain, Flicky Howe grows a huge array of cut flowers on approx one acre of gardens. She services Dunmore House Hotel and The Old Head Golf Links every week throughout the season with sustainably grown eco-friendly arrangements and also weddings and events throughout West Cork. Her eco-floristry services are offered on www.howehillflowerfarm.com

Check out social media channels @flowerfarmersireland to catch up with these and more flowery events.

"Our aim is to drive awareness of the Irish Flower growing movement and to encourage consumers to seek out our members for an alternative flo-



Flicky in her flower farm at Howe Strand, Kilbrittain

ral experience," explains Anna Hogan. We want customers to appreciate the vast range and scope of flowers. We are seeing increased interest from consumers around sustainable practices, particularly when organising weddings, corporate events and gifting, reflecting the world wide 'Slow Flower Revolution'. Flower Farmers of Ireland are proud supporters of the All Ireland Pollinator Plan and flower farms are havens for wildlife."

The war in Ukraine has struck a chord with Flower Farmers of Ireland growers. A number of members, including Flicky Howe in West Cork, are 'Growing Sunflowers for Ukraine', with all proceeds going to the Irish Red Cross.



Ruth Fortune at her farm in Glandore

OUT & ABOUT IN WEST CORK



Mike Deasy presented Lesley Bennett with a photographic history of Bennetts Field, a new bio-diversity park in Clonakilty, at an Appreciation Day on June 26. Also pictured is Noreen Moynihan and Mayor Paddy McCarthy. Pic: Dave Sheehan



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Special Feature: SUMMER AT HOME

Outdoor living at Deelish Garden Centre

Over the last few years Noah and Maya Chase who own Deelish Garden Centre have been very busy sourcing top quality outdoor furniture, fire pits, barbecues, water features, solar lighting and unusual accessories for outdoor living areas around West Cork gardens and homes.

"There has been a fantastic response to our dedicated covered outdoor living area next to our shop. This great space gives people an opportunity to see, touch and try chairs, recliners, dining table sets and more," says the couple.

Over the years Noah and Maya have made some great contacts with outdoor furniture makers from many countries around Europe. One of their most popular and comfortable chairs at the moment comes from Finland and is made from sustainably harvested wood, hemp rope and a hemp cushion with the Deelish logo on it. They also work with a Danish company that produces high-end sustainably harvested hardwood chairs and tables that incorporate powder-coated

aluminium frames. These tables and chairs are a great choice for homes near the sea or if the furniture is going to be left outside over the winter. If you are looking for total relaxation, why not try the hammocks or swinging chairs! Another popular choice for homes around West Cork is the Massey Ferguson Tractor table and swivel chairs available at Deelish in a range of colours. For outdoor dining, there are various table and chair sets for two to eight people.

"There has been huge interest in our Fire pits and chimeneas and we now have over 15 models to choose from," says Noah. Deelish stocks small single log burners to fire bowls over one meter in diameter that can take large logs! As well as the fire bowls, there are a fun range of accessories including blow pipes and bellows, popcorn and waffle makers as well as grills that fit over the bowls once the embers have died down, to turn it into a barbecue! Swedish candle log fires make a great talking point at parties and gatherings. Deelish also stocks a range of barbecues, cooking



utensils and quality hardwood charcoal.

Other outdoor items displayed in our covered sales area include, children's play swings, trapeze and hand holds for climbing. Sun parasols, which will transform any outdoor seating space, come in a range of sizes and styles. Wind chimes and water features can also greatly add to any

outdoor space, transforming and calming the area. We also have a fantastic range of statues and ornaments on display including unique hand carved statues from Bali.

Deelish garden Centre is open daily 10am-5pm, Monday to Saturday, 2pm-5pm Sunday and Bank Holidays.



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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

A conservatory for life – not just a sunny day

Conservatories first became widely popular in the 18th Century, when wealthy travellers discovered citrus fruits and needed to create the right environment to grow their own lemons, limes and oranges back in England – conservatories looked more like greenhouses then and were originally known as 'orangeries'. The Victorians developed the idea of a built-on room where people could grow exotic houseplants and relax in a warm temperature.

Modern homes have developed this idea even further and today a conservatory is, or at least should be, a hard-working extension of the main house. Ideally we should be able to enjoy our conservatories throughout the year – they should be neither too hot in summer nor too cold in winter. This month I'm focusing on how you can make the most of this space – whether you call it a conservatory, sunroom or garden room.

When I am designing a conservatory, I make sure this room works for everyone in my client's family. How could the space benefit your family? Do you need it for seating, hobbies, play, homework, dining or entertaining? Is there a way it could work for all of these if cleverly designed? For families with children, I think conservatories are most functional when can be directly accessed from the kitchen, they are easier to utilise as a dining space or where kids can be supervised when playing or doing homework.

Window dressings: Conservatories should be light and airy spaces that provide a connection between the home and the garden but choosing the right window dressing is crucial to making them comfortable in all weathers and at any time of day or night. Insulating blinds are worth investing in – pull them down at the end of a sunny winter's day to retain warmth or leave them down during a hot summer's day to keep the space cool; motorised and programmable blinds are now available to make life even easier.

Blinds allow you to introduce visual interest but can also be easily replaced if your aesthetic changes over the years. There are so many options available in design, function, pattern and colour that you really need to visit your local supplier to look through their books and discuss your needs.

Seating: Years ago, everyone that had a conservatory had the same wicker chairs with tie-on



seat pads but we have come a long way since. Because they are now multi-purpose rooms, there is so much more choice in shapes, functions and styles available. Be mindful of the quantity of sunlight that comes into that space daily, too much can cause furniture and upholstery to fade over time. Rattan and cane remain a popular choice as they resist fading and are generally robust materials that also feel light and airy. Choose light-coloured fabrics so this fading issue is less noticeable. Although natural fabrics look great for cushions, blankets and throws, cotton, wool and linens that are blended with acrylic, polyester and nylon are also less likely to fade in a sunroom.

Hanging egg chairs are so relaxing to sit in and look very 'cool' in a conservatory; they can be easily brought outside onto a patio when required. Footstools are also vital to relaxation and should be provided with every armchair. If you have the option to add in a window seat then do, especially if you have limited space. Also great for making the most of your space are corner sofas. It may seem obvious but if you have a good view of the garden or a fabulous landscape ensure your furniture is facing

that way!

Lighting: a well-considered lighting scheme is a key part of a conservatory's decor. Use low-hung pendant lighting over dining/work tables and dimmable wall lights or lamps to create a cosy mood after the work of the day is done.

Tip for indoor plants: Use different shaped containers but of similar materials and style, this way your area will look like a conservatory not a garden potting shed!

Extend your conservatory: By opening up the doors of your conservatory onto a patio or decking area you can extend your living space even further – ideal for entertaining. Enhance your patio space with a firepit, BBQ area, a canopy or awning and mood lighting such as candles or strings of LED lights.

My take-home message is that the key to getting value from your conservatory is to make it functional yet cosy, somewhere that you and the kids will want to hang out in daylight or at night-time. If you haven't taken the leap yet with professionally fitted blinds consider it this year – you won't regret it. Local suppliers provide great advice and a professional measuring service so the fit is perfect.

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Special Feature: SUMMER AT HOME

East meets West on the Mizen to create a stunning new home

Halfway between Schull and Ballydehob, very near to a scenic walking route called The Butter Road, lies a field of over 100 newly planted budding trees that nestle around the newly built home of Amanda Connell, owner of East meets West, an interiors emporium in Schull village that showcases the traditional craftsmanship of Northern India.

Amanda first spotted her “treasured” field over 30 years ago and has spent the intermediate years slowly planning her dream home – a combination of location and design that serves as backdrop to treasures sourced from her travels and her own shop. Amanda shares her inspiration and design tips for bringing Eastern artisan design in to West Cork homes.

Amanda grew up in a rural village and has always valued the openness and unique light of the Mizen’s landscape, as well as its people, culture and quieter pace of life. “Although I have lived and worked all around the world, I’ve yet to find a place that is a match for West Cork,” she declares. “I love its understated vibrancy and sophistica-

tion. The area is home to both long-established families and newer residents from all over the world, all with fascinating life stories to share – I get to meet so many interesting people in the shop, from all walks of life.”

Running East meets West with her daughter Meg, Amanda has designed her home to echo the feeling of her shop – where everything is personally selected from individual craftspeople or small family businesses only – an atmospheric feast for the eyes where you are surrounded by beautiful things.

The unique ‘upside-down’ house has an open-plan living area upstairs that connects to the kitchen via a bridge. Downstairs the bedrooms each have their own separate access to the



outdoors. “It was important that the house sits into the land so that, even though it is a modern new-build, it feels like it should be here,” Amanda explains. “It’s also designed to grow (age!) with me.”

White walls in the open-plan areas allow unique and colourful furniture and textiles to shine – old teak pieces, mosaic glass lights and soft furnishings blend with modern pieces and design.

Travelling the world has influenced Amanda’s design aesthetic; an extraordinary wall hanging of traditional embroidery, that she bought in Bhuj in Gujarat, India, was the starting point for her colour palette.

“When I worked in the Lebanon I loved their mosaics, and time spent in Southern Africa and India has shown me how to embrace vibrant colours without overwhelming a room. Singapore’s limitation of land



and housing options has taught me to appreciate that space is a luxury so I am not going to clutter it; a functional statement piece beats any number of

‘useful’ cupboards!”

“The best advice I ever got was from reading my daughter

Continued on next page...

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Special Feature: SUMMER AT HOME

East meets West

...Con'd from previous page

Meg's essay when she was studying Art History and Art World Practice – the eye is drawn to something and then on to the next thing in the middle distance and if done thoughtfully it creates a flow of colour and visual interest."

Amanda struggles to name one favourite spot in her house. "As I source all the products for my shop myself, I love everything! I have designed the layout so that there's a different view or feeling depending on where you sit. I love sitting at the breakfast bar looking down the length of the upper floor with its mosaic lights and pops of colour from the furniture; how Velux windows in the dining area spotlight the blue teak table and handmade upholstered chairs; and of course my bedroom with its hand-block printed quilt, pillowcases and muslin curtains."

Amanda's home is a masterpiece in mixing Eastern and Western styles and she loves helping her customers to do the same. "I wish I had a euro for every time someone said that they loved our products but

worried 'where would I put it?', only to find that once they'd made one purchase, especially a mosaic lamp, they are back for more. Our individual teak pieces of furniture sit equally well in an old cottage as a new build, the trick is finding the right spot for them.

"An ordinary room can be transformed with a single piece of furniture or an arrangement of cushions on a bland sofa. Maybe pair a mosaic light with cushions, throws or a hand block printed quilt in a previously plain bedroom, as we helped Schull Harbour Hotel do recently. For those who don't have a big budget, it's perfectly possible to add a real dash of style and flair to a room for €100 because we have something for everyone.

"My key design advice is to think more about how you want the space to feel and its real purpose. Stay away from matchy-matchy, I like to theme either colours or patterns rather than have everything the same, and take your time trying different combinations – cushions; cushions and lights; quilts and



cushions...play!"

Amanda is overjoyed to be able to visit India again this October where she'll be keeping an eye out for items that customers have asked her to source, and of course a few bits

and pieces for herself, "Perhaps a glass-fronted wall cabinet or a hall table.... or another wall hanging will catch my eye!"

Planning permission exemptions proposed for rooftop solar panels

The Minister of State for Planning and Local Government, Peter Burke, TD, has published proposed revisions to the existing planning exemptions for the installation of solar panels on the roofs of houses and certain non-domestic buildings in Cork and elsewhere in the country. A public consultation as part of the Strategic Environmental Assessment process is now open and will run until 13 July. The proposed changes are aimed at increasing Ireland's generation of solar energy and national action on climate change.

Commenting on the draft regulations, Minister Burke TD said: "These draft regulations will help facilitate the rollout of rooftop solar energy across Cork. They will enable individuals, communities, businesses and farms to play their part in creating a future fuelled by renewable energy and acting against climate change. They will help people and businesses to reduce their energy bills and

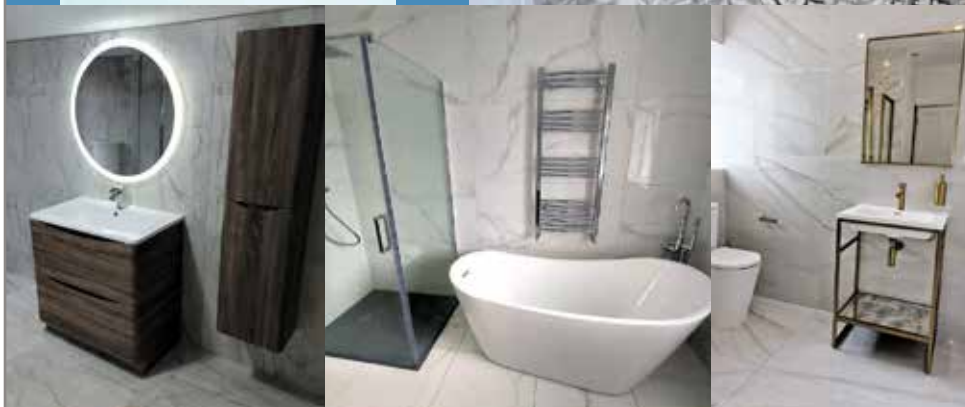
increase Ireland's energy security, a major challenge given developments in Europe and the need to rapidly reduce dependence on Russian fossil fuels.

"Houses, regardless of location, will soon be able to install solar panels on their roofs without any requirement for planning permission, which I know will be very welcome to many homeowners. Draft proposals for community/educational/religious buildings will also give institutions in Cork such as schools a greater opportunity to reduce their energy bills. By proposing these increased exemptions we are bringing exemptions into line with our renewables ambitions and helping people in Cork to play their part in climate action and to reduce their energy bills.

"In finalising these regulations we will implement an important commitment in the Programme for Government and will help us meet the targets set out in the Government's Climate Action Plan."

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Special Feature: SUMMER AT HOME

A garden paradise down Sheep's Head way

Taking on board the statement 'there is no such thing as bad weather only unsuitable clothing' and determined to get out, we donned raincoats and packed umbrellas and the 'bouncing off the walls' dog into the boot and headed off. There are a number of dog-friendly gardens on this year's Garden Trail, which is something we always look out for wherever we go. Our destination on this occasion was the Heron Gallery Cafe and Gardens in Ahakista on Sheep's Head peninsula.

Some time after Drimoleague, the rain eased off and by the time we arrived on Sheep's Head, it felt like we were in a different country altogether. Although cloudy, there wasn't a raindrop

to be seen. Our waiter later confirmed that they hadn't seen rain all day, a claim that was backed up by the girl behind the counter, who went so far as to say that Ahakista definitely got less rain in the summer than other parts of West Cork!

Deciding to build up an appetite for lunch, we hit the garden first. Welcomed by Mikey, the resident dog, we found paths lined with colour and wildlife: Echiums and foxgloves rising regally over brilliant bright orange California poppies and red geums. Delicate thalictrum and the golden flowering heads of stipa gigantea adding grace to the borders.

Along the way we passed quirky walls, recycled palette herb gardens and a barefoot

path for sensory walking, and a young woodland. We also met the happily grazing pigs and ran off our cabin fever in the wild meadow.

"It is an artist's garden, full of colour. Hours of work have gone in to it, and we love it," says artist and owner Annabel Langrish. "Klaus does the mowing, strimming and blowing (how men love the leaf blower!) and myself and my friend Niamh take care of all the seed sowing, planting and weeding."

Annabel has always gardened organically and over the years, the soil has been enriched by seaweed mulch, homemade compost, horse and cow manure. The Heron Garden is now a haven for wildlife and birds. The ponds attract frogs, newts, dragonflies, damselflies, water beetles and herons. The wildflower meadow is full of small blue butterflies, cinnabar moths, honey bees and leaf cutter bees.

"There is nothing very exotic just a happy profusion of cottage garden and wild flowers," she says modestly.

Annabel never had a garden until she lived in Leitrim in a small cottage in a valley with an acre of rushy fields around it. "I discovered a new passion here," she explains "and also something I was quite good at! I started growing and drying herbs as well as all sorts of vegetables, then propagating shrubs from cuttings and selling them to garden centres. In the late seventies, there was no internet, no google, so knowledge came from gorgeous books full of wonderful illustrations. In my enthusiasm, I tried everything and everything grew!"

The land around Heron Gallery, where Annabel and family arrived 16 years ago, was pretty much virgin territory, so the garden developed slowly – first the flower borders and paths, then came the raised vegetable beds and polytunnel, the wildlife ponds, the orchard, the future forest.

Like a painting, it is a beautiful work in progress, a place to find inspiration.

Annabel's favourite place to spend some time in the garden is the seat at the end of the pond where she can watch the dragonflies go up and down the length and swallows dipping low over the water with its white, yellow and pink lilies.

Like all gardens, over the years, The Heron has found its family of plants. "They must withstand sea winds, dry summers, rainy winters, snail attacks and invasive weeds," shares

Annabel.

If you would like to visit the Heron or one of the other gardens on this year's West Cork Garden Trail visit westcork-gardentrail.com for more information and contact details.



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Special Feature: SUMMER AT HOME

July in the Garden

It is high summer, the days are long and hopefully the clement weather will continue.

Herbaceous plants are now in full flower. Roses are weaving their colourful spell and will stop you in your tracks with their enchanting fragrance. Fruit and vegetables will be rewarding you with your earlier and continuing labours. There is nothing to rival delicious freshly picked produce from your own

garden or greenhouse. You have zero food miles, total control over the input and flavours, which are unparalleled in comparison to shop-bought produce. You can choose your own varieties based on exceptional flavour but do look out for pest and disease-resistant varieties.

Vegetables and Herbs

By now you will be harvesting your own delicious herbs and vegetables. New potatoes should be a highlight of your lunch and dinner table. Summer cabbage, calabrese broccoli, lettuce, rocket, spinach, beetroot will all be ready to harvest from earlier sowings/plantings.

Make provision for winter now by planting hardy, reliable favourites, which will crop during winter or early spring. Sow lettuce, rocket, salad leaves at regular intervals at 14/21 day intervals until mid August.

Sow/transplant swedes and garden turnips. Sow/transplant red, white and golden beetroot. Sow/transplant carrots. Plant out in their final cropping quarters – Savoy/winter cabbage, purple sprouting broccoli, Kale Nero di Toscana, Brussel Sprouts, Winter/Spring maturing cauliflower, celery, leeks. Make a late sowing of French beans early in July.

A late planting of sweetcorn may be made using strong,

sturdy, uniform plants. Plant in a sunny, sheltered position, in square or blocks to facilitate and optimise wind pollination.

Buy seed of Broad beans and Pea 'Meteor' in readiness for an October sowing. It is wise to secure these now while still available in retail outlets. Many outlets return their unsold seeds at the end of the season to the seed company to ensure fresh, viable seed is obtainable for the upcoming new season.

Minimise pests, diseases and problems by practicing good rotation. Protect against pigeons, rabbits, deer (yes they are seen around West Cork!)

Carrot root fly can be prevented by netting with fine porosity mesh. Choose carrot fly resistant varieties.

Late plantings of courgettes, planted one metre apart may be made. Use when fruits are 15-20cm, any larger and they will turn into monstrous vegetable marrows. Vegetable marrows can be stored in a cool, well-ventilated, contaminant-free, frost-free shed or store.

Keep cucumbers, squashes, pumpkins, courgettes, melons, gourds growing consistently. Regular feeding with a liquid seaweed at weekly intervals is recommended. Keep maturing fruit blemish-free by seating the maturing fruit on a clean piece of slate. Watch out for slug damage. Remove any fruits displaying signs of rot or grey mould.

If you have no garden space



consider: A deep window box or trough. For tomatoes, lettuce, aubergines, peppers, cucumbers. Hanging basket (deep) for tumbling tomatoes, mint, oregano. Grow-bags (as deep as you can find) for tomatoes, courgettes, melons, lettuce, beetroot, carrots, chives, thyme, mint, nasturtiums.

Roses

Look out for high performing roses at public gardens around Ireland. Do have a look/visit some of the outstanding rose gardens as you travel around Ireland this summer. Check opening hours/facilities at your local Tourist Information Office or their garden website or the local garden trail website or brochures. Worth a visit are: St. Annes Park, Raheny, Dublin; National Botanic Gardens, Glasnevin, Dublin 9; Sir Thomas and Lady Dixon Rose Gardens, Belfast, NI, Kilkenny, Tralee.

Continue deadheading Roses

Be ever-vigilant about emerging suckers – trace back to the source of origin and remove immediately. Take precautions against blackspot, powdery mildew, rust and downy mildew. Liquid feed at weekly intervals all roses growing in containers. Don't wet leaves or blooms of roses when watering.

Contingencies while on holiday

If you are away for a while on holidays, water plants well before you go and do arrange to get a friend, neighbour or relative to keep your plants watered.

Keep containers out of blazing sun and drying winds. Feed with a liquid feed and pick off dead leaves and faded blooms before you go. Recently-planted trees, shrubs and perennials should also be thoroughly watered before you go. Consider capillary matting or automatic watering as an option. Mulches will conserve moisture on beds and borders.

Lawns

Give your lawns a boost use a liquid feed. Prepare the ground for a September sowing of a new lawn. Level off the site and ruthlessly remove all perennial weeds.

Fruit Garden

Remove old foliage from strawberries once fruiting has finished. Lightly fork over the soil and remove the weeds. Prepare the ground for new plants. Choose a new site to reduce



GARDENING

John Hosford

The Weekend Garden Centre

incidence of disease, adding organic material such as Gee-up to the ground.

This will improve the soil structure and retain soil moisture as well as being nutritionally beneficial. Support heavily laden fruit trees. Plum branches in particular will break very easily.

Prune summer fruiting raspberries after all of the fruit have been picked. It is easier to distinguish old fruited canes, as it will be browner in colour, the remains of fruit clusters will be evident and the leaves will be more tatty. Remove the old canes and tie in the strongest new canes. Any canes growing out from the rows should be dug up or they will creep outwards.

Containers

There is still time to plant up containers. Careful choices of plants with good attention to watering, feeding and dead heading should provide continuous colour until late October.

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OUT & ABOUT IN WEST CORK



Pictured at the MICC Sixth Year Awards Ceremony in Dunmanway are from left: Dearbhla O'Donovan, MICC Student of the Year Award; Padraig O'Sullivan, Senior Sports Award; Ms Barrett, Year Head; Jane O'Sullivan, Sixth Year Student of the Year Award; Katelyn O'Brien, School Spirit Award; Mr Murphy, Principal MICC; Shannon Buttiner, Senior Arts Award and Caitlin Holland, Social Leadership Award.

West Cork Fit-Up Festival returns with a fantastic line-up of plays

After a challenging few years, Fit-Up Festival is back with a full festival in July and August this summer in West Cork. Running from July 14 to August 7 in a selection of venues around West Cork, Blood in the Alley Theatre Company has an excellent offering of five plays lined up for West Cork audiences in 2022.

Based on the Fit-up's of the 1950s when professional theatre companies travelled to rural villages performing in makeshift venues during the summer, the Fit-up Theatre Festival aims to provide rural communities, where there is a lack of accessibility to professional theatre, an opportunity to sample some of the wealth and talent professional theatre has to offer.

First up, Big Guerilla Productions presents **'Victor's Dung'**.

Performed by: Seamus O'Rourke, Charlie McGuinness and Tommy Sharkey; this is Seamus O'Rourke's (writer and director) mad, galloping tale of cantankerous Cavan farmer, Victor Maguire and the ghosts of his past, present and maybe future. It's full of philosophy for beginners and smeared in sadness, but there's lots of accidental joy.

Age Suitability: 16+ Running Time: 70 min. No Interval.

Hot on its heels is **'The Handyman'**. Written, directed and performed by Seamus O'Rourke; The Handyman is hilariously funny, yet a poignant poetic look at small-town life in rural Ireland.

Hugh Spotten is the local Handyman. He is about to receive an award for his contribution to the community... but all is not what it seems in a small town, falling in on itself. Seamus O'Rourke explores friendship, relationships and how best to get noticed on your last day.

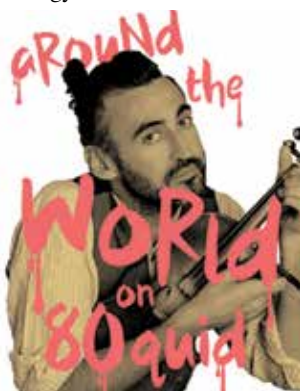
Age Suitability: 15+ Running Time: 90 min. No Interval.

Next up is the winner of Best Solo Show at the 2008 New Zealand Fringe. **'Around the World on 80 quid'** is written, directed and performed by: Aindrias de Staic.

Aindrias de Staic cannot be pigeonholed as a traditional Irish musician. He is his own unique and authentic brand of Irish. An accomplished and acclaimed actor, writer, television presenter, and film-maker, there is nothing status quo about him.

Wildly original, worldly, enthralling and slightly enigmatic, Aindrias is a captivating and diverse performer who will

leave audiences amused and confused, delighted and bewildered and creatively fuelled with his explosive, infectious energy.



This tenth anniversary remixed version reveals an older wiser man looking back on the follies (and craic) of his youth.

Loosely based on a true story, this multi award-winning storyteller and musician recounts the journey of an Irish violin player as he wanders across the globe through musical genres, devilment, debauchery and near-death experiences until he eventually finds himself and the music of his soul at the end of the road. But behind the laughs and music is the story of one man's addiction, and how he battle clever to overcome.

'the sense of joy and redemption expressed through his playing is quite moving...the man's got talent and humour in abundance' – The Scotsman

Age suitability: 18+ Running time: 55min No Interval

Written and Performed by West Cork's own Irene Kelleher and directed by Geoff Gould, **'Wake'** is an animated monologue set around a West Cork funeral.



Actor and published playwright Irene Kelleher's first play, **'Mary and Me'** toured extensively to critical acclaim and is also an RTÉ produced radio play. It has subsequently toured to London, Scotland, US Premiere in October 2020. **'Gone Full Havisham'**, Irene's second play, enjoyed a sell-out runs in the Cork Midsummer Festival, Edinburgh Fringe and in Dublin's in Bewley's Theatre. Her third play **'The Misfit Mythology'** was most recently produced by the Everyman as part of their Play it by Ear Audio Dramas. Irene is currently one of the writers in this year's Irish Theatre Institute's Six in the Attic.

"I try to escape the sea of parishioners spitting sympathy and sandwiches at me with trail of egg salad dripping down. The house is like a scene from the Great Gatsby. Only this is West Cork so minus the glamour and good-looking people."

At her mother's wake Lily suffers her way through the sea of Auntie Rachel's sandwiches, cousin Aileen's juicing recipes and Aibheann's woodland theme wedding plans, until an old face from her past arrives. Rapidly changing into her x-rated top and revelling in the disapproving whispers from the neighbours, Lily is not your typical mourner. She will not let the night that's in it thwart her plans.

'This animated monologue written and performed by Irene Kelleher and directed by Geoff Gould shreds the ritual banalities of funeral ceremonies with glee.' – The Irish Times

Age suitability: 14+ Running time: 60 min. No Interval

For the grand finale of this year's programme, HubCap Theatre Company presents **'The Parish'**, a hilarious light comedy in which two actors bring to life a range of characters that can be found in every rural community.

Michael Ryan is a professional freelancer in the Performing Arts. He is a performer, playwright and producer. Holding a degree in Drama and Theatre from UCC, he has performed in many professional roles on stage and screen.

Sean Kelleher is an accomplished actor and playwright. He has won multiple awards in the ADCI drama circuit including the Best Actor award in the 2016 All-Ireland One Act Drama festival.

The Parish centres on two friends wanting a new life and

how they upset the whole parish in the process.

HubCap Theatre Company was set up to perform original work written and performed by its founders Sean Kelleher and Michael Ryan. As performers, writers and producers, their ethos is to provide highly entertaining, accessible theatre in its purest form. It is influenced by the tradition of the old Fit-Up theatre companies that travelled to every community bringing live theatre to the people.

The Parish is performed with minimal set and supported by a rich soundscape.

Age suitability: 14+ Running time: 80 min. No Interval

Doors open 30 minutes before show start time and are not suitable for audiences under 14-years-old. €15 per ticket, €50 Family ticket (2 adults and 2 teens).

The Fit-Up Festival full list of dates and venues around West Cork will be available online at www.fit-uptheatrefestival.com from Tuesday, July 5.

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Sudoku

The goal of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9

		1	2	3		6		
	3		5				1	
8								
			6					
						7		2
	4			9				8
		8				3		
6							9	7
			9		3	4		5

#160472

Difficulty: moderate

			6		8	2		
	8	6	1					
3								
		7			4		3	
1	2			5		6		
		1		4				
	6		2			5		
			3	9	6			7

#177231

Difficulty: hard

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8 and 14 years of age.REGISTER AT
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This month **Natalie Webb** shows us how to jazz up some plant pots:



"Have you got some tired old plant pots hanging around? Or maybe you are bored with the ones you have! There are so many ways to put your own spin on them and I'm going to show you three different but simple techniques that you can play around with an adapt to your own taste."

POT 1

Materials:

- Unglazed plant pot
- Nail Varnish, at least 2 different colours
- Old bowl or container

Method:

- Fill container with water
- Pour the different coloured nail varnishes in ..don't stir but lightly swirl
- Dip your pot in turning it at the same time. I did find I had

to repeat this a few times to get a good coverage but its really fun to play around and get different effects.

- Leave on some newspaper to dry.



POT 2

Materials:

- Unglazed pot
- Fabric of your choice
- PVA glue
- Brush for glue

Method:

- Cover the pot with the fabric and roughly cut to shape
- Paint the PVA all over the pot
- As neatly as you can and trying not to have any creases (this can be a little bit tricky) stick the fabric onto the pot.
- When you are happy enough trim off any spare fabric..turn the pot upside down and fold the fabric around the base leaving the drainage hole trim off any excess and glue down.
- When you are happy with the fabric paint over the top of it with the PVA and leave to dry.

POT 3

Materials:

- Unglazed pot
- PVA glue
- Brush for glue
- Leaves

Method:

- Decide how you want to arrange the leaves, you can keep it simple or go wild.. your choice.
- Glue the leaves in place, this may take a bit of patience you might have to keep pressing them onto the pot whilst they are drying.
- Once dry paint over the entire pot with the PVA glue being gentle over the leaves.
- Leave to dry.



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New literary magazine will launch during West Cork Literary Festival

A new literary-arts magazine 'Swerve' will launch during this year's West Cork Literary Festival. The launch takes place at Bantry Library on July 11 at 1pm and is free to attend.

'Swerve' magazine brings together writers who met during the pandemic in Zoom workshops facilitated by Matthew Geden, poet and writer-in-residence at Cork County Libraries. Matthew managed to turn a motley crew of experienced, less experienced and absolute beginners into a group of committed writers for whom the collaborative experience was life changing. It's a diverse group, ranging from an 82-year-old lady who graduated from UCC with an MA in creative writing aged 80; a well-respected and widely published poet, Matthew Geden; and winners of various writing competitions such as From The Well and The Book Edit Writers' Prize.

The magazine title pays hom-

age to Verve Magazine, a literary journal that was published in France in the 1930s. Swerve's designer, Mich Maroney, owns a copy of the last issue of Verve to be published in 1940, at the beginning of WW2, just before the fall of Paris. That issue of Verve was a celebration of French art and literature in the face of barbarism. It is a treasured possession and was the inspiration for the format for our magazine that seeks to give equal weight to the word and the visual image. It is a savage irony that Swerve is being launched as we watch in disbelief whilst Europe is once again threatened by totalitarianism and war.

This group of writers feels that the arts are crucial in countering this spirit of destruction and nationalistic inward-looking. It is their aim to publish



new and emerging writing but another, equally important, ambition is to publish works in translation. It seems essential that the arts should strive to build bridges, foster understanding and transcend boundaries, and it is the intention that future issues of Swerve will contribute to this ethos. The writers hope to achieve this by emphasising translated works by internation-

al writers and, in conjunction with powerful visual images, create an impactful experience for readers.

Secondly, during lockdown, people's lives radically changed direction. A great silence descended in the streets of our towns, cities and villages. We began to question and to ask ourselves what was essential to life, and it became very clear that community, creativity and a shared culture are core to any meaningful existence. Swerve grew out of this extraordinary situation when it was brought home how the arts can be a profound source of consolation in times of trauma. The first issue is an anthology of the voices that came out of that great silence and of the community of writers that grew against all the odds in that strange time of fear and isolation.

Kinsale sets the stage for a jam-packed Arts Weekend

Kinsale Arts Weekend's 2022 programme is bursting with events, truly offering something for everyone. The packed programme, that runs from July 7-10, will see the festival weekend return with a line-up that will surprise and delight all ages and interests. Headline acts include Pulitzer Prize winning poet Paul Muldoon, renowned jazz and blues singer Mary Coughlan and immunologist Professor Luke O'Neill.

Taking art from its traditional locations, Kinsale Arts Weekend brings art to the streets, the pubs, the park, the shop, the café and in doing so makes it accessible to new audiences. St Catherine's Church, which has been recently restored by its trustees, will provide a stand out location for the conversation with Professor Luke O'Neill and a poetry reading by Paul Muldoon.

A team of volunteer art enthusiasts curate the festival that captures the imagination of audiences and sees art popping up in the most surprising locations. The programme includes diverse artforms, from spoken word to song and visual art to theatre. Theatre fans will be

spoiled for choice with no less than 14 events to choose from, as well as comedy, improv, and dance. Speaking about this year's programme,

This year's visual arts programme is being curated by Kinsale-local and artist, Audrey Cantillon, who launched her own fulltime art career on the back of the festival six years ago. Cantillon has brought together an artist's collective of established and emerging artists from Kinsale and surrounds. Highlights include a live painting showcase by Tony O'Connor and a large-scale mural installation by Shane O'Driscoll. In addition, the arts trail will return this year with almost 40 businesses transforming their windows into exhibition spaces for national and international artists for visitors to explore.

With collaboration, openness and connection as key themes, Kinsale Arts Weekend is delighted to welcome a group with shared guiding principles. Ubuntu (from the Zulu word for interconnectedness) will be presenting film and dance and the Cork Migrant Centre are also supporting a craft project inspired by the Mother Tongue concept, offering unique inter-

pretations of maternal wisdoms shared across generations and the globe. This year the festival is also delighted to provide a platform for 'Through Ukrainian Eyes', a photography exhibition from newly arrived visitors from Ukraine where they share first impressions of their time in Ireland as well as memories of the homeland they have left.

Collaborations with local community groups, Kinsale College and Kinsale Community School mean that Kinsale Arts Weekend continues to support youth and emerging artists, helping them to reach broader audiences while also giving them exposure to more established artists. This year's Kinsale Arts Weekend poster is an original piece designed by Ole Lehmann, a student at the Community School. A team of transition year students is also creating a series of podcasts as part of the festival's outreach programme.

Many events are free, and ticketed events prices range from €5 to €40. Full programme and tickets available at www.kinsaleartsweekend.com, and follow festival news and behind the scene insights on Instagram and Facebook.

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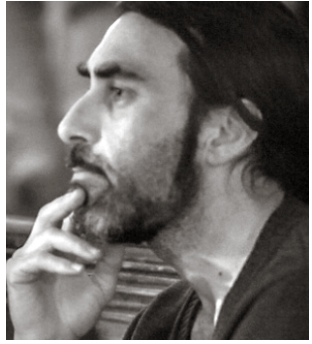
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THE SHAPE OF THINGS

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.

With the opening of Gormley's Secret Sculpture Garden in Dublin and the landmark 'Modern Irish Sculpture' exhibition in Kenmare, it feels like a good summer for sculpture in Ireland. The latter show, which opened on June 2, brings together over 70 works by 34 of Ireland's top sculptors, on the sprawling industrial floor of the Kenmare Butter Market. It is an ambitious show full of dynamism, synergy, beauty, conflict and incongruity, as you would expect from a large survey exhibition. Curated by John Goode (Director of Mill Cove Gallery), Ana Duncan and Jackie Ball, 'Modern Irish Sculpture' delivers in the Butter Market what few other spaces could manage; an art fair-style environment, which, despite the eclectic nature of the objects, manages to feel relatively spacious and harmonious.

Held on one large, open floor, its expansive view, on entry, is at once wonderful and overwhelming; the expanse keeps the viewer looking, yet makes it, at first, difficult to focus. Certain works stand out, both by their size and

Things of Stone and Wood: 'Modern Irish Sculpture' at the Kenmare Butter Market



Aqualung Buoyancy by Michael Quane

quality. Michael Quane's iconic 'Swimmers' ('Anthrobuoyed' and 'Wetsuit and Wings'), Martin O'Keefe's 'Crescent', Ayelet Laylor's 'Deliquescent' and Con Gent's 'Revealing' all catch the eye on a first visual sweep. At front and centre, acting as a ver-

itable lightning rod for the show, is Michael Quane's 'Aqualung Buoyancy', a beast and rider carved in Kilkenny limestone. It is an extremely beautiful piece and forms a figurative corollary to the similarly sized abstract limestone carvings by Eileen



Jerry Can by Redmond Herrity

MacDonagh and Richard Healy, as well as James Gannon's marble 'Venus'.

Lines of view through the space reveal a delicate curatorial balance between space, form, aesthetic approach and material. One can follow a limestone 'trail' from Quane's 'Aqualung Buoyancy' to MacDonagh's 'House' and 'Balance', Healy's 'Apertura Obscura', and further back to Quane's 'Diver'. Similar threads can be found linking works in marble, steel, wood, glass, copper and bronze.

Looking past groupings of medium one also finds threads of figuration and abstraction of the modern and postmodern. The modern/postmodern binary is an interesting one, as what dominates in 'Modern Irish Sculpture' is a modernist language of pared back form, simplified and distilled, often to a totemic, monolithic or relic-like level, such as in Eileen MacDonagh's pillar-like 'King'.

Some postmodern elements peek through, however: Redmond Herrity's marble sculptures of every day objects (such as 'Jerry Can'), Dirk

Hudson's CO2 cylinders ('CO2 Later/Forlorn') and Con Gent's 'Revealing' play with expectations of image, object and form. They arise from a very different conceptual platform to the modernist work on show, ultimately deriving, in Hudson and Herrity's case from Duchamp's 'ready-mades', and from the postmodern program of elevating the mundane, and thus deflating sculpture's millennia-long quest for meaning.

Gent's 'Revealing' plays, in a postmodern, tongue-in-cheek way, with the idea of revelation. A hand and arm carved in wood pulls back a wood-carved curtain, revealing the open space behind it, asking us to contemplate the world rather than it, as an object, turning the idea of sculpture on its head. Herrity does something similar with his work 'Skin Deep', an appropriation of the head of Michaelangelo's 'David', with half the head approximating the original and the other half the human skull. By juxtaposing, in carved marble, the skull and Michaelangelo's iconic image, Herrity playfully deflates the

pressure of meaning ascribed to it, whilst also teasing the idea of 'immortality' in art.

The presence of these works in 'Modern Irish Sculpture' also softly teases the exhibition title. The coexistence of modern and postmodern work on the contemporary stage – and even within individual artists' oeuvres – is a given, a complex fact of contemporary practice. And perhaps a curatorial distinction, in this case, is not so important, though if there were more postmodern, conceptual works it would be an issue. 'Contemporary', rather than 'Modern' might then be more appropriate.

One's experience of sculpture is unavoidably contingent on the environment in which it is placed, a factor which makes an exhibition of this nature as much an art of compromise as a platform for discovery. Seeing O'Keefe's 'Crescent' in a public park or garden, for example, is a very different experience from seeing it in a large enclosed space. An organic environment softens the experience of hard steel, a built environment increases its edge. That being said, the opportunity afforded by this exhibition is a wonderful one, and one could argue the incongruities make it all the more fascinating.

As a whole 'Modern Irish Sculpture' provides an excellent introduction to some of Ireland's most outstanding sculptors. The high quality of the work on show is a testament to an enduring respect for craftsmanship in contemporary practice and to the curators in Kenmare who are as passionate about the work as the artists are. The exhibition runs until July 24 at the Kenmare Butter Market, Kenmare, Co. Kerry. Open Monday - Saturday 10 - 8pm; Sunday 12- 8pm.



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Cottage on Heir Island by Sara Hodson

If you are lucky enough to be in West Cork on the weekend of July 15-17, then it would be worth your while travelling to the small village of Ballygurteen near Clonakilty where artist Sara Hodson is

holding her annual open studio and summer exhibition.

Sara works mainly in oils and her paintings of horses and landscapes are commissioned and sold worldwide. The exhibition takes place once again in

Sara Hodson holds summer exhibition and open studio weekend

the lofted barn studio and old dairy building. The paintings on view at the weekend include new landscape paintings of West Cork, some of which feature in her 2023 Calendar, as well as equestrian artworks. This year there will be a display of sketchbooks and preparatory drawings which include local landscapes, sketches and some famous racehorses! There will also be the opportunity to observe a painting in progress.

Sara also holds workshops at the studio and to coincide with the weekend there will be two painting workshops on Thursday, July 14, 10am-1pm and a full day landscape painting on Saturday, July 24, 10.30am-4pm, which will suit those who

would like the opportunity to paint en plein air. Sara's workshops are suitable for all abilities and cover a variety of techniques and media. Booking is essential as numbers are limited.

The exhibition will be open daily from 11am-5pm, Friday, July 15 to Sunday 17 July. Light refreshments will be available and the exhibition is suitable for all ages. Set in a traditional farm with stunning views of the surrounding landscape, why not enjoy a visit and see some beautiful works of art.

For full details and to book the workshops please go to www.sarahodson.com.

Sara's studio can be found at eircode P85CY86.

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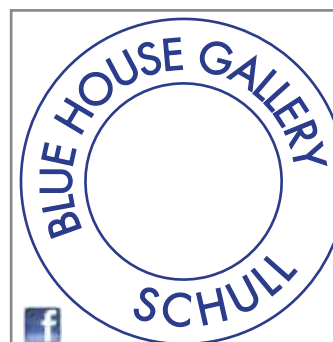


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Helen O'Keefe - The Pier 3

Blue House Gallery in July

Sweet July! Sunshine and heat and long days; gatherings and colours intensified with the extra light bouncing about. Blue House Gallery is adding its voice to the chorus and offering delights that won't disappoint.

July 8 – July 20 (ground floor); 'Two Painters' brings together two artists, Mary E Carter and Helen O'Keefe. Employing different styles, both use colour to create mood and pinpoint detail. Mary E Carter through exquisitely detailed miniature portraiture often feminine in nature, often drawing the eye with a colourful detail of dress or headwear while Helen O'Keefe takes us on her familiar journeys around

the local area and in particular Long Island, where she has established a strong bond after repeated visits over many years. Always colourful she uses the familiar details she sees along the way to punctuate her expressionistic style.

(First floor); 'Beguiled by the Wild': Photographs by renowned wildlife photographer and local resident Sheena Jolley. Passionate about the bounty of nature on our doorstep she succeeds in capturing moments of fleeting motion in beautiful detail. Her work has often been published in national newspapers and was shortlisted for this year's Irish Professional Photographer and Videographer of the Year Award.

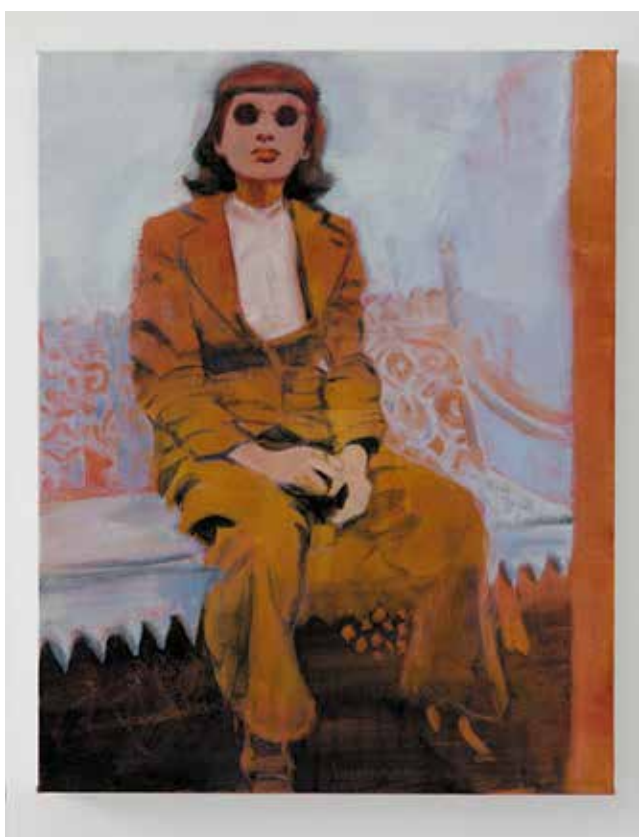
(Boiler Room); Oonagh Hurley presents, 'Women Unremembered'. A series of portraits celebrating and reminding us of women who have largely been forgotten by society. By collating archival photographs and written accounts their personality emerges anew from her canvases, reminding the viewer of the fragility of memory and the resonance of a layered life.

July 22 - August 3 (ground floor); Brian Lalor presents '36 Views of Mount Gabriel'. Curated by Robert Harris and through a selection of watercolours, prints and drawings, we see the eponymous mountain which broods over Schull in all its moods and various faces. Often the obvious is taken for

granted or ceases to be seen in its own identity and so Brian Lalor brings his substantial chronicler skills to reacquaint us with the mountain that we tend to look around even as we live alongside it.

While the first floor hosts a group show of the gallery's regularly exhibiting artists the Boiler Room invites us to step inside 'Under the Sun' a series of mixed media imaginings by Penny Dixey. Her scenes at first glance conjure classical influences and subjects until closer inspection unveils a whimsical twist that is both compelling and rich compositionally.

Come in, seek some shade and take a break between the ice-creams! All welcome.



Oonagh Hurley – 'Lee' or 'Mrs Jackson Pollock'

'Decades' at Clonakilty's Gallery Asna

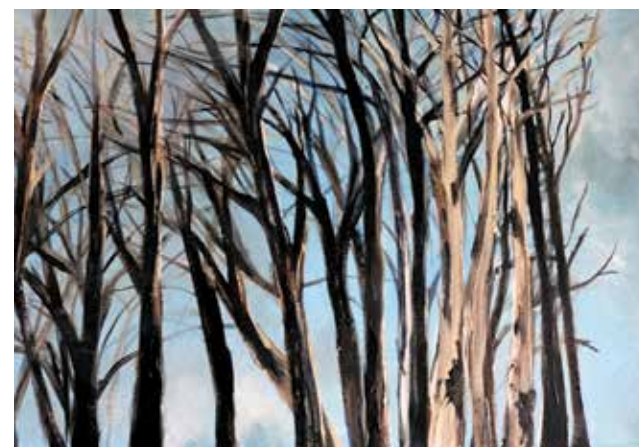
'Decades', a joint exhibition bringing together the work of artists Camilla Fanning and Sinéad Barrett, will be held at Gallery Asna, Clonakilty from July 2-23. All are invited to the opening event on Saturday, July 2 from 5.30-7.30pm.

Camilla Fanning is based in Dublin and her work includes soundart, drawing, printmaking, and assemblage. Camilla's work is focused on place, memory,

and landscape.

Sinéad Barrett is based in Cork and paints and draws with charcoal and acrylics. Sinéad also makes her own handmade paper to draw on and sculpt with. She paints landscapes and objects that have an ethereal quality such as old buildings, forests, graveyards and seascapes.

Gallery Asna is open daily 11am to 5pm.



Sinéad Barrett



ASTROLOGY

Kate Arbon

Kate Arbon is an astrologer, writer and spiritual teacher. Living in West Cork for over 20 years she gives personal consultations locally and internationally using traditional natal and Horary astrology.
email: astro@katearbon.com
www.katearbon.com

July Sun Signs

July comes in with a storm and even if this is not reflected in the actual weather, there is certainly an intense energetic background to the first days of this month. Over the last week in June, this energy was building slowly. You may have seen examples of extreme confrontation and a clash of the individual or collective will and desire. Confrontational Mars has been stirring up the undercurrents of Pluto. These two planets can be powerful forces and big shifts can occur when they combine their energy.

Mars is currently a strong player in our daily dynamic. It's a planet that wants to get things moving and to make change happen. In its own

sign Aries, it is very assertive and can easily activate a military-style strategy to achieve its aims. Pluto is a less obvious force but the power it taps into comes from deep within the human psyche. The challenging square aspect between these two can release tension and push things to extremes. This is a time to see who or what has the real upper hand or holds control in any situation. If you want to clear out old habits, do a detox or quit undesirable conditions, this is the ideal time to muster the willpower to do it.

Whilst Mars and Pluto use power and force for impact, the combination of Mercury and Neptune brings in the influence of mind and

imagination during the same few days of early July. These two planets in a challenging aspect make it hard to separate reality from illusion. Our ability to be reasonable or use rational thought can be overwhelmed by emotionality. We will likely see plenty of heated exchanges where deep feelings are provoked. Some issues may seem critical or of extreme importance right now, but given a bit more time to step back, it may turn out there was a complete overreaction to events.

As we get into the second week of July things will feel a little cooler emotionally and more mentally focused. Mars moves into steady Taurus and Mercury moves into empathic

Cancer on July 5.

The Full Moon on July 13 brings the restructuring power of Pluto into opposition with Mercury and the Sun, both together in Cancer. Heartfelt and honest communication is the best option to get the more difficult issues out into the open now. If anyone is hiding their true intentions or using emotional manipulation, it will not go well for them in the longer term.

This latter half of July is busy but the deep tension of earlier weeks has lifted. The New Moon on July 28 combines with Jupiter turning retrograde until mid-November. This marks a new phase for any ambitious projects, innovations or ventures that

started around early May when Jupiter went into Aries. During the next few months, areas of expansion that may have been surging ahead will have to take this opportunity to assess the progress made so far. As Jupiter moves back towards Pisces there could be moral, spiritual and ethical aspects to consider before forging ahead with determination. Personal or self-centred motives will be hindered whilst the attitude of "might is right" will be questioned in the coming weeks.

July has a Full Moon at 22 degrees Capricorn on July 13 at 7.37pm and a New Moon at 6 degrees Leo on July 28 at 6.55pm



Aries: You may have been striving to achieve some longer term goals and you want the recognition now. Over the coming weeks you can reach out towards your ambitions. Stand in the spotlight whilst you take time to wave your own flag and get noticed for your contribution. The solid foundations you have created will give you confidence to go to the next stage. Your strong sense of duty to those that support you means you give the praise to others where it's due. Your role is primarily to live up to family or social expectations over this Full Moon. Everyone is cheering you on.



Taurus: Your interest in philosophical and spiritual issues is heightened this month. The powerful need for a strong belief that is solid and true for you demands your attention now. In the past you will have unconsciously been affected by the convictions and values of those close to you. You can now break out of the less relevant details and expand your inner window on the world to break new ground. Think big and stretch your imagination this Full Moon. Being part of a network of like minds may have been restricting your independence in recent months. It's important to find your own path and stand by your convictions.



Gemini: This month could be a very transformative time. You unearth resources within yourself that you were previously unaware of. You no longer need to rely on certain items, belongings or even other people as you become more emotionally stable. Over this Full Moon your experiences will confirm that depending on others undermines your ability to provide for yourself. Take time to stand aside for a moment to recognise where any deals, arrangements or contracts have tied up your energy. This sense of freedom will do you good and you'll easily see how you have already created your own abundance.



Cancer: Early July has the Sun shining in your own sign and the Full Moon focus is on your relationships. You may have difficulty distinguishing between your own feelings and those of the people closest to you. Tune in to yourself. Allow your partner or close friends to have their own moods. Be careful not to merge your experiences with theirs. It can be too easy to imagine the reaction of others always has something to do with you. If you have already got a little too involved or caught up with each other recently, just take time to stand back now and regroup later this month.



Leo: This month you can really get things together whilst keeping your focus on the details. You are likely to make yourself indispensable and are happy to take on a lot of tasks to be of service. Once done, you'll be able to stand back and take pride in your accomplishments. If you are not careful however, other people will take advantage of you during this Full Moon. Don't end up being the martyr by getting distracted from the broader visions and deeper issues in your own life. Take some time to consider your inner motivations and fundamental needs.



Virgo: Spontaneity is the theme for you this Full Moon and it's time to loosen up and have some fun. Taking the lead and making some bold statements is also an option. Don't let friends or your social group dictate your moves. Going just a little bit over the top will be acceptable as your enthusiasm overflows and you get creative with your energy. You have a strong emotional need for some romantic encounters but you do know how to nurture and maintain the romance in an existing relationship too. So go the extra mile and enjoy!



Libra: This is a time to acknowledge the comfortable and familiar environment that supports you. This Full Moon you might want to spend more time at home or with your family. You'll be strongly motivated to create a caring and secure environment, but a crowd can be claustrophobic. Draw on your basic security as a source of strength but avoid being over protective of your private space. Too many demands from your work colleagues, boss or career goals can find you choosing between withdrawing or having to face a confrontation. Take time out to regenerate then power up for the next surge of productivity.



Scorpio: Try not to get distracted whilst you tie up important loose ends and meet deadlines. You may want to work towards your real goals and higher aspirations but it's the basic tasks that take up your attention now. Frustrations can build up but you need to keep some energy for new projects next month. Difficult emotional experiences around this Full Moon can be the result of differing opinions with people in your everyday life. You may clash over beliefs but if you argue your case you could be drawn in to irrational arguments and emotional reactivity.



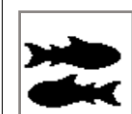
Sagittarius: You can be a very kind and giving person but you also need to feel secure. Being a little more concerned with your financial status now is probably a good thing although some people may view you as unusually materialistic and possessive. This Full Moon will find you focusing on your personal resources and economic fluctuations. It's time to rely on your own skills and talents. Be confident in your abilities and turn them to good use. It's up to you to name your price for your efforts. Depending too much on others can lead to feeling restricted by their expectations.



Capricorn: With the Full Moon in your sign you are likely to be a glowing example of both vitality and attractiveness. The full force of your feelings have a powerful impact on your surroundings and the people in your life. You may be seen as over-emotional or sentimental, but you know how to provide a truly nurturing environment for others. You're motivated to show how much concern and care you have for those you love. Your close relationships can be a source of revelation or illumination and you feel better for seeing what has been unexpressed until now.



Aquarius: During July you need to withdraw from the world so you can commune with nature and focus on your inner feelings. Ideally create a sacred place of your own where you can be alone. Try to work more consciously with the inner world of your imagination through creative work or meditative practice for a few days. Your everyday responsibilities and duties can become overwhelming if you allow them to dominate your life. This Full Moon allows you time to regenerate and find a balance between spiritual and physical needs.



Pisces: Disconnect from the daily grind and tap into your lighter side for a while. Ensure that you spend time only with people that elevate and support you. This month you desire strong bonds with your friends and you are extremely sensitive to how they treat you. You want fairness and inclusion. Doing what you love most with the people that you care for has the greatest value over the Full Moon. You get the chance to enjoy the good life this month and know you well being can't be bought through accumulation of assets or wealth.

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O'Sullivan captures raw beauty of West Cork coastline in her paintings

This summer, artist Geraldine O'Sullivan is welcoming viewings of her most recent paintings in the surrounds of her West Cork home near Castlefreke, Clonakilty. Featured work includes paintings of the West Cork coastline and studies of flora and gardens. Of particular note is Looking Inland from Dunworley, a large canvas piece that captures the much-loved beach, alongside many other familiar West Cork scenes including Inchydoney and the Long Strand.

Geraldine has exhibited extensively and has experimented with a number of formats for exhibiting her work. For the past fifteen years, she has organised an annual Open Studio exhibition through which she sells directly to customers while building a unique relationship with her buyers. This year, Geraldine is offering a private viewing of recent paintings at a time chosen by the client.

Recently, Geraldine's

paintings of Irish lighthouses featured on the RTE series Great Lighthouses of Ireland. Geraldine spoke in-depth about her paintings and of the late Mrs Pauline Butler, the last resident attendant light keeper of the Galley Head lighthouse. In the autumn, Geraldine returns to the road to continue her Irish Lighthouses project, which she hopes to complete in 2023.

So much of Geraldine's paintings express her great love of the West Cork coastline. She captures its raw beauty, each piece holding the viewer's attention and emotion, evoking a unique memory of a family holiday or picnic or a late evening swim. Heirlooms in a time when very little in our lives is constant, her paintings capture memories and experiences to be enjoyed by generations.

Viewings may be booked by telephone 0876831751 or through Geraldine's website www.geraldineosullivan.com



Cliff Pathway Overlooking Inchydoney, Acrylic on canvas, 107x97cm



Early May on Sherkin Island -Framed size 81cm x 69cm

Innishannon celebrates 'Gardens and Galleries' in July

The Innishannon 'Gardens and Galleries' festival takes place on Saturday, July 16 and Sunday, July 17.

A dozen gardeners around the parish will take part in the celebration, opening their gates to the public with as many artists displaying paintings and crafts in selected venues. Run by Innishannon Tidy Towns and Friends of Innishannon, it an opportunity for the community and indeed wider public to meet friends and neighbours and to enjoy the creativity of gardeners

and artists.

The trail begins at the Innishannon Parish Hall where you can pick up a ticket and a map, which will give access to all venues. There will be a free mini bus service.

Each garden has its own story to tell. One gardener is newly retired and has turned his garden into a haven of newly planted trees and roses. The village Bee Garden was created to keep the pollinators happy while some of the village gardens reveal what can be hidden

behind a street house. There is a magical housing estate garden and an old gate lodge garden, a farm garden and a wilding Ireland hidden corner...and a gardener who grows all his own food.

If history is your thing, there will be a historical walk around beautiful Innishannon and a nature walk at nearby Dromkeen Wood. Other events organised include an art demonstration by an internationally acclaimed artist in the Parish Hall and a mini vintage display.



Alice Taylor and friends launching the 'Gardens and Galleries' Festival

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www.geraldineosullivan.com

people Arts & Entertainment

Eyeries kicks off festival circuit in Beara

Eyeries Family Festival, taking place this year from July 15 to 17, is reputed for delivering a family-focused weekend, offering a wide variety of mostly free activities for people of all ages to enjoy. This is the first festival of the summer season in Beara with many people organising their summer holidays around the event.

This year is a particularly momentous occasion for the community-organised festival as the 10-year anniversary of the festival – delayed due to the pandemic – will be celebrated.

Singer-songwriter Ryan Sheridan recognised for hit singles 'Jigsaw' and 'Here and Now' is sure to draw a big crowd as the headline act on Friday, July 15. It's not the first time Eyeries

festival has drawn a household name; over the years, the festival has welcomed Sharon Shannon, Damien Dempsey, Neil Delamere, Riptide Movement, High Kings, Pat Short and Hermitage Green. Tickets are available on www.eyeries.ie and Eventbrite.ie.

Friday evening sees children's events held open air in the village. Saturday again hosts many children's events, a family fun day, shore walk, looped walk, free boat trips and street entertainment in the evening. The Sunday Street Market, in place since the very first festival, is a major highlight of the weekend. The streets will be thronged with young and old, enjoying live music, the stalls and food, with people travelling from near and far to meet

family, friends, old neighbours and acquaintances.

The festival also provides many opportunities for local talents and artists to showcase their work.

What began as a few events on a Saturday and Sunday back in 2010 has since become an activity-packed weekend a firm favourite on the West Cork festival calendar.

For anyone looking for accommodation, check out Eyeries Motor Home Park and the number of local B&Bs and Airbnbs. Just a few miles away, Ardroom and Castletownbere also have lots of accommodation available.

The festival committee is passionate about showcasing the rich culture, resources and amenities that Eyeries and the

Beara Peninsula has to offer. They would like to thank all the volunteers and sponsors who make this wonderful event possible every year.

This year Eyeries Family Festival is running a fundraising raffle in conjunction with Beara Boat Tours, who have very generously donated a half day boat trip for 12 people, worth €750, as well as three runner-up prizes of a boat trip for two people. Entry tickets are only €10. Visit www.eyeries.ie or idonate.ie/EyeriesFamilyFestivalFundraiser. Find Beara Boat Tours on Facebook and Instagram.

www.eyeries.ie for more information on the local area. All festival information is available on Facebook and Instagram.



Sheep's Head talent on display for summer season at Durrus Market

Durrus Market is delighted to announce its return to the village for July and August, every Sunday from 11am-3pm. This is the market's third year of trading and organisers promise it will be bigger

and better than ever.

Due to the increase in talented local traders joining the market over its nine-week summer season, it has relocated to the larger indoor Durrus Community hall, situated next to Carrigboy

School.

Whilst many resident traders will attend the market every week, visiting traders will make guest appearances throughout the season, all offering a wide and varied selection of locally

handmade arts and crafts, as well as some lovely pre-loved items all looking for new homes.

Visitors will also enjoy the chance to join in on yoga demonstrations and find more information regarding classes

and wellness.

As always this event is free to attend but if you would like to book a stall please email durruscraftmarket@gmail.com for more information or see facebook [@durrusmarket](https://www.facebook.com/durrusmarket).



Rawnéy continues the family legacy

Multi-instrumentalist Rawnéy (aka Ciarán Calnan) is an independent artist hailing from Clonakilty. Having played in various bands from the age of twelve, most notably Setmaker, he has been focusing on solo endeavours of late and his debut EP 'Say It Loud' is due for release on July 8.

Rawnéy's sound is a blend of rock, indie, folk and pop which has drawn comparisons to some of his influences including The Frames, Mic Christopher,

Incubus, Foo Fighters and Stereophonics.

Music is in the blood. Son of the late Billy, drummer of The Calnan Brothers, one of the most popular and sought-after showbands in Cork from the late 70s onwards, it's no surprise that Rawnéy has continued that legacy, albeit with a focus on original material.

Renowned for his powerful vocals and energetic live performances, the former Clonakilty Community College student has honed his craft over the past

decade by performing hundreds of gigs, both at home and abroad, at various venues and festivals in Ireland, Australia, Canada, Vietnam and Spain.

This collection of songs, which were written and initially performed on acoustic guitar, got a new lease of life in the studio, resulting in an exciting, full-band sound throughout this long-anticipated debut solo release.

Produced, mixed and mastered with Brian Casey (John Blek, Rowan, Clare Sands,

Tiz McNamara, Paradox) in Wavefield Recording Studios in Clonakilty, less than two miles over the road from where Rawnéy grew up, the EP has been brewing for almost four years. Rawnéy takes on the vocals, guitars and drums himself while Casey adds his magic touch on bass, electric guitar and keys. The EP also features the talented Dolcie Keogh, also from Clonakilty, on violin, a partnership rekindled from their Setmaker days.

Themes of speaking up,

addiction, the pitfalls of social media and not making rash decisions are touched upon over the course of the EP. With songs in the bank and a summer tour planned, expect plenty more to come.

Rawnéy's EP Launch takes place at DeBarra's, Clonakilty on Friday, July 8. Tickets €15 from www.debarra.ie. EP available on Bandcamp and all streaming platforms.

40th Music Festival in Castletownshend

St. Barrahane's Church Festival of Music, Castletownshend celebrates its 40th festival with a first concert on Thursday, July 14 and continuing on each successive Thursday until August 18. The concerts are held in the beautiful setting of St. Barrahane's Church. The church, well-known for its Harry Clarke stained-glass windows, boasts

exceptional acoustics which makes it a very special musical venue.

On July 14, 8pm Dušica Mladenović, violin and Ian Wilson, piano, perform works by Schubert, Pärt, Wilson, Satie/Wilson.

July 21, 8pm welcomes the return of Jerry Creedon, classical guitar, who performed 40 years ago at the first festival,

along with Éilís O'Sullivan, flute and Hugh McCarthy, cello to perform music from the cool jazz of Thelonious Monk to the tango sensations of Astor Piazzolla.

'A celebration of Schubert songs' with Sharon Carty, mezzo soprano and Jonathan Ware, piano is on July 28 at 8pm.

Full details of the August concerts will appear in next

month's West Cork People.

These delightful concerts are not to be missed. Tickets for all concerts are €20, buy online at www.barrahanemusic.ie, at the door on the night or at Thornhill Electrical, Skibbereen; alternatively text/call 086 2264797.

The festival is supported by The Arts Council; Cork County Council and local sponsors.

New free evening 'Tours on Thursday' at Crawford

Crawford Art Gallery is running new tours which are open to all and free of charge every Thursday at 6:30pm, offering locals and tourists alike an opportunity for a night at the Gallery.

Expert tour guides invite visitors to delve into the National Collection and numerous exhibitions held at Crawford. The tour experience will vary from week to week, offering fascinating insights, information and the

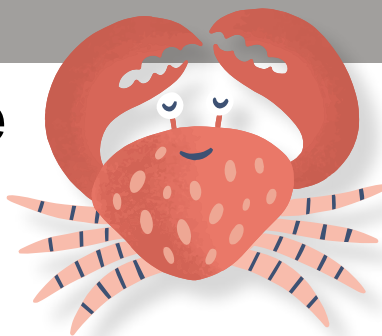
stories behind the artworks and the artists who created them. Spaces will be available on a first-come, first-served basis with no pre-booking necessary. Crawford Art Gallery is open late till 8pm every Thursday.



Jerry Creedon, classical guitar, with Éilís O'Sullivan, flute and Hugh McCarthy, cello.

people Arts & Entertainment

There's festive fun for all the family down Courtmac way



Bustling Courtmacsherry village is currently in the throes of organising the return of the much-loved Courtmacsherry Harbour Festival, which takes place this year from Friday, July 22 to Monday, August 1, with every day jam-packed with fun.

The popular beach banquet takes place on Saturday, July 23

and Regatta Day is Saturday, July 30.

This family-friendly festival has events for everyone to take part in and enjoy; drive-in bingo, car treasure hunt, beach volleyball, crab fishing, teddy bears picnic and much more.

The main event of the festival is Regatta Day when the village is bursting with

the competitive spirit of participants in the street races, rowing races, swimming races, pillow fights and the greasy pole. The festival concludes with magnificent fireworks display.

The Courtmacsherry Harbour Festival really lives up to its slogan, 'The friendly festival that contains something for all

the family'. More information can be found on its Facebook page – Courtmacsherry Harbour Festival. The committee is always looking for volunteers so if anyone would like to get involved please contact any of the committee – they're widely known locally!

Courtmacsherry Harbour Festival

FRI 22ND JULY - MON 1ST AUGUST

REGATTA DAY SAT 30TH JULY

Check Facebook/Courtmacsherry Harbour Festival for updates

Programmes available from local shops & businesses

Art exhibition in old church launches new events venue in Bantry



Catherine Weld, *Queen of the Trees*

'West Cork Artists' exhibition marks the launch of a new venue for events in Bantry, the Marino Church. The Marino Church, formerly the old Methodist Church and Marino Medical Centre, is located on the northeast corner of Wolfe Tone Square in Bantry. The Marino Church is run by Bantry businessman Diarmaid Murphy.

This large group show, organised by the gallerist Catherine Hammond, features work from fourteen outstanding local artists: Cathy Bacon, Katherine Boucher Beug, Cormac Boydell, Wendy Dison, John Doherty, Tim Goulding, Noël

O'Callaghan, Colin O'Daly, Christine Thery, Charles Tyrrell, Pascal Ungerer, Sarah Walker, and Catherine Weld. West Cork is known as a place that fosters creativity, and these various artists offer a wide range of styles and subject matter. The exhibition offers visitors and local residents alike the opportunity to sample work by some of the area's most notable contemporary artists.

The exhibition is open Monday to Saturday from 11am to 5pm. For further information, contact catherine@hammond-gallery.com or phone 083 421 6252.

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people Sport & Fitness

Clon Cycling Club raises almost €65,000 Irish Community Air Ambulance

The Irish Community Air Ambulance has thanked Clonakilty Cycling Club and its supporters for raising almost €65,000 for the charity. CEO Micheál Sheridan was presented with a cheque for €64,510 at a special event in Clonakilty recently.

A team of 18 cyclists successfully completed the Malin to Mizen challenge, covering 616 km over four days during the May Bank Holiday weekend.

Micheál Sheridan said, "I want to say a big thank you to Clonakilty Cycling Club, its team of 18 cyclists and support crew for raising such an incredible amount of money. Malin to Mizen is a huge challenge. It requires months of dedicated training to be able to cycle up to 170 km in a day and get back on the bike again the following morning. Your hard work and the generosity of more than 1,000 donors will allow us to bring hope to people when they

need it most.

Micheál added, "Our crews are tasked to some of the most serious emergencies, many of which are along the Malin to Mizen route. We have five Advanced and Critical Care Rapid Response Vehicles on the road in Donegal and Mayo as well as Dublin. These cars are staffed by Emergency Medicine Doctors who volunteer their time and provide hospital-level interventions at the scene. The specialist equipment and medical supplies used by our critical care doctors come with a high price so we are extremely thankful to Clonakilty Cycling Club and all our donors. Our HEMS Air Ambulance is airborne in under four minutes, travels at up to 300 km an hour and can reach any location within a 25,000sq km area in less than 30 minutes. It is often tasked to rural places like West Cork and as far away as Galway or Mayo on occasion. The funds

raised by Clonakilty Cycling Club have already funded over 20 taskings, many to locations in West Cork and our fundraising will continue to support the expansion of our Advanced and Critical Care service to more locations across Ireland."

Anthony O'Donovan, Chairperson of Clonakilty Cycling Club said, "We are delighted to make this presentation to the Irish Community Air Ambulance here tonight. The €64,510 raised surpassed our all wildest expectations and I would

like to thank each and every person, business and club that supported us in our endeavours and donated to the cause. The level of support we received is testament to the high regard the people of rural Ireland have for the Irish Community Air

Ambulance."

For more information about the service or to make a donation to the Irish Community Air Ambulance visit communityairambulance.ie



people Sport & Fitness

Young West Cork freestyle kayaking star needs help funding her ambitions

Anaïs O'Donovan (22) from Skibbereen is part of the Irish Freestyle Kayaking team representing Ireland at the Canoe Freestyle World Championships in Nottingham, taking place from June 27 to July 2, 2022.

Perhaps one of the biggest challenges for this up-and-coming young star on the water is funding her ambitions. "We are self-funded athletes, receiving no funding from Sport Ireland or Canoeing Ireland, and have to take time off work and pay for our own flights and accommodation," she shares.

Right now in order to make the trip to the World Championships more affordable and follow her dream, Anaïs is temporarily living in a van in Nottingham.

The West Cork gymnastics instructor's passion for watersports only branched into kayaking with her local West Cork Kayaking Club four years ago.

"From the very first trip out with the West Cork club, I was



immediately hooked and I have never looked back," she says.

Always wanting to compete at a sport, Anaïs switched from whitewater kayaking to freestyle.

She now trains in freestyle with Southeast Freestyle and also does a lot of peer paddling

with friends.

Freestyle kayaking is a fast developing sport, which involves performing tricks on river waves, often similar to those performed by snowboarders, surfers or skaters, where the athlete completes spins, flips, turns, often with the kayak and paddler completely airborne.

Hooked from the very start, Anaïs describes freestyle kayaking as gymnastics in a kayak. "We have 45 seconds to perform an array of tricks with different values to get our scores," she explains. "The tricks are somersaults, flips and tricks, and are incredibly difficult but really enjoyable."

Freestyle was appealing to me because of the gymnastics element and once I started there was no going back."

While she enjoys the challenge that comes with competing, Anaïs says part of the reason she's so driven is because she feels females are so under-represented in this sport. "I really want to make a

Freestyle kayaking is a fast developing sport, which involves performing tricks on river waves

difference," she shares. Anaïs' aim is to place in the top five in the world championships in the next couple of years.

After two selection competitions, in March Anaïs officially



made the team representing Ireland at the World Championships.

Her training typically involves two sessions a day, five days a week. She also works closely with a personal trainer who helps her with strength and conditioning, does mobility work and is careful with her diet.

While she often doubts her own abilities, Anaïs' performance in a kayak is impressive, particularly when she's twisting

in the air for one of her tricks. It's exhilarating to watch her airborne manoeuvres and she often gains additional bonuses for airtime when competing.

Definitely one to watch on the water!

If you're a business owner interested in sponsoring this rising star, you can contact Anaïs on Anaisodonovan@hotmail.co.uk

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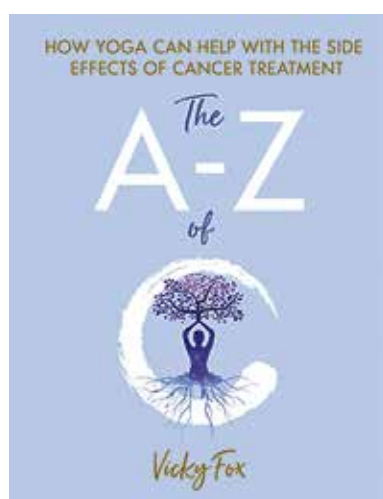
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Specialist yoga teacher Vicky Fox shows how to mitigate the side effects of cancer diagnosis and treatment using yoga

According to the Irish Cancer Society, almost 45,000 people in Ireland get cancer each year. In 'Yoga for Cancer: The A-Z of' specialist yoga teacher Vicky Fox shows how to mitigate the side effects of cancer diagnosis and treatment using yoga. Since 2013 Vicky has been teaching yoga to people diagnosed with cancer, she has seen firsthand how it has had a huge benefit in reducing the side effects of treatment. Each chapter in the book empowers the reader to take back some control, outlining what they can do to reduce

the side effects of cancer treatment or make living with them more bearable.

'Yoga for Cancer: The A-Z of' is designed to give readers the option of reading it from cover to cover or simply access information about a specific side effect or symptom. The book guides readers through breathing exercises (pranayama), physical postures (asana), hand gestures (mudras) and sounds/meditations (mantras) that can support, ease, and make life more comfortable. The yoga sequences in the



book address stretching into areas with a limited range of motion and poses that will build back strength so that daily activities, such as climbing stairs, should become easier. Yoga is a practice, not an achievement.

How the body responds to treatment differs from person to person. As treatment often damages healthy cells and tissue, side effects are common. Some side effects like constipation and premature menopause are not commonly discussed. The one side effect of cancer common to all is

anxiety, which can have a huge impact on life. Yoga can be supportive even if you are not experiencing a particular side effect, bodies are designed to move – even though sometimes, over the course of cancer treatment, people may feel nervous about doing so. 'Yoga for Cancer: The A-Z of' looks at some of the possible side effects, from Anxiety to ZZZZZ (sleep and insomnia) and see how yoga can help with those symptoms. It covers lymphoedema (fluid retention), osteoporosis (loss of bone strength), digestive dysfunction, fatigue,

peripheral neuropathy (nerve problems in the extremities), loss of muscle mass and how we can quieten down our mind and take back some control. Not everybody will experience all, or any, side effects of cancer and its treatment. The human mind is incredibly powerful, and research shows that what we think is what we experience, so just because there can be side effects does not mean an individual will experience them. The scientific terms for the way the mind overrides reality in relation to illness and its treatment are 'placebo' and 'nocebo' effects.

Castlehaven man may offer answer to Cork's centre-back problems

Cast your minds back to mid-March and the Cork Footballers had one point from five games in the Allianz Football League Division 2. Fast forward three months and the Rebels found themselves in the last eight of the Sam Maguire Cup, playing against the mighty Dublin. Castlehaven defender Rory Maguire, who has been a massive part of the Rebel Revival, chats to **Matthew Hurley** about the journey.

“It’s been a bumpy enough journey so far. We had a slow start. A lot of bodies were missing at the start of the league. Really eye-opening games.”

“We could have easily been playing in the Tailteann Cup. Now here we are in an All-Ireland Quarter Final, can’t complain really,” he said.

After losing to Roscommon, Derry, Galway and Meath, the signs were that the Leesiders would be playing in the inaugural Tailteann Cup for 2022, but the players never gave up.

“After that Meath game, it was a tough place for the squad. We were playing well in training, and things just weren’t translating to the pitch, I couldn’t really understand it.”

“The poor performances and the injuries kind of bonded us together as players and we kind of stuck together after that.”

Despite the poor early league form, Maguire still believed they had enough to grind out results against Down and Offaly, two games in which they won to stay in Division 2.

“We knew we had forwards like Cathail (O’Mahony), Steven (Sherlock) and Brian (Hurley). We knew if we could get them quality ball, they would score.”

“It was at the other end then we had to just keep the score down. With Maurice (Shanley) and Sean Powter coming back in there, it really solidifies things.”

“Mattie Taylor was also in there at wing-back in addition to the emergence of John Cooper on the other wing. Kevin (O’Donovan) in the corner as well. We were all working together.”

The last two league games against Down at home and Offaly away at the end of March were crucial if the Rebels wished to contest in the All-Ireland Football series.

The players knew the significance of the games and won both.

“We knew we had to win

those two games no matter what was going on. We knew Down were reeling in injuries too, just remember that,” Maguire added.

“There were 20 fellas in the stand that were unavailable for multiple reasons. With that amount of players missing, we knew we had a job to do.”

“Cathail made a huge impact when he came back in there. The whole Offaly game was frantic, especially in the second half.”

“We thought we were cruising and next thing, bang, penalty, black card, down to 14. When that happens, it was a scramble for everything with all hands on deck.”

“At the end of the game, who would have thought Cian Kiely could’ve popped up with a score, that was a real clutch kick there and obviously there was that kickout when the ref made a weird call. It was very important to get those two wins.”

The Rebels’ championship performances have been relatively good since the league.

After an encouraging performance against Kerry in Pairc Uí Rinn, they followed it up with wins against Louth and Limerick in Pairc Uí Chaoimh.

Those three games were Maguire’s first championship outings for Cork.

“It’s great to get experience. We weren’t perfect against Louth or Limerick by any extent. We know what we need to work on, and we know where we want to be at, whether that’s better shot selection or positioning.”

“Kerry are probably the benchmark at the moment, and they beat us by 12 points when a lot of their scores came in the last 20 minutes.”

While there have been promising signs about the Cork team this year, the players are still determined to keep learning and progressing.

“We know that we could stay with these teams, we have to make sure to keep improving, we have to learn lessons.



Rory with the Cork Manager John Cleary.

Pic: Castlehaven GAA

“There is no point in taking a hammering from Kerry and not taking anything from that game. Imagine if the same game is coming around next year, and the same thing happens again.”

“You have to keep getting better and keep learning and it’ll all come together eventually.”

In the last six games, Cork has only used 19 different starters. The half-back line with John Cooper, Rory and Mattie Taylor has been the same for those six matches.

That consistency in team selection was a big part in getting Cork into the last eight.

“It’s important to get everyone on the same page. From the initial Roscommon game to around Meath, it was just chopping and changing.”

“Even my position, there were about five different players at Centre Back throughout the whole thing. Even small things like kickout strategies, there were so many pieces moving around.”

“It’s just about getting the lads back in and up to the pace. That consistency is key to keeping the squad positive.”

Final) and then started against Roscommon in the league and held my place. I’ve been under pressure all year to stay on the team, so that’s keeping me going. To be settled in the team, I’m happy enough and ready to drive it on more.”

Not only has Rory dealt with the pressures of consistently starting, but he has also taken up a crucial position in the team. He has played centre-back (No. 6) in every game since that second last game of the league against Down.

“I played there the odd championship game, I was always wearing either 3 or 4. I played out the field in a few of the games.”

“We were caught for a fullback with the club, so I was just penciled in for a spell, but I would have always been a forward underage. At around 16 or 17, I went back to wing-back and there was no going back up to the forwards after that.”

“Centre-Back is a very tough position to play because you have the cover the middle and you also have to worry about your man. There’s a lot of learning to it, a lot of experience needed to be a top defender. I hope I’ll get there, but I still have a lot to learn.”

Former U20 Manager and St Vincent’s man Keith Ricken was in charge of the team until the Meath game before taking a sabbatical for personal reasons.

In came fellow Castlehaven man John Cleary, whose impact on the players has been evident from the get-go.

“John’s been great trying to get us to move the ball faster. He played in corner forward, so he knows the type of ball the forwards need to gain an advan-

tage,” Maguire explained.

“Also, at the same time, he knows how important it is to keep scores out at the other end. Everyone’s back when we don’t have the ball, just working hard and putting as many tackles in as possible to try and prevent goals.”

When Cork’s championship campaign does eventually come to an end, the defender has club matters to focus on.

Castlehaven are drawn in the Cork PSFC ‘Group of Death’ with championship aristocrats Nemo Rangers and West Cork rivals Clonakilty and Newcestown.

They lost on penalties to eventual champions St Finbarr’s in last year’s Semi-Final.

“Really looking forward to coming back with the club. It’s tough after last year the way things ended, and fellas will be chomping at the bit to get back in, especially after not losing a game last year.”

“Nemo, big team, we lost to them in the county championship Final 2020 and we’ll be looking to get one back on them.”

“Obviously, there’s the rivalry with Newcestown, and we have recent history. We’ve played them the last couple of years. I haven’t played Clon in the championship before, really looking forward to that game too.”

While Rory Maguire and his Cork teammates may have got lucky along the way, there is no denying that the talent within this group of players is there.

Whatever way the year has ended, this year is only the start of a journey towards where they need to be, contesting for All-Ireland’s.

Book a tee time at Baltimore Lifeboat Golf Classic

Baltimore Lifeboat’s annual fundraising Golf Classic will take place on Saturday, July 9 at Skibbereen and West Carbery Golf Club. A three-ball better ball; teams can be ladies, mixed or men. A donation of €150 per team will be gratefully received and lunch is also included. To book a tee time please phone the club’s Pro Shop at 028 21227 or log on to www.skibbgolf.com; Further information from James Naylor – 087 1469417.

RNLI Baltimore’s fundraising committee wish to thank all those who have supported the great work of the Lifeboats to date and wish to re-affirm their commitment to assisting the local volunteer crews in continuing their important work in saving lives around the West Cork area.

No reason for ‘range anxiety’ with Fiat 500e



CAR REVIEWS

Sean Creedon

Fiat has been struggling in Ireland in recent years, but the famous Italian cars could see a revival as they are now part of the expanding Gowan Group, who are expected to invest more support in

what was once a popular brand in this country. Last month I picked up the new electric Fiat 500e from the Honda offices in Brownsbarn on the N7; Honda are also part of the Gowan Group. Later this year Gowan, who are currently located in Bluebell, will bring together all the car brands they import: Peugeot, Citroen, DS, Opel, Honda and now Fiat, Alfa Romeo and Jeep into a new premises across the road from Brownsbarn in Citywest. You probably would need to holiday or live in Italy to appreciate the Italians’ love for the Fiat 500 or Cinquecento. It was first manufactured 65 years ago in 1957 and was re-launched in 2007. Now Fiat have launched a fully electric version of the 500. The late Joe Gantly, who was Fiat’s genial PR man in Ireland, used to tell me that you could be

driving a powerful motor car along the Autostrada in Italy, look in your wing mirror and see yourself being overtaken by a Fiat 500. The cars are powerful and also very neat. The Italians love them for their durability and flexibility and how many films have you seen the 500 being driven in through narrow streets in Italian towns and cities? But the Irish are not probably as much in love with Fiat as the Italians. A lot of the new electric cars are a bit dull looking with the grille in the front replaced by a boxy type design. But with the Fiat 500e you get a regular looking car and looking at the 500 externally you would not realise it’s an EV. The range with a full charge is approximately 320 km, which is probably fine for urban



driving. If you are thinking of buying an electric car you will need a home charger, as you cannot depend on the availability or reliability of public charge points. I’m waiting for the day when will have an electric charger at every cross road in the country before I would rely on an EV car for a long journey.

It’s a small car with only two doors. In the back there is not much leg room and that space is probably best suited for two children. The boot is naturally small, but you can leave down the back seat if you want to carry any bulky item. The interior is bright, attractive and well laid out. The dash

is dominated by a user-friendly infotainment screen. And there is a plethora of slave controls on the front and back of the steering wheel. ‘Range anxiety’ is the big worry for users of electric car, but you should do well, especially in urban driving, in a small car like this. It’s neat and funky looking and you can as the old saying goes, ‘turn on a sixpence’. Prices start at €24,995 for the Hatchback Action version and rise to €34,995 for the top of the range La Prima Convertible version. Road tax is €120. Perhaps Brownsbarn on the N7 is an appropriate location for Fiat as the famous Italian-born inventor Charles Bianconi used Brownsbarn as the second last stop for his horse-drawn coaches from Cork to Dublin many years ago. The last stop was Dublin Castle.

PRAYERS

Call to/post to our offices – Old Town Hall, McCurtain Hill, Clonakilty with details of your prayer. Prayers: €10 each. Cash or Postal Order. No bank cheques please due to charges.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.O’R.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. P.F.

MIRACULOUS PRAYER
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how impossible. Never known to fail. D.C.

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MIRACULOUS PRAYER
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MIRACULOUS PRAYER
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MIRACULOUS PRAYER
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favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. K.O.C..

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May the Sacred Heart of Jesus be adored, glorified, loved and revered throughout the whole world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude, helper of the hopeless pray for us. Say this prayer nine times daily and by the end of the 8th day, your prayers will be answered. Say it for nine days. It has never been known to fail. Publication must be promised. Thanks St. Jude. K.O.C.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. D.O.S.

THANKSGIVING PRAYER
O, most beautiful flower of Mount Carmel, Fruitful Vine, Splendor of Heaven. Blessed Mother of the Son of God, assist me in this my necessity. O, Star of the Sea, help me and show me herein you are my mother. O, Holy Mary, Mother of God, Queen of

Heaven and Earth, I humbly beseech you from the bottom of my heart to secure me in my necessity (make request). There are none that can withstand your power. O, Mary, conceived without sin, pray for us who have recourse to Thee (say 3 times). Holy Mary, I place this cause in your hands (say 3 times). Thank you for your mercy towards me and mine. Amen. This prayer must be saidfor three days after which the favour will be granted and the prayer must be published. M.O.D.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. A.B.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. B.K.

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