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Pictured at the official opening of the Castleack FC football grounds near Innishannon, supported by MSD Brinny, are Academy players Nicolas Lynch (8), Mason Grace (6) and Kieran Hickey (6).

Pic Daragh Mc Sweeney/Provision

## Kinsale charity launches fundraising raffle with new car up for grabs

The Well Project in Kinsale, will launch a fundraising raffle over the August Bank Holiday weekend with the star prize sponsored by Nyhan Motors in Bandon.

The Well in Kinsale is an innovative, intergenerational project and registered charity that brings three of the town's most valuable community groups together under one roof. With the support of the HSE, Kinsale Men's Shed, KYSS (Kinsale Youth Support Services) and Kinsale Youth Centre, the project has taken over the old dispensary building on Market Lane and embarked on a substantial renovation programme. Each charity has its own dedicated space but their close proximity enables them

to work on joint initiatives. One recent project saw members from The Men's Shed build flower boxes, which were then planted up by members of Kinsale Youth Cafe and donated to the town. This partnership of HSE and community is the first of its kind in Ireland and recognises the important contribution made by Kinsale Men's Shed, KYSS and the Kinsale Youth Centre to the wellbeing of the wider community.

Chairperson of The Well Project, Carmel Murphy, says: "The name was chosen, as the well was a traditional gathering place, and the provider of a life-giving force. The well is also an acronym for Wellness, Education, Life-giving and Life-skills, so reflects what we do. We are

grateful to the HSE for providing this wonderful building where people of all ages can find support, guidance and friendship in the heart of the Kinsale community. Every cent raised from the raffle will be ploughed back into this invaluable community resource that supports people of every generation in our town."

The car will be on show and tickets on sale on Kinsale pier from Saturday, July 30 to Monday, August 1, to coincide with the Kinsale Regatta. A single ticket costs just €20, three tickets for €50 or eight tickets for €100.

Tickets can also be purchased online at [idonate.ie/raffle/WinaKi-aPicanto](https://www.idonate.ie/raffle/WinaKi-aPicanto)

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# Foodbank opens in Bandon

Bandon Foodbank opened its doors at 4 St. Finbarr's Place for the first time on March 4, 2022. Locals will know the premises as the Alan Coleman shop, beside Cracked Café. The Foodbank provides a small food hamper, worth approximately €50, free to anyone who needs a little help with their weekly shopping as our cost of living soars. Carol Maguire, one of the founders, explains how the Foodbank works and how to access the service.

Since opening, Bandon Foodbank has been helping 20 to 25 people or families each week. Most of the food is provided to us by the Little Island-based organisation 'FoodCloud', which receives food products from the major supermarkets and redistributes it to reduce food waste. So we are providing for anyone in need as well as helping the environment. We pay a small monthly donation to FoodCloud for our weekly allocation of food.

We are very thankful to so many companies that support us: Glenilen Farm in Dri-moleague collects the food and delivers it to us every week, free of charge; Feed Cork,

Aldi, Lidl, Dealz and Jakes Café provide additional food to supplement our food crates; the Methodist church gives us the use of their building as well as a monthly donation to FoodCloud.

Bandon Foodbank has a small committee that is made up of members from all the town's churches but it could not function without the many volunteers who have completed the required training and now take turns serving in the shop or preparing the food crates.

The idea for the Foodbank actually came prior to the pandemic in 2020; from conversations between myself, my husband Denis, and Matt

and Adele Corke. Matt got in contact with Feed Cork and they committed to helping us get started in Bandon.

Despite our best efforts we were unable to locate a suitable premises at the time so in November 2020 we began distributing hampers from the Town Hall in Bandon, with the direct support of Feed Cork. This continued throughout the pandemic and provided much needed help to people across West Cork.

Our search for our own home continued until we found our current premises on St Finbarr's Place. We give our sincere thanks to the patrons of the Town Hall who were very helpful during our time there and could not have been better hosts.

Bandon Foodbank is open every Friday from 10 – 12 am. Food is available for any family or individual who needs a little bit of help to subsidise their grocery shopping. There are no conditions or proofs required, we simply ask you to make an appointment by calling 089 2642278 so we can avoid a queue developing and ensure we have enough food in stock.



Carol Maguire and Matt Corke of Bandon Foodbank.

Confidentiality is assured.

We are very grateful to all those who have donated food or money to support this work. If you would like to donate or volunteer, please leave a message for us at 089 264 2278

or drop into the shop any Friday morning and speak to Carol or Matt.

Bandon Foodbank aims to be there for anyone who needs help to provide food for themselves or their families during

these uncertain times. We hope and pray that we will be of help to those who need it and that there will soon come a time when a service like ours is no longer required.



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# Irish leg of European cycle route reaches Beara



Tim Lucey, Cork County Council, Mayor of the County of Cork, Cllr. Danny Collins, Michael Dymet, Cork County Council and Padraig Barrett, Director of Services, Roads and Transportation pictured at the launch of EuroVelo 1.

The Irish leg of a network of high-quality cycle routes across Europe is now complete with the addition of new dedicated signposts across Cork County. The final 470km section of EuroVelo 1 follows the coast from Youghal to the Beara Peninsula and was recently completed by Cork County Council in partnership with Sport Ireland.

The EuroVelo cycling routes can be used by cyclists of all abilities, from long-distance tourists to locals without the need for maps or electronic devices. It directs cyclists away from busier areas and uses quieter roads where possible. The blue and white signposts are clearly recognisable and can be understood by all.

EuroVelo 1 also known as The Atlantic Coast Route, spans European countries from Norway to Portugal. It includes 2,300km of rugged Irish coastline, taking in 11 scenic counties including Wexford, Waterford, Cork, Limerick, Mayo and Donegal.

The Mayor of the County of Cork, Cllr Danny Collins said, "The EuroVelo route is another feather in the bow of tourism in County Cork. With the completion of this signage programme, we have joined a group of seven other European Member states, as well as 10 other counties in Ireland, spanned by the EuroVelo 1 route. Cork County Council is a strong promoter of sustainable and healthy means of travel both for commuting and for leisure. I'm looking forward to seeing the new route being enjoyed by locals and visitors alike."

Chief Executive of Cork County Council, Tim Lucey added, "We recognise the

growing importance of cycling as a means of transport and as a way of enhancing tourism. The county of Cork is home to 19 per cent of the country's coastline and cycling the EuroVelo 1 route is a wonderful way to explore it. The route has been carefully chosen with input from local Council Office

across the county and is based on the Eurovelo standard set by the European Cyclists Federation."

Funded by the Department of Transport, the signage was completed by Cork County Council and Sport Ireland, in collaboration with Lagan Operations and Maintenance Ltd,

and PWS Signs Ltd. EuroVelo signs are now visible at junctions and at set intervals along the cycle route.

More information on the EuroVelo1 route in Ireland is available through [en.eurovelo.com/ireland](http://en.eurovelo.com/ireland).

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## A WEST CORK LIFE

Tina Pisco

As I sit myself down to write this August 2022 column, I am thinking back to the day thirty years ago that changed my life forever. It was one of those three-seasons-in-one sort of day when we unloaded the car in front of our rental home on Inchydoney. My sister had come along to help us with the four girls aged one to 12-years-old. Going back and forth between the car and the house, she was mystified by the weather, which changed from sunny to raining, and from calm breeze to raging wind with each trip. The view at the top of the Island is 360. As a life-long city dweller, I remember being exhilarated at the overload of sun and rain, sky and fields, beach and ocean. In fairness, I also remember waking up several weeks later with a gale raging around the bungalow, worrying if the roof was going to blow off and wondering if leaving the city was such a good idea. Over the next three decades I have often worried about the gales raging, especially when Ophelia hit, but I have never regretted the decision to make West Cork my home.

In hindsight, we upped and moved to Ireland on very little information – a few holidays in Ardfield. That was it. As to how we ended up in West Cork, we might as well have

# 10,950 thank yous

thrown a dart at the map. I had been to Kerry as a journalist to cover the EU Foreign Ministers' meeting to discuss the reunification of Germany, and was so enchanted by the beauty of Kerry, that I decided our next family holiday should be there. Armed with the Bord Failte brochure I turned the pages (back in the day, we planned our holidays on paper, not screens), looking for a suitable place to rent. We would be driving from Belgium, taking the ferry from Roscove to Ringaskiddy. The thought of driving a further four to five hours to south Kerry with three impatient little girls in the back seat (I was pregnant with daughter #4) was not appealing and so I looked for something closer to the ferry port. That's how we ended up in Ballycusheen, Ardfield. After that first holiday in November 1990, we kept coming back to the little bungalow tucked into a beautiful cove. It's still one of my favourite places in the world. We fell in love with West Cork a little more with each visit, starting with the landscape, then the music, and finally the people. Like any true love story, it was not based on solid facts, but rather a gut feeling that we wanted to spend the rest of our lives in that landscape, enjoying music with those people. We wanted a different, better, life for our family and our gut feeling was that we might find it here.

Thirty years later, and you could say that Ireland is a different country all together. West Cork is both changed and still the same. The landscape is still as breathtakingly beautiful. Having a daily dose of Nature's splendour is something I never want to take for granted. The music is still mighty, and nothing lifts my heart more than an impromptu session in

a pub like the one we had just this week.

Some changes have been fundamental. Homosexuality, divorce, and the free sale of condoms were all illegal in 1992. Some changes are smaller, but still significant. Back in 1992 it was hard to get a decent cup of coffee. Instant was king. Avocados were unheard of, and olive oil could only be purchased at the pharmacy to use for earaches. Pasta, soy sauce, cheese, other than cheddar, and beer, other than stout and lager, were exotic. Yoga, meditation, and the wellness industry had not reached us yet. Traces of 'old Ireland' were everywhere, especially in rural West Cork. Overall, the changes have made living here even more attractive. I'm proud of West Cork in 2022. Like any thirty-year relationship, we've had our ups and downs, but the love has deepened, the bond has only gotten stronger.

One thing that has not changed are the people. I remain as charmed by ye as I was thirty years ago. One of the most precious benefits of having a regular column is the fact that I can use it to thank people in print. It would take far more than the 800 words allotted to this column to thank all the people who have so warmly welcomed me into their community over the past thirty years. From those who have become my extended family, to those who, though 'mere acquaintances', have been a daily part of my life. Your smiles at the till, or friendly wave as you delivered post or coal, have brightened thousands of days. 10,950 days to be exact. So, from the bottom of my heart (and with a little help from a fried): Go raibh deich míle naoi gcéad caoga maith agaibh.

## Letter from the Editor

Welcome to the August edition of West Cork People.

We made it out of Dublin airport and back!

For the past ten years or so we have holidayed abroad by exchanging our home. From a cabin in the woods in the north of Netherlands to a villa in the south of Italy to a brownstone in Brooklyn NYC and many other places in-between, we've enjoyed the hospitality of so many nice people of various nationalities and from different walks of life and really enjoyed introducing them all to the wonders of West Cork. Although each time I bemoan the organising and deep cleaning involved in such an exchange, I have never regretted it, as it provides such an interesting and affordable way to explore parts of the world we may never have come across otherwise.

This year was a little bit different... Our first holiday abroad in three years, with Covid still playing havoc with people's health and travel plans, it felt like we were taking a risk exchanging homes and cars, when any one of us could be prevented from travelling so easily. But desperate for a change of scene and some much-needed rest and relaxation, we prevailed. Luck was on our side and, apart from some car trouble on the way to the airport, we did make it out of Dublin Airport in one piece and on from Barcelona to beautiful Valencia in Spain.

While we arrived during the sweltering heatwave that hit most of Europe, including Spain, we still enjoyed the holiday. Trees, terraces and umbrellas kept the scorching heat off our heads and between the crystal clear waters in the seaside town of Benicassim and the thermal waters of Montanejos in the mountains, we managed to keep cool and have a wonderful time.

While it's one thing coping with temperatures between 30 and 40 degrees Celsius for two weeks, I can't imagine living through that kind of heat for an entire summer. Arriving back into the milder Irish climate, where in any one day you could be hit with sunshine or rain and temperatures ranging from the 20s to the low teens, as experienced on our drive home; we felt happy to be returning to West Cork. The Spanish family who stayed in our home expressed much the same sentiment in the letter they left behind. "Coming from burnt Spain, every time it rained here we got so excited and we found the nature in West Cork truly overwhelming."

It's sobering to think that holidays to the mediterranean during the summer months will be a thing of the past if our planet keeps warming at the rate it is! More sobering still is that climate change is expected to continue and intensify. With hot days getting hotter and more frequent on our shores too, what impact will climate change have on Ireland?

For now I plan on enjoying, not bemoaning, the 'nice soft days' that we enjoy here in West Cork and hopefully individually and collectively we can make the necessary changes to make life on this planet sustainable for everyone.

Inside this issue, you'll find the usual mix of news, views and interviews from around West Cork. For the past number of years, we have dedicated a large section of our August publication to the artists and makers that make West Cork such a special place. This year is no different and we hope you enjoy the colour and creativity that they bring to this edition of West Cork People.

For this and lots more, see inside,

I hope you enjoy the read,

Mary



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## Affordable houses for Kinsale and Clonakilty

Cork South West Deputy Christopher O'Sullivan has welcomed the news that more than 140 affordable homes are set to be built across Kinsale and Clonakilty after funding was approved by Housing Minister Darragh O'Brien.

The scheme, which includes 112 affordable houses in Kinsale and 31 affordable houses in Clonakilty will see a 20 per cent, or €75k, discount on the homes.

"This is such an important scheme with housing affordability being a huge issue and a real barrier to people who haven't been able to afford homes," Deputy O'Sullivan said.

"House prices have skyrocketed in towns like Kinsale and Clonakilty. This will be a badly needed scheme."

"These schemes will open



Deputy Christopher O'Sullivan with Minister O'Brien

up the option of entering into affordable housing purchase scheme for many."

The Local Authority Affordable Purchase Scheme makes local authority-provided homes available at a reduced

price for first-time buyers, and Fresh Start applicants, whose combined mortgage and deposit will not cover the market price of the newly built home.

## Boost for coastal communities under Brexit Blue Economy Enterprise Scheme

The fast-changing and evolving landscape of Ireland's post-Brexit blue economy mean the skills needed for the types of jobs in these coastal communities are also changing and evolving.

Individuals already working in the blue economy who want to develop their career or those who would like start to work in the blue economy are being urged to apply for training grants of up to €10,000 available under the €25 million Brexit Blue Economy Enterprise Scheme, which is being administered by Bord Iascaigh Mhara (BIM).

The blue economy covers a wide range of economic activities within coastal communities such as fisheries, aquaculture, and tourism.

As well as providing funding of up to €200,000 for capital projects, the recently launched Brexit Blue Economy Enterprise Scheme also provides funding of up to €10,000 per applicant for skills development and training.

Given that many courses begin term in the autumn, BIM is calling on all interested parties to visit its website to learn more about the grants that are available for skills and development.

Brenda O'Riordain, regional officer at BIM said having the right skills and training can help businesses manage change and the growing need to be more flexible and adaptable within today's blue economy.

"One of the certainties for anyone working today is the need

to be able to adapt to change. For example, having digital skills is increasingly important for many seafood and other blue economy businesses, as more transactions move online. This is just one example of where an individual could really enhance their skills for the benefit of themselves and the wider coastal community."

The Brexit Blue Economy Enterprise Scheme is an

initiative of the Government of Ireland and is being administered by BIM. The aim of this new Scheme is to help address economic and social impact of the withdrawal of the United Kingdom from the European Union for businesses operating in the blue economy and located in communities within 10km of the coastline.

For more details visit [bim.ie](http://bim.ie)

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## New community walkway opens in Ballineen and Enniskeane

In mid-July the Ballineen and Enniskeane Community Walkway – a collaboration between St Mary's GAA Club and Ballineen and Enniskeane Development Association (BEDA) officially opened.

The walkway, which starts at the BEDA Centre and runs along the pitches to the River Bandon, provides a safe place for locals and visitors alike to walk or run within the village and away from traffic.

The development benefited

from €26,000 in LEADER funding.

County Mayor Danny Collins cut the ribbon on the new amenity and highlighted how, "This is a great example of what can be achieved by local groups working together. Both St Mary's GAA Club and Ballineen and Enniskeane Development Association recognised the value of having a dedicated walkway and embarked upon a project to create a truly inclusive amenity. It is suitable for all, from pushing a buggy,

training for a run or just out for a short stroll. I'm thrilled to see that the walkway is being so widely used by people of all ages. It adds to the green infrastructure of the twin villages, taking people out of their cars and giving a new opportunity for outdoor recreation."

The walkway is the first phase of the development for St Mary's GAA Club and Ballineen and Enniskeane Development Association with lighting and further additions to follow.



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## Whiddy Island Community Centre opens

Whiddy Island celebrated the opening of its new Community Centre early in July, which consists of a multipurpose hall, toilets, showers, kitchenette and a community tearoom with an outside seating area, as well as

landscaping, car parking and solar panels for the provision of hot water.

The project benefited from the 2014-2020 LEADER Programme when a grant of €243,951 was allocated to Whiddy Island Development

Association for the construction of a new centre on the island.

Comhar Na nOileán in partnership with Cork County Council is the local development company responsible for implementing the LEADER programme on the Islands.



## A tool of repression

By Clonakilty  
Amnesty Group

A year ago the Pegasus Project, a collaboration by media organisations, coordinated by Forbidden Stories and research by Amnesty International's Security Lab, revealed how governments worldwide were using NSO Group's invasive spyware. Human rights activists, political leaders, journalists and lawyers discovered they were under unlawful surveillance.

Following calls for the surveillance industry to be regulated, some steps have been taken in the right direction...but government action has not yet been enough.

Danna Ingleton, Amnesty Tech's Deputy Director said "One year after the Pegasus



spyware revelations shocked the world, it is alarming that surveillance companies are still profiting from human rights violations on a global scale...global governments failure to take meaningful action is an insult to all those who have suffered physically and psychologically, after being targeted with this invasive software."

The Security Lab has found numerous cases where the Pegasus spyware has been used in the last year to illegally target people in El Salvador, Israel/Occupied Palestinian Territories, Poland and Spain.

Amnesty International has been investigating unlawful surveillance for many years. Danna Ingleton points out that unlawful targeted surveillance of human rights defenders and civil society is a tool of repression and calls

for a clampdown on the industry that operates in the shadows.

In November 2021, the US Government placed NSO Group on its Entity List, for "engaging in activities that are contrary to the national security or for foreign policy interests". Apple has also launched a lawsuit against the group to hold it accountable for the surveillance and targeting of Apple users.

To know that every conversation you have on your phone, or through your internet, your every move tracked and recorded, who you meet, where they live...a repressive government's ideal tool to stamp out legitimate dissent...has a chilling effect on activists around the world.

In recent weeks there have been reports that US defence contractor company L3 Harris is in talks to buy ownership of Pegasus software!

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## Special Focus: WEST CORK REMEMBERS 1920-1923

# Béal na Bláth – The local story at Kilmurray Independence museum

As we come to the end of the decade of centenaries, marking the events of the 1912 – 1923 period of Irish history, the Civil War of 1922 to 1923 gives much pause for reflection on that most calamitous event in the history of our nation, where disagreement between former comrades led to their taking up arms against each other. The Independence Museum Kilmurray is located near the ambush site at Béal na Bláth, where Michael Collins was killed on August 22, 1922. The story of Collins' visit to

Cork that culminated in his death at the hands of those who had been colleagues and friends has been the subject of many books and a film. Kilmurray Historical and Archaeological Association (KHAA) have set out to tell the local story of that journey. They are re-printing a book by a local man, Edward O'Mahony, 'Michael Collins: His Death in the Twilight', first published in 1996 to run alongside an exhibition 'Béal na Bláth - The local story', at the museum, and a bus tour bringing to life the dramatic events of

that fateful day.

The Irish Civil War was at its height on August 22 when Michael Collins left Williams Hotel (now The Castle Hotel) in Macroom to begin the journey through his native West Cork. The day went well, meeting comrades, family and friends. Collins and his comrades had reason to be pleased with a successful day's work as they began their journey back to Cork that evening via Béal na Bláth. However, an ambush party there would result in the death of Michael Collins and

a disordered journey back to Cork.

### Bus Tour

KHAA will run a bus tour on Sunday, September 4, retracing the route the Collins convoy took through the parishes of Kilmurry, Newcestown and Ovens on the morning and evening of that fateful day. From his first encounter at the townland of Ballymichael where the armoured car in the convoy – the 'Sliabh na mBan' – initially failed to climb the steep hill, to Newcestown church where Collins waited, having become briefly separated from his escort vehicles. The tour will proceed to the ambush site at Béal na Bláth where local historian, Sean Crowley, will give an account of the ambush. After which, it will follow the route taken by the convoy on its sad journey back to Cork via Cloughduv and Killumney, outlining the difficulties they encountered.

The tour will have guides present at all times to highlight the relevant points of interest and there will be ample opportunity to take photographs etc. Cost of Tour: €20 per person. Pre-booking essential: contact: 021 7336932 or email khaamuseum@gmail.com

### Special Exhibition

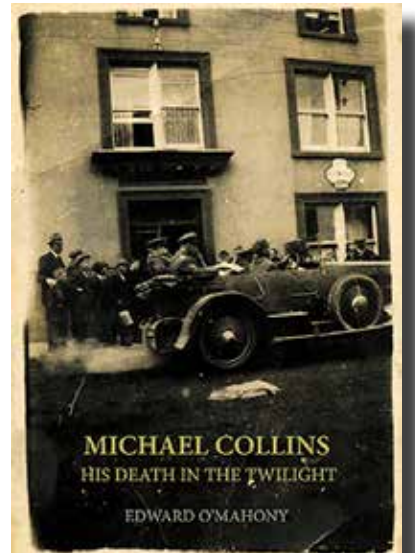
A special exhibition 'Béal na Bláth - The local story' will open on August 12 at 7.30pm at Independence Museum Kilmurray on the events of that day where there will be an opportunity to purchase 'Michael Collins: His Death in the Twilight'.

The exhibition covers:

- Commander-in-Chief Michael Collins' journey through Cork on the day
- Detailed map of the ambush site
- The anti-Treaty IRA personnel involved in the ambush
- The National Army convoy personnel
- The local safehouses where the Officers of the Southern Division of the anti-Treaty IRA were accommodated
- Commemorating the local anti-Treaty Volunteers killed that July in the Battle of Limerick.
- And will be accompanied by a display of artifacts particular to the local details of the ambush.

"The (Béal na Bláth) ambushers stopped a Clonakilty man, Jerh. "The Leaguer" O'

Brien, who was taking empty mineral bottles in a long horse-drawn scotch-car (dray) to the West Cork Bottling Company in Bandon. The car was commandeered and one of the iron-rimmed wheels was removed and thrown up on the crates of bottles. With the shafts facing east and resting on the ground, the long scotch-car was strategically placed across the road directly beyond a slight bend, so that the anticipated on-coming convoy travelling from Bandon would be brought abruptly to a halt. Jerh. "The Leaguer" was directed towards Foleys' farmhouse west the bóithrín. He was ordered to take his horse there and to remain there throughout the day" – *The Day Michael Collins Was Shot* - Meda Ryan - 1989 - Poolbeg Press



## INDEPENDENCE MUSEUM KILMURRAY

Located in Kilmurray Village, P14R940

Learn about Ireland's history through a local lens. We have hundreds of artifacts to help tell Ireland's history from 1750 to 1930s.

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[www.kilmurraymuseum.ie](http://www.kilmurraymuseum.ie)

021 7336932

Open Thurs – Sun 2-5pm  
Private tours available at other times.  
Room hire available for all events.

See article on this page for our Centenary events!

## Exposing a rich seam of history and culture in Inchigeelagh

West Cork is not only a beautiful part of the world but a place that is shot through with a rich seam of culture and history. Last year, whilst on a tour with

historian Michael Galvin that followed Michael Collins' last day around West Cork, Lizzie Fleming dreamed of marking the centenary of Collins' death with some sort of occasion at

the eco-campsite she runs on her farm near Inchigeelagh.

"It occurred to me that 1922 was significant not just in Irish history, but also in literature since James Joyce's *Ulysses* was also published in that year," Lizzie explains. "As I talked to friends, the seed of an idea began to grow into an event with local artists, historians, academics, poets and musicians on board."

Creative Centenaries is a history and literary festival marking the centenary with lectures, poetry, art, live music, crafts and workshops. It will run from Saturday August 20 to Sunday August 21 at Bilberry Boreen Campsite, Carrigdangan, near Inchigeelagh, with daily and weekend tickets now available on eventbrite.ie – scan the QR code in the accompanying advert or search for 'Creative Centenaries'.



Host Lizzie Fleming

A sense of place, nature, and tradition is a strong feature of this festival since there will be local crafts people demonstrating skills that were common 100 years ago such as basket-weaving with Martin O'Flynn and herbs, balms and charcoal making.

An array of knowledgeable speakers and talented performers will be in attendance such as local historian Michael

Galvin, 20th century literature lecturer Dr Katie Fleming, local archaeologist Tony Miller, poets Bernadette McCarthy and Anton Floyd, local artist Joe Creedon, curator Aodhán Rilke Floyd, cellist Lea Miklody and local band The Bella Coola.

"Something that was troubling me, however, was the lack of female voices," Lizzie says. "So I was absolutely delighted to learn of Karen Minihan's recently published book *Extraordinary, Ordinary Women*, telling the untold stories of West Cork women from the founding of the State, and it is my great honour to have Karen at the festival discussing her book and performing excerpts from her play, which is currently on tour."

Bilberry Boreen is a small farm which Lizzie is in the process of 'rewilding', restoring meadows and allowing scrub

and natural regeneration of woodland. Since opening the campsite, it has been a dream of hers to be able to offer the space as a community hub for artists, practitioners, teachers, therapists, environmentalists and anyone else who needs the space and accommodation facilities.

"I am delighted to be inaugurating the campsite with a festival celebrating our history and culture with such wonderful local skills, talent and passion as exemplified by the speakers and contributors. Everyone is so welcome to join us."

Kids go free to the festival with events such as learning bushcrafts to entertain them. Camping and camping huts are also available to book on Eventbrite.

Follow Bilberry Boreen Campsite on Facebook and Instagram.

## BILBERRY BOREEN HISTORY & LITERARY FESTIVAL

August 20<sup>th</sup>-21<sup>st</sup>

ECO-CAMPSITE WEST CORK at Carrigdangan, near Inchigeelagh

**Creative Centenaries: A festival marking the 1922 centenary with lectures, poetry, art, live music, crafts & workshops.**

**Daily/Weekend Tickets** (kids go free) **at Eventbrite** (scan code)

**Camping & camping huts available!**



## Special Focus: WEST CORK REMEMBERS 1920-1923

### Sam's Cross events remember the stories, music and songs of the Collins era

Sam's Cross Michael Collins Commemoration Committee, in conjunction with Cumann Seanchais Cloich na Coillte, is delighted to welcome all readers to their series of events to mark the centenary of the death of Michael Collins.

The Sam's Cross committee is the oldest such organisation in the area, in existence since 1965 when Tom Barry unveiled the monument in Sam's Cross as one of the first West Cork acts of reconciliation between the Civil War sides. As such it has been a huge pleasure for the committee to work with other organisations such as Cumann Seanchais Cloich na Coillte, in organising a week to remember. "Our committee has been planning these events for months," says Acting Chairman Sonny O'Leary. "under the baton of our Chairman Finbarr

O'Donovan, who sadly lost his battle with cancer on July 9. Despite his illness he continued to chair our meetings enthusiastically up to the end. We are now carrying out his wish to hold these events as long-planned."

The first event takes place on Sunday August 14 and is a hill walk commemorating Michael Collins' last Christmas when, on Christmas morning 1921, having been to Lisavaird Church for the then customary three masses, and having had breakfast in Annie Collins' house, Michael and his brother Johnny visited the remains of their burned homestead. They then proceeded to Carraig a Radhairc. Many years later Johnny made an oral history recording of their route and conversation about the events of the previous momentous year. Using this source material, historian Tim Crowley wrote a play which, following a well-received live performance, was later made into a radio play. Attendees will have the opportunity to hear the first half

of this play at the birthplace of Michael Collins. The second half of the play will be heard at Carraig a Radhairc.

The walk itself follows the Collins' brother's route, through stunning countryside to a point where Collins' remarked that he could see more of his country than ever before; the view takes in an area from Seven Heads to Stag rocks.

Registration for this event is at 2pm at Sam's Cross with the walking starting at 2.30pm. Approximately 3 miles long, it is advised to wear suitable footwear for uneven terrain and dogs must be on a lead at all times. Cost €10.

Up next is the main event on Friday August 19, an evening of history, discussion, song, dance and stories at Lisavaird Community Hall. Recalling Michael Collins' life in Woodfield, Sam's Cross and Lisavaird, the speakers in the first half of the evening all have a strong connection to the man himself: Retired Assistant Garda Commissioner John O'Driscoll,

a great-grandnephew of Mary Anne O'Brien (Michael's mother), will discuss the O'Brien family connection; Kyran Hurley, a grandnephew of Collins, will discuss the Clonakilty Collins family; Frank Gearty, grandnephew of Kitty Kiernan will discuss her connection and Tim Crowley, of The Michael Collins Centre in Castleview will summarise Collins' life. "Tim has more forgotten about Michael Collins than we will ever learn, such is his incredible knowledge," promises Sonny.

The second half of the night is all about entertainment. Sam's Cross Committee member Mary White promises that, "we will celebrate the music, songs and dance of the Collins era." Lively compèring by famous Fear an Tí Dick Beamish will entertain the audience around music from Johnny McEvoy and traditional musicians, dancing from Emma O'Flynn Dance Group and a half set by local dancers, a performance from St James GAA Scór All Ireland Champions and a film presentation by Lisavaird



Sonny O'Leary, Rachel Collins and the late Finbarr O'Donovan atop Carraig a Radhairc.

National School.

There will also be an opportunity to sample Clonakilty Blackpudding.

Doors open at 7.15pm. Tickets for this event are €10 and are available by calling Sonny O'Leary on 086 2506418, Mary White on 087 2806063, online at [www.michaelcollinshouse.ie](http://www.michaelcollinshouse.ie) or by calling to Michael Collins House on Emmet Square, Clonakilty or Hurleys of The Pike shop.

On Sunday morning, August 21, all are invited to a wreath laying ceremony at Sam's Cross accompanied by Clonakilty Brass Band and with a special

visiting guest. From 11am-12pm.

Finally on Monday August 22 there will be an Anniversary Mass at Lisavaird Church (5.30pm) and a bus tour, led by Tim Crowley, from Clonakilty to Béal na Bláth, via Woodfield, to attend a wreath laying ceremony that will coincide with the approximate time of Collins' death. The tour leaves Clonakilty at 5pm and returns to Clonakilty for a wreath laying at the Michael Collins Statue (9pm) before finishing back in Sam's Cross for a final wreath laying (10pm). For tickets call Tim Crowley on 086 8113317.

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#### Friday August 19

**An evening of history, discussion, song, dance and stories at Lisavaird Community Hall.**

Speakers: Retired Assistant Garda Commissioner John O'Driscoll; Kyran Hurley (Grandnephew of Michael Collins); Frank Gearty (Grandnephew of Kitty Kiernan) and Tim Crowley.

Performances by: Johnny McEvoy; Trad musicians; Emma O'Flynn Dance Group; local set dancers; St. James GAA Scór Champions and a film by Lisavaird N.S.

**Tickets €10 from Sonny O'Leary 086 2506418, Mary White 087 2806063, [www.michaelcollinshouse.ie](http://www.michaelcollinshouse.ie) Michael Collins House, Clonakilty or Hurley's of The Pike shop.**

### Sam's Cross Michael Collins Commemoration Committee in conjunction with Cumann Seanchais Cloich na Coillte **2022 CENTENARY COMMEMORATION EVENTS**

#### Sunday August 14

**Hill walk and outdoor theatre event at Sam's Cross monument.**

Following the final Christmas morning walk of Michael and Johnny Collins from Sam's Cross to Carraig a Radhairc.

**Registration 2pm at Sam's Cross. Cost €10.**

#### Sunday August 21

**Wreath laying ceremony.**

at Sam's Cross accompanied by Clonakilty Brass Band and with special guest.

**From 11am-12pm.**

#### Monday August 22

**Bus Tour from Clonakilty to Béal na Bláth, via Woodfield**

Led by Tim Crowley. Leaves Clonakilty at 5pm and returns to Sam's Cross 10pm.

**For tickets call Tim Crowley on 086 8113317.**





## Special Focus: WEST CORK REMEMBERS 1920-1923

# Michael Collins House leads commemorations

As we approach the centenary anniversary of the death of Michael Collins, Michael Collins House Museum in Clonakilty is leading the commemorations with a number of key events throughout August.

The museum will extend its hours for the month opening seven days 9am to 6pm daily. This is to facilitate the extra visitors expected to the museum for the important month that is in it. It will also allow people a better opportunity to visit and view the much-anticipated Michael Collins diaries exhibit which go on display in August in conjunction with the National Archives of Ireland. On public display for the first time, these organisational diaries give an insight

into Michael Collins during the revolutionary years from 1918 to 1922. Accompanying the diaries a touch screen will allow visitors to turn the diary pages and read the each page.

In addition to this new display visitors will also find updated exhibits and new artefacts throughout the house including an extensive exhibit focusing on Collins' younger years featuring new research which has uncovered a more complex understanding of the young rebel. Working with the National Museum of Ireland the museum has added a copy of Michael Collins death mask as part of an expanded Civil war display. As was custom of the time, this casting of Collins' face was taken by sculptor Albert Power in St.Vincent's Hospital, Dublin shortly after the arrival of the recently deceased leaders body. The sight of the young mans peaceful face makes for a poignant end to a tour and make the myth and legend of Michael

Collins a much more tangible prospect.

As well as the updates to the museum and extended hours, the museum will also form part of the Michael Collins Centenary Commemoration Festival. The festival commemorating the centenary of Michael Collins death but also celebrating his life runs from Aug 14th to 22nd with a range of events from a host of different community groups and organisations. A full programme of events is available on [www.michaelcollinsfestival.ie](http://www.michaelcollinsfestival.ie) and on the festival social media pages with events ranging from commemoration events, history talks and walks and a parade, to a symposium, cinema events and more. A full printed commemorative programme will be available in the coming weeks.

As part of this festival Michael Collins House Museum is hosting 'History Scoops' on Wednesday 17th at 8pm in De-Barra's which will feature three

short, informal and engaging talks from renowned historians, all focusing on the subject of Michael Collins and Béal na Bláth. Sunday 21st from 5pm the museum will host a free outdoor cinema event in Emmet Square, Clonakilty. There will be three features; the Young Fella documentary; a local production directed by Samuel Kingston and edited by Seán Phair of Ambiguous Fiddle and made in conjunction with Michael Collins House which explores the story of Michael Collins youth. Also featuring is 'Beloved Enemy' a 1936 Hollywood production based on the story of Michael Collins, in which Collins survives and the 1996 Neil Jordan classic 'Michael Collins' will finish the evening.

For further information and updates visit [michaelcollins-house.ie](http://michaelcollins-house.ie) or follow Michael Collins House on social media.



County Mayor Danny Collins paid a visit to Clonakilty to view the town's latest mural ahead of the Michael Collins Centenary Commemoration Festival. Joining the existing Truce Mural, the new mural, by Cork artist Garreth Joyce, commemorates the beginning of the Irish Civil War. It depicts the Austin Clarke civil war poem 'The Lost Heifer' and was a Michael Collins House led project, funded by Cork County Council's Commemorations Committee in association with The Walls Project. Also pictured are Clodagh Henehan and Tim Lucey of County Council Picture: John Allen

## Read all about it as Collins' death made headlines across the world

From his days as the elusive director of the Irish War of Independence, through his unmasking as the romantic leader of Ireland during Treaty negotiations, the world's press had been fascinated with Michael Collins. His death on August 22, 1922, was front page news in the following days and weeks, with articles full of grief and, in some cases, tinged with fancy. **Pauline Murphy** has dug into the archives to bring you the news of the day.

The *New York Times* had always had a great interest in the life and times of Michael Collins. It carried numerous articles about this 'man of mystery' during the War of Independence and, after the Anglo-Irish Treaty was signed in 1921, delighted in publishing the many photos now available of the once-elusive Collins.

Collins' death prompted an outpouring of emotion from the Big Apple's paper of record; its front page on August 23 bore the headline 'Chief of the Irish Free State Slain' with cables from Dublin relaying how the death of The Big Fella 'had overwhelmed people in Ireland and across the world'.

Coverage continued in the following days; a front page headline on August 24 stated 'Irish appalled at death of Collins' with an article in that issue describing the Béal na Bláth ambush in a very fanciful fashion – how Collins 'with 20 men defeated 200'. Further articles went on to describe how the loss of Collins would impact greatly on the Irish people and their future – 'Collins loss is irreparable' and 'fears for the Irish future' – and the paper opined that he was un-

matchable in Ireland; 'very few men have succeeded in attaining real leadership like his'.

The *Boston Post* led with 'Rebels Kill Michael Collins' in its breaking news issue. In an article by John Bantry, pen-name of the paper's editor Clifton Carberry, Collins was described as "one of the world's great figures". The mournful piece went on: 'a tragic last act has closed in Ireland, fate can inflict no worse blows on that unhappy war worn isle'.

While many newspapers printed a photo of Collins wearing civilian attire, in Texas, *The Austin Statesman's* headline 'Assassination of Michael Collins stirs Ireland' was accompanied by a full-length picture of the Commander-in-Chief in his army uniform.

The *Vancouver Sun* splashed the sad news from Ireland across its front page with a bold lettering headline of 'Michael Collins Slain'. Like much of the international press, the Canadian publication's reportage dripped with romanticism of the youthful dead patriot and they declared that the West Cork man had 'lay his life down for old Erin'.

In France, the eye-catching *Le Petit Journal* published an issue

on September 3 that was dedicated to the life and death of The Big Fella. Its cover displayed an artist's impression of the Béal na Bláth ambush in a colourful but somewhat unrealistic manner.

In New Zealand the news of Collins' death was carried in *The New Zealand Tablet*, which had been following the situation in Ireland with reportage that did not always go down well with some Irish-born readers. The Tablet published an obituary of the Corkman but made the profane mistake of naming his birthplace as Co. Kerry! A letter to the editor from brassed-off Corkman Charles O'Leary, published on November 23, read 'the statement that Michael Collins was born in Kerry is of interest as showing us Irishmen that Skibbereen and Clonakilty are no longer in Carbery of Cork but in the adjacent Kingdom!'. The newspaper duly issued a correction and noted Ireland's greatest rebel did in fact hail from the rebel county.

Back in England, *The London Evening Standard* was published as an early special on August 23 with a front page that announced 'Michael Collins Assassinated'. The newspaper stated that the



killing of Collins was 'a terrible crime committed in Cork.'

Meanwhile, *The Evening News* declared 'Rebels Kill Michael Collins'. Along with the information that Collins was brought down with a 'bullet in the forehead', this prominent evening journal also carried a photo of Kitty Kiernan, fiancée of Collins, with an article detailing their doomed romance.

The London-based *Star* newspaper dedicated its front page to news from Ireland, with articles about the Civil War that explained the background of this death of an Irish leader at the hands of his former comrades.

*The Manchester Guardian*, now *The Guardian*, on August 24 described the ambush site at Béal na Bláth as 'a place of hills, boulders and bogs'. The newspaper painted a picture of a wild terrain where a romantic leader

fell fighting a band of mountainy rebels.

Unlike *The Guardian*, *The Times* of London did not romanticise events; this conservative publication reported the death of Collins with the front page headline 'Rebels still active', conveying an air of disinterest towards the death of the man who had shook the foundations of British imperialism.

Finally, *The Pall Mall Gazette*

reported the death of Michael Collins with a rather matter-of-fact attitude. It did not glory in the passing of this once great enemy of the British Empire, who had died at the hands of his countrymen, nor grieve it. It did however reassure readers that the death would not result in the British Prime Minister Lloyd George curtailing his holiday break in Wales.



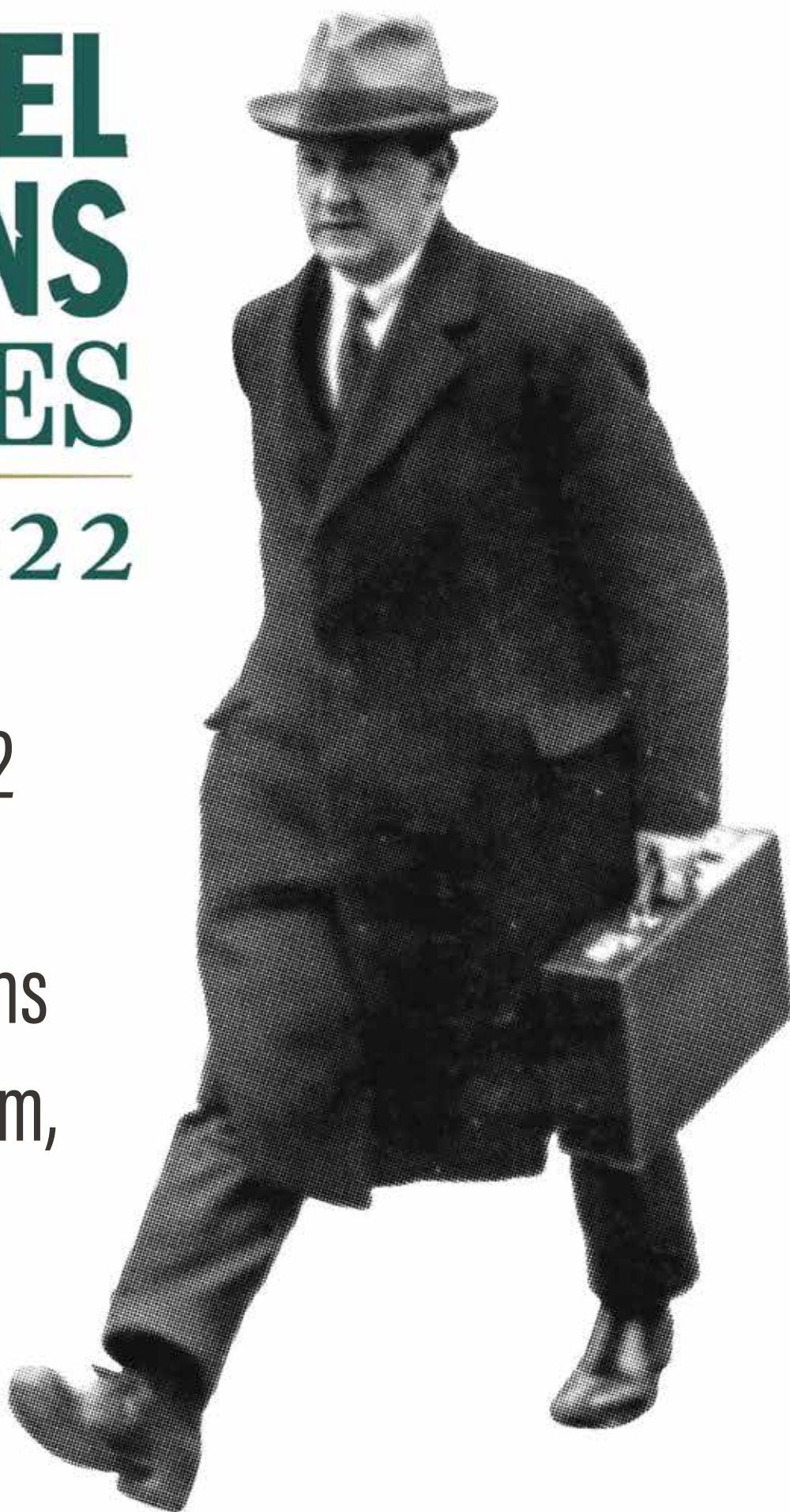
# MICHAEL COLLINS DIARIES

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## 1918–1922

August 2022

Michael Collins  
House Museum,  
Clonakilty



An Chartlann Náisiúnta  
National Archives



An Roinn Turasóireachta, Cultúir  
Ealaíon, Gaeltachta, Spóirt agus Meán  
Department of Tourism, Culture,  
Arts, Gaeltacht, Sport and Media



Comhairle Contae Chorcaí  
Cork County Council





## Special Focus: WEST CORK REMEMBERS 1920-1923

# Walled Town Festival marks Bandon's rich heritage

The Walled Town Festival returns to Bandon this year from August 12-21. From historical talks on topics with a local slant to guided walks to sites and points of historical interest to the 'Family Heritage' fun day, which provides fun and games and heritage skills and displays – there is something for everyone to enjoy at this popular festival.

August 12 begins with a talk in Bandon Library by Textile Heritage author Vawn Corrigan illustrating Bandon's historic connection with textiles. (Bookings required: 023 8844830 or email [bandon.library@corkcoco.ie](mailto:bandon.library@corkcoco.ie))

The lecture series continues from Tuesday, August 16 with a range of talks on topics of interest including the East India

Company's activity in the locality, Life on the Bandon River and a talk on the Foundation of the Garda Síochána and their arrival in Bandon. There will be a guided walk of St. Peter's and a guided walk around historical points of town.

The festival committee is delighted to welcome Brenda Malloy once again; she returns with a lunchtime harpist recital

and early Irish music workshop.

'The Murder of Michael Collins' – Paddy Cullivan's thought-provoking and engaging show is presented on Sunday, August 21 in the Munster Arms – the very spot Collins departed from on his journey that fateful day in 1922. Tickets available via Eventbrite or from Hickey's and Bandon Books Plus.

Bandon Methodist Church, celebrating 200 years, presents an exhibition 'Gathered at the Bridge', which opens on Friday, August 19, 1-5pm and on Saturday, August 20, 2-7pm. Open to all, Saturday's exhibition will be

followed by a talk on the history of Bandon Methodist Church by Rev. Ian Henderson.

The Family Fun Day will take place on Sunday, August 21, from 12-5pm. From battle re-enactments and juggling to candle-making workshops, the fun will keep going. The Irish School of Archaeology will host 'The Big Dig' where participants can take part in a simulated excavation of a Viking house. Heritage skills from blacksmith and smoking to stone wall demonstrations will highlight heritage crafts that would have been at the core of life within the walls in time

past. Craft and food stalls and live music from Áine Duffy will bring a festive feel to the day. There are still limited spaces available for anyone wishing to book a stall. Contact details below.

Festival brochures are available, or you can follow the Festival on Facebook @bandonwalledtown or Instagram @bandonhistory or go to the new website [www.bandonhistory.com](http://www.bandonhistory.com). For further information or queries contact the festival organisers at [bandonhistory@gmail.com](mailto:bandonhistory@gmail.com).

**12 - 21 AUGUST 2022**

## BANDON WALLED TOWN FESTIVAL

**HERITAGE SKILLS  
HISTORY TALKS & WALKS  
CRAFTS & FOOD  
MURDER OF MICHAEL COLLINS  
LIVE MUSIC  
WORKSHOPS & DISPLAYS**

**Family Fun Day  
Sun 21st Aug  
12-5**

[www.bandonhistory.com](https://www.bandonhistory.com)

## Gaggin's railway heritage immortalised in new timeline



A group of interested locals got together recently to document the Gaggin Railway "before it is too late and everyone has forgotten that there ever was a busy railway junction here!" As a result of the group's research the 'Timeline of Clonakilty Junction at Gaggin 1866 - 1961' will be unveiled in Gaggin Hall on Sunday August 14 at 4pm, with an event that all are cordially invited to attend.

"We will revisit and engage with times gone-by by means of a timeline of railway photographs, information and stories

of what life was like in Gaggin when everyone depended on the railway for their social and economic wellbeing," explains Kate Crowley.

It is hard to believe that such a busy railway hub existed in Gaggin, a now sleepy spot on the road between Bandon and Ballinascorthy. A majestic footbridge spanned four railway tracks, making it one of the widest bridges in Ireland. There was also a signal cabin and six railway houses for the Station Master, Signalsmen, Permanent Way Inspector and linesmen at the junction.

Trains came from Cork and Bantry, with beet specials and cattle wagons on fair and market days, excursion trains to Courtmacsherry on Sundays, pilgrim trains to Knock and, of course, GAA specials for big matches in Cork and Croke Park. The trains stopped at the junction and could diverge to Dunmanway, via Desert and Ballineen, or to Clonakilty via Ballinascorthy.

If anyone has any old photos or information about the railway in Gaggin, contact (086) 4540981 as soon as you can please.

## The war on the hill

*An extract from an interview with Mary Agnes O'Driscoll that was first published in West Cork People in 2005*

In 2005 Mary O'Brien interviewed Mary Agnes O'Driscoll, who at the great age of 102, remembered her childhood in Clonakilty as if it were yesterday, particularly the tumultuous years at the birth of our Republic. Below is an extract of that interview.

Mary Agnes O'Driscoll was born at No 27, Barrack Hill (today known as McCurtain Hill) in September 1902, just five years before Marconi, the pioneer of the radio, alighted from the train at the wrong town in 1907 and paid an unexpected visit to Clonakilty.

Christened Mary Agnes O'Brien, she attended the Convent of Mercy School in Clonakilty until she was 15-years-old. "Although the Sisters didn't

have much mercy for us, I loved school," she says smiling. In those days, any further education required payment, so most girls of that age from a working class family left school to find work in houses and shops in the area. "I stayed at home to help my mother run the house and take care of my four brothers," says Mary.

Mary was 17-years-old when the Irish Republican Brotherhood was created from the old Irish Volunteers and, in alliance with Sinn Féin, began guerrilla warfare against British rule, which intensified until 1921. Although the government responded by banning Sinn Féin as a political body, IRA violence escalated and in 1920 Britain brought in the Black and Tans, who carried out savage reprisals. By the early 1920s, Ireland was in a virtual state of war.

Clonakilty Barracks, which dates from 1797 and was built as a military barracks, was located at the top of Barrack Hill and directly across from Mary's home at No 27. Originally a three-storied building, until its burning during the War of Independence, the barracks was rebuilt to its present two stories

between the years of 1923 and 1926.

Because Mary's home was positioned in the direct line of bullets fired from the barracks during the War of Independence (1919–1921), the family decided to move to the safer location of Joe O'Flynn's Pub (today known as Mick Finn's) at the bottom of Patrick's Hill until the coast was clear.

Mary remembers the curfew imposed during those years. "We weren't allowed to have any lights on in the house or go out in the street after 11pm," she says. There was a lot of damage done to the town of Clonakilty during those years; the Court-house was burned to a shell in June 1921. The Black and Tans raided many houses in the town, turning them upside-down in their search for members of the IRA. "Sure, everyone was involved in the 'Troubles'," says Mary. "I remember a couple of my own brothers staying out all night sometimes. It was what they had to do to free the country."

When the War of Independence ended, the family moved back in to their home on Barrack Hill.







## HISTORY & POLITICS

Kieran Doyle

This summer of 2022, saw a return to international holidays. Dublin airport hit the headlines with its four-hour check-in queues, but it wasn't just an Irish problem. The airport authorities in Heathrow, as I write, have forced the cancellation of hundreds of flights to cut back on the throngs of holidaymakers that are departing from their hub. It's an international problem. We witnessed it ourselves in East Africa. Arriving three hours before our flight in Dar El Saleem, we were aghast to find a queue, that would give an after Christmas sales line for Penny's, a run for its money. It was only a temporary flash of annoyance because the slave markets of Stone Town in Zanzibar were still dominating my thoughts that evening.

A few days earlier, we had taken a walking tour of Stone Town, wondering the maze of passageways fused with colours, that seem to reflect the very soul of African towns and villages. We revelled in the aromatic smells of the spice markets and were dazzled by the history of the 'House of Wonder' – a Sultan's residence that had electricity in 1883. [All the more wondrous given that some of our parents' generation had to wait for rural electrification to arrive in 1950s Ireland!] Then things turned darker and more sombre. We passed the tomb and former residence of the Arab slave trader, Hamad ibn Muhammad, nicknamed Tippu Tip. Such was his interest in guns, he would often test them on unsuspecting slaves on his plantations, and thus the onomatopoeic sounds of his gun shots (Tip tip), led to the name of Tippu-Tip. Soon our local guide brought us through an opening which led to a Christian Church. Today, Stone Town, though dominated by Mosques, shares the tight space amicably with Hindu temples and Christian churches. The magnificent Anglican Cathedral of Christ Church dominates the skyline, where once East Africa's biggest slave market stood. The whipping pillar is now the site of the altar – all deliberate decisions made by missionary

# Slavery in Zanzibar



A section of the The Slave Memorial in Zanzibar, Tanzania

priests who worked tirelessly to eradicate the evils of slavery from Zanzibar. While we all understand the difficulties that colonialisation brought, there was more to the missionaries than spreading gospel. It's too easy to use broad brush strokes when we revise history to say it was all bad or all good. The missionaries were instrumental in stopping slavery here, even after it was ended in the USA in 1865, in French dominions in 1848, and banned by the British in the British Empire in 1833. (Though in order to ban it, wealthy slave owners were 'bailed out' by the tax payer, costing 40pc of the total economic budge in 1833 and thus the rich got richer from their ill-gotten gains. Some things never change). Events elsewhere had no bearing in Zanzibar and slavery was not going to disappear without the advocacy of people such as Scottish Missionary Dr. Livingstone. It wasn't until 1873 that the British forced the Sultan to close the slave markets here and on the mainland. Yet slavery in the Sultans empire was legal and indeed deemed a necessity for their spice plantations. The practice still went on until 1909.

The transatlantic slave trade dominates our own consciousness, probably due to its focus in our schools and aided by many cinematic representations. We all know and understand the mass deportation of slaves to the Americas and their subsequent mistreatment and dehumanisation. What we know less about is the east African Arab slave trade, that was paradoxically often aided by competing African tribes; some out of fear, others out of economics and even some out of wanting to defeat their rival tribes. Man's inhumanity to man seems to have no end, and transcends religion, ethnicity, and status. Swahili is the unifying language of east Africa and widely spoken by Ugandans, Kenyans, Tanzanians and also in Burundi. This is a legacy of the Islamic/

Arabic traders, explorers and ultimately Sultanates that sprung up throughout the region for centuries before western colonialisation muscled in. Like any strong colonial power, they were not there for the benefit for the native people. The spice and slave trades were lucrative and Zanzibar was the centre of that world. Arab slavers exercised their cruel trade as far west as the Congo, north to Kenya, as well as incursions in the southern part of the continent. Their markets were often Asian colonies, such as Portuguese stations in India, but predominantly to their ancestral land, the Oman Sultanate.

Such was the abundance of human beings that could be abducted, the massive causality rate of slaves did not hinder the lucrative trade. It wasn't so much that slaves themselves were of great value, (they were for the most part, bartered for guns and cloth). It was their part in cultivating the spice trade that was where their true worth lay. The seemingly never-ending stream of slaves, perpetuated mass killings and horrific treatment arguably on a greater scale, than those who had to endure their poor miserable lives in the USA. As many as eight out of every ten would die from the point of capture to their arrival in Zanzibar, in journeys that could last up to two years. It's clear to see that their captures knew they had a never-ending human well and cared little for their lives.

The museum that is adjacent to the Anglican Church is as informative and well written as any museum I have been in. Unlike many museums, where one gets can get fatigued by the information, this place gets in spot on. Within each information board that gives you a chronological narrative of the history, are also personal accounts of rescued slaves. These accounts were sometimes gathered by missionaries, other times, biographies from soldiers stationed there, and even court

testimonies from slaves who sought their freedom. What struck me most was learning that the abolition of slavery did not mean an automatic right to freedom – one had to apply for it. This means we also have some slaves record and testimony about their lives in bondage. Much of the historical facts in the museum were accompanied by some of these personal and graphic stories. Any slave who got sick or incapacitated, was left for dead. Many could be randomly killed as a warning not to run away. That's even if they could. Their heads were

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## Salvage in Zanzibar ... cont'd from previous page

tightly fixed in wooden beams, like a long ladder, all attached to each other, making escape impossible. Sickness, thirst, hunger were all reasons to kill you. It's no wonder so few arrived alive in Zanzibar. And after all that, the way that perspective slave owners assessed their potential 'merchandise', was to have them whipped senseless. The one who endured the most was seen as a more

durable and better buy. Arriving in Zanzibar did not guarantee survival. In what was perhaps the most harrowing part of the walking tour, was the visitation to the rooms they were kept in. As the slave markets only took place weekly, you could find yourselves incarcerated in one of these tiny rooms for a whole week. The rooms that had ceilings low enough that you have to stoop, and small enough that

might equate to two bedroom sizes, would hold 75 slaves. There was such little space that poor unfortunate people would have to literally sleep (and relieve themselves) on top of each other. The chambers that were at sea level, would get washed with the incoming tide. Disease, suffocation, and no doubt mental breakdowns were many. It's really, really hard to imagine how humans could allow this

to happen to other humans. The museum also had old pictures of slaves in chains and this brought it all home. There was a photo of one child of seven who tried to escape. He was permanently chained to a log his own body size so the only way he could move around was to drag or carry the massive weight. He endured this for a year until a missionary priest rescued him. There are many stories like this that would move the hardest of hearts.

Of course, slavery in other forms still exists today. Olympian Mo Farah in a BBC documentary disclosed that he was a victim of trafficking and was lucky to be freed from his bondage, when a kindly teacher intervened, which eventually led to him finding a foster family. Human trafficking is less visual and harder to detect but the International Labour Organisation estimates there are nearly 25 million people trafficked, annually. Slave labour and textile

sweat shops are just more examples. We can all play our part, not just by being advocates of a better world, but by purchasing responsibly and being vigilant. If one suspects a person has been trafficked, remember don't wait for some else to act – be proactive and call the relative authorities. It always starts with personal responsibility; those who took actions in Zanzibar over 150 years ago helped to the end slavery there.

# The wisdom of Irish proverbs



## FACT & FOLKLORE

Eugene Daly

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

The diminution of the Gaelic language and consequent sense of a broken tradition is one of the utmost importance in arriving at any adequate assessment of life in Ireland today. Here I attempt to show how proverbs reflect the old Gaelic tradition, now very weakened, mindful of what Thomas Davis wrote in 'The Nation' in April 1843: 'The language, which grows up with a people, is conformed to their organs, descriptive of their climate, constitution and manners, mingled inseparably with their history, and their soil, fitted beyond any other language to express their prevalent thoughts in the most natural efficient way'.

Proverbs offer us a wealth of wisdom, wrapped in short, memorable, often witty, phrases. Francis Bacon declared that 'the genius, wit and spirit of a nation are discovered in its proverbs'. An indication of the longevity of proverbs comes

from the Old Testament, since proverbs have a respected place in Judeo-Christian teaching. Solomon wrote the Book of Proverbs to help his people 'know wisdom and discipline'.

Irish proverbs provide us with a unique insight into the spirit of our ancestors, showing us that, while our everyday life now differs radically from theirs, the human dilemmas we face in life, love, work and death, to name but a few, are the same as they faced. Irish proverbs elucidate the Irish mind in a distilled fashion, frequently throwing light on aspects of the social and cultural history of our forebears. Traditionally, the Gaelic mind has abhorred abstractions, so that abstract truths are represented by comparisons drawn from the natural world. For example, 'Ní sheasann sac folamh', literally means 'an empty sack won't stand', but the thought behind it is, 'it's hard to work on an empty stomach'. The mindset that created these proverbs no longer exists in anything like its full integrity. The Irish language is thinning out, where it has not actually been stilled. With this loss comes a less sophisticated response to the diversity of nature and an impoverished nomenclature. More and more we see and experience the world through an Anglo-American mind-set and we are poorer for the decline of the language of our ancestors.

Many Irish adults, whose school-learned Irish has got rusty and faded away, are still able to remember a few proverbs, such as, 'Níl aon tinteán mar do thinteán féin' literally, 'there's no fireplace like your own fireplace' – there's no place like home.

When Irish was spoken between ordinary people it was enriched by these sayings – 'seanfhocail' (old words) or 'sean-ráite' (old sayings). The person who could quote a suitable proverb to sum up a situation or to suggest a certain course of action, commanded respect in the community. Such a person was considered to be

rich in conventional wisdom, and his use of proverbs was as worthy of respect as the use of text books by the formally educated. Proverbs are like a set of rules the community share for reasoning with one another.

Proverbs, like much folklore, are, to a large extent, international. They were passed from mouth to mouth, from generation to generation, from county to country over hundreds of years.

Some of the best proverbs are ones that seem to be observations on animals or birds, but are, in reality, observations on human behaviour. The cow, the pig and the hen, not surprisingly, are often mentioned, as so many generations of people in rural Ireland depended on them for food and sustenance. When we say, 'Is gliobach í an chearc go dtógann sí a hál' (the hen has ruffled feathers until she rears her brood), we recognise it as an observation on a poor mother who is struggling to rear a big family. Inanimate objects are also used in comparisons: 'Nuair a chuirtear tine leis an gcloch pléascann sí' (when fire is put to the rock it cracks), suggesting that we all have our breaking point.

Brevity is the soul of wit and it is a common trait in Irish proverbs, which are often pruned to a maximum of three, or even two, words, i.e. 'Múineann gá seift' (necessity is the mother of invention); or 'Dro-chubh, drochéan' (a bad egg, a bad bird), suggesting hereditary traits. 'Briseann an dúchas tré shúilibh an chait' (hereditary traits break through the eyes of the cat), in other words, much

of our character and personal traits are inherited.

Irish proverbs have at least four prominent characteristics – brevity, alliteration, memorability and rhythm and rhyme. The use of alliteration (using words with the same sound) helps to make them more memorable. For example, we have: 'Is binn beál ina thost' (literally, a closed mouth is sweet) or, as we say in English, 'silence is golden'. Another example is – 'Ní huasal ná íseal ach thuas seal agus thíos seal' (it is not a matter of upper class and lower class, but of being up (thriving) for a while and down for a while). 'Tuigean Tadhg Taidhgín' (Tadhg understands little Tadhg or its English equivalent: 'Birds of a feather flock together') is a good example of alliteration. Being easy to memorise is a strong characteristic; for example: 'Is fearr an tsláinte ná an táinte' (health is better than wealth, literally, herds of cattle, which was how wealth was estimated in ancient and medieval Ireland). Another example easily memorised is; 'Bíonn siúlach scéalach' (the wanderer has stories). Irish people always had a welcome for the travelling pedlar or those who moved from place to place plying their trade, like tailors and tinsmiths.

A common format of Irish proverbs is the triad – an expression in which three things are grouped together for the purpose of comparison and illumination. Many of the triads are witty observations on life, usually culminating in an amusing third item. Two good examples are: 'Trí nithe

nach féidir a mhúineadh: guth, féile agus filíocht' (three things that can't be taught – a singing voice, hospitality and a talent for poetry); 'Na trí súile is géire: súil na chirce i ndiaidh an ghráinne, súil an ghabha i ndiaidh an tairne, agus súil ainnire i ndiaidh a grá geal'. (The three sharpest things on earth; a hen's eye after a grain, a blacksmith's eye after a nail and a maiden's eye on her loved one).

Many proverbs have a significant truth value, which is in agreement with psychological findings. The following are a few examples:

'Ní mar a shíltear a bítear': Things are not always as they appear which acknowledges the role of subjective perception in interpreting everyday events and experience.

'Is maith an scathán súil charad': A friend's eye is a good mirror which conveys the idea that a true friend will give us honest advice.

'An rud nach éigin aoibhinn': 'That which is not necessary is pleasant', is an awareness that people often distract themselves by tackling pleasant but unnecessary tasks rather than urgent, more demanding ones.

An acknowledgement of our mortality is beautifully put in this proverb: 'Maireann an craobh ar an bhfál ach ní mhaireann an lámh do chuir' – the branch lives on the wall but the hand that planted it is dead. A disdain for certain types of verbal support is clear in the expression: 'Is maith comhairle ach is fearr cabhair' – advice is good but help is better.

The most humorous Irish proverbs by far are those known as 'quotation proverbs'. They not only lack the seriousness of most ordinary proverbs but they turn some of them about and hold them up to ridicule. For example; 'Ní bhíonn an rath ach mar a mbíonn an smacht' – mar a dúirt an mac agus í ag bualadh a athar'. (There is no luck except where there is discipline as the son said while beating his father).

The quotation itself is serious but becomes humorous when attributed to a certain speaker in a certain situation. A very funny quotation, given the fact that a crab walks sideways, is: 'Siúil díreach, a mhic' – mar a dúirt an seanphortán leis an bportán óg'. (Walk straight, my son – as the old crab said to the young crab).

'Ar scáth a chéile a mhaireann na daoine' (people live in each other's shelter) – in the era before modern technology, people, especially in rural areas and on the islands, depended on neighbourhood co-operation. A group of neighbours, helping a farmer to save the hay, cut turf, or thresh the corn, was called a meitheal. Payment was by way of reciprocating the work done. This group of neighbours usually included the farmer's brothers or cousins and other neighbours in the townland. 'Is fearr beagán den ghaol ná morán den charathnas' (a little relationship is worth a lot of charity) says another Irish proverb, and the first aspect of family connection was the duty of material help. Comhar na gComharsan (co-operation of neighbours) was a much used phrase, a much-practiced act. Today co-operation and neighbourliness appear to have waned. With all the modern technology which reduces the amount of manual labour, we seem to be busier and more separate from our neighbours. The days of dropping in for a chat or to go 'scoruíochting' at night seem to have, to a great extent, disappeared.

As Liam Mac Con Iomaire states in 'Ireland of the Proverbs' – "Proverbs are, in fact, the preserved butterflies of long gone summers, impaled in the language as a result of their memorability and witty commentary on universal concerns of human nature, which brings colour to our reflections on the daily dilemmas of existence, unfortunately, now inaccessible to many of us because of the decline of our native language".





## Bantry Show returns for an action packed day out

It's now 26 years since a rosette was first pinned on a worthy winner at Bantry Agricultural Show. Many hundreds more ribbons have been awarded to both four- and two-legged competitors in the intervening years, and another exciting day of competition is expected on September 4 when the Show returns to its home at The Beach-

es, Bantry.

As usual there are classes for horses, ponies, sheep, poultry, arts and crafts, and cattle classes make their return to this year's show, but the programme is also packed with other types of entertainment; from live music and dancing to children's amusements there is something for both young and older to enjoy.

Bantry Show is running a huge raffle with a grand total of €2000 cash up for grabs. Tickets are available locally or on show day. If you're not in you can't win!

All competition entries must be in by August 26 either by email at bantryshow@gmail.com or by calling into the show office on New Street, Bantry

which opens on August 15.

For queries contact: 027 52117 or 085 169 1365. Follow the show on Facebook for updates.

Show held at the Beaches Bantry by kind permission of Bridgette Wagner of Rowa pharmaceuticals Ltd.



## Schull welcomes expedition cruise ship

The Mayor of the County of Cork, Cllr. Danny Collins was on hand to welcome the cruise ship 'Island Sky' during its first visit to Schull when the Noble Caladonia vessel called to the West Cork village recently.

The luxury expedition ship, carrying 97 passengers attended by 63 crew, overnights in Schull. The following morning, passengers boarded the Cape Clear Ferry to visit Cape Clear where they were greeted by the Birdwatch Ireland warden and guides who conducted a walking tour of the nature-rich island. Traditional Irish music band Comhaltas Baile Náis provided on board entertainment and in the afternoon passengers visited Ireland's most south-westerly point, Mizen Head.

As is tradition, the Mayor, made a presentation to the ship's Captain Jose Fonseca to mark the occasion of Island



Captain Jose Fonseca, 2nd officer Miguel Bonilla and Mayor Danny Collins on the bridge of Island Sky Cruise Ship discussing bridge operations in Schull harbour. Picture. John Allen

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Sky's first visit to Schull. Commenting on the visit, Mayor Collins said, "As a native of Schull, it was an honour to welcome the Island Sky on its maiden visit here. There was such a wonderful atmosphere on the pier as the talented traditional musicians entertained the passengers and I'm certain everyone enjoyed their trips to Cape Clear and Mizen Head. With 76% of cruise passengers surveyed on a visit to Ireland saying they were very or quite likely to return either on another

cruise or on a holiday, Cork County Council is playing a long game here too. Showcasing West Cork's natural, unspoilt beauty and culture to these discerning visitors will pay dividends in the future and we look forward to them returning to the region"

The Island Sky will return to West Cork shores in early August as part of its 'Around The Emerald Isle' cruise. The ship will arrive at Kinsale harbour on August 4 before departing that evening for Bantry.



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## people Farming

## Roadmap needed on emissions reductions

FARMING  
IN WEST CORK

Tommy Moyles

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

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At time of writing a decision on the levels of emission reductions that has to be delivered by farmers between now and 2030 has yet to be made. It feels like you can't turn on a radio or open a news site without having



There was a large turnout at the Carbery Milk Quality awards farm walk hosted by the Shorten family, Woodfield, Clonakilty.

to hear or read of the cuts being discussed.

I'll admit that when the 'national herd' gets a mention in broadcast media my initial reaction is to change channel or switch off. It's not that I'm trying to bury my head in the sand on the issue but the whole debate is increasing in toxicity and polarisation. Level heads on both sides of the argument tend to be ignored for sound bites from the extremes within the debate and in my mind that's unhelpful and, despite it being such a broad societal issue, I want to know what it will actually mean for me.

The headlines say the percentage of cuts in emissions from agriculture will be between 22 to 30 per cent. I haven't a bull's notion what it will actually mean for the farm. I can't find any model that can show a farmer what the consequences for their farm will

be for any of those figures or indeed any figure in-between. That lack of clarity is very frustrating. There's a handbrake up on any form of future planning and even if a figure is decided upon there is no road map on how it will be achieved.

While those figures need to be trashed out, life goes on and in an effort to reach the target set out in the Programme for Government of farming 330,000ha organically, payment levels have been increased for farmers wishing to convert. The news was announced by Minister of state at the Department of Agriculture Pippa Hackett.

They will also receive a lump sum payment of €2,000 if they decide to convert from January 2023 and following year one, the lump sum payment will decrease to €1,400 per annum for an unspecified number of years.

There are varying rates of

payment depending on the farm type. Drystock farmers will be paid €300/ha for up to 70ha in year one and two of converting, and in years three to five they will be paid €250/ha. Farmers with any land above the 70ha will see the payment rate drops to €60/ha in years one and two and to €30/ha once they are fully converted in years three to five.

Rates for tillage farmers rises to €320/ha to convert and €270/ha from year three while dairy farmers are in line to be paid €350/ha to make the switch and €300/ha once they are fully converted.

Farmers in the horticulture sector will be paid €800/ha to convert and will receive €600/ha following conversion. The reason for the higher payments here are largely due to the smaller land base many in the horticulture sector work with.

These new payment rates

are subject to approval by the European Commission as part of the ongoing discussions on approval of Ireland's CAP Strategic Plan, and would apply from January 1, 2023.

Despite those incentives, I don't think I'll be signing up for it. Saying that, most of the practices I do on the farm, certainly on the cow and calf side of the herd, would be standard organic practices. The big catch for me is when it comes to housing for the winter. Extra building would be required to comply with the housing requirements and I can't justify that cost.

In comparison to the airwaves, farm life is relatively peaceful. Breeding has pretty much finished up so the day-to-day routine consists of basic herding. Much of the on farm grazing and silage plan was on hold until the rain that arrived at the end of July. Now it's a case of sit and wait to see what

impact that has on growth. Dung samples were taken from most groups in the middle of the month and results have shown low worm counts so far, however there are a number of calves at home with dirty behinds so they will get a worm dose, but only those affected. The surprise was a high rumen fluke presence in the replacement heifers so they will get a treatment for that when they are in for scanning in a few weeks. Fodder stocks are within reach of the target set earlier in the year so more grass is becoming available. With most silage sorted that means extra ground will be available for grazing. If this was a dairy farm grass demand would be relatively static for the year but, as there are calves growing, it means their intake of grass increases rapidly and that has to be factored into the plans for the next few months.

## A West Cork Farming Life:

Paudie O'Leary, Castlevue, Clonakilty. Host farmer of the upcoming classic and vintage silage cutting event on Sunday, August 14.

**Paudie, you're hosting the West Cork vintage threshing and ploughing associations charity vintage working day this year. There's a lot planned for the event, can you give a run down on what people can expect?**

The day will include a major display of working vintage farm machinery. There's 25 acres of silage that will be cut using a variety of vintage and classic silage gear including double chop, single chop and self-propelled harvesters. Across from that there's six acres of barley that we'll be combining and threshing using vintage gear and there will be a display of old and new ploughing as well.

The event is sponsored by Derry O'Donovan Ltd and will be opened by online sensation and agricultural contractor Farmer Phil; he has 64,000 subscribers on YouTube and is extremely popular in the farming community. His father Derek or Farmer Phil will be there too.

He's nearly a bigger legend in agri-contracting circles at this stage. As well as the machinery action there will be an auction of four top quality, in calf Friesian heifers, a maiden Friesian heifer, a pedigree Angus heifer and a beef bullock from our own farm. Cork marts are running that on the day. There will be music and set dancing as well. It's a fundraiser for three local charities too. The Irish Cancer Society, Marymount Hospice and Cairde Clonakilty Hospital Dementia Unit. So we're hoping to raise as much money as possible for the three charities involved.

**How did you get involved?**

Micheál Hayes and I were asked to join last November and they asked if anyone knew of somewhere that would be suitable for hosting the silage cutting event so I said they could host it here. Everything that will be harvested on the day will be used by the farm afterwards.

As part of it we were asked to grow a bit of barley and, as a result, we're now growing six acres. That kind of worked out well with the way ration prices went up. I'm also growing some maize. We haven't grown crops for the best part of 10 years. I had been growing beet, maize and wheat in the past, but sold the tillage gear, so I hired in, as it's a one off.

My father used to do threshing on hire before so we're aiming to have the tractor he used when he was contracting to run Don Coakley's thresher. It's a Fordson standard major and it's been fully restored on the farm. My uncle Pat brought it brand new in 1954 and we still have the original bill of sale from CAB motor group in Cork and the original brown tax book.

**What type of farm do you have?**

It's mainly a store to beef farm and I do some livestock haulage and I do some raking for a local

contractor too. I'm also an agent for ABP. I came home to farm on a part-time basis in 2005. We would have been running a suckler herd and growing some crops. I was working off farm at the time so we decided to move to a store system.

It's very much a family farm. My parents are living on the farm, as well as my wife, Denise, and we have four children under seven. My father Jerry is still involved and this year I bought a few calves for my son Arthur. I suppose, like us all when we were younger, he wanted to get involved, so for the last two years I was listening to "when can we buy calves, when can we buy calves". This year I bought a few really good calves locally so he's been involved in the feeding and looking after them and it's a good interest for him. You could say there's three generations on the farm and we're really looking forward to welcoming people here on the day.





# Carbery Plastics celebrates 45 years of success and calls for family business boost

Celebrating 45 years in business in July, West Cork plastics manufacturer, Carbery Plastics Limited, welcomed Senator Tim Lombard to its Clonakilty plant. After meeting with the Carbery team, Senator Lombard was given a tour of the company's manufacturing operations.

Established in 1977, Carbery Plastics is firmly established as a leading European manufacturer of rotationally moulded storage containers, directly employing over 60 people. The pioneering company's product range, is today focused upon specialist tanks for the safe, secure, storage of AdBlue, Diesel, Heating Oil, Liquid Biofuels, Specialty Chemicals and Water.

Operations Director Cal McCarthy says, "We were delighted to welcome Senator Lombard to our plant, as we celebrate our forty-fifth birthday.

"As an indigenous, family owned and locally managed business, we've always sought to differentiate our products, upon the basis of both quality and service. That in turn, reflects the talent and dedication of our people. Indeed, the success Carbery has enjoyed over the past 45 years, reflects the commitment of our world-class, West Cork team.

"Recognising you don't stay ahead by standing still, we continually challenge ourselves to identify solutions to problems, with the confidence to do things differently. And of course, we continually benchmark our products and processes against global standards too. Carbery Plastics' products are today on sale not just across Ireland, but exported to markets across Europe, including Belgium, Britain, Cyprus, France, The Netherlands, Norway and Spain."

Carbery's founder and Managing Director, Michael McCarthy, is quick to point out that Carbery's ownership structure is an important differentiator in how it operates. "We're proud to be a local, indigenous, family owned and managed business. As such, we've always taken a long-term view of how we do business.

"We've no external shareholders to answer to, so when we make decisions and investments, we don't just do what's best for our business. Instead, we strive to do what's best for our people and the communities in which we trade too. So, like many family businesses across

the country, we've invested considerably in recent times, to maintain competitiveness, exploit new opportunities and increase employment."

Born and raised in Clonakilty, Michael passionately believes that West Cork in particular, and Ireland in general, are fantastic places from which to do business. But when meeting Senator Lombard, he highlighted opportunities to further encourage innovation, entrepreneurship, and continuity within the family business sector.

Michael says, "Family-owned businesses are at the heart of the economy nationwide. Indeed, Ireland's 170,000 family businesses employ no fewer than 1 million people, accounting for 55% of private sector employment, 70% of all businesses nationwide and contributing almost €19bn annually to the exchequer 1.2. There's not a single city, town, or village in the land, without a family business."

"In general, family businesses have tremendous loyalty to the communities in which they trade. This is unsurprising since they are a part of those communities. But to build upon this loyalty, it's incumbent upon government to facilitate the continuation and growth of these businesses.

Dismissing taxpayer funded handouts, Michael says, "As a family business, we'd instead be supportive of the reform of a system, which can sometimes and unintentionally hinder and frustrate the continuity, ambitions, and growth of local business. Consecutive governments have worked hard to make Ireland one of the best places in the world for foreign direct investment. We welcome that. But looking ahead, to maximise our economic potential as a nation, we need to make Ireland the best place on earth for local, family businesses too."

Michael is supportive of proposals brought forward by The Family Business Network (FBN) of Ireland. These include:

- The introduction of a temporary reduction in the Capital Acquisitions Tax (CAT) rate to



(l-r) John McCarthy, Donal McCarthy, Sen. Tim Lombard, Michael McCarthy, Cal McCarthy Photo Martin Walsh

20 per cent for an initial period of 2 years;

- The removal of anomalies from how Capital Gains Tax (CGT) Retirement Relief is calculated, to avoid confusion and to ensure it operates on a consistent basis with CAT Business Relief;

- Eliminating the arbitrary cap on the value which can qualify for Retirement Relief on the transfer of shares for those aged 66 years of age and older for an initial period of two

years, with a further review to take place thereafter;

- Raising the Band A CAT Threshold to €500k;
- Removing cash as a non-qualifying asset in trading businesses for CAT Business Relief purposes - until and unless the cash is invested in non-qualifying assets;
- Increasing the lifetime limit for Entrepreneur Relief to a minimum of €5m.;
- The introduction of a bona fide test in the anti-avoid-

ance legislation introduced in Finance Act 2017 into Section 135(3A), Taxes Consolidation Act 1997 to facilitate genuine commercial transactions, when disposing of a business.

"FBN proposals would assist family businesses in overcoming unintentional, yet very real structural disincentives, to growth and ambition. They would also allow family businesses nationally, to compete on a level playing field with overseas competitors, operating

in jurisdictions where more enlightened policies prevail.

"Best of all, the FBN proposals come with little risk to the exchequer yet could prove a real boost to family businesses going forward. That's not just good news for local, indigenous businesses, but their 1m employees, the communities they support and the exchequer too," concludes Michael.

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CELEBRATING 45 YEARS IN BUSINESS



## people Environment : Making a difference

# Current forestry system needs to be overhauled to meet climate targets



### SOCIAL DEMOCRACY

Holly Cairns TD

Under the current government, our rate of afforestation has decreased. The amount of trees being planted has been falling in recent years due to government failures. I had hoped that the Green Party in power could have reversed this, however we are only reaching a dismal 25 per cent of our national goals.

The Programme for Government sets out a target of 8,000 hectares of new forests per year, we are planting only 2,000 hectares.

This situation is disgraceful. We are feeling the increasing impacts of climate change and yet we are failing to meet our climate targets. Forestry is a key tool in helping to sequester carbon and compensate for emissions in agriculture. Radical and rapid changes will be required from all areas of society and economy to reach our sectoral targets. Planting trees is a simple, yet incredibly effective climate action.

Those working in the sector have identified two major challenges, which could be addressed by the Ministers responsible, Charlie McConalogue TD and Senator Pippa Hackett. Firstly, afforestation incentives are not competitive with other farm subsidies and schemes. Agriculture policies push farmers and landowners

into emission-generating areas. The ambitious milk target in Food Harvest 2020 was met in 2017 and the beef target was met in 2011. However, at its highest, only 50 per cent of the forestry target was reached, and it is closer to 20 per cent today. There are already cultural and logistical barriers to planting trees on farmland, and instead of overcoming them, the Government and Department are essentially discouraging afforestation. When in fact, forestry provides a better financial return than agriculture on marginal land. More than half of cattle and sheep farms would be better off with forestry.

Secondly, the Department of Agriculture's licensing system is not fit for purpose. Two years ago, when the government was pushing through changes to address massive backlogs, I and others pointed out the flaws. There are currently 2,500 applications waiting for over four months. This scale of the back-



log reduces efficiencies, puts jobs at risk, and undermines confidence in the sector. While there have been some positive changes and an overall reduction in the scandalous backlogs, the system needs more staff and streamlined processes.

Forestry can make a significant contribution to a sustainable economy and climate action while also supporting rural areas. The current forestry system is failing communities,

the industry and workers. We need commercial forestry to meet national timber demands rather than importing large quantities of wood. Simultaneously, we must have a massive planting programme of native broadleaf forests. Rewilding and biodiversity strategies need to encourage farmers to convert portions of agricultural land to native forestry, especially on watercourses, and to establish wildlife corridors.

The next eight years are crucial to addressing the climate crisis. Forestry can be a transformative aspect of our climate action, helping to reduce emissions and increasing biodiversity. The government should have radical and ambitious policies that support the forestry sector and farmers. Unfortunately, this government is not bringing in the necessary changes.

## National Heritage Week 2022 and 'The Birds of County Cork'

National Heritage Week is Ireland's most popular cultural event, as **Nicholas Mitchell** and **David Rees** explain.

Each year, thousands of people plan National Heritage Week events in their towns or villages with many more thousands expected to participate. It is an opportunity to learn how we can protect our natural, built and cultural heritage and see how the work and commitment of local communities is conserving it, for us and for future generations. The themes this year are sustainability and biodiversity, focusing on Ireland's sustainable heritage and the small changes we can make to preserve our natural environment for generations to come.

Co-ordinated by the Heritage Council, National Heritage Week is part of European Heritage Days, a joint initiative of the Council of Europe and the European Union in which more than fifty countries participate each year. The main aim of European Heritage Days is to promote awareness of our built, natural and cultural heritage and to promote Europe's common cultural heritage. For a full listing of all National Heritage Week events around County Cork and around the country please go to [www.heritageweek.ie](http://www.heritageweek.ie) or pick up a brochure from

your local library and Tourist Office.

This year there are two themed days: Wild Child Day and Water Heritage Day. The West Cork Branch of Bird-Watch Ireland is organising its own event to encompass both these themes on Saturday, August 20. We are inviting anyone interested in the natural heritage of West Cork to spend a few hours learning about the wild birds on Rosscarbery Estuary. Join us on the causeway opposite The Celtic Ross Hotel, Rosscarbery anytime between 2:30pm and 4:30pm. The aim of the event is to introduce you to the special groups of birds that use the estuary, how they use it, the journeys they take to get there and the importance of this 'bit of mud'. Those of you living nearby any of the estuaries in West Cork will have noticed numbers of Lapwing, Black-tailed Godwit and Curlew feeding and resting, as they return from their northerly breeding grounds. Some of these will stay for the winter and others will only be stopping on passage to their winter grounds further south. The adult Godwits returning in their breeding plumage look especially fine with their russet and black plumage, suitable for camouflage up on the tundra. Over the coming weeks, they will moult into their more uniform drab winter plumage for their winter estuarine habitat.



*Black-tailed Godwit with summer plumage (left) and winter plumage (right). Pics: Nicholas Mitchell*

By August, more birds will have arrived and we will have an opportunity to study them more closely through 'scopes and binoculars.

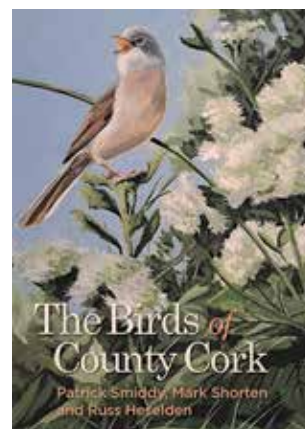
This event is free and is very suitable for families and children, but anyone interested in the wild life of the estuary is welcome. Bring binoculars if you have them but the Branch has some available to borrow on the day and there will be spotting 'scopes on hand for an even closer look at the birds. Contact Nicholas Mitchell 087 121 5256 or [treasurer@birdwatchirelandwestcork.ie](mailto:treasurer@birdwatchirelandwestcork.ie) for further information.

In the meantime, have you ever wondered when Corn-crakes last breed in County Cork, or when was the first



Little Egret recorded in the County? Well now there is a book that can answer all your questions about birds in County Cork. Simply called 'The Birds of County Cork', this new publication is the culmination of years of work by three men, Pat Smiddy, Mark Shorten and Russ Heselden, all well-known and highly respected figures in Cork birdwatching circles. Indeed Mark first started work on producing a history of the birds of Cork back in 1984.

The book is painstakingly researched with the authors digging through publications that mention Cork birds to provide a history that dates from the 1700s to present day, including details of the species we have lost and the species we



have gained. The book includes sections on Cork's geographical location, its soils and some of the key locations for birds in the County. This gives background on the occurrence and distribution of the birds that have been recorded in Cork. It also gives a summary of the history of birdwatching and birdwatchers that have recorded birds in Cork. This is all accompanied by some wonderful illustrations from Russ Heselden.

So, now we know that Corn-crakes were common in the 1700s and 1800s, with a decline starting in the 1900s. In the 1930s birds were recorded from fields and waste ground around Cork city. National surveys only found six birds in the 1980s, none in the survey of 1993 and it seems that it stopped breeding regularly in the 1980s. Nowadays there are sporadic records, mostly in the autumn, of birds moving through on migration.

For Little Egret, the first Cork record was from Skibbreen in 1940, and the first breeding record coming from Ballymacoda in 1998. Since then the species has expanded rapidly with numerous breeding colonies and it is a common site on our coastlines and rivers.

The 'Birds of County Cork' is a valuable reference book but also will be of great benefit to anyone who has an interest in birds in County Cork. It is available in bookshops or direct from Cork University Press.

### Branch News

Upcoming outings being held by the Branch are:  
Sunday, August 20 – National Heritage Week family event (details above)  
Sunday, September 11 – Cape Clear Island. Meet at the Bird Observatory at 11:45am.

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





## people Environment : Making a difference

# Kruz your way to a greener future

The Kruz brand was developed and launched in the Irish market in 2022 with a base in Clonakilty and recently opened a new product showroom in Douglas, Cork City. Kruz's mission is to offer innovative, high quality e-mobility products to customers from all walks of life.

The Kruz brand range is divided into a number of different product ranges which include folding electric bikes and scooters, remarkable

new Horwin electric mopeds, along with a selection of locks and smart cycling helmets.

With the rising cost of fuel worldwide and current cost of living crisis, there has been a substantial demand for a new, more cost effective and environmentally friendly form of transportation and this is where Kruz intends to help its customers. Making the move to electric will not only lower your fuel costs but also make a considerable difference to your carbon footprint.

Recently, Senior government figures have warned that "Families could be forced to abandon their second car if higher-level carbon emission targets for the agriculture sector cannot be agreed". While this can be a

shocking revelation for many Irish families, it's important to look at the realistic alternatives available, especially for shorter commutes. This is where Kruz believes they can make a real difference with their innovative folding electric bike, the KR-2. With a range of 25km and quick charge time of just three hours it is an ideal choice for those living close to their workplace. Its capacity to fold up neatly also makes it ideal to store in the office or even under a desk.

To browse the product range visit [KruzOfficial.com](http://KruzOfficial.com). If you would like to check out the Kruz product range in person, call to the Douglas Showroom in Cork city or contact their friendly sales team on 023 883 3780.

## Reducing food waste



### 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.

I love the month of August because it is the beginning of harvest-time in our garden: the greenhouse is full of cucumbers and tomatoes, which we pick as the fruits ripen, and the courgette plants produce so much we can easily eat courgette at every meal well into the autumn. But courgette gluts are the least of our worries – August is also the warmest month, and that often means food gets spoiled more easily. But with a little knowledge on how to store and preserve it, we might just

reduce the amount of food we throw away.

The Environmental Protection Agency estimates that the average Irish household wastes 150kg of food each year, which translates to one million tons of food wasted annually in Ireland, a cost of approximately €700 per household per year. So how does one reduce the amount of food waste in their home? For a start, I'd encourage people to make a list of groceries prior to going out shopping for food, and then sticking to the plan in the supermarket. What's on the list gets bought, and what isn't on it doesn't. I like to keep a piece of paper attached to our fridge and write items on it as they run out, and before leaving the house to buy our groceries, I have a quick look in the fridge, freezer, and in the cupboards to see what we already have, and I think up a plan of what we might want to eat that week. I make sure to ask everyone in the house if they need or want something specific, and I have a bite to eat before I go out shopping, because there's nothing worse than your tummy dictating what it wants when you're out buying food at the supermarket.

When unpacking your shopping, store your food in a way that will keep it fresh for as long as possible. Temperature, humidity, and light all have a big part to play, and storing your food the correct way will ensure it is safe to eat and maintains its nutritional value. Keeping vegetables and fruits in plastic

bags will make them sweat, so transfer them into containers as soon as you get home. Potatoes, garlic, and onions require a cool, dark place so keep them separate from each other in closed paper bags. I store my salad leaves in a container in the fridge with a damp piece of kitchen roll over them. Bananas give off ethanol which speeds up the decomposition process of anything close to them, so I keep mine well away from the other fruits. And if I want my avocados or pears to ripen a little faster, they will go right beside the bananas in a separate bowl. If I spot any kind of decay on a piece of fruit or vegetable, I cut it off immediately, put it in the fridge and prioritise eating it before anything else.

Fresh bread is best kept at room temperature in a paper bag or a bread bin. In our house, I cut the loaf in half and freeze it because the bread goes hard faster than we get to eat it. Likewise, dried goods like rice, lentils, and nuts are taken

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out of their plastic bags and stored in airtight glass jars in the cupboard. I learned the hard way that in a damp house, little moths will chew through bioplastic and lay their eggs inside the food, and my store of chickpeas, pumpkin and sunflower seeds all had to be thrown away. Nightmare!

Something worth noting is that the 'use-by' date on products is a safety deadline – you can eat or freeze food up to that date, but it may well make you sick if you eat it beyond that. The 'best before' date is merely a guide, but the quality of the food may degrade from then on. Check your food regularly and look out for those dates – remove any food that has started to spoil in your fridge as gases

from rotten produce can hasten the decline of others. If you have food that you won't get to cook or eat before its 'use-by' date, put it in the freezer – it acts as a pause button on food, but remember that once defrosted, the food will need to be used up within 24 hours.

I have blanched vegetables in the past – hardy greens like kale, spinach, broccoli, and green beans do blanch very well, but I find the technique a little time-consuming. It involves boiling or steaming the food for a short period of time, and then dipping it in iced water to 'refresh' it before freezing it. It stops the enzymes in the food from activating, and improves the colour, texture, and nutrients in the frozen food. Nowadays, I eat what I have when it's available, although I do freeze herbs like fresh chives and parsley in small glass jars to use them throughout the winter.

We mainly cook from scratch at our house, and our lunches are hugely dependent on leftovers and what needs to be eaten up. We tend to cook a big pot of food that will last us a few days – dishes like curries, stews, and veggie burgers which we cook in large quantities and then freeze in smaller portions.

When our garden beetroots are ready to harvest, I pickle them, and they do keep for a very long time. The recipe is simple and delicious, and can be used for other vegetables like carrots, cucumbers, peppers, and cauliflower. I just peel and boil the beets, cut them in wedges, and prepare the pickling vinegar by toasting black peppercorn, coriander seeds, yellow mustard seeds, and cloves on low heat, and then adding white wine vinegar and brown sugar to the pan. I leave the mixture to simmer while I pack my cooked beets into sterilised jars, and then top them up with a teaspoon of coarse sea salt, a bay leaf, and the spiced vinegar.

We rarely have food waste at our house mainly because we plan ahead and compost everything. Saying that, the dog and hens are delighted with leftover rice and pasta, but I know that if they weren't around, I would use these up in a salad the next day. It's a case of always being inventive in the kitchen, and that suits me well because I love to experiment. Now if only every recipe I tried tasted as good as the ones in the books. One can only hope!

@seasidesquirrel or [www.seasidesquirrel.ie](http://www.seasidesquirrel.ie)





## people Environment : Making a difference

# Celebrating botany around Bantry

The Ellen Hutchins Festival has a full programme of events running from Saturday, August 13 to Sunday, August 21 in the Bantry area. There are some great walks, talks and workshops on offer. Most are free but places need to be booked.

Join a walk with a botanist and use a hand lens to see tiny beautiful details of plants. Choose from Upland Botany at Vaughan's Pass,

Coastal Flowers on the O'Sullivan Mile, and Arbutus and other trees in Glengarriff Woods. In addition Astrid Winger, Professor of Plant Biology at

UCC is leading a walking talk round Ardnagashel on Plant Biology for the Future including biodiversity and rewilding, with a glance at the past.

Talks include 'How might the Strawberry tree (Arbutus unedo) have come to Ireland' by Micheline Sheehy Skeffington and 'Irish Atlantic Rainforests' by Eoghan Daltun.

Workshops start on Saturday, August 13 on Whiddy Island, with 'She Gathered Seaweeds on the Seashore'. Explore and learn about seaweeds and their uses. Collect samples and be shown how to float and spread the seaweed to make your own specimens.

Botanical Art workshops can be booked with Shevaun Doherty in Bantry House Tearooms and at Future Forests. The Mealagh Valley is the setting for a workshop on plants by Sonia Caldwell, and Future



*Rushes in Sonia Caldwell's workshop and (right) Children's nature art - flower and leaf pounding*



garrieff Woods, with the Rangers looking at wildlife, then in the stableyard at Bantry House for nature art activities.

On Friday, August 19, there is a performance/talk under a parachute shelter on the lawn at SeaView House Hotel, Ballylickey – Seaweed and Sealing Wax: Letters of 1812 with botanical art and poetry.

Saturday, August 20 is at Future Forests, Kealkil, including a session with microscopes and

leaves and a demonstration of willow basket making by Yvon O'Flynn. On Sunday, August 21, join a kayaking trip from Adrigole Pier.

See the website [www.ellen-hutchins.com](http://www.ellen-hutchins.com) for the full festival programme and booking details. The festival is supported by Cork County Council, funding from the Environmental Research Institute at UCC and sponsorship from Bantry Credit Union.

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**ENVIRONMENTAL MATTERS**  
 Fiona Hayes

The country's climate plans outline a legally binding target of 51 per cent reduction in emissions to be reached by 2030 and reaching Net Zero by 2050 at the latest. Net Zero means cutting greenhouse gas emissions to as close to zero as possible, with any remaining emissions re-absorbed from the atmosphere, by oceans and forests and by technological advancements.

The Environment Protection Agency (EPA) predicts we will miss these targets unless all the current climate plans and policies are implemented much

more rapidly than they are being and further measures are also implemented. However, according to current projections, rather than Ireland progressing rapidly, there is a growing gap between that which is targeted and that which we will achieve over the next decade.

To reach the targeted 51 per cent reduction by 2030 requires an 8.3 per cent average cut in emissions per annum; however, greenhouse gas (GHG) emissions in Ireland in 2021 increased by 4.7 per cent compared to 2020.

In 2021, the energy industries, transport and agriculture sectors accounted for 72 per cent of total GHG emissions. Agriculture is the single largest contributor to the overall emissions, at 37.5 per cent. Transport contributes 17.7pc, Energy industries 16.7pc and the residential sector contributes 11.4pc of GHG emissions.

West Cork hosts a number of voluntary bodies that have come together under the Sustainable

Energy Authority Ireland (SEAI) scheme to form Sustainable Energy Communities.

For example Kinsale Community Energy Project is an initiative which was set up in 2018 by Transition Town Kinsale and in 2019 made a successful application for €20K funding in order to prepare an Energy Master Plan (EMP) for the area.

Net Zero Skibbereen is another example of a newly formed voluntary body who have been successful in applying for a grant to look at and write a report on energy consumption and create a Sustainable Energy Master Plan. Once this plan is written they will be able to apply for further grants to start the process of running sustainable energy projects in the community. These projects may include such things as retrofitting sustainable energy solutions to housing and offices. As more people start to work from home it has become clear there is a need for improvements in home heating efficiency and in insulation and that current policies are falling short in this area.

Improvements in existing housing stock will of course help in meeting energy targets, however the EPA report that data shows that ALL sectors need to do significantly more to meet the 2030 reduction targets.

The government must do more to assist farming to meet their targets. Dairy cows are pro-

jected to increase in numbers by 13.3pc during the next 10 years. Without help to change animal feeds this will increase methane production, yet research has shown that changes in animal feeding can reduce methane production by 30-80pc.

Greater reductions in industry emissions and transport emissions must rapidly be introduced and there must be more rapid changes to energy production if we are to achieve the targeted 78pc renewable energy electricity generation by 2030

Though community bodies and voluntary bodies such as Sustainable Energy Communities (SEC) are working hard to make the necessary changes, they are mainly grant funded and voluntary. The scope of current interventions with the current pace of implementation of these interventions will not achieve the changes required rapidly enough to avert climate disaster.

Climate change policies and environmental policies must be upheld by ALL public bodies. Recently the deputy chair of An Bord Pleanála (ABP) resigned amid an ongoing probe into multiple planning decisions following allegations that conflicts of interest were not declared. The chair of An Bord Pleanála has made an appearance at the Dáil's Public Accounts Committee (PAC) where he was asked to explain the Bord's rising legal costs, which increased from 1.2

million in 2018 to 8.4 million in 2020.

An Bord Pleanála received €26 million in funding in 2020, more than €19 million of which came from the taxpayer, yet their rising legal costs are a result of increases in the number of successful judicial reviews being brought against them, mostly by community groups or members of the public. The number of judicial reviews of planning decisions lost by An Bord Pleanála increased by 25pc in 2021 with in most cases, the board having to pay costs of the challenger as well as their own legal costs. Most of the judicial reviews brought are in the strategic housing arena and the Bord lose 86pc of cases brought.

In the case of Save Our Skibbereen's Judicial Review against An Bord Pleanála, which was heard in the High court in August 2019, the Court granted an Order of 'Certiorari', quashing the decision of the Bord to allow planning permission for a polymer compounding factory. The main ground for the quashing order was that the screening by the Bord for appropriate assessment was in breach of the requirements laid down by the Court of Justice of the European Union. The Bord's own inspector had advised against granting this planning permission and yet the Bord went against his advice. This is an example of our local and national planning

departments failing to take note of European environmental legislations until they are forced to do so by the High Court.

In other legal cases, the project failed to fulfill basic procedural prerequisites or directly contravened the relevant county development plan.

Further examples occur in recent judicial review of strategic housing decisions where the court has ruled that public-transport capacity needs to be shown to be adequate in order for the housing development to proceed.

The need to support and comply with the Government's Climate Action Plan must be injected into these planning decisions.

The Infographic booklet on [gov.ie](http://gov.ie) shows a roadmap to achieving the targets in the Programme for Government and the Climate Act 2021.

All public decisions should be checked against this roadmap to ensure we are all pulling in the same direction.

It is evident that work to achieve net zero is underway. Now we ALL need to lobby TD's, work with our communities to create Sustainable Energy Communities and watch planning applications and public decisions in our local area to create the pressure needed to speed up implementation of the plans.

Ireland MUST NOT fail to meet our targets.

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If you're embarking on your third level journey, or you're returning to try something new, talk to Clonakilty Credit Union about their Education Loan. This straight-forward loan has a number of key benefits: a reduced-interest rate of 7.9 per cent and flexible terms that allow you to easily change repayment arrangements or pay the loan off early without fees or penalties.

Kate O'Regan from Barryroe



is a biomedical scientist in the hospital laboratory of Our Lady's Children's Hospital, Crumlin. Kate embarked on a two-year part-time Masters Degree last September, which she funded with an Education Loan from Clonakilty Credit Union.

"As a biomedical scientist in Crumlin's laboratory I test patient samples for illnesses like Covid, UTIs, tonsillitis etc to help with diagnosis and treatment. To expand my education in biomedicine I'm doing a Master's part-time while contin-

uing to work full-time. The fees were €9500 and because I had taken a car loan in 2020 with Clonakilty Credit Union, which was a really good experience, I approached them for this loan also.

"Even though I live in Dublin it was all very easy to organise over the phone and through email. I was surprised that not only did the Credit Union agree to me taking a second loan whilst my car loan was still outstanding, they allowed me to change my repayments from

fortnightly to monthly, which suited me better. The interest rate is also very good.

"I would really recommend Clonakilty Credit Union for a smooth experience that takes into account your personal needs and circumstances."

New and existing college students, mature students, apprentices and other trainees can all apply for this Student Loan, as can parents of low or no income students.

Parents of younger children may also be interested in the Credit Union's Back to School loan for uniforms, shoes and winter wear, books, bags, and supplies, laptops and iPads, bus tickets, school contributions, trips or any other school expense.

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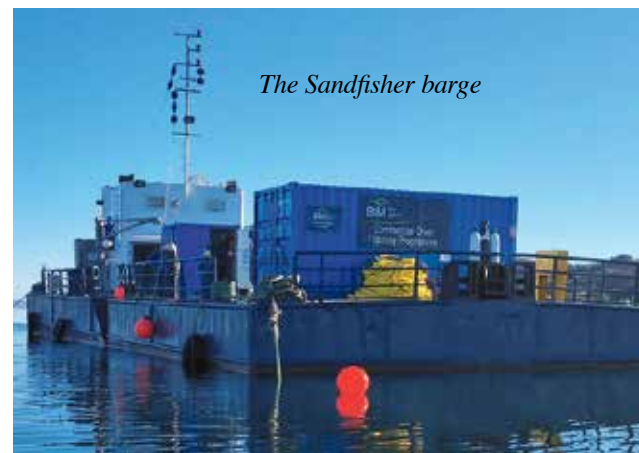
## EDUCATION & OPPORTUNITIES

# BIM National Fisheries and Diving College at Castletownbere

The Bord Iascaigh Mhara (BIM) National Fisheries and Diving college, on the southernmost peninsula off the south-west coast of Ireland, is home to the only college offering Commercial SCUBA and Surface Supplied Diving courses in Ireland. Since the re-introduction of commercial diving courses in 2018, the college has provided the aquaculture and inshore diving industries with professionally qualified divers holding QQI Level 6 Inshore Surface Supplied Diving certification, recognised by the Health & Safety Executive (HSE UK). The college also offers a wide range of safety training programmes to those working in the seafood sector and a full list of courses can be seen on [www.bim.ie](http://www.bim.ie).

In December 2020 the barge "Sandfisher" was fully refurbished by Bere Island Boat yard under the watchful eye of boatyard owner Ger O'Sullivan and launched in September 2021 in time for the autumn diving programme. The barge measuring 30m by 12m with a two-story bridge, has been fully refitted, galvanised and painted and includes landing steps, electric derricks, drying room, galley, and storage rooms. In order to reduce the carbon footprint of the diving programme, all machinery has been converted to electric power and a hybrid power management system consisting of a 52-kwh battery coupled with a generator, powers all the barge systems. This has made a significant difference to the noise level on the barge and added greatly to the comfort of the operation. As the generator is only run to recharge the batteries it significantly reduces the run time and associated fuel consumption and CO2 emissions.

The weather conditions in this remote location on the Atlantic seaboard are volatile especially during the autumn and winter months when the diving programmes are delivered. Calm clear conditions can turn dramatically into full-blown gale-force winds lashing the barge with hail and rain. Storm conditions frequently batter the west coast forcing ships into the shelter of Bantry Bay, a natural deep water harbour providing shelter from the Atlantic fury.



*The Sandfisher barge*



While not always comfortable, these conditions add a real-world value and challenge to the programmes with students learning the importance of proper seaworthy attire and the need for adequate insulation when working for prolonged periods underwater.

The barge comfortably accommodates the recompression chamber, dive control unit, plant & machinery, with plenty of working space remaining for dive operations and the possibility of adding a launch and recovery system at a later date. Student feedback has been very positive, and the actual delivery of the training programme has been made safer and more comfortable.

BIM hosted the International Diving Schools Association (ISDA) conference this year with delegates from Commercial Diving Schools from around Europe and as far afield as Panama visiting the college and the new dive barge. There was a lot of interest in the BIM diving programme and how it is run and a lot of interest also in the new hybrid energy system employed on the barge.

The next Commercial Scuba Diving Course will take place on 26 September and the Surface Supplied Diving Course commences on 31 October. Contact the college or [www.bim.ie](http://www.bim.ie) for more information.





# Diver Training

**Bord Iascaigh Mhara now provide commercial diver training courses based on international best practice at the National Fisheries & Diving College, Castletownbere Co. Cork.**

Divers working in Ireland are required to have appropriate training. Depending on the work they do, they must have either a Commercial Scuba or a Surface Supplied Diving qualification.

For most commercial diving, the preferred method is Surface Supplied Diving (SSD), which provides greater protection for the diver, unlimited air supply, and a fully independent back-up supply. Divers with this qualification can work on all aquaculture sites as well as inshore civil engineering projects. To work in the offshore oil, gas and renewables sectors, a further top-up programme is required.

The SSD course duration is four weeks full time and on successful completion candidates will receive a QQI Level 6 Certificate: Surface Supplied Diving (Inshore).

The Commercial Scuba course is a prerequisite for SSD. Students learn how to use scuba equipment and simple communication systems in a commercial setting. Divers learn how to work underwater in a range of environments and how to use core tools underwater.

The Commercial Scuba course is five weeks long and on completion candidates receive a QQI Level 6 Certificate: Commercial Scuba Diver.

Both qualifications are recognised by the HSE UK ensuring international validity and employability.

## **For more information contact:**

### **NFCI Castletownbere**

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Mobile 087-2378471 (Brian Murphy)  
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## Special Feature EDUCATION & OPPORTUNITIES

### €14 million extension signed for Kinsale Community School

The contracts for the appointment of the Design Team for the €14 million extension for Kinsale Community School were signed on July 6. School Principal Fergal McCarthy described this as a very positive and exciting development and paid tribute to the Department of Education for the commitment that it has shown to the school in terms of a significant infrastructural investment at Kinsale Community School.

Fergal described Kinsale Community School as a university school. "Kinsale Community School is a centre of excellence where collaboration of staff occurs on a daily basis to deliver a quality teaching and learning experience for the students at the school. The impressive educational facility

which already exists at Kinsale, is to be further enhanced through additional specialist facilities which will be of immense benefit not just for our school community but for the benefit of the entire community of Kinsale and its environs. The Board of Management of the school is looking forward to working closely with the Design Team to ensure that the new enhanced facility meets the educational needs of the entire community and will be of 21st century quality."

*Pictured at the signing were Seán Kearns, Director Reddy Architecture + Urbanism and Fergal McCarthy, Principal of Kinsale Community School. Picture: John Allen*



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### Sudbury offers a different approach to education

West Cork Sudbury School, up and running for the past two years, is looking ahead to the next school year and seeing how the school will continue to evolve and grow. Offering an unconventional approach to education, Sudbury gives students more power in how they should be educated, offering them the freedom to develop and grow in their own direction and at their own speed. While this may sound as if the students have total free rein, a lot of the structure comes from being a member of a democratic community and the responsibility this freedom entails.

The mission of the West Cork Sudbury School is 'to provide a space for children and teens to grow and flourish; where they experience their voices being

heard and valued and that they can be trusted to be contributing members of their community.' It is a model that embraces diversity and creativity. For students struggling in mainstream education, which is very focused on exams, Sudbury, where no two days are ever the same, offers an alternative.

The school offers a range of classes and workshops including drama, science, Japanese, French, survival club, gardening, nature club, circus skills, chemistry, history, baking and more. Classes and clubs are organised on a request basis throughout the year to meet the interests and needs of students. Decisions are made through consensus rather than majority voting.

As an independent school that receives no support from the

Department of Education, the biggest challenge is funding.

If you have any questions about the school, want to find out about enrolling your child, or can help with funding, please visit the website [www.westcorksudburyschool.ie](http://www.westcorksudburyschool.ie) or email [info@westcorksudburyschool.ie](mailto:info@westcorksudburyschool.ie).



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# Special Feature EDUCATION & OPPORTUNITIES





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## Healthy tips for back to school from Somega

The start of the school year is a time of new beginnings and naturally parents want their children to be both healthy and happy, so supporting their child's immune systems as they head back into the classroom is high on the priority list for all parents.

The best approach to support your child's immunity is a holistic one. Providing kids with a healthy and well-balanced diet is essential in helping them to stay healthy. Starting the day with a healthy breakfast is important, as is providing a healthy lunchbox and nourishing dinners. Having healthy snacks available always is important. Try to limit consumption of sugar-loaded foods, snacks and drinks, as a high sugar intake negatively affects the immune system.

Encouraging kids to be active is also very important – it's recommended that kids should play and be active at a moderate to vigorous level, for at least 60 minutes daily. Regular exercise not only helps build strong muscles and healthy bones, it can also result in better sleep, improved moods, lower stress levels, and increased circulation of immune cells in the body – all factors that contribute to a healthy immune system.

Good sleep habits

are also vitally important for children. Sleep allows the body to rest, regenerate and heal and the lack of sleep can affect the immune system. Research shows that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus.

Multiple micronutrients play an essential part in supporting the immune response in particular vitamins C and D and zinc, copper, selenium and iron. Deficiencies of these micronutrients can impair many aspects of the immune system and can increase susceptibility to infections. Not all Vitamin C supplements are created equal. SOMEGA Liposomal Vitamin C is great-tasting, alcohol and sugar-free, is highly-absorbed, and suitable for the entire family. Vitamins D and K in liquid drop format is ideal for children and adults and is placed under the tongue for fast effective absorption.

A well-balanced diet will in-

clude fruits and vegetables, full of vitamins and antioxidants, lean protein, healthy fats, including omega-3s from oily fish. The omega-3 fatty acid called DHA (Docosahexaenoic Acid), found in fish oil but not in plant oils, plays a major role when it comes to brain health. DHA is found within the grey matter of the part of our brain known as the frontal cortex. This is the part of your brain responsible for attention, problem-solving, decision-making, learning, memory, emotions and behaviours.

Omega-3 fatty acids have been shown to help children with their concentration, attention, behaviour, mood and how well they learn – however unfortunately many Irish children (and adults) don't consume the recommended daily amount of Omega-3s. If getting your child to eat oily fish is a challenge, then adding a high quality omega-3 fish oil supplement, such as SOMEGA Easy Omega-3+Vitamin D into their routine can be a great way to ensure they're getting those all important fatty acids. SOMEGA now offers a back to school product bundle containing Vitamins C, D, K and Omega-3. SOMEGA is stocked in health stores and pharmacies throughout West Cork.









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## Special Feature CREATIVE WEST CORK #madelocal

# Inherent beauty of natural materials on show at Timpeallacht

by Sonia Caldwell

Perspectives are currently shifting, with our attitudes to the nature and our local environment becoming more central to our view of the world. Art is often to the forefront of these shifts in perspective, Timpeallacht is an exhibition investigating the use of local natural materials in the work of 20 artists from around the country. Many contemporary artists and crafts people are exploring materials in their local environment and learning what previous generations used to make items for practical, decorative and ritualistic purposes.

The exhibition will run in

Skibbereen and Ballydehob and it is such an honour to be showing their work and to learn about their dedication and passion. Some artists are in the early stages of their career, like Brianna Marshall Crowe who has been experimenting with the qualities of seaweeds and their plasticity. We are also grateful to the master craftsman Joe Hogan, who is well experienced in the world of craft, for sending us his intricate and beautiful nests.

At the exhibition you will be able to read about the processes of Karen Hendy, Kari Cahill, Kathy Kirwan and Ruth Osborne who have all been working with natural colours

in our environment using home made botanical inks, as well as mineral pigments.

Wood is one of nature's greatest gifts to man which we have used for so long and in so many ways. Sara Leslie, Stevan Hartung and Andy Kelly have all made beautiful works of furniture, sculpture and wood turned pieces by starting out with locally sourced wood that is then crafted with skill and an intimate knowledge of their material.

Wool over recent years has gone from being a valuable and widely used product, to being one that has so little value that it costs the farmer more to shear the sheep than they get for the fleece. It is so important that we relearn how to use this local Irish and natural material. Phoebe Tohl, Tracey King and Annika Berglund have been working with local sheep's wool and exploring the different properties of different sheep using techniques of weaving and felting.

Basket making in Ireland is more often associated with willow work but the form of the basket can be made using a wide variety of fibrous materials. Elaine Megahy has used marram grass and fern roots to create her intricate woven pieces and Veronica Santorum's weavings are made from a range of materials including rushes and purple moor grass.

Ceramics stand apart in a place of their own as they work with material that is under the ground rather than that which grows. Finding your own clay and preparing it is not the norm for many potters these days due to the time and economics of it but some still do it for the love of the process. Bernice Corcoran has taken clay she sources nearby and combined it with paper to make unique sculptural forms. Jan Wolsten-



Joe Hogan



Annie Hogg

holme is also very familiar with the process of preparing his own clay and this, as well as his geology knowledge, has helped form his new range of Roaring Water Bay Pottery. He has used local sea shells from the bay to give his delicate vases a subtle and soft glaze.

Many artists who are exhibiting have also been involved in taking their work into communities and workshops, like Ashleigh Ellis who did the Natural Dye project in Cork. Along side her work you can find out more about this project. As well as the materials and processes, the ide-

as behind what artists create and their own thoughts about their connection with the land and nature are also very important. Sharon Adams has explored themes relating to her farming background to create the most delicate wall pieces from the most basic of materials. Guilia Canaveri has explored issue of soil health in previous work and for this exhibition she is exhibiting a dried flower work that come direct from her other work of growing fresh local cut flowers in Clare.

The work is for sale and is a chance to have work sourced

from nature displayed indoors in your home.

This exhibition is curated by Anna Crudge and Sonia Caldwell and is supported by the Design and Crafts council of Ireland and Kilcoe Studios.

The exhibition will be on show at the following venues: **Skibbereen Arts festival** from July 23 to August 31 Opening hours - 10.00 - 5.30 (Closed Tuesday July 26) **Kilcoe Studios**, Main Street Ballydehob (opposite garage) from August 2 - 31 Tuesday to Friday 10 - 5.30 / Saturday and Sunday 11 - 5.30 Please call for any enquiries 087 0667871

### Heritage week / August events from Kilcoe Studios

- Wild Child day: Free event exploring the wild plants around Ballydehob (funded by the Heritage in School scheme)
- Wild Child event with the Ellen Hutchins festival: Nature Journal making on Wednesday August 17
- Walk / Foraging and craft event with Ellen Hutchins festival on Tuesday August 16. Outdoor learning about plants and weaving with rushes.
- Rush rattle making with Gaeilge. Each Sunday in August from 11 - 1 at Kilcoe Studios, Main Street, Ballydehob. As part of Cork craft month to celebrate both old crafts and the Irish language Sonia will teach small groups how to make a rush rattle while using Irish to interweave some of the language into the craft.

Bookings for all events at events@kilcoestudios.com or text to 087 0667871. More information to be found on: www.kilcoestudios.com www.ellenhutchins.com www.heritageweek.ie

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## New regulations give artists stronger rights when reselling their works

Artists will have enhanced rights over their resold works under new regulations signed by the Tánaiste and Minister for Enterprise, Trade and Employment Leo Varadkar T.D.

Royalties are paid to artists when a piece of work they have created is subsequently resold by a gallery or art dealer. Artists are entitled to information about such sales, such as date of sale

and price paid, so that they can calculate and claim the resale royalty that is due, but there have been, in some instances, long delays in receiving responses to such enquiries. Until now, the only recourse an artist had if they didn't receive the information, was to the High Court, potentially involving high costs.

From now on, artists will be entitled to information about

the resale of their art within 30 days of making a request and recourse will be to a lower court, the Circuit Court.

The Tánaiste said: "These changes will make it easier for artists to get the necessary information so that they can claim the royalties they are due in a much more timely and efficient manner. No one who has created a piece of work, should be left in the dark about what

has happened to their creation and I hope now the regulations will work a bit better for artists and creators."

The Tánaiste went on to recognise Mr. Robert Ballagh's campaigning on this issue in particular.

"Mr. Ballagh has been tireless in his pursuit of improving these regulations for artists and I want to recognise his contribution today."



## Special Feature CREATIVE WEST CORK #madelocal

## West Cork Creates Exhibition 2022 'Folk'

'West Cork Creates' will hold its 11th summer arts exhibition from August 6-27 at the O'Driscoll Building on Levis Quay, Skibbereen.

For the past 10 years, the annual 'West Cork Creates' exhibition has showcased the best of the region's arts and crafts during the busy summer

period. A wide range of visual arts will be represented including ceramics, glass, sculpture, photography, jewellery, textiles, furniture, fine art and basketry.

'West Cork Creates' has invited Cork-based artists, designers and craftspeople from a diverse range of disciplines to create innovative, artistic responses to this year's theme 'Folk'.

The word 'Folk' can simply refer to people, groups of people, tribes/clans or family members. The word also refers to 'common' people who are the representatives of local culture and beliefs as well as music, dance, history, costume, healing techniques, knowledge of plants and herbs, traditional arts and crafts. 'Folk' can also be used to

describe traditional songs, drama, storytelling and other forms of oral communication.

Artworks selected for the 'West Cork Creates' exhibition will be of the highest standard; the exhibition will show the work of approximately 40 artists.



'Spirit' by Cormac Boydell who is showing at this year's 'West Cork Creates' in Skibbereen.

## Cork Craft Month celebrates Irish Craft and its makers with over 50 events taking place in Cork City and County

Cork Craft & Design, which brings together the best of Cork's unique craft and design tradition has launched its 2022 programme for Cork Craft Month. Showcasing the best of contemporary Irish craft, over 50 workshops, artist talks, markets and demonstrations will take place across Cork City and County in August. Whether you choose to watch a Crochet Flower Demonstration in the Peoples Parklet on Douglas Street, learn the art of frame weaving with artist Kate Wilson or head to the Roundy for an evening of vinyl, crafting and spoken word, there is an event for everyone of all ages at Cork Craft Month.

Cork Craft Design is delighted to welcome exciting new cultural organisations to the festival. TEST SITE, which is located on the grounds of a former sawmill on Kyril's Quay will host a range of workshops, talks and outdoor events. There will be two special live performances from the Fresh Air Collective while bookbinding

and ceramic workshops will also take place. (August 7, 28)

Located on Centre Park Road, benchspace Cork which is the first co making space in Ireland will host a special Open Evening on August 2 where the public can meet the makers and see their work. Spoon Carving and creating a wine valet are some of the innovative workshops taking place at benchspace during Cork Craft Month. The popular MADE IN CORK Market is back this year and will take place in St Peter's Cork on August 20-21.

There is a very strong Irish language element to the programme with several events taking place in Irish. A selection of these includes Sonia Caldwell's talk on Rush Rattle Weaving as part of the Tímeallacht Exhibition in Kilcoe Studios, Peadar O'Riada's demonstration of Skep Traditional Beehive Weaving and artist Martha Cashman workshop on how to make ceramic bird feeders. Don't miss the Cork Craft Month Billboards which will feature 12 original

illustrations by Cork artist Annie Mar and a message in Irish.

Cork Craft Month 2022 Showcase Exhibition Lineage will take place in Castletown-roche from August 5 to 28. Curated by Julie Daunt, the exhibition celebrates the legacy and tradition of crafts and the makers of Cork Craft and Design. Throughout August, The Gallery @ No.46 on Grand Parade will host Emerge, a showcase for up-and-coming Cork crafters. Douglas Shopping Centre will host an exhibition of furniture makers while Cork Craft at "On the Pigs Back" will display beautiful pieces created in Cork especially for Cork Craft Month.

To mark Heritage Week (13 to 21 August) a series of traditional heritage workshops and demonstrations will take place at Chapel Hill, School of Art in Macroom. Ceramic artists Jim Turner and Bernadette Tuite will demonstrate the hypnotic wonder of throwing clay forms on the potter's wheel while Ann Mechenlick will give an insight

into the art of circular weaving.

Visitors can make their own willow basketry with Rosemary Kavanagh, explore the ancient craft of sculpting with clay with James Horan and learn the art of felting with textile artist Abhainn na Laoi. A special Open Day of Lace will also take place on the 20th featuring the international award-winning

Veronica Stuart and traditional lace makers of Ireland.

The full programme for Cork Craft Month is available at [www.corkcraftanddesign.com](http://www.corkcraftanddesign.com)

and follow Cork Craft Month on Facebook and Instagram for more. #corkcraftmonth22

CORK CRAFT MONTH  
BRINGING TOGETHER THE VERY  
BEST OF CORK'S UNIQUE AND  
EXCELLENT IRISH CRAFT AND  
DESIGN TRADITION  
AUGUST 2022

31 Days of Events all over  
Cork City and County

CRAFT FAIRS  
WORKSHOPS  
DEMONSTRATIONS  
EXHIBITIONS  
OPEN STUDIOS

So many opportunities to meet  
Cork craftmakers and experience  
crafts produced all over Cork.

The full programme for  
Cork Craft Month is available at  
[corkcraftanddesign.com](http://corkcraftanddesign.com)



for more follow Cork Craft Month on



#corkcraftmonth22

Jade Hogan, Mr Kite  
Designs, pictured at the  
launch of Cork Craft  
Month  
Pic Darragh Kane





# TOWNLANDS

## SUMMER EXHIBITION



ÉADAOIN HARDING KEMP  
LESLEY COX  
ETAIN HICKEY

### THE LOFT GALLERY

4 Western Road, Clonakilty  
P85K330

Opening Hours: Tues - Sat 9.30am - 5.30pm

theloftgalleryclon



Above: Encaustic art on board by Ballydehob artist Muireann Brady €65-85. Right: Sawframed bow silver earrings, Handmade in Beal na Blath. €85. Both at Forest & Flock, Bantry

Luxury Scented Castile Soap €14.95. Made using traditional methods with pure lavender essential oil. Inchydoney Candles, Clonakilty & online.



Gold resin earrings containing real lichen with gold-plated sterling silver hooks €26.50 by Schull-based artist Dora Bracken. Etsy: 'Dora's Box' and in selected local retailers.



No Noise Toys wooden car, made with care for little fingers using Irish hardwood. €15 at Green Dot, Clonakilty

**#madelocal**



Quirky pieces such as this by West Cork ceramacist Joanne Robey are available at The Loft, Clonakilty



## IRISH ART CRAFT & DESIGN

And Piccolo Coffee Bar instore  
Curated for all the family.  
Bantry, Co. Cork

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Jellyfish - fine art sea life print €18 and cards €3.50 available from sarahelliottfineart.ie

Handmade glass and silver clasp twist collection by Kathleen Holland of Clonakilty. €85-120 in Forest & Flock, Bantry



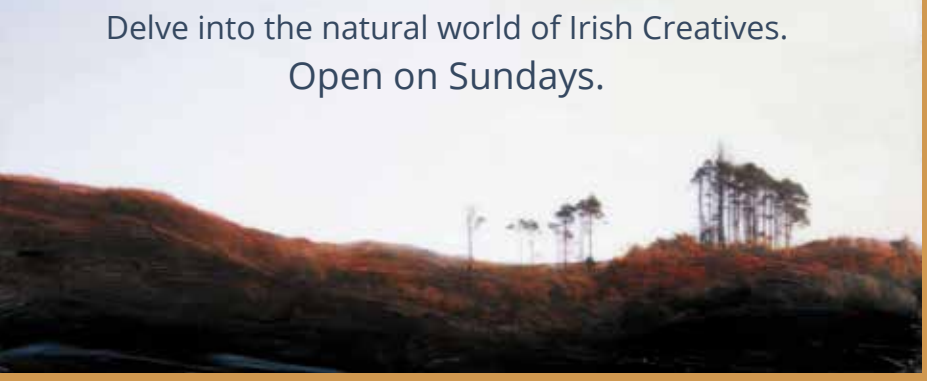
Helen Faulkner ceramic mugs €21 and teapot €90 at Green Dot, Clonakilty



A large selection of Shock of Grey jewellery is available at The Loft, Clonakilty



Find West Cork made skincare at Chalk & Easel, Ballinspittle such as this nourishing cream by Modern Botany €40 and La Bougie perfume €60



Delve into the natural world of Irish Creatives.  
Open on Sundays.



## Special Feature CREATIVE WEST CORK #madelocal



## Celebrating and supporting Irish

Located in the centre of Bantry town, Forest & Flock is a one-of-a-kind store dedicated to celebrating and showcasing the wealth of Irish talent in art, craft and design.

This spacious, family-friendly space, offers a wonderful selection of homewares, and

textiles, jewellery, children's organic cotton clothing and gift items.

Browse the gallery of original art from Eoin Cassidy Art, Muireann Brady and Bantry native Danny Vincent Smith and captivating West Cork photography through the lens of Stephen Hayes Art.

You'll find innovative design in jewellery from the likes of Kathleen Holland and Ruby Robin Boutique and an exclusive offering from Emerald & Wax in the form of handmade Kimono Jackets.

Families will be wowed with the chic designs from Fauna Kids Organic cotton clothing

and Rainbow Design.

While you make your choice, take some time out to enjoy the finest PICCOLO Coffee-bar menu. Serving up 3fe coffee and quality bakes fresh from The Tea Rooms, Castletown-bere, there is space to enjoy inside or outside dining.

Keep an eye to Forest &

Flock social media pages for Upcoming Macrame workshops with local creative Pacie Grews in August during Cork Craft month.

A shop for all the family to enjoy, Forest and Flock is an experience not to be missed.

## 19 makers invite you to see, touch, smell and taste

Clonakilty is famous for its vibrant creative scene and many makers, artists and craftspeople call this super town home. This August, as part of Craft Month, experience this for yourself with a trail of the studios and workshops at its heart. This month-long event is an opportunity to 'Meet the Makers' in their own creative space and to get a proper feel for their work. The self-guided (mainly walking) trail ranges from candle makers, ceramicists, fashion designers, chocolate makers, artists, photographers, upholsterers, brewers with lots of other colourful and interesting spaces and characters along the way.

This event has been co-ordinated by Green Dot Irish Design Makers in collaboration with the creative community of Clonakilty and with the support of Clonakilty Chamber of Commerce.

The trail...

1. Green Dot – Irish Design Makers is a hub for beautiful, ethically-made Irish Craft and Design. The shop stocks the work of over 60 designer-makers as well as an in-house craft studio. They also are home to Munster's best eco-toy corner!
2. Shore Thing – Christina Schroder uses only eco-friendly materials to create crochet baskets, bags and other beautiful yet practical pieces.
3. Stone Valley Coffee Roasters – some of the best coffee around, freshly roasted in the heart of West Cork.
4. Studio 43 – Fine art, graphics and illustration by Kieran Bennett.
5. Inchydoney Candles – inspired by a million memories and happy days on Inchydoney Beach, all products are handmade with love by Louise Kingston.
6. Clonakilty Distillery – making the very best Single Pot Still Irish whiskey. As well as offering distillery tours, you can

visit the Minke Gin School, distillery shop and Kirby's @ The Whale's Tail Restaurant.

7. Elle Aime Upholstery – Laure Mouniamy studied and worked alongside upholstery industry masters, before bringing her trade to Clonakilty.
8. Clonakilty Community Arts Centre hosts up to 12 exhibitions a year, a large selection of classes and workshops and is directly involved in the facilitation and provision of all things creative to Clonakilty.
9. Thady Trá Photography – Thady is based in the in-house darkroom at Clonakilty Community Arts Centre and uses traditional and more modern techniques in his photography. His love for and interest in people and life shines through in his work.
10. The Store Room – Artist Aidan O'Regan has established a reputation as a colourist of immense ability. A love of nature and an ability to deconstruct his environs to its constituent colours, allows him to interpret the coast and hinterland of West Cork in a fashion so subtle that the viewer is immediately engaged.
11. The Hill Gallery – Landscape artist Pauline Walsh has been inspired by the beautiful nature of West Cork. Pauline's works regularly contain large bodies of water, verdant hills and soulful woodlands.
12. Clonakilty Brewing Company is passionate about making beer with no compromise, brewing small batches with big personality. They are not open for brewery tours at the moment but are hosting several 'Taster Sessions' in August (and can also do private group bookings). These are ticketed events and for over 18s only. See their website for more details.
13. The Loft Gallery & Frames is a revolving exhibition space for local artists and creatives.
14. The Bike Circus is a community-run and not-for-profit bicycle workshop which exists to educate and empower local members to learn to mend and build their own bicycles, making use of the workshop's tool bank, spare parts library and facilitators' training and help.
15. Wild Robes by Ali is the latest project by talented fashion designer and maker Ali Wheeler. Using feedback from the many sea swimmers of West Cork and taking colour inspiration from local scenery, Ali designed her Wild Robes to tick all the boxes.
16. Clonakilty Friday Market is held every Friday from 9am-2pm in Emmett Square. There are a selection of crafts from local makers and creatives as well as a selection of hot food stalls, fresh local produce, home-baking plus much more.
17. Clonakilty Black Pudding Visitor Centre – Take a self-guided and interactive audio tour around the visitor centre in the purpose-built facility. During the visitor experience, discover what life was like in rural Ireland back in the late 1880s while learning the history of Clonakilty Blackpudding and how it has evolved through the ages.
18. Jim Turner and Etain Hickey are well known for their beautiful and interesting ceramics. Their base at Rossmore will host raku demonstrations by Jim throughout August (see their social media for more details) and their studio can be visited by appointment.
19. Hungry Crow aka Niamh O'Reilly makes healthy chocolate creations, all using an 85 per cent cacao couverture chocolate. Pop into her new shop at The Pike, Lisavaird and experience it for yourself (along with some delicious coffee).

Pick up a trail guide locally or from Green Dot at 15 Ashe Street, Clonakilty or visit [greendotdesignshop.com](http://greendotdesignshop.com) for an online version.



GREEN DOT  
IRISH DESIGN MAKERS

15 Ashe Street,  
Clonakilty, West Cork  
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## Clonakilty Makers Trail.

A month-long opportunity to 'Meet the Makers' in their own creative spaces. Pick up a trail map locally or in Green Dot.



**FREE GIFT**  
with €50 spend during Craft Month!  
4 Asna St, Clonakilty



## Special Feature CREATIVE WEST CORK #madelocal

# Forging creative connections in the community

Run by artists for artists, Working Artist Studios (WAS) in Ballydehob is a gallery and creative hub providing an inviting, inspiring, vibrant space, not just for artists, but for art lovers and the local community.

Founded in Skibbereen in 2000, and in Ballydehob since 2019, WAS is dedicated to the support of professional artists and provides regular opportunities for the community to interact with working artists and experience the creative process first hand through its programme of events and workshops for families, schools and

community groups.

The WAS 'open door' policy means that if the door is open, anyone is welcome to come in, talk with the artists, see their work in progress and not be overawed or intimidated by any notions of 'Art'. As well as hosting workshops for adults and children, WAS provides a space for exhibitions; hosts music and poetry events; opened a community print room this summer; encourages cultural collaborations through its residency studios for artists to come and work for a week or a month; and permanent artist studios too. There are even Irish



classes!

The current exhibition 'In Our Time' features sculpture by Denis O'Connor and there is a busy schedule of exhibitions, workshops and poetry/music events coming up.

www.workingartiststudios.com  
Email: workingartiststudios@gmail.com  
Phone: 086 1624 871

*Right: a piece from current exhibition 'In Our Time' by Denis O'Connor*



# Capturing nature as it moves back in



including collage, a range of drawing materials and paint, thus creating layers with small areas of focus and other areas of ambiguity and suggestion.

"When I feel overwhelmed by everything happening in the world I can look up to the sky and see clouds passing overhead or walk to the beach and watch as the tide comes in and goes out... And this will continue, whatever we silly humans are doing," she says passionately. "Nature will persist and I love to see as it adapts and reclaims from us with quiet and inexorable determination..."

While she does paint other subject matter aside from the sea; water features prominently in her work. She explains the background behind her most recent project, which celebrates walks along the river in Glengarriff Woods and along the River Ouvane.

"This developed from a project based on walks to the beaches on Sherkin. Walks were so crucial for so many of us during the pandemic," says Jo. "They became very important in themselves, not just as a means to reach an end point. I found myself celebrating and more acutely observing features along my walks and wanted to record these to remember how extremely lucky we were to be in this glorious environment in such a globally challenging time."

The summer months are always busy for Jo creating



'Still Waiting' by Jo Ashby All pics: Robbie Murphy

for exhibitions across West Cork and for her Open Studio on Sherkin. For the upcoming West Cork Creates exhibition 'Folk' in Skibbereen, Jo explains her influences behind this year's submission.

"I have always been drawn to the poignancy of the ruined and long empty homes scattered throughout the Irish landscape. In the past, I have used soot from the chimneys as part of

drawings, thinking about the mothers who cooked endlessly over open fires to feed their children. My initial ideas for 'Folk' were to re-visit this theme, but I suddenly decided to look at these places differently and explore how nature re-absorbs them and re-claims any mark we try to make on the land.

"Although there is still a huge sadness and poignancy

hanging over each piece, as these homes seem to be waiting for their human families to return, they are deliberately very colourful and illustrative in an attempt to celebrate nature's endurance. A tricky balance to achieve."

Art is in Jo's blood; both her parents were artists – so it was no surprise that she went on to train formally as an artist. She studied at the Bournville School of Art in Birmingham before going on to complete her degree at one of the UK's leading art schools, the Ruskin School of Drawing and Fine Art – the University of Oxford's Fine Art department. Her post-graduate studies were at Goldsmith's College in London, where she continued her practice but also trained to be an art teacher.

She first came to Sherkin in the 1990s with her partner, whose family hail from Skibbereen. For a number of years the couple lived between the UK and West Cork and the old girl's school on Sherkin is now their permanent home. After retiring from her career in education, Jo has been painting full-time since 2013.

Sherkin is an artist's haven with exhibitions running throughout the summer in the Sherkin Community Hall. "I exhibit with Robbie Murphy, who is an amazing photographer. We find that our work sits well together and we enjoy putting the show together,"

says Jo. Their exhibition this year runs from August 12-21. Several of the island's creatives also open their studios during July and August, welcoming visitors to come in to their work spaces.

With self-doubt a common scourge for so many artists, including Jo, being elected to be a member of the Royal Birmingham Society of Artists in her native city was a huge privilege and boost to her confidence. Of course it's always a delight when any gallery or client approaches an artist asking for work. "That is what it is all about, really – connecting with one's audience and knowing that one's work has generated a positive emotional response," says Jo.

"I think that the main advice for any emerging artist would be the words my father said to me. 'Be true to yourself. Plough your own furrow, but never stop being open to ideas', she imparts.

Jo is already planning for Art Source in Dublin in November and has several commissions to work on in the autumn, when she will also be working towards exhibitions in West Cork and beyond planned for 2023/2024. She is also looking forward to an upcoming artist residency in the New Year, which will see her back at the Tyrone Guthrie Centre in Annaghmakerrig to spend some focused time in the studio away from everyone and everything.



## Special Feature CREATIVE WEST CORK #madelocal

## Figuring it out

Although not technically from West Cork, city-born painter Diarmuid Breen claims a connection through his Inchigeela-born mother and Macroom-born wife Jo. Having spent many summers in Barleycove Beach and Cape Clear Island as a child, he has a lasting love of these places and got married in Goleen, “I try to be accepted with these credentials as a devotee of West Cork!” Diarmuid is exhibiting in West Cork Creates and took time to talk to **West Cork People** about his ongoing journey to becoming a full-time artist.

Diarmuid’s work is figurative, in oils for the most part, but also using watercolor, acrylic and inks. He and Jo, who is also an artist, are also branching out into screenprinting. “I like to create stories and figurative painting allows me to investigate the world around me. I believe there are common emotional themes that run through everyone’s life; I try to create paintings that produce an emotional response or memory from the viewer, something they can identify with.”

Diarmuid begins with small sketches and almost always has a sketchbook to hand “to try and work out what it is I’m trying to say. I call my sketchbooks ‘memory books’ as they help me remember what I was thinking at a certain point.”

“Drawing from a collection of found photographs I have picked up on my travels around Europe, my work is ambiguous and nostalgic; everyday scenes can be transported to monumental events through the use of paint to create a certain mood, and I love trying to do that.”

Although he has always been interested in painting, Diarmuid’s art education came later in life. “I had my first exhibition ever in 2008 on Cape Clear, landscapes of the island, organised through Seamus O Drisceoil and the island’s Co-op. We were on the ferry home when Martin O Drisceoil (the ferryman for Sherkin) mentioned that there were interviews coming up for a Degree Course in Visual Art; I just made the deadline and managed to be accepted.”

“It was a four year course with 20 other students of various disciplines and was a life changing experience. I was working for an Engineering firm in Carlow and they were really accommodating with time-off and study leave. I graduated in 2012 and I’m slowly making the transition to being a full-time artist.”

“Having a mortgage and all the other financial commitments makes it harder to just give up the day job and go full-time. The owner of the company I



work with, John Moore, has an interest in art so he is supportive and allows me to work around my art but still keep a roof over our heads. As my career develops I have been heartened to hear that many well known artists also need to work part-time to get through the quiet months when not exhibiting.”

Diarmuid acknowledges West Cork as a huge inspiration artistically, but not in the way you might expect, “it is the people here that are inspiring. Throughout the Sherkin course, painters like Majella O’Neill Collins and Bernadette Burns were so encouraging to us. I met so many other artists – not just in my class but the class before and after, and many more.”

“I was in Sligo recently and when I mentioned West Cork a fellow artist said to me, ‘if you threw a stone at a crowd in West Cork you’d hit an artist’. He’s probably right!”

“One of my biggest inspirations is John Doherty, who I admired for years as a painter, and got to meet in West Cork. He has helped me greatly in my art career.”

Following graduation, Diarmuid’s classmate, Donagh Carey, was “a powerhouse as an organiser of group exhibitions for the class. He was great at

getting spaces such as the O Drisceoil building and the Old Bottling plant and clearing them, ready for exhibitions, often brushing floors and sticking labels to walls minutes before the exhibition opened. To show in these artist-run exhibitions was great when we didn’t have a gallery to show in.”

The artist-run Blue House Gallery in Schull has now adopted Diarmuid as one of their own and he exhibits there regularly: “I have made lasting friendships through the existence of this gallery.”

In 2015 he also started showing in the Taylor Galleries in Dublin and continue to do so. “It’s a really well-established family run gallery and they don’t seem to mind the Cork accent, so I’m happy there.”

He also likes making connections with poets and his paintings have graced the covers of various collections: Nuala Ni Dhomhnaill’s ‘Northern Lights’; Paul Muldoon’s ‘Frolic & Detour’, and most recently Molly Twomey’s ‘Raised among Vultures’.

Diarmuid believes that cultivating a collector base is an organic thing, “Like friendships it develops over time and at a natural pace. I find that people



*The Reader, Oil On Canvas*

don’t just buy or collect art, they buy into your story or the idea behind the art. It has to resonate with the viewer. I have paintings myself from many artists and when I look at them I don’t just see the painting, I also see the artist behind the painting. I do have some collectors to whom I’m grateful for buying more than one of my paintings.”

2022 has been busy so far for this artist; as well as being invited to show at the West Cork Creates Annual exhibition and Taylor Galleries summer show, he was selected for ‘Generation 2022’ in the Butler Gallery and was part of the Boyle Arts Festival.

“The greatest highlight though is just to be able to con-

tinue creating works, meeting new artists, curators and gallery owners and having people see my work and doing me the honour of buying them. It’s a privilege to be an artist.

[www.diarmuidbreen.com](http://www.diarmuidbreen.com)

**Working Artist Studios** is a much loved independent gallery and arts epicentre in Ballydehob. It’s run by artists for artists & art lovers and it combines artist studios, gallery spaces, a print room and ‘Tailors’ Hall’ – our multi purpose project space.

**Call in to meet the artists and see beautiful, imaginative art exhibitions!**

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## Special Feature CREATIVE WEST CORK #madelocal

## August at Blue House

It's a full house in Blue House Gallery during the month August in the final sprint of Summer, lots to see and enjoy!

**Friday August 5 –  
Wednesday August 17**

(Ground floor): "Totems of the Highway" sees John Doherty delving into the world of printmaking for the first time; bringing nine of his most iconic images from his well-known petrol pump series to sit amongst a selection of recent paintings depicting mainly West Cork and Cork towns: familiar main streets and portraits of individual buildings, chosen for their timelessness and timeliness.

(Upstairs): "New Works" by

Ian Humphreys presents new paintings by the abstract artist well-known for his rich colours and thick impasto technique which often evokes perfectly what is suggested by the title; a time of day, a time of year, a view from an island over sea and/or land, moments capturing the play of changing light often heightened in intensity by his bold use of vibrant colour.

(Boiler Room): Works by Johnny Bugler, a native of West Cork, accomplished print-maker and multi-disciplinary artist (photography, assemblage sculpture, film and installation). Bugler was former Studio Master at Cork Printmakers and divides his time now between teaching and pursuing his own well established career, finding

inspiration from what the land provides; whether that be history, stories or found objects (both natural and discarded from human use) and what new journeys he imagines for them.

**Saturday August 20 –  
Wednesday August 31**

(Ground Floor): "Alice Schwab II": Following the hugely successful and popular exhibition of the first tranche of the substantial collection of Alice Schwab in 2018, Blue House Gallery is honoured to receive and exhibit this second tranche of work. Alice Schwab, "... arrived in London in 1937 as a 22 year old Jewish refugee from Nazi Germany. Throughout her life she collected art, befriended and supported artists and, following her death, her daughter Julia Neuberger, Rabbi and Member of the House of Lords, established the Alice Schwab Trust in order to support refugees and asylum seekers pursuing higher education. All sales from the exhibition will go to support the Alice Schwab Trust." (-Brian Lalor)

(Upstairs): "The Golden Age", new paintings by Joseph Heffernan of the Backwater Artists Cork presents work of



'Totems of the Highway' by John Doherty

an expressive nature, largely figurative with almost ethereal faces and characters looming out of landscapes bordering on the surreal with his use of colours adding to an imagined narrative left to the viewer to interpret.

(Boiler Room): "Work from Mu", paintings by Joakim Saflund. Formally residing in West Cork, Saflund has been based in Sydney, Australia, for the last number of years and returns regularly to exhibit in Ireland. An expressionist with a

lightness of touch that is earthed by the depth and saturation of ochre colours and pure tones employed; that seems to hint at a wildness barely contained beneath the composition presented.

Set in the midst of Schull Village on Main Street. The Blue House Gallery showing local, national & international art is open Everyday between 11am and 5 pm from Easter to October

[www.bluehousegalleryschull.com](http://www.bluehousegalleryschull.com)

## The alchemy of copper

Andy Harris is taking part in the West Cork Creates exhibition in Skibbereen this month. Andy spoke to **West Cork People** about his craft and his meandering journey, sometimes by horse and cart, to becoming a master coppersmith.

Andy was born and spent his early years in 1960s Birmingham, where school played only a minor role in his life as his sole interests were in art, games and metal-work. "I had no plan when I left home," he says, "and eventually drifted into living in a covered wagon pulled by horses. That lifestyle contained all of the things I was interested in."

In the late 1980s, Andy crossed the Irish Sea to continue his travels in "the place my ancestors left many years ago".

Soon after arriving in Ireland, Andy was fortunate to meet one of the last remaining nomad tinsmiths who showed him the

basic skills, with minimal tools, needed to make objects to sell on the road. "I used a chair leg for a baton, a nail as a scribe and punch, snips, pliers and a piece of metal with a hole in it to make rivets," Andy recalls. "Life had many challenges back then which helped me to hone my trade."

Andy's subsequent love of copper came when he started to make coal buckets from old copper water tanks. "My work started to sell because copper is so attractive."

Eventually Andy met a retired master coppersmith, who passed on his tools and knowledge "to expand my horizons". In exchange, Andy helped this man to go on the road for a season with a horse and wagon.

Over the years Andy has completed many jobs: making props for film and theatre, distilleries for gin, valleys and ridges on buildings, and mending broken pots and pans. He is a strong proponent of the health benefits of storing water in copper. "The anti-bacterial properties are common knowledge but research suggests storing water in copper not only purifies but

restores the water's crystalline structure. Many people also wear copper bracelets to relieve arthritis."

He describes his technique as freestyle and focusses on making things that are not easily replicated by machines. "I only use hand tools and you develop ways of moving the metal without assistance from advanced technology. I like my trade, something made entirely by hand feels more honest. And I've had really nice interactions with my customers, sharing a genuine sense of goodwill and thanks on both parts."

After thirty-odd years of



working with copper, Andy believes he has a good sense of the material being worked; "the line of light I follow whilst turning an edge, the sound of a rivet when closing a joint, the combined smell of my work station with warmth and shine from a finished piece."

After a long journey, West Cork is his home now. "There's an ancestral memory which is a similar mind to walking the roads with horses. I like it here. It feels like it likes me back."

View Andy's work at the West Cork Creates exhibition in Skibbereen, August 6-27.





## Special Feature CREATIVE WEST CORK #madelocal

## South Armagh visits West Cork

Gallery Asna at Clonakilty Arts Centre, is holding a unique exhibition this month; 'Of Granite', a touring exhibition by ROGHA Collective, brings the art and craft of South Armagh to West Cork.

An area of outstanding natural beauty, rich in heritage, myth and magic, South Armagh is a place and people apart and has yielded a wealth of creativity. This exhibition is a rich and vibrant showcase of work, reflecting the artists' and makers' deep connection to their surrounds and translation of the landscape.

Formed in 2014, ROGHA is a working collective of 10 dynamic artists and craftspeople who create beautiful art that spans the disciplines of painting, woodturning, ceramics, textiles, basketry, mixed media and sculptural glass all inspired by and produced within the Ring of Gullion.

ROGHA members came together to combat the rural isolation of working alone in their rural studios, providing a shared support network



in which to promote their work and the arts within the area. Their work has been widely exhibited and found its way across the world going to many private collections and public commissions.

"We were delighted to get the opportunity to bring our work from South Armagh to West Cork," says textile artist Caoilfionn Murphy O'Hanlon. "There is an intrinsic connection and palpable sense of place in the work produced for 'Of Granite' that shines through from every member.

"Although the disciplines are varied, the aesthetic theme is strong. We look forward to reaching a new and diverse audience in Gallery Asna and are excited to explore the area."

The word Rogha is Irish for choice and exhibitors include Mary Cowan, ceramics; Padraig Carragher, wood turner; Karen Murphy, Fine Art; Caóilfionn Murphy O'Hanlon, felt maker; Rozzi Kennedy, painter; Jeanette Keenan, weaver; Tracey McVerry, glass artist and Diane McKevitt, mixed media.

Opens on Saturday July 30 at 5.30pm and runs until August 27. Gallery Asna is open daily 11am to 5pm.

## New creative hub opens in Schull

Arran Street East, a creative studio originally set up in Dublin in 2015, will open a new creative hub this summer in Schull. The hub will be a centre for making and learning traditional crafts, and will offer pottery, weaving, and baking courses in a beautifully restored barn located behind the Main Street in Schull. Set within a tree-filled space that takes in the beautiful views of Schull harbour, the hub adjoins the busy food and craft market that takes place every Sunday and will add to the abundance of creativity which already thrives on the Mizen peninsula.

Arran Street East is best-known for their excellent craftsmanship and throwing on pottery wheels, and making and teaching contemporary functional pottery using traditional methods. Arran Street East's expert potters produce functional, beautiful objects that can be used every day in the home are constantly provided with inspiration from the surrounding colour and bustle of the city centre Dublin, where their original studio is located. Arran Street East pottery is in distinctive shapes and glazes and the pieces aim to bring clean, architectural lines to a traditional craft.

This year Arran Street East launched

textile collection, which is handmade by a master weaver on traditional floor looms on site in the Dublin studio, and comprises cushions and throws carefully designed and made to last a lifetime. The collection mirrors Arran Street East aesthetic in its colourways and minimal pattern, using 100 per cent wool from Donegal Yarns to reflect the subtle shades and specks found in the ceramic glazes, also ensuring the collection is sustainably made and locally sourced.

In keeping with Arran Street East's goal of making and teaching traditional crafts, both locations in Dublin and in Schull, West Cork, offer a programme of all-year workshops. The workshops range from two-hour, full day, week-long or seven-week evening courses with prices ranging from €65 to €340. Baking workshops will be exclusive to the new location at Schull, while pottery wheel and handbuilding workshops, as well as frame-weaving workshops will be available in both the Dublin and Schull premises on a year-round basis.

For more information on the collection and workshops visit [www.arranstreeteast.ie](http://www.arranstreeteast.ie). Keep up to date on all the latest news and announcements on Instagram and Facebook.

New CREATIVE HUB  
opening in Schull Village.



A centre for  
making and  
learning  
traditional crafts.



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the latest news and  
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ARRAN st EAST DUBLIN & WEST CORK





## 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.

What constitutes 'museum quality'? How much craft is there in art, and vice-versa? Is craftsmanship necessary in a work of art? How do we value 'works of art' and 'craft'? These are some of the questions which have swirled around conversations I've had of late with gallerists and fellow artists; some, such as how we judge utilitarian ceramics, for example, are easily answered, whilst others, involving questions of craftsmanship in art, are caught in a rip tide of conflicting value systems, making them almost impossible to grasp and judge.

Conceptualism, for example, places the idea above the object. The object serves to didactically illustrate the idea. The object could be anything at all: a light, a room, an apple, a map. The conceptualist is not a maker, and therefore craftsmanship has no place in the conceptualists' world.

The Modernist value system, on the other hand, celebrates freedom, above all else, in the individual maker's process; freedom from mimesis, from technique, from expectation, from what already has been seen. As Modernism took a firm grip on Western culture through the 20th century, technical instruction, particularly in university painting departments, virtually disappeared. Painters were left to build their own material knowledge from scratch. 'Craftsmanship' was both devalued in the thirst for the newest, most shocking deconstruction, and re-valued according to the individual artist's lexicon. Neo-modernists today either build a material language of their own abstract or semi-abstract devising or re-enact the

# Art, craft and alchemy

deconstructions of the past.

The contemporary realist value system links to the Western figurative tradition, which started with the ancient Greeks. Mastery of mimesis (realistic depiction) dove-tailed with centuries of material and technical knowledge as its central tenets. Craftsmanship is therefore vital to the contemporary realist.

Finally, the post-modern value system celebrates multiple systems and narratives at play within a single piece (if you weren't already confused, now's the time to reach for the martini). A good example is the work of Nicola Samori, who slices and peels away layers of paint from breathtaking copies he has made of 17th century masterpieces; realism plus modernist deconstruction equals, in this instance, the postmodern. For Samori craftsmanship is vital to his process. Without a knowledge of Baroque painting methods there would be nothing to peel away, nothing to shock us with. Which brings me to Cennini.

Sometime in the late 14th or early 15th century Cennino Cennini wrote his famous treatise 'Il libro dell'arte' (The Craftsman's Handbook). It was a technical manual for painters, who, along with sculptors, architects, engineers and builders, were considered craftsmen and were judged accordingly.

In 1514 Albrecht Dürer created his famous engraving 'Melencolia I', in which an angel broodingly sits, surrounded by the tools and instruments of carpentry, geometry and alchemy. The quest for arcane knowledge and divine expression is, in Dürer's vision, linked to the craftsman's humble tools. Cennini's treatise and Dürer's engraving complement each other, giving us an image of the



*Albrecht Dürer - Melencolia I*

early Renaissance craftsman  
as a seeker of knowledge and  
mastery through the tools of  
their trade.

European painters, sculptors, illuminators and engravers thus had a clear mission in the quattrocento and subsequent centuries: to master their respective crafts according to the ideals of

figuration and composition. And as Durer and countless others show, mastery was not merely a technical attainment: imagination, truthfulness, empathy and a certain 'spirit of delivery' were all vital qualities of a successful painting, engraving or sculpture.

Today an artist can succeed

without any of these qualities, whilst craftsmanship can be outsourced, if required at all (think of Damien Hirst's dot paintings). Success, however, is always contingent on the value system one serves. For the contemporary realist, for example, success is not possible without mastering one's craft.

As a resurgence in figuration gathers pace more and more painters and sculptors are recovering aspects of their craft long lost (such as grinding pigments for painting, or combining egg yolk with linseed oil to make 'tempera grassa').

For the neo-modernist or postmodernist 'craftsmanship' is often a far looser term; it involves experimentation rather than studio instruction. A material language grows according to the dictates of one's expression. Think of Anselm Kiefer and his enormous canvases holding oil, straw, tar and lead; or closer to home, Michael McSwiney's paintings sporting cracks and craters from spraying water into oil. From many years of practice an artist learns what works and what doesn't. And once in the museum it becomes the conservator's burden to bare, no matter its level of stability.

When the Crawford Art Gallery announced its new acquisitions last year I was delighted to see work by Tom Climent (painter), Fiona Kelly (print-maker) and Michael Quane (sculptor), in the mix; all artists of exceptional craftsmanship. In seeing the work on show I was also perplexed to see a sagging canvas with work of dubious representational quality. I could not then (and still can't) reconcile in my mind, the clear disparity in the quality of the craftsmanship between some of the works acquired. But I can certainly understand it, given the multiplicity of conflicting value systems at work in our culture; value systems that alternately venerate and disparage that deep and mysterious knowledge of materials that we call craftsmanship, the very same that gives the angel pause in Durer's timeless masterpiece.

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## Special Feature CREATIVE WEST CORK #madelocal

## Breaking through glass ceilings

Angela Brady wears many creative hats, all shapes and sizes – architect, fused glass maker, broadcaster, curator, champion of craft and design in West Cork.

The co-founder of Brady Mallalieu Architects based in London, Angela's side hustle as a creative glass maker is rooted in West Cork, where she enjoys exhibiting her contemporary glass designs in coloured fused glass in group shows.

Angela's architecture and artistic careers interweave with many of her glass designs installed in the company's architecture projects.

Fused glass has been a passion for the past 15 years: "It's

a very special craft and hard to know exactly how your glass piece will turn out – after firing in the kiln – so every piece is unique and different," shares the artist.

In 2015, the Dublin native who lives part-time in Bal-



lydehob with her husband and business partner Robin, put together a group of West Cork based craftspeople called '10 Hands Crafts', that has exhibited in Ireland, the UK and China.

Angela graduated in architecture from TUD School of Architecture but has fed her passion for creating with continuous training over the years in various mediums including etching, clay sculpture, fused glass and pottery.

Her main inspiration lies in nature with many of her fused glass pieces bringing new life to beetles or butterflies – the shiny Dichroic glass gives a two-tone highly reflective shine just like real insects.

Not camera shy, the broadcaster has made a number of TV shows and videos promoting the many great designers and craftspeople in Ireland, her most recent being the 'Designing Ireland' TV series on RTE, which she co-wrote and presented with Sandra O'Connell.

"There are so many more stories out there to unfold that we would love to create another TV series on 'Housing Ourselves – New ways of living' taking inspiration for Denmark and showing alternative ways of living and co-habiting in the community that could work wonders in Ireland," she shares.

While in her early career, her gender posed a challenge in a male-dominated industry, Angela broke new ground when she was elected President of the Royal Institute of British Architects (RIBA) – the first non-British passport holder and only third woman to take up the post. Hailed as the most effective president of RIBA in 20 years, she received two awards for 'services to architecture', an OBE from Prince Charles and PDSA from Irish President Michael D. Higgins.

While all of these were massive highlights, she also mentions creating the 'Designing Ireland' RTE TV series as being a proud achievement.

Today Angela's main challenge is persuading clients about the importance of the low carbon agenda and retrofit over new build. "We can be leaders with environmental improvements, but the politicians and legislation needs to back us," she says passionately. Some of Brady Mallalieu Architects current projects with an environmental focus are in West Cork and include the CECAS centre in Leap. This Centre of Excellence for Climate Action and Sustainability aims to make a difference to our built environment, in teaching people what they can do to their buildings to minimise carbon use and cut their energy bills.

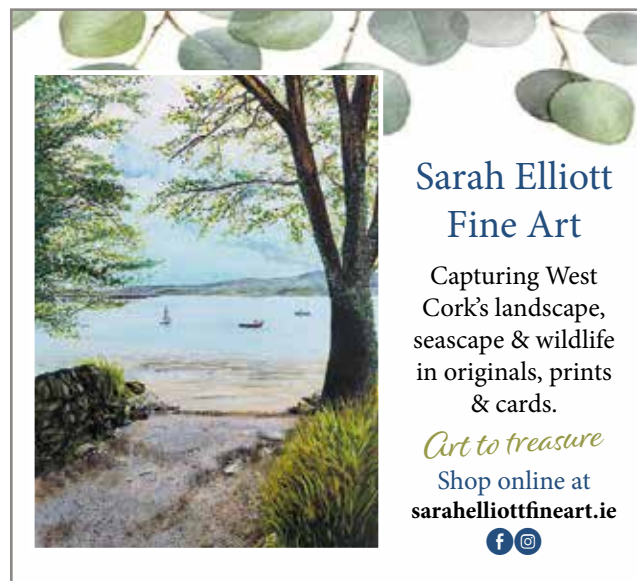
With her love of exhibiting in group shows, Angela is looking forward to the annual West Cork Creates show in Skibbereen. She lauds curator Alison Ospina as "a fantastic

creative who encourages so many artistic people to come together".

She continues "We have so many great designers in Ireland from the Joseph Walsh Furniture maker who we featured on 'Designing Ireland' TV series on RTE to the dozens of creatives working in all areas of design and architecture like

Grafton Architects 'Dynamic Duo' who are working on the Crawford art gallery."

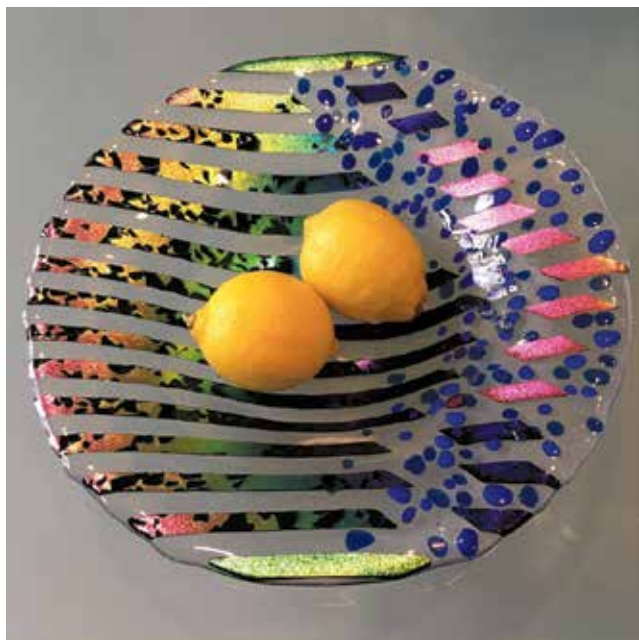
You will also find Angela's beautiful glass work at the 10 Hands Crafts group show, which she curates, coming up in August (4-14) at The Aisling Gallery in Ballydehob supported by #DCCI and #August-CraftMonth.



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# Special Feature CREATIVE WEST CORK #madelocal

## Yarn to be inspired



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Lovers of all things wool will happily lose themselves in the beautiful tactile space that is Olga's Own Craft Studio and Yarn. This Ballinspittle-based haven for knitting lovers is the creation of Olga Prins, a South African native who says that the village of Ballinspittle instantly captured her heart, which is why she chose to set up shop here.



Olga (right) knits with her sister, visiting from South Africa.

The super soft yarns in the shop ranging from luxurious virgin merino to organic cotton will ignite a passion for craft in even the uninitiated. "I have to stick to my story," says Olga passionately, when explaining why she only stocks quality, sustainable yarns in her shop. She points to what she mischievously calls the 'naughty corner' where all the inferior sample stock that doesn't make the cut, is shelved. Her nose wrinkles. "This is where I put any yarns not so nice to touch."

What you will find at Olga's is beautiful, soft, quality yarn in a glorious selection of colours: Brands such as Malabrigo with its luxurious silk and alpaca mix or Schoppel Wolle and Scheepjeswol with their merino yarns will cause any voracious knitter to drop a stitch in excitement!

Anyone who enters is immediately made to feel welcome. When she first opened, a couple from Skibbereen mistook the shop for a cafe. "It was pouring rain outside so I sent them across the road to get a sandwich and invited them to sit at the table in the shop," says Olga. "The next time they came to visit they brought me eggs and homemade jam."

An ICU nurse in a past life, Olga's inauguration into the world of craft was when she was introduced to cross-stitch by a colleague in the ICU. "I'm from a family of knitters but I couldn't knit to save my life when I was younger," she admits. "My sister used to tease

me that she hoped her kids would be born in the summer, as I had so many holes in my knitting," she laughs.

Olga made the decision to stay at home when she had her children but a busy mind meant she was always working on more than one project at once. To date she has made 123 quilts and she always a knitting, crochet or embroidery project on the go.

A firm believer that you shouldn't be a spectator in life, last September marked Olga's initiation into the world of business. "I wasn't allowed to work until

I got my Irish citizenship in 2019, so I just did some voluntary work prior to that," she explains. "Although I was a qualified nurse in South Africa, I'm only allowed to work as a nurse's assistant here, which is why I didn't go back to nursing and decided to go into business for myself."

Ranging from €2.50 for a ball of 100 per cent cotton yarn to €30 for the most luxurious mix of silk and mohair, there is something for everyone on Olga's shelves. The shop also carries a good selection of knitting and crochet paraphernalia.

With a big wooden table taking pride of place in the centre of the floor, this is a community space as much as a shop: Olga runs regular adult and teenage workshops in craft and knitting.

This initiative is a labour of love for the big-hearted South African, who says laughing that "it feels more like I'm hosting a



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## Special Feature CREATIVE WEST CORK #madelocal

## 'Leave no visible trace' exhibition highlights ocean plastics

Nuala Mahon, a Sherkin Island-based fine art photographer, will hold a multi-media exhibition in the Community Hall on Sherkin Island from to September 3-8, from 11am to 5pm daily.

'Leave no visible trace' captures Nuala's interest in environmental issues, and particularly, the detrimental impact

of ocean plastic pollution.

Her project started during lockdown in 2020 on her daily walks on Sherkin Island when she became acutely aware of and concerned about the quantity of plastic debris being washed up on the island's beaches.

Determined to highlight the increasing danger of ocean

plastics, she set about recording what she was finding.

Rather than taking traditional photographs of the plastic debris, she fabricated fragile and short-lived pinhole cameras out of cardboard and tin to capture the images and used her scientific background to make the developer from bladderwrack seaweed instead of photograph-

ic processing chemicals.

The resulting images have an ethereal quality, a counterpoint to the indestructible nature of plastic debris found in the environment which can last for hundreds if not thousands of years in the sea, to the detriment of sea life and humans.

For further information on Nuala's work see [www.mahons.org](http://www.mahons.org) or follow her on Instagram: @nualamahonphotography and Twitter: @Nualalula



One of Nuala Mahon's ethereal pinhole camera images of found plastic toys on the beach

## people Food, Health &amp; Lifestyle

## West Cork embraces mediterranean fare as Toonsbridge Dairy and The Real Olive Company open a new shop in Bandon

Toonsbridge Dairy and The Real Olive Company wrote a new chapter in their story with the opening of a warehouse shop in Bandon last month.

What started out as The Real Olive Company in a small stall by the fountain in the English Market in 1993 has since grown into a thriving family enterprise that currently employs 40 part- and full-time staff in County Cork and celebrates 30 years in business next year.

Sourcing produce from all around the Mediterranean, this independent enterprise, from its base in Bandon, distributes its products to restaurants and independent food shops all over the country.

The people behind this success story are Toby Simmonds and Jenny-Rose Clarke.

"We sell a huge large array of good quality mediterranean food including olives, cured meats, artichokes, sun-dried tomatoes, olive oils... Then there are the cheeses we make ourselves in our dairy in Toonsbridge, Inchigeelagh," shares Jenny-Rose.

"We love that our dairy is small enough and we are not tied into any supply contacts that we are able to play with what we make and produce seasonal and small batch products. We have our own buffalo milk and then buy cows milk from local farmers. Throughout the year we make mozzarella, smoked scamorza, halloumi, cheddar, caciocavallo, ricotta, yogurt, kashkaval, butter, burrata, straciatella, cardo, camembert..."

"When we started a lot of people couldn't understand why you'd try to sell olives in Cork!"



she continues.

Not to be deterred by nay-sayers, the couple, with the help of an old Hiace van, started to do stalls in weekly outdoor street markets, Fridays in Bantry being one of the first. They went on to rent a small warehouse-shed behind the Sin E pub and then a larger building in Blackpool. In 1998, they bought the old creamery in Toonsbridge, which became their new kitchen, warehouse and home.

They expanded their markets, at one point covering 20 markets a week; from Belfast's St. George's Market to the bridge in Skibbereen.

When the notion occurred in 2009 to try to replace some of the Italian buffalo mozzarella they were importing weekly by making their own, they went into partnership with a neighbouring dairy farmer and Toons Bridge Dairy was born. Buffalo were brought from Italy and, with lots of trial and error and hard work, Toons Bridge Dairy made Ireland's first buffalo mozzarella in the old creamery building in Toonsbridge, Inchigeelagh in 2011.

While they now cover less markets, they have opened more

shops and have increased their distribution. "We own both businesses 100 per cent between the two of us and are lucky to have our own children enthusiastic about working with us," shares Jenny-Rose.

Hard work and determination has paid off and, as in any business, while there have been a few hiccups along the way, overall it's been a rewarding journey.

Last year, they moved the warehouse from near Macroom to Bandon and into a much bigger building, with room for a shop.

"It's quite a few years since we have had market stalls in West Cork and it's lovely to have had some of our old customers call in. Where we are located on the bypass is an easy pitstop for people heading further west. For now we are only open Fridays and Saturdays but we'll see how things go and we hopefully increase this," explains Jenny-Rose.

"Bandon is not a town we knew before moving but we have been made so welcome and encouraged by our neighbours and local businesses that we feel really positive about the town

and its future."

Always moving forward, Toby and Jenny-Rose have recently bought a farm in Drimoleague for their herd of buffalo. "We've renovated and adapted the old milking parlour and are now milking there. We've already had 30 calves born in Drimoleague! We bring the milk over to the creamery in Toonsbridge and

make it into delicious buffalo mozzarella. We'll see how things go but we'd love to open a farm shop one day."

While their buffalo mozzarella is always a winner, their cow's milk mozzarella, fiordilatte, is favoured with customers making pizzas.

While olives of course are still the most popular product, their

halloumi, made with vegetarian rennet, is proving to be a favourite vegetarian BBQ option and they can't keep up with the demand for their 12-year-old balsamic vinegar from Modena, Italy that is bottled in Bandon.

For more information on The Real Olive Company and Toonsbridge Dairy or to order online go to [toonsbridgedairy.com](http://toonsbridgedairy.com)



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## people Food, Health &amp; Lifestyle



## MENTAL HEALTH & MINDFULNESS

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*"And space becomes your gift, encircles everything, slows the pace, lets the light in".*

I'm beginning this month's article with the quote by Rachel Holstead that I finished last month's article with. This line came back to me in

# The price we pay for love

a different context recently. I wasn't sure if I could or would write a column this month because I'm moving very slowly through my own personal experience of shock, trauma, and grief. Knowing that grief is a normal process and part of life doesn't make it any easier. I read a quote somewhere that "grief is the price we pay for love" and in this moment it feels like I'm paying a hefty price. So, without claiming to possess any expertise on shock, trauma, or grief, I am sharing aspects of my personal experience with the intention of setting out some tiny mindful steps that are easing my own journey.

Impermanence is such a core concept of mindfulness, and embracing or facing impermanence, including death, is part of being a mindfulness practitioner, and sometimes part of being a family carer. I have been intentionally making moves to face into death, especially over the last year or so, having only recently partici-

pated in an online course on grief run by Dzogchen Beara. Yet there is no preparing for the unexpected and sudden nature of things. My dad passed away in quite tragic circumstances and I am left with some shock and trauma to attend to before I can grieve fully.

I am amazed at the human mind and body and what it can do to protect itself. I have run the gamut of human emotion over the last few weeks, and it has taken a while to regulate the sheer rawness, vastness and even wildness of emotions, and now I'm in a state of "I don't know." One thing I do know is that mindfulness and compassion are helping me take baby steps through these difficult days. My mind and body have slowed down and my key focus every day is on resting, sleeping, eating nutritious food, as best I can and drinking plenty of water; these basics are so critical, not always easy to get right and so important at this time.

I am practising the very

foundations of mindfulness, like tasting my food, feeling my feet on the ground as I walk, or my body on the chair as I sit. I've been practicing a body scan to feel and sense my way back into my body, in many ways it feels like I'm re-learning how to re-inhabit my body and beginning to trust my mind and body to lead the way and set the pace, without rushing and leaving space for grief to come. Patience and compassion with myself are central in those moments when I wish things were different or that I was back to some kind of

"normal." I miss the gentleness and quiet rhythm of our lives together but take comfort in the many gifts my dad passed on to me, like his ease in silence and in his own company and his resilience during difficult times.

I'm sharing my rawness and vulnerability in the hope that it may bring solace to or resonate with someone else struggling with shock, trauma, or grief in this moment. There is no timeline on this. I'm learning to give myself space to feel grief when and as it comes. Gently slowing down to let the

light back in.

I am pausing all my compassion-based mindfulness work at Myross Wood in Leap (CECAS.ie) for the time being. Drop-in mindfulness sessions will resume in the Autumn.

Online guided meditation sessions via Zoom are also paused for now.

For more information, you are welcome to like my Facebook page (Mindhaven) or get in touch by phone: 087 2700572 or by email: [susanoreganmindfulness@gmail.com](mailto:susanoreganmindfulness@gmail.com)

## Hypnosis can increase natural conception by 50 per cent



Amanda Roe

Trauma therapist & Mind coach

to bring your cycle back into balance.

Your hypothalamus, a structure deep in your brain, controls the constantly changing balance of hormones that are required to produce an egg and maintain a pregnancy.

The hypothalamus is very sensitive to the internal and external environment including; light, temperature, hunger, blood pressure and stress.

When the body is stressed adrenaline is released by the adrenals.

Adrenaline helps us escape from danger but it also inhibits the production of progesterone, which is essential for building and maintaining a lining of the uterus, thus impeding fertility.

During times of stress women can produce prolactin. Prolactin, which stimulates lactation in preparation for nursing, inhibits a woman's fertility, so she'll be less likely to conceive. After prolonged stress the sympathetic nervous system (SNS) can become hyper-stimulated, also impairing the optimal function of the reproductive system.

Hypnotherapy is a fast, effective way to treat stress, balance your hormones naturally and reset the sympathetic nervous system. It is used to support natural conception and as a complementary therapy in IVF clinic's worldwide.

Research in The Journal of the American Medical Women's Association has shown that hypnosis increases natural conception by 50 per cent so can effectively double the success of IVF treatments.

Hypnotherapy will help with fertility by:

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- Identifying and eliminating any fears or subconscious blocks to conceiving.
- Reducing stress so enhancing your chance of conceiving either naturally or with ART
- Helping you feel mentally, emotionally and physically prepared
- Helping you get back in touch with your body.
- Preparing your body for conception and childbirth
- Balancing your hormone levels
- Assisting your fertility cycle
- Increasing the effectiveness of IVF
- Improving your emotional and mental health
- Helping you regain a sense of control over your life

Hypnotherapy is one of the most effective ways to reduce stress and increase feelings of calmness and relaxation. It is a very powerful way to overcome any fears or phobias, which may be impacting on your fertility levels. It helps women to get back in touch with their body, remove subconscious blocks, balance hormones and assist the fertility cycle.

Amanda Roe is a Clinical Hypnotherapist, Acupuncturist, Life & Health Coach providing holistic solutions for your mind, body and emotions. You can book a free 15 minute consultation via her website [www.roehealth.ie](http://www.roehealth.ie) or call/text 087 633 1898 for an appointment.



## Emer O'Sullivan

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

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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.

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## people Food, Health &amp; Lifestyle

A FLAVOUR OF WEST CORK  
RECIPE

Karen Austin

It feels like the real freedom of summer has arrived. The socks are off, schools are all closed, exams over and done with and the good weather has cranked up the feel good factor.

We are so fortunate to be able to enjoy our heatwave, the mid-20s in Celsius is very comfortable. Anyone who took a foreign holiday to any of the European hotspots must have been envious of everyone at home. Our son returned from Italy and gave a sigh of relief at the 'cool' temperature here.

Our garden continues to thrive, we have eaten, poached and baked a treeful of peaches and right this minute the apricots are queuing to be picked so that we can make jam.

There are so many vegetables ready for consumption, it's difficult to know where to start. Peas, beans, fennel, beetroots, salad, spinach, chard, kale, broccoli, courgettes and now the tomatoes are coming too.

Last year I worked through the heatwave and I swore I wouldn't this year but I did not expect to be gifted with a bad dose of sciatica and not to be able to move. Just proves you have to be careful with what you wish for – or at least super specific! So much to do and so much to pick and all I can do is pod peas from a chair.

Podding peas in the sunshine is an enjoyable distraction, almost a meditation, but it always makes me think of how many peas have to be podded to fill one of the bags found in the supermarket. I'm definitely never going to be a pea farmer!

With all of this in mind – the good weather, which means that we don't want to spend much time cooking, the wonderful local ingredients that are ready and the fact that I am 'crooked', this month's recipe is super simple.

We used pappardelle pasta (wide ribbons) but tagliatelle (thinner ribbons) or something like orrechiette (little ears) or conchiglie (shells) would work too, as they would all lend themselves to enveloping the sauce.

If you can't find a large meaty tomato – meaning it doesn't have many seeds, use a couple of ripe medium ones.



Use the best ingredients that you can find and you can't fail.

I gave instructions of how to make this from a chair and it came out perfectly!

## Summer Pasta

Serves 2-3

## Ingredients:

- 2 small courgettes
- 50mls olive oil
- 250g peas – fresh or frozen
- 1 large ripe tomato – the meatier the better
- 2 cloves garlic
- 2 egg yolks
- 100mls cream
- 100g grated parmesan
- handful fresh basil
- 250- 300g pasta of your choice

## Method:

Check the cooking instructions on your pasta and try to coordinate the pasta cooking time with the sauce. Prepare all the ingredients but only begin to cook the courgettes four minutes before the pasta is ready.

Put a large pot of water to boil.

Score the top of the tomato with a sharp knife, drop it into the boiling water then count to 20. Take the tomato out then

plunge into cold water for a minute or two. The skin will now slip off. Cut the tomato in half, remove any seeds then chop into a 1cm dice.

Using the same pot of water blanch the peas for a few minutes then lift out and drain under a cold tap. Put aside.

Chop the courgettes into a large dice by cutting it in quarters lengthwise then along into chunks. Peel the garlic and chop finely.

Put the egg yolks and cream into a small bowl, whisk together then stir in the grated parmesan cheese. Put aside.

Return the water in the large pot to the boil, add a big spoon of salt and the pasta. Give it a good stir then set the timer.

Four minutes before the pasta is ready heat a frying pan, add the olive oil and the courgettes then toss them together. Cook on a high heat for a couple of minutes then add the garlic and toss well. Stir in the peas then season with salt and cracked black pepper. At the last moment add the diced tomatoes give everything a toss then turn off the heat.

Drain the pasta – over the bowl that you're going to serve the pasta in is a very good trick

as it heats the bowl, save a few spoonfuls of the pasta water in case you need to loosen the sauce.

Put the drained pasta into the bowl, tip the vegetables, chopped basil and cream/egg mix on top then toss everything together. Add a little pasta water if you think it's needed then serve.

As many of you will have heard we are going to move on from the shop to do something different soon. We are hoping that someone might take it over – it's a great little business. If you know anyone that might be interested please spread the word. Whichever way it goes, we will remain open until the end of September making our tasty food and using our beautiful vegetables from the garden, so do call by and pick up your picnic.

Here's to more sunny days!  
Karen

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# Healing inflammation through food

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Inflammation is at the heart of so many of our modern diseases. As many of us have experienced, taking anti-inflammatory medication can reduce pain for some inflammatory conditions, but over time the inflammation can worsen and the medication can have side effects. And some don't respond to any medication so far.

So it's worth looking at how we can help reduce inflammation through our diet. We all know that there are foods that we can cut out – many of our customers find cutting out refined sugar, grains and dairy can help reduce inflammation. But what can we add in that will boost our bodies' natural healing power?

It's important to remember that inflammation is an essential part of our body's healing process. It occurs when inflammatory cells travel to the place of an injury or foreign body like virus or bacteria, and for a short time, the inflammation is a positive thing – it helps our body to heal. However, if inflammatory cells stay too long, it may lead to chronic inflammation. Chronic inflammation causes all sorts of issues, from Arthritis to Alzheimers, and generally we need to try to reduce chronic inflammation because over time it can be very damaging.

Here are some foods you can add to your daily diet if you want to reduce inflammation.

### Fatty Fish

Good fats are a really important part of an anti-inflammatory diet. Good fats come in many forms, and one of the most anti-inflammatory is Omega 3 Fatty Acids. Fatty fish is an excellent source of omega 3 fatty acids called EPA and DHA which help reduce inflammation, which may otherwise lead



## HEALTH

Hannah Dare  
Organico Bantry

to metabolic syndrome, heart disease, diabetes, and kidney disease. Because it can be hard to find good quality fatty fish (for example wild caught salmon is hard to come by in Ireland, and even fresh mackerel is rare these days!) I personally find taking high quality fish oil supplements a good option for increasing fatty acids, as it has an amazing effect on inflammatory skin conditions, often much more so than applying moisturisers from the outside.

### Olive Oil

Virgin olive oil also contains numerous anti-inflammatory compounds, which is why it's the base of the often-recommended Mediterranean Diet. I read a paper recently that suggested 50 mls of olive oil a day to help reduce inflammation – which means liberally adding it to your food! Do make sure you buy a really good Extra Virgin Olive oil for this though – preferably organic of course.

### Nuts and seeds

Chia and flaxseeds are also both very high in omega-3 fatty acids. You can add a tablespoon of ground flaxseeds or whole chia seeds to cereal, porridge, or

yoghurt – or soak them and eat them plain. They are excellent for the bowels as well, they help keep everything regular.

Of all the nuts, walnuts are the most beneficial, and are particularly good for the brain – which is ironic as they look very like little brains! Eating three to four a day is suggested as a protective measure.

### Avocados

From a Chinese medicine perspective, Avocados are cooling, anti-inflammatory, and are said to build blood, harmonise the liver and are good for digestion. Avocados are a natural source of Lecithin, which makes them ideal brain food and they are excellent for people who need fat but can't tolerate it. My mother-in-law calls avocados 'A Meal on Tree' and she's right – if you only have three minutes to eat, you could do far worse. Just cut in half, dress with lemon juice and salt and enjoy!

### Berries

Berries in general are considered to be very healthy, and are incredibly anti-inflammatory, mainly because of their polyphenol or antioxidant content. A berry that I am very curious about at the moment is the Aronia Berry, which contains one of the highest levels of polyphenols of any food in the human diet. Aronia is excellent for maintaining healthy blood sugar levels, as well as reducing inflammation in the body. We have bottles of Aronia Berry juice in Organico from local organic growers, Steve and Claire Collins from Derryduff Farm near Coomhola. They grow blueberries as well (we are just about to get the first of the crop!) but are most excited about their Aronia Berry Juice – take 50-100mls a day to super-charge your antioxidant levels.

### Pomegranates

Pomegranates are one of those superfoods that were very popular about 10 years ago – but they have a good reputation for good reason. Research shows that pomegranates contain many compounds that reduce inflammation in the body, and are particularly protective for our brain. Since Alzheimers is also known as inflammation of the brain, this is good news! You can add pomegranate seeds to your salads, and drink the juice (it's delicious added to sparkling water!)

### Broccoli/cruciferous veg

Broccoli is rich in sulforaphane, an antioxidant that decreases inflammation by reducing your levels of cytokines (which are molecules that drive inflammation in your body). Eating broccoli regularly (along with kale and other cruciferous veg) is associated with a decreased risk of heart disease and cancer, amongst other benefits.

### Garlic

Interestingly, I've heard about people rubbing garlic oil onto their joints to reduce swelling and pain. And I found this advice online on the Clevelandclinic.org: Research has shown that garlic oil works as an anti-inflammatory. If you have sore and inflamed joints or muscles, rub them with garlic oil. The Arthritis Foundation even recommends it to help prevent cartilage damage from arthritis. I haven't personally tried this, but I thought it was an interesting take on your food becoming your medicine!



### Turmeric

No discussion on the anti-inflammatory benefits of certain foods would be complete without a mention of Turmeric. We find a lot of people buy the fresh organic root these days and make a hot drink by grating it. Other people take a half teaspoon of organic turmeric powder in milk (it's called Golden Milk – try sweetening it a little with honey or coconut sugar). And there are many forms in capsules, some of which are super strong. Our most popular Turmeric capsule by far is the Solgar Nutri Nano Curcumin (Curcumin is a highly potent extract of Turmeric) which people find very anti-inflammatory combined with a high strength Fish Oil.

I hope you are having a wonderful August. If you have any questions about any of these foods, pop in to the shop and ask our wonderful team! Or email me on info@organico.ie, and I'll do what I can to help.

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## people Food, Health &amp; Lifestyle

## Osteopath Christopher Minhall brings practice home to West Cork

After a five-year adventure in America, Cranial Osteopath Christopher Minhall has returned to the shores of West Cork, bringing a wealth of new experience to treat and heal his patients.

“It has been an interesting adventure,” says Christopher, “but our hearts were singing to be back in West Cork. We have missed the kind hearted, interesting, and community spirited people, as well as the beautiful countryside.”

His American sojourn gave Christopher new perspectives in his work as he worked alongside some “amazing” therapists, including a top naturopathic doctor specialising in cancer treatment, and also the world renowned homeopath, Miranda Castro. “My osteopathic work



complimented these great practitioners in treating many difficult cases, teaching me much outside the previous scope of my work.”

Christopher also feels privileged to have studied under the late Dr. James Jealous in Oregon, who was the primary developer of Biodynamic Cranial Osteopathy. “In addition

to being one of the world’s greatest osteopaths, he was generous hearted and a great communicator,” Christopher says. “Learning directly from the man himself was priceless and I will forever be grateful for the opportunity.”

The Floridian demographic, where 4.5 million residents are over 65 years of age, has meant that Christopher has refined his approach to many age-related problems including osteoporosis, arthritis and palliative care, “and not least tennis and golfing injuries!” he adds. “While I am very happy to employ these skills on older members of our community, I am now looking forward to also treating more children and babies, a previous speciality of mine.”

For those who are unsure what osteopathy is, it is a form of manual therapy which uses the skilled hands of a highly trained practitioner, together

with a detailed knowledge of anatomy and physiology, to diagnose and gently treat problems in the structure and movement of the body. It is holistic, so examines and treats the whole body, correcting the underlying problems that lead to symptoms. It therefore often cures painful symptoms and prevents reoccurrence.

“The form of osteopathy I use is extremely gentle yet effective and is suitable for all ages, babies to the elderly and everyone in-between,” Christopher explains. “While many patients present with muscle, joint or back pain, it can help many other ailments. These would include but are not limited to: migraines, vertigo, TMJ, constipation, fertility issues, chronic fatigue, stress and anxiety. For babies it can help with colic, head asymmetries, ear infections, digestive issues and poor sleeping. It is also highly recom-

mended during pregnancy.”

Osteopathy is best used as preventative medicine and you do not need to wait until you are “crocked” or in pain to seek treatment. Having a monthly or bi-monthly treatment is beneficial for even the healthiest person. Keeping your body structurally balanced helps optimise your body’s physiological function boosting organ

function, immunity and general resilience.

“I am excited to be back and to once again be of service to the good people of West Cork, providing top class cranial osteopathy.”

For further information see [www.westcorkosteopathy.com](http://www.westcorkosteopathy.com). Appointments in Bantry and Skibbereen, phone 086 8861007.

**Christopher Minhall**  
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## Dizziness and balance issues



Eoin Roe  
Chiropractic

If you have ever been dizzy or lost your sense of balance you will know how scary this can be. Actually, I find that it is a common underlying cause of anxiety. Imagine you are standing on the edge of a cliff and your friend comes up behind you and grabs you and pretends to push you: You would get a shock, catecholamines and cortisol – hormones made by your adrenal glands – would be released, your heart rate would rise, or to put it another way, it would raise your anxiety. So, if you are walking around every day with balance issues or dizziness, your levels of anxiety are going to be much higher.

Firstly, I want to say that if you have new symptoms of dizziness or balance problems, get them checked out immediately, especially if they are accompanied by hearing loss and/or tinnitus (ringing in the ears). They can be signs of serious health problems such as

Meniere’s disease, cardiovascular problems or neurological conditions.

The term dizziness is vague and means different things to different people but what it really means is that either the room is spinning around you or you feel like you are spinning in the room. This is also called vertigo but is often confused with light-headedness, or other sensations of disequilibrium caused by motion of you or things around you causing you to lose balance.

Excluding the serious health issues, there are three common causes that can cause dizziness and balance problems. The first is called benign paroxysmal positional vertigo (BPPV), the second is vestibular pathologies and the third is migraine headache.

Two of these – BPPV and vestibular issues – can be helped very simply with eye exercises or a simple treatment but you have to correctly diagnose the problem to know which will work.

**BPPV**

This is caused by small crystals getting caught in part of the inner ear that is involved with balance. This most often happens when a person is lying down and rolling over in bed or with changes in body position. It has a short duration, about 30 seconds, and true rotatory vertigo (you feel the room spin). This can be diagnosed by looking at eye movements that are known as nystagmus, with your

body in a particular position.

If BPPV is correctly diagnosed, in 90 per cent of cases it can be treated in one session. It can sometimes reoccur months or years later but can again be treated with same manoeuvre and a similar success rate.

**Vestibular Issues**

These are also diagnosed by looking at eye movements but you need to use some special equipment that allows us to look at eyes in complete darkness. These are infra-red frenzel goggles. Using this equipment allows us to differentiate between vestibular issues and BPPV, and also different types of vestibular problem, namely peripheral and central vestibulopathy. Central vestibulopathy requires further investigation to find the cause but peripheral vestibular issues are often caused by acute infection (infection of the vestibular nerves) that can persist long after a previous infection. Peripheral vestibular issues respond very well to eye exercises that if done for number of weeks often completely remove the dizziness.

*Eoin Roe is a Doctor of Chiropractic and Certified Functional Medicine Practitioner based at Roe Health in Skibbereen. If you would like help with dizziness and balance problems, muscle and joint problems or help with chronic health conditions please feel free to contact him through the website [www.roehealth.ie](http://www.roehealth.ie) or call 087 9582362.*

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## people Food, Health &amp; Lifestyle

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.

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## Clonakilty Playground fundraising drive so close to final goal

The Clonakilty Playground Fundraising Committee is appealing for donations to help fund a much-needed new and inclusive playground in the centre of Clonakilty for both local families and visitors.

Following an extraordinary fundraising effort championed by the local community, the committee have so far raised

€150,000 from public and voluntary sources with €40,000 still to be raised. The committee is now aiming to raise €10,000 through public donations to help meet the final goal.

The playground in its current form is very dilapidated, with a high level of dissatisfaction of the facilities from local families, and especially parents of children with disabilities,

with concerns over its safety and lack of accessibility and inclusive play areas. The new playground will focus on a design that caters for all with accessible equipment and a sensory play area as part of Clonakilty's plan to be an autism friendly town. Please give whatever you can



towards this vitally important and worthwhile cause. To donate go to [www.gofundme.com](http://www.gofundme.com) and search for 'clonakilty playground'.





## IMAGE

Louise O'Dwyer  
Image Consultant

Love it or hate it, this time of the year comes with a slew of fashion brands trying to outbid each other when it comes to offering shoppers the best discounts and deals. As a result of so many people shopping online, we no longer have the heaving crowds in shops and the endless wait to get into the fitting rooms. The first thing that you need to remember when heading out is that you are most definitely up against some of the best marketing minds in the fashion business; they know how to hook you and reel you in. It's amazing how many women in particular say, 'Look how much I saved on all of these clothes!' when in fact they forget to take into account how much they have spent. The god honest truth is that our brains zone out when we see 50 per cent or 70 per cent off. The idea of not paying full price for something can cause frenzied thinking so here are a few do's and don'ts that might help you to choose more wisely.

Create a 'wish list' in the notes on your phone at a time when you feel realistically comfortable in your own skin and well rested. When we are tired, emotionally drained or having a 'feeling fat day' our thinking is

# The art of sale shopping

distracted. We have a tendency to make more mistakes and want to impulse buy everything, thinking that this will make us feel better.

Start by writing down the amount of money that you have to spend or are willing to spend on the 'sales'. It will ground you.

Look through what you have more than once and start with bits that need replacing, this will most often be any item in white. Then look at what you might need to match up with something that you already have.

If you have a fair idea that you will be invited to a wedding the following summer, keep an eye out for something incredible but try to avoid the statement colours that we were smothered in this season as they will be very much 'last season' by next summer.

Start by writing down the amount of money that you have to spend or are willing to spend on the 'sales'. It will ground you. Look through what you have more than once and start with bits that need replacing, this will most often be any item in white.

Finally, and my favourite part of the list is taking screenshots of items that I would like to buy or try on and decide if they are 'me'. Sometimes when I see something that I like on someone I ask them if I can take a photo; most people are really flattered and you can add that on to your wish list too.

Now you can go shopping

with a plan and when your pupils dilate and the adrenaline kicks in the moment you see your favourite fashion brand discounted, stay calm. Ask yourself 'Do I need it?' or believe it or not 'Do I really like it?' Bottom line, stick to what you know (your signature style), stick to your budget and keep referring to your list.

When we are confronted with the noise of big name brands and their big discounts, it can be all too easy to forget that both independent and second-hand brands also offer discounted deals at the end of the season. Check out your local boutiques and gift shops, you just might find something wonderful.

We all know that clothing sizes can be a bit of a minefield and it's not unusual for someone to be two sizes different from one brand to the next, some clothes look better over-sized and others fitted. Boutique sizes are often more generous than high street stores, in other words, don't let it ruffle your feathers if you have to choose a bigger size.

Just because an item of clothing comes in a colour and shade that really suits you but the fit isn't great, please don't adopt the 'it will do' attitude. If I have seen one 'it will do' item with the tags still on in wardrobes, then I have seen a thousand.

Make sure that you know the Returns Policy when you purchase something that you have a little uncertainty about. Trying it on in the comfort of your own home, in front of your mirror, will ultimately help you to decide between keeping or returning. The clearance section is another matter completely, if you buy, you keep.

The number one sale buy this season has to be the summer dress. Get over yourself if you

are about to start whining about your legs and just get a spray tan or practise putting on tan at home until you get it right.

Next comes summer sandals, runners and bags. Shop to your heart's content here, especially when it comes to comfortable footwear, you can never have too many pairs of runners and you can wear them with absolutely everything!

In case you need reminding, you don't have to spend a ton of money to look really good. Looking good involves far more than spending money to fit someone else's idea of beauty. A genuine warm smile will make you look so much more attractive than no expression at all or a constant startled look with caterpillar eyebrows! Be yourself always, let it go right

over your head if someone judges you because of how you look or don't look and zip that internal voice that probably gives you a harder time than anyone else. I've always loved the quote 'Those who mind don't matter and those who matter don't mind'.

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## people Food, Health &amp; Lifestyle

# Science and acupuncture

While acupuncture is more commonly associated in the West

as a modality for holistically treating a huge range of internal medicine conditions, there are



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some exciting developments in the fields of orthopaedics and neurology in which science and Chinese medicine are successfully cross-pollinating. The medical philosophies within Chinese medicine, which must be understood and skillfully applied in order to effectively diagnose and treat all internal medical conditions, are so profoundly and paradigmatically different to the fundamental premises that underpin western biomedicine that science struggles to embrace the medical riches available within the Chinese medicine tradition.

That said, there has been a tremendous outpouring of research and scientific papers in recent decades seeking to understand, critically assess and validate its treatment mechanisms and methodologies. While this has yielded a vast database of rigorous academic papers, the practice tends to require a certain betrayal of core Chinese medicine principles in order to 'fit' scientific analytic processes. This is in part due to Chinese medicine's understanding of our energetic anatomy and physiology which cannot be so easily measured or analysed with scientific methods.

However, this is changing in the fields of orthopaedic and neurological acupuncture. The work of some pioneering acupuncture scholars both in China and the USA, is revealing the physical basis for some aspects of 'why and how' acupuncture works. Using one of its classical tomes, the Huangdi Neijing (HDNJ), written some 2,000



## 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.

years ago, they correlate its medical teachings with our modern understanding of orthopaedic and neurological structures. For instance, the channel system (also known as the meridian system or energetic pathways) which according to the HDNJ is mapped all over the body, contains around 650 more commonly used acupoints, each with a very detailed list of actions and indications for its use. To the uninitiated, this can look like a rather random collection of actions, with an individual point being recommended for the treatment

of ear infection, tinnitus, and loss of hearing on the one hand, and neuralgia (pain) or numbness of the forearm and 'sickness below the heart' on the other.

Chinese medical literature is typically encoded in symbolic language, which makes it both difficult to translate and hard for westerners to understand. Penetrating its somewhat obtuse terminology can make understanding the rationale for such seemingly unconnected acupoint actions hard to grasp. Yet orthopaedic and neurological studies are increasingly explaining these actions, using cadaver research, overlaying the neurological system onto the channel and acupoint maps thereby demonstrating the nerve pathways in play, whilst correlating the understanding of trigger points and referred pain patterns in myofascial tissues to help decipher why specific distal acupoints are indicated for various local sites of pain.

Another example is the many studies about an acupoint on the hand between the thumb and forefinger known as Hegu or Large Intestine 4. While we use this point for anything from pain relief, inducing labour and promoting immune responses to alleviating irritability, treating headaches, flu symptoms and lumbar pain (with good reason and rationale for each indication) it also happens to be the key point used as an alternative to general anaesthetic in China.

Interestingly, a BBC documentary filmed a woman having

open heart surgery with just local anaesthetic and a needle inserted into Hegu on both hands.

She remained fully conscious throughout her surgery, with a drape, which shielded her from actually watching the gruesome event take place! The benefits of having such a massive operation without general anaesthetic in China are both financial (reducing the cost by two-thirds) and in accelerating post-operative recovery. While the idea won't catch on in this part of the world any time soon, what is interesting is the MRI and imaging studies subsequently undertaken, which reveal how needling Hegu at specific depths engages the pain centres in the brain in various ways, radically changing and moderating the brain's response to pain signals. Which is quite remarkable, given that instructions for its use in pain management was documented over 2,000 years ago, long before the advent of neuroscience and imaging technology. And that's just one acupoint!

One way in which Hegu has gained popularity for pain relief in the West is for lumbar pain, sciatica and childbirth. Indeed, it is such a versatile and effective point that I find most days in my clinic will call upon its use at some point. If you are experiencing pain, whether this is myofascial, neurologic or visceral pain, do seek out an acupuncturist to help with both pain relief and treatment of the underlying causative factors.



## DIY FITNESS

Tania Presutti

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

I have to admit it...Planks have found their way back into my training life. As the running mileage crept up, it became obvious that legs were not the only part of the body needing extra attention!

I saw many runners at later stages of the marathon, gripping

# To plank or not to plank

their lower backs, while struggling towards the finish line. Meanwhile I felt strong with no lower back problems, so I vowed to stick with my core training.

For anyone not in a gym, planks are an easy, safe way to do core training at home. It doesn't take much space (just the length of your body) and requires hardly any equipment. You just need yourself and your willpower to keep 'standing' for the duration of time.

There are several ways to do planks and, for those just getting into training, there's the safe, tried and true-tested static 'plank on toes and elbows', which I describe under 'basic plank'. For the more experienced, there's dynamic planks, yoga and pilates planks, side planks and back planks.

This is a short guide to good planking for beginners who just want to strengthen their core and more experienced who also want to work on the core, but with a challenge.

**Basic Plank:** Lie face down on the floor, let your elbows rest alongside your body (arms bend),

hands either together or apart under your face. Toes touch the ground. Lift your whole body up from the floor, using only your toes and your elbows to support you.

Imagine a plank or an oar being tied to your legs and shoulders and try to align your body to that line. This means tighten up your stomach (core), as opposed to relax 'and let it all hang down', as well as keeping your backside straight as a plank.

Stay in this position for three or five x 10 seconds (or how many seconds you can). Take about 20-30 seconds break between each plank.

As you grow stronger in this exercise, you can start to add more seconds to each repetition.

**Basic Side Plank:** Lie on your side, elbow on the ground, head up, like you were going to read. Forearm and hand out from your body. Lift your hip (and upperbody) up, supporting your body with only your elbow and side of your foot (the other foot goes on top or crosses down over the lower foot to help support). Tighten up so that your body is

in a sideways plank position. Engage core muscles and don't let your hip drop.

With your other hand, you can feel if your core on the downwards side is engaged if you want to feel the muscles working.

Stay in this position for three or five x 10 seconds (or how many seconds you can). Take about 20-30 seconds break between each plank and switch side. Add more seconds when this starts to feel 'too' easy.

**Plank with extras:** Start in the basic plank position, on your toes and elbows. Lift your right foot from the ground and hold it for a couple of seconds. Change and lift your left foot, all without losing the core engagement.

You can also lift your arms one at the time and finally try to lift left arm and right foot. Keep engaged and switch to right arm, left foot.

These can be done for time as well. For example five x 30 seconds, with 30 seconds break in between.

**Side Plank with extras:** Dynamic side plank (basic version):

Start in the basic version of the sideplank, lift hip (and upperbody) and engage core. Drop your hip slightly towards the floor, without losing any of the muscle traction. Lift up again to plank position. Your hip will move controlled up and down in this exercise.

**Dynamic side Plank (with knee):** Start in the basic version of the sideplank. Lift hip and upperbody and carry your weight on elbow and foot/feet. Take the top leg and lift a little and bend the knee, straight it out again to start position. You can think of yourself being an X in the 'out' position.

Add an extra challenge to the above: Bend top arm by elbow to meet the bend knee. Straight arm (above the head) and leg out again to start position.

More challenging: Let hand and foot meet 'in front' of body.

**Things to pay attention to:** In the basic plank, be careful not to 'stick' your butt upwards, or let your hips/gut hang downwards. Both these things will make the plank feel easy, because you only

engage your core muscles a little. Think of your body as a straight plank, engage core (back and stomach muscles) and keep your trunk straight and in line with feet and elbows.

If your elbows hurts from the pressure, use a folded towel, or a mat underneath. And start out in shorter sessions, for example, three x 10 seconds instead of five.

If you're having trouble with 'keeping the belly up', I used to tell this trick to help with exactly this: Think of your bellybutton as a button and your spine as the place to 'button up'. Suck it in, engage and keep your core tight.

So for runners, beach goers, surfers – anyone else who needs a little more core strength, stability and balance in their life, consider incorporating Planking into your routine.

I wish you happy planking and enjoy the rest of the summer. Questions and comments are as always welcome at [taniaskitchenfitness@gmail.com](mailto:taniaskitchenfitness@gmail.com) or via Instagram @trainwithadane (I will post my core routine very soon).



## people Food, Health &amp; Lifestyle

## Bantry community care farm appeals for donations to finish barn

**H**airy Henry, a care farm near Bantry that supports children and adults with additional needs, will hold a family afternoon on August 26, from 2-5pm to help raise funds to complete the building of the farm's barn. While all activities are free, it is asked that anyone attending make a donation at the gate.

The therapeutic riding and farming activities at Hairy Henry help children and adults in the West Cork community with emotional, physical, educational, behavioural and mental health challenges.

Sandra Schmid's fundraising campaign for this barn with an overall cost of €100,000 has been on-going since 2020, to raise the necessary funds needed to build a barn in order to host the farm's activities in all types of weather. Earlier this spring,

she took one of her therapy horses, Flora, and her therapy dog Trudi on an epic fundraiser ride across Ireland from Cavan to Cork. Now only €12,000 short of her final goal, Sandra is appealing to the public again for donations please.

To make a donation go to [www.gofundme.com](http://www.gofundme.com) and search for Hairy Henry's Homeward Bound Tour.

Hairy Henry will feature at a free event organised by the Cork Sports Partnership in conjunction with Sport Ireland for their campaign called 'Her Outdoors' on Friday, August 12. The event will highlight the mental health and emotional wellbeing benefits of horse-assisted therapeutic activities. Spaces are limited so places need to be booked in advance. Contact Sandra on 087 9389867.



Sandra, Trudi the dog and Flora relax in their new barn after their big fundraiser ride.

## Plantain deserves a place in your home medicine kit

compounds such as flavonoids, polysaccharides, terpenoids, and lipids. Young leaves can be eaten raw in salads, while the older leaves can be boiled in stews.

This plant has been used therapeutically for centuries and the earliest recorded medicinal use is to be found in the Materia Medica of Dioscorides (40-90AD). Greek medicine was developed by Persian physicians in later centuries, and they used, and continue to use, broadleaf plantain for wound healing, gastrointestinal and dermatological problems. It is also effective in stopping bleeding.

Broadleaf plantain also known as St Patrick's leaf or Cró Padraig is used for wound healing in Ireland and is mentioned in the National Folklore Schools Collection (NFCS). The following accounts are quite specific in how to treat wounds and cuts.

"Small cuts and such injuries may be successfully treated by gathering a handful of plantain leaves washing them well put into a jug add half a pint of boil-

ing water. Let it become tepid, stir occasionally then bathe cut or sore with infusion."

"The 'healing Leaf' or Greater Plantain is used for both drawing wounds and healing them. The leaf is plucked fresh, and the underneath part is applied to the wound when we wish to draw the matter from it. A fresh leaf is applied every day until all the matter is drawn out. When we wish to heal a wound the upper part of the leaf is applied. The leaf is held in position by means of a small bandage."

Current research indicates that eating plantain leaves may be effective in treating non-alcoholic fatty liver disease. In this instance patients who ate two grams of broadleaf plantain seeds twice daily for 12 weeks had more improved serum levels of triglycerides, aspartate aminotransferase, and alanine aminotransferase than those patients taking a placebo. An added bonus was a reduced waist circumference.

Staying with the liver we also

have an account in the NFSC of broadleaf plantain being used to treat jaundice, "Plantain Leaf used for healing cuts or wounds and also for jaundice."

A broadleaf plantain infusion is also effective against the herpes virus, but I consider prunella vulgaris or selfheal to be better for this. Plantain is however effective for treating asthma and allergies. In one study a commercial cough syrup containing broadleaf plantain, common mallow (*Malva sylvestris*), elecampane (*Inula helenium*) and shrubby everlasting (*Heli-chrysum stoechas*) decreased the night-time coughing bouts significantly, for children aged three to six, compared to the control group. Also, the treatment group had better outcomes by day four and eight than the control group.

Narrow leaved plantain or ribwort is preferred for healing cuts as we can see from this advice, "apply Slánlus (Plantain) to a cut, it will stop the bleeding and cure it." From my experience, it needs to be chewed or pulverised in some way first and this is supported by another account from the NFCS. "The Common Plantain known as 'cocks and hens' is a cure for cuts, The leaves are plucked and chewed in the mouth. They are then taken and placed on the wound which is cured in about twenty minutes".

All in all, these two weeds deserve our respect and can be useful in the home herbal medicine chest.



### 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](http://www.rosarikingstonphd.com)

**A**mong the different types of plantain growing in Ireland the most well-known are *Plantago major* or broad-leaved plantain, and *Plantago lanceolata* or narrow leaved plantain, also known as ribwort.

Broadleaf plantain (BP; *Plantago major*, Plantaginaceae), also known as great plantain, is a flowering perennial, which often grows in disturbed soils, in fields and along roadsides. Wind-pollination can distribute around 20,000 small bitter, orange to black seeds from one plant which is why it is so widespread.

The leaves are nutritious, containing calcium as well as vitamins A, C, and K, and chemical



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## people Food, Health & Lifestyle

# New reminiscence app developed for those living with dementia

A new reminiscence therapy app aimed at aiding communication between people with dementia, their loved ones and caregivers is due to launch in August. A joint initiative between UCC Law graduates Amy Boyden, a Bantry native, and Niamh Murray the 'ForgetMeNot' app was developed after extensive research into reminiscence therapy and testing with some of Ireland's leading care associations.

**D**ementia is a broad term that is used to describe the loss of memory, language, problem-solving, and other cognitive abilities that influence daily life. There are 400 different types of dementia, with Alzheimer's the most common form. In 2018, the Alzheimer Society of Ireland estimated that 55,000 people in Ireland live with a form of dementia and that it will more than double by 2050, with an expected figure of 141,200 people. Worldwide it is estimated that 55 million people currently live with dementia.

Amy Boyden explains how the app will work. "There are three main users of the ForgetMeNot app: the loved ones, the person living with the illness and the carer. Each user will interact with the app differently but the result will be the same,

to connect, remember and talk about memories of the past."

The app has three main features; Photos, Music and Voice Recordings.

"For Photos you are able to upload photos from your phone and create albums, for example, 'John and Mary's Wedding Anniversary' or 'Chloe's Christening'," explains Amy. "With Music you will be linked to Spotify and you will be able to search all of your loved ones favourite songs from the past. For Voice Recordings you are able to record your own voice, you could read over their most loved poem or simply leave a short recording 'Mum, I'm off to the shop and I will be back later'."

These three features allow families and carers to use moments of the past to trigger

memories in the present.

"Communication is such an important thing for someone with dementia to feel sense of self, boost mood and slow down cognitive decline."

This project is personal for both Amy and Niamh. Amy's stepmother lived with Alzheimer's and one of Niamh's grandmothers also lived with dementia. Niamh's other grandmother is currently living with dementia. "We have both seen firsthand that it can be difficult to communicate with those living with the illness and vice versa. We recognised this gap and wanted to create a bridge," explains Amy.

Both women have experience using reminiscence therapy practices to communicate with loved ones. Amy and her siblings read poetry and books to her stepmother while Niamh used photos albums to reminisce on the past. She also sang her grandmothers favourite songs from childhood to her.

Throughout every stage of this process, Amy and Niamh have strived to ensure that the app is user-centred. "We asked those living with the illness, carers and medical professionals what they would like on this app. What features would they

use and like to see."

Learning key terminology was important in the development of the 'ForgetMeNot' app. "People with a form of dementia do not 'suffer' they 'live' with it. Instead of using the word 'disease' we learned to use the word 'illness'," explains Amy. "These may seem like small things but to those living with the illness it means a lot to them. It is important for people to learn that they are not suffering with this disease but rather they are living with this illness."

Music has amazing benefits for people living with dementia and has been shown to improve their lives. "In the study carried out by Music and Memory and Improved Swallowing in Patients with Advanced Dementia, 2018, it was found that personal music intervention improves swallowing in individuals with advanced dementia, making eating easier," says Amy.

"Again in 2020, The Impact of Music and Memory on Resident Level Outcomes in California Nursing Homes found that personalised music is associated with a reduction in the amount of medication taken by nursing home residents and fewer distressed behaviours."

After completing a Bache-



App creators (l-r) Amy Boyden and Niamh Murray.

lors of Law from University College Cork, Amy volunteered as a humanitarian aid worker in a refugee camp in Greece, which led her to the masters she is currently doing in Public International Law (specialising in conflict and security) in the Netherlands.

After graduating from University College Cork with a Bachelors in Law and Business, Niamh completed her FE1 law examinations this year. With a keen interest in entrepreneurship from a young age, starting a business was always going to be an aspiration for her.

The women passionately hope their app will aid communication and encourage people to talk about memories from the past rather than the present. "So they can connect, remember, and talk," emphasises Amy.

For news on the exact date in July that the app will launch go to [www.forgetmenotapp.ie](http://www.forgetmenotapp.ie). You can also follow it on Facebook and Instagram.

When you create an account you will be sent a Family Code via email. You can share this Family Code with others who also want to join the same family account.

## Imagine a Death Cafe in every community



### 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.

**T**his month seemed timely to write about Death Cafes, as I've recently returned to both attending and facilitating them this summer.

Sometimes I have to remind myself that not everyone is familiar with the concept, despite the fact that they've been around for more than a decade (2011, with the first one in London). Since then, it's been said that there are over 14,000 death cafes in more than 80 countries around the world. This is according to the death cafe global not-for-profit community franchise, an online resource, which contains nearly everything someone might wish to know about what they are, where to find one (online or in person), even how to start one yourself. In short, a death cafe is a gathering of people – often strangers – who come together to talk about all matters of death and dying over coffee/tea and cake. It's a group-directed discussion without agenda, objectives or themes and is completely separate from a grief support or counselling group. Each person might share what brought them to the event or they may simply choose to listen. The conversation is often free-flowing;

although there is an organiser/facilitator who highlights the death cafe guidelines for the event (defined above), keeps the time, and makes sure all that wish to share are heard, just to name a few things. The list of topics that arise are endless and I especially love that each death cafe is different from the next, depending on who turns up and what may be on the hearts and minds of those attendees. Funerals, the afterlife, grief and loss, personal experiences – such as how one views death – are but a few of countless possibilities. The facilitator may have other ideas in their back pocket, but my personal experience has been that there's never a big lull in conversation or frankly a dull moment (although stillness can be powerful in these forums)!

Still sound heavy or morbid? I must highlight that there is also a lot of talk about life, living and making the most of the finite time we have. Death cafes are described as downright inspiring and life-affirming for many. I'm five years in and still

find it incredible that death is so often an avoided conversation, yet it's such an ice breaker! And just to note on having cake: the founder of death cafes, the late Jon Underwood, thought this was important because when discussing something as abstract and potentially scary as death; something grounding and sweet is an essential pairing!

There is much I could also write about Jon, who since died five years ago this summer at the age of 44 (the same age as myself in my early days of holding monthly death cafes in and around Bantry) – but there it is: the one thing that we will all indeed face! For a sense of what drew Jon to this idea, I'd like to share one of his reflections; perhaps his 'why' for helping to transform the dialogue surrounding death and dying: "I'm motivated to do this work because I believe that engaging with death is both important and overlooked. My experience tells me that death can play a role in helping us enjoy life. I also believe that

focusing on death can play a part in helping us to get to grips with some big challenges – like supporting older people, climate change, a broken economic system and chronic global inequality. This may not immediately make sense, but if we can face up to death we can face up to anything no?" His words continue to resonate and have certainly been a take-away from the recent death cafes I've been a part of. The time (usually about 90 minutes) flies; I experience a sense of connectedness, solace and lightness-of-being. I'm reminded each time I attend a death cafe that no matter how busy life feels, what personal challenges I may be facing, or how crazy the world at large may seem, somehow it all falls away for a while when I'm a part of these conversations, reflections and experiences. The everyday stuff will always be there, as long as I'm living. I'm going to die. There lies the greatest mystery and so how will I meet it? And perhaps most importantly, how

can I live fully now? While I have witnessed many individuals express feeling unafraid of death, these spaces can help those who are fearful to look at death differently. There is great possibility to shift our perspective when talking about the things that we fear or perhaps just quietly wonder about but haven't had the opportunity to express them out loud.

There are more and more death cafes popping up these days in Ireland and beyond. A fellow attendee and I were just imagining what it could be like to have one in every community! If your curiosity has piqued or you wish to attend a death cafe in the area, visit [www.deathcafe.com](http://www.deathcafe.com) and Irish Death Cafes on Facebook.

To learn more or to connect with Melissa, email her at [starsbeyondourskin@gmail.com](mailto:starsbeyondourskin@gmail.com) or visit [www.starsbeyondourskin.com](http://www.starsbeyondourskin.com).

She also welcomes your questions or ideas for future columns!



## people Food, Health &amp; Lifestyle



## THE DNA OF WEST CORK PEOPLE

Mark Grace

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

For those who have already DNA tested for genealogy or may be interested in doing so (for example with companies such as Ancestry, MyHeritage and 23andMe), this month is the first of a two-parter looking at some of the tools and outputs that could provide some insights that may interest you and influence your choice of company to test with.

At this time of year in the heat of the summer, you may not be thinking of Christmas. However, if you are considering starting your own family project now is the time to keep checking testing websites for their special offers. Flash sales (including Black Friday) frequently appear, which are effectively 'two for the price of one' with individual kits priced at only €39 to €49. A great opportunity to buy the kits you need to cover immediate family, if not just for yourself; the ideal starting point for any project if you include siblings, parents, and grandparents.

## A game of two halves

Ancestry have introduced their SideView™ technology which splits up your DNA, then analyses each half. What this tells us is Ancestry's database can now model all or most of your individual segments of DNA to some geographical origin on each side of your chromosomes.

It remains disappointing to note that 'ethnicity' as a term is still used, which is inappropriate in most contexts (see previous article in the online editions discussing this). It should be 'DNA origins.' My origins, as shown below as an example, are clearly geographical within Northwestern Europe and nothing to do with any genuine definition of ethnicity. MyHeritage are an equal offender in that they refer to Ethnicity Maps even though it is also geographical.

As with their basic matching results service, Ancestry do not provide the detail to use this information fully. For serious genetic genealogists this a

## Tools that tease (Part 1)

horrendous tease. Many of the mysteries I am trying to solve in my own ancestry could be helped by knowing which segments belong to these geographical areas.

In the presentation pictured it would be natural to assume that Parent 1 is your father and Parent 2 is your mother. Not so. You will note that Ancestry do not commit to who is who. Having had a few discussions with others, I am aware that some believe their father is Parent 2. Consequently, for the uninitiated, this may not be particularly helpful if you do not know or do not have a significant piece of information to guide. In West Cork, both sides of your family may be Irish and mostly Munster at that. It could be hard to prove one or the other.

All the evidence I have from more than 43 years of research is that I have only one direct Welsh ancestor, my three-times great grandmother Alice, who comes from an ancient family in Glamorgan. My working assumption is that since I am only Welsh on my father's side (13pc currently), Parent 1 is my father.

On the opposite side and likewise, I know my Irishness comes through a specific family from County Mayo to my mother. That would support finding 'Irish' in Parent 2. This then shows that my two per cent Scandinavian DNA comes from my father. MyHeritage does provide lots of matches for me to people of 100pc Scandinavian origins, which is something I hope to be able to explore in the future. I have no indication in my family tree of any Swedish ancestors (at least back the late 1500s), so this must be DNA from a much earlier time. Perhaps echoes from the Vikings?

My Scottishness is an ongoing problem. Despite my years of research, I have no direct lines of sight into any family that has proven Scottish origins. In fact, my 16pc assigned to this geographical region is split eight pc/eight pc between both parents. Part of the reason my Irish percentage became so low recently may be due to up-to-date DNA modelling recognising that many of transitional Irish descent originally came for Scotland and so has since been reassigned. A guess only as the workings are never shared.

As mentioned in a previous article, these percentages are just a window into your more ancient origins; going back 500 years or more. It is worth remembering that randomness of inheritance ensures much of this detail is lost so you will only see what survived the generations

to form your genetic makeup. In general, if your ancestry is from Northwest Europe (as is the case with most readers) you will be Northwest European with ongoing subtle changes to your percentages as they ebb and flow with each model iteration. In many ways, I envy those lucky cases on DNA-related TV programmes who learn of clear and distinctive ancestral origins, as they discover who they really are.

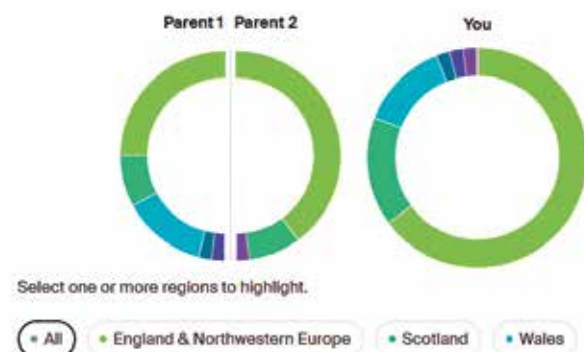
While Ancestry have provided the tease, MyHeritage offer a tool that may help researchers trying to address puzzles like my own. I will cover this next month.

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

## Ethnicity inheritance

## Overview

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## people Food, Health & Lifestyle

### Microbiome research suggests that enforced changes on Traveller culture have health implications for everyone

‘Why the microbiome of Irish Travellers is important for everyone’, a summary video of findings of research published by the prestigious journal Nature Medicine, was launched at Cork City Hall on July 21 as part of Traveller Pride Week

2022.

This research by APC Microbiome Ireland (APC), a world-renowned Science Foundation Ireland Research Centre based in UCC and Teagasc found that Irish Travellers have a gut microbiome which differs strikingly from that of the

non-Traveller settled community. Most of the Travellers retain an ancient or non-industrialised type of microbiome which may protect from many chronic inflammatory disorders; this sets the scene for unravelling how scientists can leverage the microbiome to minimise chronic inflammatory disorders for society at large.

This important research was a close collaborative process led by the Traveller Visibility Group (TVG) and Travellers of North Cork. To learn that Travellers have a distinctly different microbiome is significant to the community as it reinforces the formal recognition in 2017 for Travellers as a distinct ethnic group within the State.

TVG’s Director of Advocacy, Breda O’Donoghue says “the microbiome research has confirmed what we always knew, we need to preserve the traditional Traveller lifestyle as it is essential for the health and wellness of our community. We can see from the research that once a Traveller adapts to a settled lifestyle their microbiome is negatively affected.”

TVG Development Worker John O’Sullivan says “A sequence of legislative changes since 1963 has eroded Traveller culture making it almost impossible for a Traveller to continue the traditional lifestyle they were brought up with, including possession of horses. We hope this research will help us get support to restore some of our heritage and preserve our unique way of life.”

While this research has uncovered critical information that supports microbiome research

addressing grand world challenges, what has been discovered to date is only the tip of the iceberg. Prof Fergus Shanahan was the founder director of APC Microbiome Ireland and is a Principal Investigator on the paper; he says “In my long career as a gastroenterologist I have never encountered a member of the Traveller Community presenting with inflammatory bowel disease. The research we have conducted has made it clear that the microbiome plays a definite role in a person’s predisposition to chronic inflammatory disorders; further investigation can help us leverage the microbiome in finding a solution for inflammatory bowel disease which affects 40,000 people in Ireland and 10m globally every year.”

Mary Cronin, a Social Scientist and College Lecturer in the School of Public Health, UCC has a background in Commu-

ty Development with the Traveller community and has been a key advisor for the follow-on Science Foundation Ireland funded research dissemination project. She says “the ongoing collaboration between the Traveller community, the TVG and the APC aims to generate new knowledge to address the wider determinants of Traveller health including mental health. Shockingly, a 2020 review by the Irish Journal of Psychological Medicine revealed that while Irish Travellers constitute less than one per cent of the Irish population, they account for 10 per cent of national young adult male suicide statistics. We are at a critical time to address the health crises in the Traveller Community.”

A public information leaflet detailing the research project has been created by artist Laura Gowers.



#### A weekly exercise class which promotes healthy ageing through simple physical activity.

Designed to challenge and train the main components needed for good independent movement.

**STARTING SEPTEMBER 26<sup>TH</sup>**

West Cork venues include:

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## Staying Fit for the Future returns

Staying Fit For the Future returns to local communities in Cork this September. Delivered over 10 weekly sessions, Staying Fit For the Future with Better Balance Better Bones is an enjoyable, on your feet exercise class for adults of all ages. As one ages, reaction times, bone health, strength, balance and flexibility of tissue may become impaired and reconditioned. The aim of this programme is to help prevent this deterioration in adults by challenging and training the main components needed for

maintaining good independent movement.

Weekly classes focus on strength, flexibility, range of movement and balance to ensure environmental factors such as steps, paths, darkness, hills etc. will not become an obstacle to everyday enjoyment of an active and healthy life.

The programme is suitable for individuals who walk independently (without a walking aid). The programme is not suitable for individuals who have had multiple falls recently or anyone recovering from a

recent operation/surgery.

Cork Sports Partnership has partnered with HSE Primary Care Physiotherapy Services and HSE Health Promotion to roll out this exciting programme on the week starting September 26. West Cork venues include: Ballinascorthy, Ballineen, Dunmanway, Clonakilty, Darrara, Union Hall, Crookstown, Kilmurry, Kinsale, Durrus, Aughdown, Lisavaird, Bantry, and Bandon. For a full list of venues visit [www.corksports.ie](http://www.corksports.ie)

The Staying Fit For the Future programme is delivered

through the WellComm Active Initiative, a new community health & wellbeing initiative running in Cork with the aim of empowering individuals to manage their own health. The initiative is led by the Cork Sports Partnership and funded through Sport Ireland and the Government of Ireland.

Cost: €60 for 10 weeks

To book visit [www.corksports.ie](http://www.corksports.ie) or call (086) 1276 863 / (086) 1409 225

For further information email [wellcommactive@corksports.ie](mailto:wellcommactive@corksports.ie)

## people Arts & Entertainment

### International storytelling festival returns to its homeplace

The news that the Cape Clear International Storytelling Festival will take place with in-person events from September 3-4, has been greeted with great excitement from both regular visitors to the island, as well as those who have visited annually for this unique festival. Additional evening events will be held online from September 2-4 for those far and wide to enjoy.

During the past two years the festival team worked miracles to hold the festival online and made many new, international friends in the process. With this in mind, and given limited accommodation on the island, the team has decided to run a hybrid festival this year, combining live daytime events on the beautiful island with evening

Zoom performances online that can be shared with the storytelling community around the world. Visitors can stay on the island, or come and go daily on the ferry without missing any concerts.

All events are detailed on the festival website, marked with a globe icon if online and a boat icon if they take place in the island. Please note that venue capacity will be limited due to Covid, so all tickets for in-island events this year must be booked in advance through the website. Ticket will not be sold at the door this year.

Over 20 exceptional storytelling friends will be joining the festival from around the world. Telling stories on the island are Kate Corkery, Masako Carey, Órla Mc Govern, Simone

Schuemmelfeder, Con Ó Drisceoil, Colin Urwin, Paddy O’Brien, with a guided walk by Séamus Ó Drisceoil.

Online Zoom stories will be told by Donna Washington, Jan Blake, Len Cabral, Bill Harley, Ed Stivender, Colum Sands, Frances Kennedy and Jack Lynch.

There will also be a workshop online with Joel ben Izzy.

And as if that wasn’t enough, Colin Urwin, a storyteller and songwriter from Co. Antrim, will be giving an extra performance of enchanting storytelling and song in the welcoming world of Levis’ Corner Bar, Ballydehob, on Monday September 5 at 8pm, a gig not to be missed!

For full details on all events see [www.capeclearstorytelling.com](http://www.capeclearstorytelling.com)





## people Arts &amp; Entertainment

## Clon International Guitar Festival reveals first round of artists

The Clonakilty International Guitar Festival (September 9-18) turns 18 this year and will once again make Clonakilty's colourful streets ring with the music of the very best Irish and international pickers, strummers, and one-chord heroes.

## Headliners

This year we're being joined by Irish trad legend and national treasure Andy Irvine; Xylouris White, a power duo consisting of the Cretan traditional music of Georgios Xylouris and drummer Jim White of the legendary Dirty Three; Montreal-based Japanese psych-rock group Teke::Teke; fingerpicking innovator Yasmin Williams; Marisa Anderson, who mixes Americana with minimalism and drone music; prolific Scottish collaborator Kris Drever; and one of Ireland's brightest emerging talents Susan O'Neill.



## Free session trail

In addition to the headline performances, there will be an extensive and energetic session trail of free gigs occupying every nook and cranny of Clonakilty. With so much packed into this year's festival, our venues cannot possibly hope to contain it all. So we'll be taking over the streets, with more outdoor performances, workshops, and a specially commissioned musical walking tour around the historic streets of Clonakilty with Sean Fitzgerald (The Deadlians).

## Reverb

This year's 'Reverb' section of the festival represents our strengthening outreach element. We want the benefits of the festival to resonate as

far as possible throughout our community by visiting schools, hospitals, care centres and hosting concerts and workshops in diverse locations – all designed to be accessible to people who may not be able to attend shows on our session trail.

Ticketed shows on sale now at [debarra.ie](http://debarra.ie).

- Sept 9, Teke::Teke at DeBarras, 9.30pm
- Sept 10, Xylouris White at DeBarras, 9pm
- Sept 11, Susan O'Neill at DeBarras, 7.30pm
- Sept 14 Yasmin Williams at DeBarras 9pm
- 15th Sept Andy Irvine @ DeBarras 9pm
- Sept 16 The Acoustic Forum at Scoil na mBuachailli



ANDY IRVINE (IRL)  
XYLOURIS WHITE (GR/AU)  
MARISA ANDERSON (US)  
TEKE TEKE (JP/CA)  
YASMIN WILLIAMS (US)  
KRIS DREVER (SCT)  
SUSAN O NEILL (IRL)  
SEAN FITZGERALD (IRL)  
MOLLY O MAHONY (IRL)  
GEORGE LOWDEN (N.IRL)  
SISTER GHOST (N.IRL)  
SWEETS (IRL)  
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## people Arts &amp; Entertainment

## Bloom returns to DeBarra's

With 2022 marking the 50th anniversary of the first songs he ever wrote and also his first paid gigs, Irish folk singer-songwriter Luka Bloom shares with **Mary O'Brien** how he plans to mark the occasion by recording a special collection of 50 songs spanning his 50-year career.

**I**n 1972, I was the opening act for Planxty on their big 'Black Album' an amazing experience for a 17-year-old. It really cemented for me this feeling that this is what I wanted to do," he recalls. "It was a life-changing experience."

"It's early days and I'm just thinking about it but it could be something crazy like a triple CD of songs over 50 years."

"It's dangerous territory to put a deadline on creativity," he laughs, when asked when we can anticipate the launch of this compilation. "I haven't even started recorded yet, so it could be Christmas time, St Brigid's Day or summer 2023..."

"Most of the songs will be my own, some will be ones I've learnt and some will be very innocent, naive songs that I wrote as a teenager."

Born Kevin Barry Moore, the brother of Christy Moore, Bloom says that creating the identity of his music that is Luka Bloom marked another momentous period in his career.

"I've had lots of pretty remarkable experiences since then. Some of the festivals in the early 90s playing to crowds of 80,000 or 90,000 people

really stand out," he shares. "I don't do that anymore but it was pretty fantastic at the time."

While the pandemic forced him to slow down, it also gave him what he describes as the biggest surprise of his working life in his first instrumental album 'Out of the Blue'. Hailed as Bloom's state-of-the-Covid album, it is beautiful and moving. All-instrumental, the 11 tracks, six self-composed and five traditional, are mostly solo, but some include backing with various combinations of fiddle (Adam Shapiro), trumpet (Susan O'Neill) and double bass, mandola, synthesizer and electric guitar (Jon O'Connell, also producer).

"It's been a bit of a surprise to me but it seems to me like the most emotionally articulate album I've ever made and there isn't one word on it," shares Bloom.

"It was at the height of Covid when there was a little bit too much solitude and a little bit too much stillness. In a lovely way, this album reflected all of that for me. I call it the lockdown blues."

While he says that the pandemic forced him to be still



Luka Bloom. Pic: Hanne T. Fisker

for the first time in 50 years and acknowledge his age (67), Bloom as much as admits that he will never retire. "Apart from my family, music is my life and each gig is precious," he says, "Although that drive-along need to be out on the road all the time has changed for me. I've been telling people I'm middle-aged for the past 20 years but the truth of the matter is I'm an old age pensioner now. I still have this mad love for what I do but

I also have to mind myself. I enjoy being quiet here in Co Clare."

Saying that, on the back of a tour in Switzerland in July, Bloom returns to a firm favourite, DeBarra's in Clonakilty, on August 25, his first gig there since 2019.

"Out of the Blue" will be a big part of the playlist on the night in Clonakilty.

"No venue is more precious to me than DeBarra's," shares

the musician.

"I always go there without a set list and no plan but this show is a little bit different because of 'Out of the Blue' and I will play a lot from that at this gig."

One track in particular on the 'Out of the Blue' album, 'I Hear You' resonates powerfully with Bloom, who lost two friends during Covid and wrote this piece of music in grief.

Bloom shares how he spoke to one of these friends every day in the last two weeks of his life.

"Nobody was allowed visit him and there was no funeral to attend. Both of these people died within a month of each other. They didn't die of Covid but because of Covid in the hospital nobody could visit them. I was very affected by that..."

Every time I play it, I think of my two buddies. It's also a track that resonates with everybody, so many lost so much during Covid, whether it was by being alone or losing someone."

Bloom says the album was a form of therapy for him during the pandemic.

"I wasn't thinking about an audience because there was no audience," he says. "I was getting so much comfort and almost joy out of playing these pieces that it almost belatedly dawned on me to record it."

"It has already given me back more than I ever anticipated. With little or no air play, not even an album release, it's gone out into the world like smoke signals."

"I think it's one of these rare little records that's going to have a long shelf life."

Bloom started off at a time when it was difficult for any musician to get a gig in Ireland.

"For many, many years, I experienced nothing other than rejection in this country," he shares. "There weren't enough gigs to go around and not many people writing their own mate-

rial in the 70s so it was a very challenging time."

This is why DeBarra's is so important to Bloom. "DeBarra's was one of the rare venues that filled that gap for musicians like me and it remained a constant for 30 years."

"There are a small number of places in Ireland that when the date comes up on the calendar you just go 'oh yes' and DeBarra's is one of them."

"It's always had a charm about it... I remember my first gig there, the sound desk was in a phone booth!"

"And over the years it has evolved into a top class venue, and Ray Blackwell, under the watchful eye of Bobby, has taken it to a whole new level. I don't know a musician in the world who doesn't long to play in Clonakilty."

When he's not making music, Bloom says he's enjoying the quiet life in Co Clare listening to music.

What's he listening to now? "This might come as a surprise to people but right now I'm a huge fan of Florence and the Machine," he laughs. "She's a spectacular artist... I stumbled on one of her concert's on YouTube. Albert Hall with full orchestra. It blew my mind."

"...and Aisling Lyons, a harpist from Milltown Malbay, I'm listening to her album, which is stunningly beautiful."

A huge fan of vinyl and passionate advocate for the CD experience, who snubs Spotify, Bloom lives in hope that the nostalgia that reinvigorated vinyl will one day do the same for the CD...

**Luka Bloom plays DeBarra's in Clonakilty on August 25. For tickets go to [debarra.ie](http://debarra.ie).**

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## Line-up for this year's Masters of Tradition announced

The highly-anticipated Masters of Tradition runs from Wednesday, August 24 to Sunday, August 28 in Bantry.

**T**his year, Artistic Director Martin Hayes will be joined by Daire Bracken, Steve Cooney, Sorcha Costello, Brian Donnellan, Kate Ellis,



Marja Gaynor, Derek Hickey, Kathryn Tickell Trio, Stephanie Keane, Lorcán MacMathúna, Cormac McCarthy, Catherine McHugh, Aoife Ní Bhriain, Saileog Ní Cheannabhain, Nell Ní Chóinín, Caitlín Nic Gabhann, Ciarán Ó Maonaigh, Andrea Palandri, David Power, Martin Tourish and John Walsh.

There will be concerts in the Maritime Hotel, St Brendan's

Church and the intimate library of Bantry House as well as talks in Ma Murphy's Bar and a programme of secret concerts in unique venues in the Bantry area.

Booking is now open and you can book online at [www.westcorkmusic.ie](http://www.westcorkmusic.ie) or by ringing the Festival office on 027 52788.

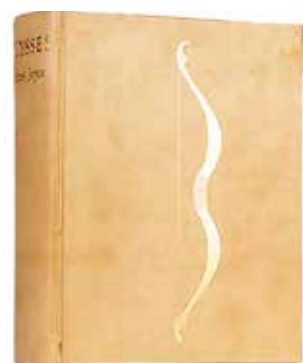


# Inanna present a rare opportunity for collectors and readers at book fair in August

Irish and international collectors and readers will come together this year for the inaugural West Cork Rare Book Fair, which will run for three days (August 12-14) at the beautiful Inish Beg Estate near Baltimore.

This unique event will attract professional and leading international booksellers and some of the world's rarest books on Maritime Travel, Cultural History, Botany, Literature, Manuscripts and Rare Maps to West Cork will be on display.

Organised by Skibbereen-based 'Inanna Rare Books', the fair will also launch an important reprint of one of the rarest books on local Cork and



The rare *Ulysses* is signed by James Joyce is offered by Maggs Bros.

County Cork History. Inanna Rare Books has reprinted the very rare publication by Reverend Hodges on Old Houses of Cork and County Cork and their Stories; a publication from the year 1911 with plenty of photographs of many big houses and their family histories in County Cork.

"This book is important to many families in the region



because it also talks about the people who lived in these houses and the background of their family history and connections between estates," explains Holger Smyth of Inanna, who has reprinted 500 limited edition copies of this extremely rare original. To enquire about securing a copy email [info@inannararebooks.com](mailto:info@inannararebooks.com).

Over the past 12 years, Holger

and his wife Nicola have run several bookshops in Ireland (from Westport in Mayo to Cork City, Kinsale and Skibbereen) and built up a loyal following of readers and collectors. The couple now run two businesses in Skibbereen: 'Antiquity', a bookshop and vegan cafe at The Time Traveller's Bookshop (located on Bridge Street); and 'Inanna Rare Books and Reader's Garden' (next to Liss Ard Estate).

Holger and Nicola's hope is that the book fair will become an annual celebration of rare and unusual books, maps and art, as well as rare vinyl records.

Catering during the festival will be provided by 'Antiquity' vegan cafe.

For more information and to view some of the magnificent books that will be on display go to [www.westcorkbookfair.com](http://www.westcorkbookfair.com)



This rare botanical work is illustrated by Maria Sibylla Merian, the most famous female artist for natural history in the 17th and 18th centuries, and is brought to the fair by Laurens Hesselink from Antiquariaat Forum.

## Two Tuesdays in August By Moze Jacobs

"There is no such thing as a cheaper life.  
Every life is priceless [...]  
The world is a dark place  
It only radiates when we stick together."

Just four lines from a poem called Canal Basin Blues by John Bernard, a poet, rapper and writer from Coventry. As often with poetry, the words are deceptively simple but they feel necessary.

Coventry has been engaged in a twin cities poetry exchange with Cork City since 2008, which is co-organised by Ó Bhéal, Cork's most iconic poetry event. It involves Coventry poets visiting Ireland as their Irish counterparts head for the UK. Following a 'Zoom hiatus' during the pandemic, these vibrant performances have now resumed. The 2022 itinerary includes a visit to DeBarra's Spoken Word in Clonakilty on Tuesday, August 9. John Bernard will appear alongside fellow Coventry poet/writer/researcher Sujana Crawford, who mainly grew up in Nepal but was born in China. "A slow writer of poetry, what with juggling a full-time job and motherhood," as she says on her website. Her work is driven by, "a fascination with people, places, traditions and folklore". Apart from poems, she writes short stories, essays, plays and is a 'changemaker' with a focus on nature, social issues, and the environment. Followed by an Open Mic.

August 9, DeBarra's Folk Club, Pearse Street, Clonakilty, starts



at 8:30pm

Rose Foley has lived in Ballineen for many years but she grew up in Clonakilty. She writes, paints, and is a keen nature photographer. Recently, her paintings about the sea have been inspired by the West Cork coastline. "All the different types of waves that we have in West Cork. The colours and changes are thought-provoking, ... I think that the ocean can hold all the colours of the day. It's nice to see the effects weather conditions have on the sea. It's different every time we visit." Her latest series of wave paintings is called Into the Depths, as she explained in a recent interview now published on YouTube.

"Did you see this as a child?"

"I did. We walked down to Inchydoney often. I was fascinated with waves, their energy, their origins. But I am also a sea swimmer, so I would have been aware of dangers. I still swim any time of the year."

She didn't start painting when she was young. But, always loved arts and crafts.

"I had to work for a living. In our family, we didn't see being an artist as a job. Art was something I took up when I came to Ballineen."

She raised three children and with her husband, ran Foley's Bar. "That's a busy life. But I satisfied my creative flair by attending evening classes around West Cork. Eventually, I decided to go to Scoil Stiofan Naofa to put a portfolio together. I then attended the Crawford Art College for four years as a mature student." After graduating, Rose began to teach art to children and adults. She also continued to write poetry as she had always done. At some point, the two art forms met. "It happened while I was painting. A total surprise. Words, sentences on the theme I was painting came to me and I would write them all down. It became another avenue to explore."

Rose Foley will read from her poetry at DeBarra's Spoken Word on Tuesday, August 23. She will also bring some of her paintings. Visitors are invited to take along 'something' that might inspire a piece of writing. A photograph, painting, drawing, or even an object. There will be an open mic at the end where anyone can read anything, whether prepared in advance or crafted on the night. August 23, DeBarra's Folk Club, Pearse Street, Clonakilty starts at 8:30 pm

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## ASTROLOGY

Kate Arbon

Kate Arbon is an astrologer, writer and spiritual teacher. Living in West Cork for over 20 years she gives personal consultations locally and internationally using traditional natal and Horary astrology.  
email: astro@katearbon.com  
www.katearbon.com

# August Sun Signs

August starts with a bang. This may even be a literal expression of the current energies in some cases. This month's significant astrological events could become the initiating spark for changes coming into play during the remainder of 2022. It is a time of high energy and radical action.

The final few days of July gave us a powerful New Moon, which coincided with Jupiter turning retrograde and Mercury challenging the current Uranus/North Node combination. This energy has set the scene for one of this year's major dynamics and is a point of initiation for the next era.

Mars joins the North node and Uranus on August 1 and 2. This combination of planets is a very rare condition.

The North Node represents a collective direction for our evolution, as well as a personal goal or sense of purpose. It revisits this position only once in about 19 years. Uranus is a planet that brings change and new potential. Often seeming to appear as a bolt from the blue or seismic shift and the effect can be

sudden as it frequently comes when we are least expecting it. This may sound alarming but it can also be beneficial and exciting, allowing new possibilities to emerge. Ultimately any redirection is here to elevate and enhance our experience by taking us beyond what we thought was possible. It makes us consider options that hadn't appeared possible before. A sudden windfall or job opportunity, chance encounter or spontaneous choice can catapult us into an exciting new chapter of our life.

With Mars activating this already electric energy it can act like a switch or spark that ignites hidden potentials. It can bring innovation, new technological advances and divine inspiration. When this strong trigger combines with the North Node there is likely to be something new and unplanned that shifts our collective or personal focus towards a future we had not yet imagined for ourselves.

This is all happening in the fixed earth sign of Taurus. The last time Uranus was in Taurus was during the mid-1930s and early 1940s.

This sign is one of stability and steadfastness and represents all things to do with our basic material resources. It is a sign that focuses on the needs of the body and everyday practical matters. This current energy of upheaval and innovation can mean a shift in how we deal with the everyday necessities of food, finances, fuel and family security. There may be disruption to the way we access all these basic requirements, things which we usually take for granted. The events around early August may alert us to situations and conditions that show us we really need to take a new approach or respond differently now. This could be a sudden wake-up call to alert us to what is really of fundamental importance. Uranus wants us to have our freedom. It can reveal to us the stark truth and makes us question if we have the freedom to make appropriate choices about how to provide for our needs. Do we really have autonomy when it comes to food, fuel or the local economy?

Events that follow this early part of August will bring all these issues to our attention over the coming

months and will likely trigger the need to address matters that have been just background concerns until now. Expect a sudden U-turn or the need to take decisive action. Discontinuity is the theme along with taking pioneering and radical options in the face of necessity. It is at times like these that we can make the most profound shifts and choices. Sometimes it takes a shake-up to stir up the creative thinking required to solve the biggest and most pressing problems.

Our potentially harsh reality check is supported by a positive and beneficial aspect from Venus in Cancer. This is a very nurturing and caring placement and brings a sense of community and family to the current theme. We will want to take care of those who are closest to us and this can help us form stronger bonds with the people we choose to share our lives with. There is a resourceful and compassionate element that will bring some heart-warming connections and a sense of security even in chaotic times. The choices we make now about the structure of our lives and

our communities are setting the scene for the coming months and years ahead.

Mars moves into Gemini on August 20 and will be in this sign for an exceptionally long stay, until March 2023. This brings tension and will insist we confront the issues of everyday connections, differences of opinions and how we communicate our ideas. There is an urge to unify opposing forces, attitudes or lifestyles. Gemini energy wants to have both sides included rather than one or the other. Gemini understands how two opposites are part of the same whole. These next few months hold massive potential for systemic shifts in our understanding and consciousness. We can reinvent how we go about our everyday and basic business on our planet and within our communities. This is a time of bringing it all back down to earth and taking care of the important and simple things in life.

**August has a Full Moon at 20 degrees Aquarius on August 12 at 2.35am and a New Moon at five degrees Virgo on August 27 at 9.17am**



**Aries:** You want to fully realise your dreams and this Full Moon starts you on a new journey. Any attempt to put into practice your hopes and ambitions will pay dividends. Your tendency to compromise and settle for less than you are capable of can be a problem. Tension

results when you ignore your own desires for achievement or acknowledgement. This is a very creative phase so allow yourself time to be playful with any new ideas and inspiration you experience. You'll find that despite everything you are actually on course, and making the right moves for getting to where you want to be.



**Taurus:** The Full Moon shines on your home and private life, which can be very satisfying right now. Your feelings and need for security may find you seeking seclusion for a while or losing yourself in past memories. Events make it difficult to reach clear decisions concerning career and

life direction. This month you'll begin to gather your resources around you so you can reach new levels. Circumstances may urge you on to make a greater effort. But don't overdo things or try to go too far too fast. Despite appearances things are working with, rather than against you so don't get overwhelmed. Let things take their natural course.



**Gemini:** This Full Moon is the perfect time to act on any impulse to improve yourself and your status. The next weeks may find you making plans to take up some study or make a journey. Even just mixing with people who are culturally different to you or exploring new ideas will

prove worthwhile. A career opportunity or the chance to impress someone of importance is likely during this phase. Giving extra attention to details and keeping up with everyday business could be time-consuming but you can make the small things add up to contribute to the larger plan. Feeling good about yourself and what you are doing with your time enhances your sense of wellbeing.



**Cancer:** The August Full Moon is a time for getting on with important business. It's a good time to put the past behind you, as you're likely to be less sentimental during the next weeks. Keep moving onwards, concentrating on the things that matter. Strip away and discard non-essential items, memories and old habits. The drive to improve your finances and material security is strong. The desire for autonomy makes you

reconsider areas where dependence on others may no longer serve the original purpose. You could find some welcome inspiration for a new direction or opportunity you hadn't previously considered.



**Leo:** A strong desire to express your unique personality becomes a priority. Relationships are meant to be a two-way flow but this Full Moon will find you wanting the ball firmly back in your court. Your basic energy and drive are strong so if you can avoid being directly

confrontational you will soon manage to charm even the most obstinate. How you respond now could largely shape the direction of an important relationship. If you achieve a new intimacy or understanding, enjoy it. It's hard to keep that level of focus going but the message underneath is sincere and needs to be taken seriously.



**Virgo:** You're sifting through the experiences of the last several months, in preparation for making a new start in some area of your life as you move forwards after this Full Moon. Discrimination and self-examination show you that living an ordinary life is not the whole story for

you now. You want to contribute something worthwhile and you're happy to take on extra responsibilities. Additional support will be offered by friends or your community if they see your true intention is sincere. Taking care of your needs both spiritually and physically is a balancing act that you strive to achieve now.



**Libra:** You can always bring an unexpected twist or insight to anything you set your mind to. This Full Moon brings the opportunity to improve or make the best out of a current situation. Your recent creativity and increased sense of enjoyment is enhanced by a sincere appreciation

coming from others. You can reap the rewards from past efforts whilst there's strong support for your ambitions and goals. Remember though that not everyone is ready to make those moves at exactly the same time as you. Your vision is probably far-reaching and others may not see the bigger picture exactly as you do.



**Scorpio:** Your inward focus and quiet time since the last New Moon is paying off now. New energy directs you towards achieving something of value and puts you back in the full flow of life events. The Full Moon marks the end of an anxious time. Now you can see what was holding

you back. You're able to secure your position, know what the limits are, and move forward. You've created a firm foundation to build on so now decide how you can make it work to your benefit. Any injured pride or misunderstandings is a result of someone taking themselves too seriously and it's up to you to avoid being one of them.



**Sagittarius:** This month's Full Moon is the culmination of energies from the past two weeks so now you can push on toward whatever goals you have in mind. Whilst you have this current mood compelling you, it's a good time to reach for something different and exciting. You

want to improve your position and are willing to take advice or seek extra knowledge. There may be additional details, communications or travelling to attend to but keep your focus on the bigger picture. Backed up by so much strong energy you are likely to feel an incredible drive to accomplish and achieve in life.



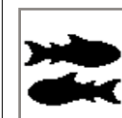
**Capricorn:** During this month you'll have the impulse to do something quite liberating. Having considered what's worth keeping and what's just a drain on your resources you'll want to make some space in your life. This Full Moon gets you thinking about your own needs in all your

relationships. New thoughts inspire you and send you off in a different direction. Consider how much your physical needs and personal assets are tied up with others. Ensure there is a balance so no one feels overly indebted. This burst of freedom will do you good and make it easier to keep things in perspective.



**Aquarius:** With the Full Moon focus on your house of relationships and the Sun in your sign, it's no surprise that you want to take a close look at your personal associations. You're tempted to let go of anything you believe to be holding you back or simply uninspiring. You may

also be torn between your individual or personal concerns in favour of a more active social life. Doubts fade into the background as a new sense of self, a more assertive personal style and a more dynamic approach to life emerges now. Your relationships need to reflect this energy and those that don't may suffer.



**Pisces:** The August Full Moon will prompt you to focus your attention on the everyday demands of life. Dealing with the mundane aspects of your daily routine will be fully rewarded later. You'll have an increased ability to make your dreams a reality if you put the work in over

the next few weeks. Any effort on your part to improve your health, diet, and physical condition will pay off. Your practical sense is enhanced and you can now make difficult decisions affecting your material welfare. Being of service to others or taking on extra responsibilities will prove to have been an investment in your own future in the long run.

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## Baltimore Sailing Club party to raise funds for RNLI

Friday August 5 sees the return of the popular RNLI Baltimore's fundraising Cocktail Party & Auction, hosted by Baltimore Sailing Club to assist the local volunteer RNLI Baltimore branch in saving lives at sea. The Club is encouraging those who live in the area, visitors, club members and those who benefit from the 'always on' essential life-saving service provided by RNLI Baltimore to pop along to the sailing club at 6pm and enjoy a sociable evening in a worthy cause.

Commodore Grahame Coppleson outlined plans for the fundraiser as follows: "Auction lots include sailing Master Classes, paintings, craft pieces, concert tickets, golf options, ferry trips, whale & dolphin trips, hampers, restaurant vouchers, and chefs to cook in the home of a lucky bidder. Popular Auctioneer, Morgan O'Driscoll will undoubtedly use his exceptional auctioneering skills on the night, while volunteers will serve complimentary canapés and take orders for summer cocktails and beers. Neigh-



Morgan O'Driscoll (guest auctioneer), Odharnait Collins (RNLI Baltimore Lifeboat) and Grahame Coppleson (Commodore Baltimore Lifeboat) at the launch of the club's Cocktails & Auction fundraiser. Pic: Sheelagh Broderick

bours, friends, and visitors are likely to make a night of it, with a lively adult disco to round off the evening. The Club has a strong community connection, and we're calling on supporters

of the great work of RNLI Baltimore to turn out for a lovely evening."

Tom Bushe, Baltimore RNLI Lifeboat Operations Manager, added; "After two years of

Covid challenges, our fundraising need is more crucial than ever, as crews remain on standby and keep the service afloat, regardless of personal or pandemic issues. Remember

that this service is available to all and every craft on the water whether large or small and is an undoubted lifesaver to people on the water and those living in the surrounding islands and coastline. So, whether you are a stranded wind-surfer, an out-of-your-depth family of enthusiastic swimmers, a fisherman with engine failure, a grounded yacht or rowing boat owner, or you are taken seriously ill on one of the surrounding islands, RNLI

Baltimore is watching, waiting and ready for the off in your defence if you are faced with a dangerous situation. Thank you to Baltimore Sailing Club and its supportive members for their efforts in fundraising – we hope this fun event goes really well."

If you wish to donate a lot for auction, please email Peter O'Flynn on peter.offlynn@cushwake.ie

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## 40th Music Festival in Castletownshend: August



St. Barrahane's Church Festival of Music, Castletownshend continues to celebrate its 40th Music Festival on each successive Thursday until Thursday August 18. These three contrasting concerts are held in the beautiful setting of St. Barrahane's Church.

On August 4, 8pm, Gemma Magner, soprano, James Taylor, organ/harpsichord, Caitríona O'Mahony, baroque violin, will perform a joyful programme of 16th/17th century Italian music and Irish arrangements.

West Cork Choral singers (pictured above), was founded 30 years ago, and has the distinction of performing in Carnegie Hall, New York in 2018, as well as in a number of European countries. The choir, directed by Susan Nares, presents "A Breath of French Air" with Fauré's "Requiem" and French songs of love, at 8pm on August 11.

"The Famous Moynihan Family" – Diarmaid, uilleinn pipes/low whistle, Donncha, guitar, Deirdre, soprano/fiddle,

Kieran, classical flute, Fionnuala, piano, perform a beautiful selection of popular classical and traditional Irish music on August 18.

These delightful concerts are not to be missed. Tickets €20; €25. for Moynihan concert; online with Eventbrite; at the door on the night; Thornhill Electrical, Skibbereen; text/call 086 2264797; more information from [www.barrahanemusic.ie](http://www.barrahanemusic.ie).

The festival is supported by The Arts Council; Cork County Council and local sponsors.

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## people Arts &amp; Entertainment

## TG4 music show recorded live in Tots Pub

A new TG4 show will celebrate the musical identity of Ireland's counties, beginning with the music and culture of Co. Cork. Broadcast weekly on Sunday nights from August 14, Cúltúr will showcase the depth of our counties' musical talent, with a particular focus on live traditional and folk music.

Episode 1, recorded live at Tots Pub in Ballygurteen, will feature legendary singer-songwriter John Spillane, pianist and composer Colm McCarthy, the Céilí AllStars and a host of other local talent, for an entertaining hour's music in front of a live audience.

The show is presented by two

world-class Irish performers, singer Pauline Scanlon from Dingle, and violinist Aoife Ní Bhriain from Dublin; both perform with their musical guests during each show, in the grand tradition of the Irish seisiún.

In addition to the live music segments, the show will also feature inserts recorded at some of the most iconic locations in the host county, as Aoife goes in search of the people, places and customs that give each county its unique identity.

In the opening Cork episode, Aoife hits the by-roads of Co. Cork to explore the ancient art of road bowling in the company of champion Helen Whyte.

Aoife also meets and performs



with composer and musician Peadar Ó Riada at his mountain home on the Cork/Kerry border, before heading to Youghal and beyond, to sample the renaissance of Co. Cork's food heritage.

Episode 1 of Cúltúr will be broadcast at 9.30pm on Sunday August 14, with the first series of the show continuing for a run of six weeks.

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## The Craft Corner

## Banana Ice pops

This month Natalie Webb is showing us how to make something that is not craft but is still being creative!

*"The hot weather inspired me to make these delicious (healthy-*

*ish) sweet treats..."*

## Ingredients:

- Bananas – 1/2 for each pop
- Bar of chocolate – dark, milk or white...choose your fave!
- Sprinkles

## Equipment:

- Lollipop sticks – I got mine in a book/craft shop
- Saucepan
- Bowl
- Plate
- Baking parchment

## Method:

Peel and chop bananas in half then slide a lollipop through the centre of each one roughly halfway through each banana.

Put the bananas on a dish with the parchment paper so they don't stick and pop them in the freezer for at least 2 hours

When your bananas are frozen break up the chocolate and put it in a bowl, put some water onto boil in the saucepan with the bowl on top (this part is for

## 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

			7					
	8		1	3				
		3						2
							1	
	1			4	8			
			5			6	9	
					5	4		6
7		9					8	
2		5		1		3		

#126514

Difficulty: hard

					8			
								6
	9			4		3	2	
3						8		
			7	6		1		9
5				3				4
8	4		6					
		7				4		3
				2			6	

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Difficulty: moderate

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an adult to do).

When the chocolate is melted take off the heat, then get your bananas from the freezer and dip them in the melted chocolate.

Next you can have a bit of fun...I used sprinkles but you could use different things like chopped nuts or chocolate flakes or shredded coconut... how many different toppings can you think of?

These can be eaten straight away or popped back in the freezer as a yummy treat to enjoy later.



## Latest novel by Bantry author now in shops

James Lawless is an award-winning short story writer, poet and novelist who finds inspiration for his work in the tranquillity and landscape of West Cork. His new novel, *Letters to Jude*, has just been published and is available in bookshops, including Bantry Bookshop, and online.

Unable to find emotional rapport with his wife, Lil, with whom he shares a childless marriage, middle-aged and ailing librarian Leo Lambkin begins a correspondence with an old flame, Bernarda, who writes to

him after she hears of the tragic death of his mother.

Bernarda, whom Leo disguises as Jude, informs him that he is the father of her child, Uanito, begot some years previously by violent circumstances. As dark wintry days give way to the increasing light and hope of summer, Leo and Jude long for an anticipated rendezvous. But what are the forces that stand in their way?

*'A tour de force.'*

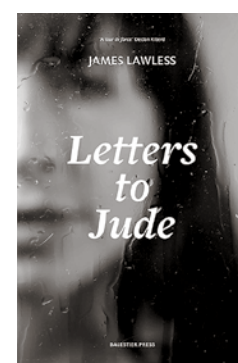
– Declan Kiberd.

*'A rich Joycean novel with beautifully written passages of*

*linguistic diversity and deep emotions full of insights.'*

– Brandon Yen

www.jameslawless.net





# Ballycommane offers a feast for the senses

Another garden not to miss on this year's West Cork Garden Trail is that of Ballycommane, located at the bottom of a valley in Durrus near Bantry. Boasting an exciting selection of sub-tropical plants from the Azores and southern hemisphere mixed with native specimens, the diversity of the plant range in this garden is a thing of wonder.

**S**wathes of ragged robin are happy neighbours to banana trees. The wonderful backdrop of informal planting of shrubs and trees in all parts of the garden provides a haven for wildlife, including hedgehogs. "Manicured wilderness would probably describe our garden best," explain owners Andy and Ingolf.

This is a garden for wildlife and biodiversity and a place of great sensory delight and tranquillity. In collaboration with some botanic gardens, one in Portugal for example, Andy and Ingolf are passionate about growing and propagating plants, which are endangered in their native habitat. "Though the garden is created by us, we let nature take its own course," they stress. Foxgloves, wild valerian and primroses are left to happily self-seed in parts of the borders.

The pond, with its diverse habitat of flora and fauna is a delight and a favourite part of the garden for Andy and Ingolf. It teems with frogs, dragonflies, damselflies, birds, bees and butterflies. The combination of aqueous plants like bullrushes, plants that love a wet soil like meadowsweet, and the arching trees overhead create a really special space to sit and contemplate the surrounding beauty.

Rare and special is everywhere in Ballycommane. Some of the plants sourced from the Azores are actually performing better here than in their natural habitat. Scents surprise and delight, with plants from around the world, such as Artemisia, smelling of Coca Cola; Clerodendron with its leaves hinting of peanut butter; the giant fir (Abies grandis) and its wonderful citrus fragrance; Azores chervil (Chaerophyllum) with a fresh smell of carrots and celery; and Azara, whose small flowers in March offer a heady scent of vanilla.



The focal point of this garden has to be the herbaceous border. Planted in full sun, with fairly dry soil, it boasts colour from April right up until October: Native primroses bloom from March to April; ragged Robin pops up in May or early June; giant dandelion, whose seed heads look like big puffballs, are welcomed in July. Penstemon, large-flowered evening primroses and gooseneck loosestrife (Lysimachia clethroides) appear in July and August with fleshy Sedums following in September and joyous Helianthus in October.

Andy and Ingolf bought the Ballycommane property in 2006, starting the garden from scratch. "There were a paddock, some lawns and abandoned

fields. Pines surrounding the property provided some shelter. That was it," explains Andy.

Over the past 15 years, they have planted more than 1000 trees and shrubs, methodically keeping a file on every single plant in their garden. The mild West Cork climate encouraged such growth that the trees planted as saplings are now mature.

As part of the land was waterlogged, they put down drainage pipes to improve the soil. "Neighbours recalled that turf was cut here in the past and there was little topsoil," says Ingolf.

While producing their own compost and spreading leaf mulch helped to improve the poor soil; there really was no masterplan in creating this gar-

den, which seems to take on a life of its own, as the gardeners worked it. "All of a sudden a boulder-burial and two standing stones appeared amidst the weeds as we cleared the land," they explain.

Although located only 4km from the sea, the garden is in a frost pocket, which makes its range of exotic plants all the more remarkable.

"We lost quite a few of our more tender plants in the cold winters about 10 years ago, which taught us not to always do gardening on the edge," says Andy. "We do not persevere with a plant, as we did in the past, if it isn't happy in our garden. We might give it a second try but that's it then. We don't buy such tender exotic plants any more, as they won't withstand a cold winter in our garden."

Their advice to others considering growing exotic species: "It can be a nice challenge but might take you too much time and effort. Keep an eye on introduced exotic species, as you don't want them to run wild."

Interestingly, both Andy and Ingolf have been enthusiastic gardeners since childhood, both influenced by their grandmothers who taught them to care about plants. Years later, the couple got an allotment together on the outskirts of Frankfurt and began creating their own first garden. They worked as volunteers in the Frankfurt Botanic Garden for many years, which provided a great source of knowledge and horticultural exchange.

Plants are a passion for this green-fingered couple and this garden is a lifetime project. No matter how busy life gets, a stroll through the garden draws a close to each day.

[www.ballycommane.com](http://www.ballycommane.com)



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# First Home Scheme to help you buy your first new home

The First Home Scheme (FHS) is an affordable housing scheme, which supports people to buy new homes. The FHS is a shared equity scheme, where the State and participating banks pay up to 30% of the cost of your

new home in return for a stake in the home. If you want, you can buy back the stake at any time, but you don't have to. The scheme is available nationwide for first-time buyers and certain other people who want to buy a new home but can't afford to.

Your income is not assessed for the FHS.

Q. How do I qualify for the Scheme?

To qualify for the First Home Scheme, you must meet certain criteria. You must be a first-time buyer or 'fresh start' applicant who is over 18 and has the right to live in Ireland. You will not qualify as a first-time buyer if you have owned a home abroad or have previously inherited a home. If you are buying the property with someone else, they must also be a first-time buyer or fresh start applicant.

The property you buy must be a newly built home in a private development. The scheme does not cover second-hand homes or self-build homes. The scheme only applies to properties that are bought as your home. You must live in it as your only place of residence.

Who is considered a 'fresh start' applicant?

You are a 'fresh start' applicant if you previously owned a home, but you no longer have a financial interest in it because you are now divorced, separated, or your relationship has ended or you have gone through personal insolvency or bankruptcy.

Q. Are there any limits on the price of the property I buy?

Your new home must cost less than the price limit for your local authority area. These limits are different depending on where you buy and what

type of property you purchase. The limits are linked to the median price for first-time buyers in each area. They will be reviewed regularly and changed if needed. The limit for Cork County is €350,000 for all properties while in Cork City the limit is €450,000 for houses and €500,000 for apartments.

Are there restrictions on where I can get my mortgage?

Your mortgage must be with a lender that is participating in the scheme. Participating lenders currently include, Bank of Ireland, Permanent TSB and Allied Irish Bank which includes AIB, Haven Mortgages and EBS.

You must borrow the maximum amount available to you from one of these lenders. Under Central Bank rules, the general limit for mortgage borrowing is 3.5 times your gross annual income.

If you are getting a Macro Prudential Exception (MPE) with a participating lender you will not qualify for the FHS. An MPE is when your lender lets you borrow above the Central Bank limits. Lenders have flexibility to do this for a certain percentage of the mortgages they provide.

You must have a deposit of at least 10% of the property's purchase price.

How much funding can I get and are there any costs?

The First Home Scheme is a shared equity scheme. This

means you can get funds from the scheme in return for a percentage ownership of the property. You can buy back this percentage if and when you want, and then you will fully own the home. You can get up to 30% of the market value of your new property with the First Home Scheme. This is reduced to 20% if you are also getting the Help to Buy Scheme. The minimum amount you can get is 2.5% of the property purchase price, or €10,000, whichever is higher.

There is no charge for the First Home Scheme for the first 5 years that you own your home. But, if you have not bought out the FHS equity share in your home by the sixth year, a service charge will apply. This service charge is for the maintenance of the First Home Scheme. It is a percentage of the amount the FHS paid when you bought the home. The service charge amounts increase the longer you stay in the scheme. They are:

- 1.75% for years 6 to 15
- 2.15% for years 16 to 29
- 2.85% for years 30 and over

Can I buy back the equity share in my home?

You can buy back the equity share in your home at any time. But, you don't have to.

If you choose to, you can buy back the full equity share in one payment, or pay it back partially as you can afford to. However, the minimum amount you can

pay back is 5% of the original equity amount and you can only make 2 partial payments a year.

The equity share in your home is a percentage of the market value of your home. So, if property prices increase, the amount you have to pay back will increase.

How do I apply?

There are a number of steps to the FHS process. You should first check if you are eligible for the scheme and you will then need to get mortgage approval in principal from a participating lender. You then apply online for the First Home Scheme. If you cannot apply online or need help filling out the form, contact the FHS and they will help with this. Their telephone number is 0818 275 662 and the website is [www.firsthomescheme.ie](http://www.firsthomescheme.ie) where you will find more detailed information about the scheme.

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

The offices are staffed from 10am -5pm from Monday to Thursday and on Friday from 10am -4pm. Alternatively you can email on [bantry@citinfo.ie](mailto:bantry@citinfo.ie) or log on to [www.citizensinformation.ie](http://www.citizensinformation.ie)

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## OUT & ABOUT IN WEST CORK

Send your photos (with captions) to [info@westcorkpeople.ie](mailto:info@westcorkpeople.ie)



Paddy McCarthys Thoroughbred mare Merramar being presented with supreme champion mare at Barryroe show L-R Con Keohane, Dominic Macardle, Patrick McCarthy, Regina daly (sponser- Church restaurant skibbereen) Joe O Donoghue (Judge) and Paddy McCarthy owner



At the launch of the ClonAbility 2022 campaign at Asna Square, Clonakilty on July 5 were from left: Access Group members, John O' Carroll, Alex Applebe, Evie Nevin, (Vice Chair Access Group), Tracey Applebe, Maeve Bancroft, Liam Ahern, Orla O'Donovan, (Chair Clonakilty Chamber of Commerce), Ruadh Bancroft, Joan O'Donoghue and Cionnaith Ó Súilleabháin, (PRO Access Group). Photo: Martin Nevin



# Extending your home with an outdoor seating space



## 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

Following on from my article on conservatories in the July issue, this month I'm looking at how to create the ideal outside space that may in fact extend your home.

Before starting your project, consider what you want from this space. Do you want to divide into areas for relaxing, entertaining or planting? Do you want to create more privacy by introducing a covered area or adding a pergola. Planting trees closer to your patio can also help to achieve this effect. My recommendation is that you style your patio area based on your lifestyle, taking into consideration how much you want to spend, the afore-mentioned deciding what you want from the space and finally the finished look, depending on your own personal style and needs.

**Start with a clean slate:** If you're enhancing the space you have rather than starting from scratch, begin by putting the time and effort into cleaning it up. Throw away any broken plant pots, cut back any overgrown hedging and fill in any cracks or replace broken slabs on the existing patio. Clean the



surface using an environmentally-friendly solution. Washing Soda Crystals mixed with water is great for killing weeds and moss. A small amount of hydrogen peroxide in water can clean natural stone.

**Decide on furniture:** If you're a big entertainer and you have the space, then I'd advise investing in a decent size table with comfortable seating. This is a great time of year to

pick up something in the sales but please purchase one that will withstand the test of our Irish weather, especially if you don't have a garage or shed to overwinter it in. Aluminium is a very popular contemporary patio furniture option, it resists rust and moisture damage better than other metals. Think about waterproof covers for your cushions where possible and invest in a storage box if

necessary.

**Privacy:** Utilise the space around the patio or deck area. While walls and fences can screen you off from neighbours, growing climbers such as jasmine or clematis up them will add life and colour to your space. A living wall is a lot more interesting and beneficial to our wildlife than a bare concrete or wooden fence. Think about building a pergola over your entertaining area to create privacy, some shelter or section off an area

**Planting:** For very small spaces, add some small to medium sized containers. Choose your plants depending on how much sun your patio gets. If it's north facing and shaded for most of the day, choose plants like ferns, hellebores and heuchera. If it's a space that is soaked in sun for most of the day, you'll be able to go for a more exotic feel with banana plants, canna and ginger lilies. Just a few large plants can add the illusion of extra space to your patio.

**Lighting:** For adding some sophistication and atmosphere, there are a huge range of op-



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tions out there when it comes to lighting. Think safety first and don't go overboard...you don't want to illuminate the entire neighbourhood. I would go with subtle and safe...battery-operated or solar-powered are easier to manage than plug-in.



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## people Home &amp; Garden

## Gardening in August

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August is peak holiday month. If you are going away, do arrange to have a neighbour or friend water your plants. Feed all hanging baskets, window boxes, troughs, tubs and barrels on a weekly with an organic seaweed-based liquid fertiliser, applying at the recommended rate on the bottle.

**Keep the colour going**

The better varieties of bedding plants should keep flowering continuously until late October. Deadhead frequently, cleanly cutting off dead leaves and damaged or broken branches or shoots. Keep an eye out for any signs of pests and diseases and watch for caterpillar damage on Geraniums and Nasturtiums. Slugs are active in moist weather and are also encouraged to be more active when there are heavy overnight dews. Fill gaps where plants are finished with

late and long-flowering perennials such as: Asters (Michaelmas Daisy), Chrysanthemums, Colchicum, Cosmos, Crocus (autumn), Euryops, Nerines, Penstemon, Phlox, Rudbeckia, Sedum.

Dahlias will give you continuous colour until late October. Tubers are not available but you can buy plants in pots for planting right away.

Fuchsias are a superb plant for providing late colour into late autumn (often even into late November). Keep your Fuchsias performing at their best with weekly liquid feeding. Take precautions against rust and downy mildew.

Choose long-flowering varieties of Roses to keep a constant succession of colour.

Choose varieties with good disease resistance and look out too for fragrant varieties. Roses come in a great selection of varieties and will provide vertical colour on walls, fences, pergolas and arches. Brighten up banks with the better varieties of ground-cover varieties. If you are travelling around Ireland do visit some of the great public Rose Gardens. Cheer up containers and troughs with miniature and patio varieties.

Add late colour with the free flowering cigar plant Cuphea ignea. This thrives best in sunny, partially shaded sheltered situations.

**Bulbs**

The first of the spring bulbs will start arriving into garden centres this month. Look out for varieties for forcing such as: Narcissi 'Paperwhite', Narcissi 'Soleil D'Or', Narcissi 'Avalanche', Freesias (single and double). Prepared Hyacinths generally arrive by mid-August. They should be potted up into bowls, terracotta pots or terracotta pots. Use bulb fibre for containers without drainage. Bulb fibre contains charcoal and oyster shell, which keeps the compost fresh and free draining. Plunge the pots/bowls outdoors in sand or gravel for eight to ten weeks. When the shoots are 2-3cm, gradually bring into a bright, cool room. Don't keep in a very warm room.

If kept too warm they will become less sturdy and flowering time will be reduced.

Autumn flowering bulbs such as Autumn Crocus, Colchicum, Cyclame and Sternbergia should be planted without delay.

Tulips will appear in garden centres and shops this month but shouldn't be planted until November or December. After buying, keep in a cool, dry place until planting time. Tulips come in a wide variety of heights and colours. Use dwarf varieties for containers. These varieties are typically 8-10" (20-25cm) in height and also look good in rockeries or raised beds.

Early flowering bulbs such as early Narcissi, Crocus, dwarf Iris and Snowdrops can be planted right away. Lilies for autumn planting usually arrive in late August/early September. They should be planted without delay as they will dry out.

**Vegetable Garden**

Sow late successions of-lettuce, radish, salad onions, spinach and a late sowing of peas.

Sow Spring Cabbage by August 15. Watch for flea beetles.

Harvest French, Runner and Broad Beans. All freeze well if you have surplus produce at this time of the year.

Marrows, pumpkins, squashes, melons and outdoor cucumbers are best raised off the ground to optimise exposure to the sun to ripen. The fruit can be raised onto a slate, raised bricks or a paving slab. Keeping the fruit from sitting on damp earth will help to prevent rotting. Harvest before the frosts in autumn. Store in a cool, dry, frost-free shed, keeping away from anything that may taint or contaminate the fruit. Feed weekly with a liquid seaweed based fertiliser over the next six to eight weeks. Sow Parsley now to last through the winter. Sow the seeds in shallow drills outside, thin the seedlings to 6" (15cm) apart when large enough to handle. It is worth covering the crop with fleece to protect

**GARDENING**

John Hosford

The Weekend Garden Centre

against attack by carrot fly. Cover the plants with a cloche or cold frame to protect them from the worst of the winter weather or pot up some and bring into the glasshouse or polytunnel.

**Fruit Garden**

Plant new strawberry plants in a sunny, well-drained site where strawberries haven't grown before. Raised beds/drills/ridges are preferable. Add organic material such as well rotten farmyard or stable manure or in their absence substitute with the highly recommended 'Gee-up'. The variety Symphony has been bred in Scotland – it is late season with bright, red berries and a good flavour.

Continue pruning of summer fruiting raspberries. Tie in new canes and discard old, fruited canes.

Summer prune apples and pears.

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## OUT &amp; ABOUT IN WEST CORK



Ruby Cummins of Bandon A.C. competing in the Girl's U15 80m Hurdles at the Irish Life Health National Juvenile Track and Field Championships in Offaly. Pic: Sportsfile



Volunteers who joined Clean Coasts and Fáilte Ireland in Inchydoney recently removed over 30kg of marine litter in one hour. Clean Coasts was joined by several members of the local community, including local children, Clonakilty Tidy Towns, Men's Shed and local Clean Coasts groups.



# West Cork club keeps rowing out talent

Skibbereen Rowing Club is undoubtedly the most successful sports club to come out of the West Cork region in recent times. It is a year on since a summer which brought an Olympic Gold Medal for their very own Paul O'Donovan and Fintan McCarthy as well as a Bronze for Emily Hegarty. The coaches deserve a lot of credit too, including Emily Dulohery, who coaches U18 and U23 Athletes within the club. Dulohery, who used to row herself as an U18, U23 and Senior, explained the ins and outs behind this successful rowing club to Matthew Hurley.

“In Skibbereen we coach everybody together, we do not really section it off like you might see in other sports.

“We have a competitive group from U15 right up to Senior and then we have another group of beginners from 12 to 14 years of age.

“I am also an active committee member in the club, and I've been a rower in the past. I then came back to West Cork after I lived abroad, lived in Dublin for a little while and I got back involved in the club first as an athlete again and then realised I was too old for completing so I turned my hand to coaching,” adds Dulohery.

The 2016 Olympic Games was a big event for the Rowing Club with Gary and Paul O'Donovan winning silver in Rio. This huge achievement might have been seen as a big enticement towards Skibbereen Rowing Club, however, there was always a pull factor in West Cork according to Dulohery.

“I think there's always been a draw to the Rowing Club. I think if you are a very focused athlete and have a mindset of wanting to achieve an awful lot, the Rowing Club is the place to be.

“Popularity in the sport of rowing definitely increased since the 2016 Olympics, the success of Gary and Paul and continued success of all the high-performance athletes.”

Of course, it wasn't just the male rowers making strides down through the years, certain female athletes have also made a name for themselves.

“The lightweight women like Aoife Casey came from Skibbereen Rowing Club and is now rowing in UCC; Emily Hegarty would have done her junior years in Skibbereen Rowing Club and is now in UCC as well. These are all role models both male and female to our younger members.”

There are no better role models than medal winners Fintan McCarthy, Paul O'Donovan and Emily Hegarty, who are also very supportive with the next generation of rowers.

“Fintan and Paul are still very much a part of the club and

they always meet our younger athletes to make sure that if they have any questions about anything or if they want to chat about races that they give their expert opinion and they've been through a lot so they're always happy to share their experiences,” explains Dulohery.

“Emily is a role model for everybody, male and female. The three of them are also generous with their time as well that if they are back in Skibbereen, they pop out to the club and meet the younger athletes.”

The club had recently competed in the Irish Rowing Championships at Farran Wood, gaining impressive results in the process. All top three Senior Men's Rowers in the event were all athletes that came from Skibbereen. Fintan McCarthy, rowing for Skibbereen, Paul O'Donovan, rowing for UCC and Kealan Mannix, rowing for UL, were the top three in that respective order.

“It was unbelievable to have the top three senior rowers as Skibbereen rowers, that's what we see them as,” said Dulohery.

“The success that comes from consistency again and hard work and we have had a lot of success and we want to continue having it. Everybody understands what needs to be done.”

The Rowing Club is seen by many as the top one in the whole of Ireland, the drive behind that success is clear to see.

“I think there's just a big passion, enthusiasm and an ethos for doing the best that you can.

“If you do the best, you can and if you train as hard as you can every day consistently, success will hopefully come to you.

“I think there's definitely a competitive kind of ethos in the club, but I also think it's really inclusive to everybody who wants to give it a go.”

That enthusiasm can be seen in all the athletes rowing in the club; take Michael Hourihane for example, a farmer from Rosscarbery who only started rowing in October 2021 – he won the Men's Club Single Scull's at the National Championships.

With the constant success comes the media attention, nationwide. The club sees this as

a positive to help it grow even further.

“The most important thing really that we find in the club is that the athletes are always able to train, and the media doesn't impact that side of things too much.

“The media is such a positive thing that our minority sport is getting so much attention and then in turn it's getting so much younger participation, so I think it's a positive thing.

“I think we work well with the media to be honest as a little club we're only learning, we're all volunteers so we've learned a lot.”

The community of Skibbereen as well as family and friends have been seen as the first line of support by the club. It is the massive support of the club which keeps them going.

“Rowing is a very time-consuming Sport and there's a lot of training sessions involved in a week so all the family members who gave lifts, support young kids, they're all super.

“The wider community, the town of Skibbereen has been very supportive of us always throughout the years and then the national support we get as well, which we feel through our social media at any big events. It's all very positive.”

The rise of women's rowing is another positive to take in Skibbereen in recent times. This is much to the delight of Dulohery.

“I think there is a big interest in women in sport across all levels and then women in coaching, women at committee level, women in that kind of structure. I think Sport Ireland have really driven that forward.

“Predominantly, most of the coaches in Skibbereen Rowing Club are female, personally I don't think it should matter if you're male or female.

“I think if you're good enough you should be coaching. I think having role models is very significant to teenage girls especially, if they see a female can do it, then there's nothing stopping them from moving forward.”

Dominic Casey, a coach who has been part of the Skibbereen Rowing story for the bones



(l-r) Cathal O'Donovan and Christopher O'Donovan won a national title in the Junior Mens Double at the National Championships last month. Pic: John O'Shaughnessy

of 30 years, won RTÉ Sport's Manger of the Year at the end of last year.

The reason he got the award is evident, as his influence on the club has been quite remarkable.

“Dominic is a real pillar of the Rowing Club itself and he has a very consistent approach to coaching and a very consistent approach to his athletes that he coaches as well.

“He's all about keeping it simple and putting the athlete first would always be his kind of mentality.”

The present day at least are excelling greatly on an Olympic level but what about the future.

Well, the conveyor belt of young talent is not stopping anytime soon.

“We have two junior women rowers at the Junior World championships this year. Their names are Moya Knowles from Clonakilty and Lauren McCarthy Steele, originally from Rosscarbery and they are both rowing in Skibbereen for the last number of years, but they've made a huge commitment and huge gains this year to make the World Championships at U19 level.

“Then we have two more female athletes representing the country at underage events this year and then one male athlete is also representing Ireland U18. Our progression chain and development cycle, it is non-stop, it keeps going.”

Rowing is a sport that has become a big part of Skibbereen and indeed West Cork.

Not just because of its success, but also the way it has brought the Skibbereen community together.

With the young talent coming through in addition to the success at the National Championships, we could see a lot more medals being won in Paris 2024.

## Bright future ahead for club's new homeground at Brinny



MSD Brinny and local football team, Castlelack FC have teamed up for the official opening of their new home soccer grounds beside the company's site outside Innishannon.

The Castlelack FC and MSD Brinny collaboration commenced in 2017 when the company agreed a long-term lease for the club to develop the grounds consisting of two full size grass soccer playing pitches and a training area on a six acres site adjacent to the MSD Brinny facility.

With the assistance of Sports Capital Programme Grant and many hours of voluntary help the development of the soccer grounds commenced in May 2020. The club has also recently been granted planning permission for temporary changing rooms, toilet facilities and associated works and are driving to commence these works later in 2022.

Since Castlelack FC commenced playing in Brinny in July 2021, its membership base has increased exponentially. Prior to moving to Brinny there was approximately 60 children in the club's under-age Academy. Since moving to the new home ground, Academy numbers

have increased almost three-fold to over 160 members with over a third of these being young girls.

Tadhg Curtain, Chairperson, Castlelack FC, said, “The sun is really shining down on us as we officially open our new ground. We would not have been able to do this without with support and encouragement from MSD Brinny. Their commitment and engagement throughout has been a key part of securing our growing club has a long-term future.

As the numbers are ever increasing in the female game, the club is always on the lookout for female coaches and helpers and would encourage anyone to get involved and enjoy the club's progression and development.”

Castlelack FC play in the West Cork Schoolboys and Schoolgirls league in age groups ranging from the Academy (5-9) and U10 up to U16. They also compete in the West Cork League with U19, Junior and Masters (Over33) teams competing here.

Young and old participate from the local community as well as surrounding areas from Innishannon, Newcestown, Bandon, Crookstown, Aherla, Cloughduv and beyond.



# Mid-life upgrade makes for a gorgeous Skoda Karoq



## CAR REVIEWS

Sean Creedon



After many weeks of driving automatic and electric cars, last week it was back to basics in the revamped Skoda Karoq which was a 1.0 litre manual version.

At first glance you might think that a 1.0-litre petrol engine wouldn't be powerful enough for such a big car, but no problems with power.

Now I have a theory about manual gear boxes. While I love automatics I think that driving a car with a manual five or six-speed gearbox tends to keep you more alert at the wheel. In an automatic or electric car you simply put your foot on the accelerator and off you go, but in manual cars I find that I am more aware of my surroundings

as I work through the gears.

There seemed to be universal approval for the funky-looking Yeti that Skoda launched in 2009, but in 2017 Skoda replaced the Yeti with the Karoq which to be fair to the Czech company, has been a great seller.

The Yeti arrived in the midst of the first recession of this century when motorists wanted a durable car that provided value for money. One critic said that it was an 'abominable decision' by Skoda to get rid of the Yeti!

The Karoq could be described as a compact version of Skoda's Kodiaq which comes with five and seven seats op-

tions. The Karoq only has only five seats.

In the past five years Skoda has sold over 5,000 versions of their Karoq in Ireland. The good old reliable Octavia is still Skoda's best seller.

Now the Karoq has got a mid-life upgrade. The new design features a wider, now hexagonal grille, restyled front and rear aprons, as well as slimmer and sharper LED headlights and tail lights.

The daytime running lights are now split in two, and for the first time, the Karoq can be equipped with full-LED Matrix headlights which are standard on Style and Sportline models.

John Donegan, Director of Skoda Ireland said: "When we launched the Karoq in Ireland in 2017, we stepped up the pace of our SUV campaign. The model has become a real success story and has contributed significantly to the fact that SUVs now account for 45 per cent of total sales."

The Karoq is gorgeous and I liked a lot of the simple things you get with a Skoda. The infotainment screen was well laid out and easy to use. As usual with Skoda you get a clip on the windscreen to hold your parking ticket, the ones you pay for.

On the dash you are told what direction you are travelling in, useful if lost in the countryside and there is a full-size spare wheel, which we Irish love. When leaving the car a notice comes up on the screen asking you to check if you have left any items in the car. But sadly the days of a complimentary



umbrella seem to be gone.

I loved the radio which was really easy to use. Also the radio tells you the name of the song or piece of music being played. A great service especially when listening to Lyric FM. The radio volume is controlled via a button on the steering wheel.

Prices start at €33,750 for the

Ambition model. My test car was the Style version which had a few extras that brought the price up to €38,450.

Skoda has really blossomed since being bought by VW in 1991 and they are now producing cars just as good as VW.

## 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. K.O'C.

### PRAYER TO ST JOSEPH

Great St. Joseph of Cupertino who by your prayer obtained from God to be asked at your examination the only preposition you knew. Grant that I may like you succeed in the examinations which lie before me. In return I promise to make your name known and cause you to be loved and adored for ever more. C.J.

### ST. JUDE'S NOVENA

May the Sacred Heart of Jesus be adored, glorified, loved and revered throughout the whole world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude, helper of the hopeless pray for us. Say this prayer nine times daily and by the end of the 8th day, your prayers will be answered. Say it for nine days. It has never been known to fail. Publication must be promised. Thanks St. Jude. K.O.C.

### MIRACULOUS PRAYER

Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. L.O'S.

### 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. T.C.

### MIRACULOUS PRAYER

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### ST. JUDE'S NOVENA

May the Sacred Heart of Jesus be adored, glorified, loved and revered throughout the whole world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude, helper of the

hopeless pray for us. Say this prayer nine times daily and by the end of the 8th day, your prayers will be answered. Say it for nine days. It has never been known to fail. Publication must be promised. Thanks St. Jude. E.G.

### 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.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. R.M.

### 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.D.

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