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Caragh, Sadhbh and Róisé Fehily from Coppeen with puppies 'Milly' and 'Snowy' pictured in Coppeen at the annual walk & cycle rally supporting Enable Ireland. Picture: John Allen

## Clonakilty welcomes back Guitar Festival

As the nation cools down from a heatwave, the streets of Clonakilty are only getting warmed up in anticipation of welcoming crowds of music lovers for Clonakilty International Guitar Festival, taking place from September 9-18. As always, festival gigs take place in venues all over the town of Clonakilty and the vast majority are free, but you'll have to wait until the week before the festival to get the exact timetable of the session trail.

Tickets are now on sale for headliners Andy Irvine, Xylouris White, Teke::Teke, Yasmin Williams, Marisa Anderson, Kris Drever and Susan O'Neill.

The more recently announced second round of artists are: The Deadlians bring a raw punk energy

to traditional material, while the frenetic fusion of K3:lu will have you on the dance floor before you know what has hit you. KIT features the triumphant return to Clonakilty of Katie Wighton, she of the acclaimed Aria-award winning CIGF alumni All Our Exes Live in Texas. US songwriters Anna Tivel and Jeffery Martin will make their CIGF debuts, which is just as well, because after Post Punk Podge and the Techno Hippies are finished their set, there may not be much of the town left standing. Belfast noise rock group Enola Gay arrive fresh from knockout performances at SXSW and Eurosonic, so catch them before they go supernova, and if you are looking for the next hero of the Irish pop scene, you would be well advised to see Gerron and Molly Buchan too.

If you've ever wondered if the driving rhythms of Irish music can sit with the intricacies of Indian classical music, then Antara are the band for you, featuring Australian indie rocker turned sarode (25-string lute) player Matthew Noone, and legendary bodhrán virtuoso Tommy Hayes. Hypercosmic Cork band The Shaker Hymn will be there hot on the heels of their latest record release, as well as festival veterans the Céilí AllStars. Clonakilty's own world class guitar hero Bill Shanley will be dropping jaws, along with a host of local heroes such as The Kates, Rawney, Mide Houlihan, Eve Clague, Anthony Noonan's new project Q.U.I.E.T, The Bones Below, The Church and many many more.

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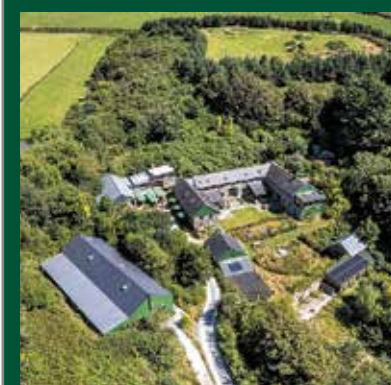
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# Taoiseach Micheál Martin opens new Injury Unit at Bantry General Hospital

Taoiseach Micheál Martin TD officially opened a newly constructed Injury Unit in Bantry General Hospital (BGH) in August. It is anticipated that the new Injury Unit at Bantry General Hospital will care for approx. 5,500 patients per year and will be open for service seven

days per week 08:00-19:30 daily.

The newly completed Injury Unit, will be used for the treatment of minor injuries in the West Cork area that are unlikely to need admission to hospital, includes an additional four treatment areas and will be able to expand the services that the unit

currently provides. These include treatment of fractured bones, dislocations and sprains, and suturing of wounds and dealing with minor burns.

The unit also has access to x-ray and basic diagnostic services to enable better and faster treatment of minor injuries.



Carole Croke, General Manager at Bantry General Hospital with Taoiseach Micheál Martin TD and Christopher O'Sullivan TD pictured at the official opening of a newly constructed Injury Unit in Bantry General Hospital (BGH), west Cork. Pic Daragh Mc Sweeney/Provision

An Taoiseach was welcomed to the new Injury Unit by Ms Carole Croke, General Manager of Bantry General Hospital and was given a tour of the new facility, where he also met with staff members and patients attending the Unit. The new Injury Unit will be operated by approximately 12 staff members.

Taoiseach Micheál Martin, said: "I am delighted to open this new state-of-the-art injury unit at Bantry General Hospital. This facility will have a significant impact on the care provided for communities across West Cork, while at the same time relieving pressure on Emergency Departments in acute hospitals. Units like these greatly improve the overall patient experience, by offering best practice treatments

for minor injuries in a more convenient local setting. I would like to congratulate Carole Croke and all the team here in Bantry General, their colleagues at CUH and at Group HQ. I also wish the staff and the patients who will attend this unit every success."

Tess O'Donovan, Interim Chief Operations Officer, South/South West Hospital Group remarked that: "The investment by the South/South West Hospital Group in the new unit was part of the Group's ongoing efforts to meet the needs of the community while at the same time easing pressure on Emergency Departments in acute hospitals. The new unit will increase capacity for the treatment of minor or perhaps non-serious injuries in a best-in-class facility based in a communi-

ty setting."

Carole Croke, General Manager at Bantry General Hospital, said: "The development of the new Injury Unit in Bantry General Hospital will enable staff at BGH to provide the highest standard of first line care in West Cork for non-serious injuries and will help manage the demand on services in the busier areas of the hospital. We have a wonderful and highly skilled team working here at the Hospital and I know that each person is excited about the potential of this new unit". She also expressed thanks to the HSE Capital Estates department who oversaw the development to ensure that it was completed within the timeframe as set out.



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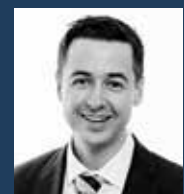
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# Finding your tribe

If you're a regular to Red Strand beach just outside Clonakilty, at one time or another you might have noticed a wildish-looking tribe racing loose-limbed towards the ocean, loudly whooping and hollering! Perhaps you thought you'd stumbled onto a 'Vikings' filming location or you left with the impression that the locals are a right mad bunch, however if you took the time to investigate further you'll have discovered that these organised gatherings are all about connection.

Led by herbalist Jen Doran, Swimming into Connection provides a safe space where people can explore their connection with the sea but these sociable gatherings are also about building community, letting go of inhibitions and quite simply feeling alive.

Charmed by West Cork's receptiveness to living a life less ordinary, Jen Doran feels more rooted here than she ever did in her native Dublin. Childhood summers spent holidaying between Clonakilty and Ballydehob sparked a connection to people and place that grew stronger over time and, after completing her degree in herbal medicine, she moved down permanently a year ago.

"This is the first time in my life where I feel a longterm sense of being a part of a community," she shares. "It's been life-changing; I feel so held and safe here, which has given me a new level of confidence in life."

This confidence and spirited enthusiasm for life and all its possibilities is infectious and by the end of a session, the group, a mixture of people from all walks of life, teenagers to old age pensioners, is very much at ease.

"I get people to do a lot of mad things throughout the morning to release any inhibitions," Jen explains laughing. "Most people start off shy but after some howling, screaming and running into the water together like a wild bunch, you'd be amazed to see how it really frees people up."

Jen, who says her life purpose is about connecting to nature and helping others to do the same, found her tribe at a time in her life when she was feeling pretty lost.

"After leaving school, like so many others, I struggled to find my place in the world and suf-

fered from depression and anxiety as a result," she shares. "The one thing that really helped me was the sea and that being-in-the-moment uplifting feeling it gave me. My community grew because of it."

Jen typically begins a Swimming into Connection morning with a chat about the sea and our connection to it, followed by a yoga practice tailored to prepare the group for immersion into the chilly Atlantic waters. The haunting strains of a harp (O Deer) or hang drum and guitar (Barefoot Gypsies) often accompany a session, which helps to deepen the practice and feeling of connection to the surrounding environment.

"The yoga helps people to relax and embrace the morning but the music really takes people out of their heads and into the moment, helps them soften into the space," explains Jen.

After everyone howls into the water together for a swim, shedding their fears off like a cloak and embracing the healing power of the sea, tea and snacks are shared on the beach while Jen does a connection exercise to get people talking to each other but also to reflect on their relationship to the sea, why they came to the session and how the experience made them feel.

"We end with a dance which, if all else has failed, always works at getting people talking," she laughs. "Lots of friendships have grown out of these gatherings."

When Jen isn't bringing people and the sea together, she is following in the footsteps of her both her great great grandmother and her father, working as a herbalist in Clonakilty.

After training in yoga and other movement and breathwork-based practices, Jen also began a journey of learning all about nutrition, how food is



Jen Doran

grown, and herbal medicine. "My dad was a pharmacist for 25 years before he turned to herbal medicine so that bridge between conventional and herbal medicine is what really excited me," she says. After starting her studies, Jen discovered that there was in fact a family lineage in herbal medicine that had been lost for a few generations. "My dad's great grandmother was a herbalist and midwife in Co Donegal. She was known as the local handywoman!"

Jen also runs foraging and herbal medicine workshops in Ballydehob and hopes to introduce seaweed forging into some of the Swimming into Connection gatherings in the future.

She holds yoga sessions on Tuesday and Thursday evenings on Red Strand beach and the Swimming into Connection gatherings take place there once a month.

Jen's gatherings offer a great way of meeting other people in the community who are interested in learning more about the sea and local environment and improving your physical and mental health at the same time. If you would like to try Swimming into Connection, you'll find more information on [www.thenaturewave.ie](http://www.thenaturewave.ie).

For updates on classes and workshops follow Jen at [nature.wave](https://www.instagram.com/nature.wave) on instagram.

The next swim is on Sunday, September 4. Tickets on [eventbrite.ie](https://www.eventbrite.ie). Search for 'Swimming into Connection (West Cork)'.



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## A WEST CORK LIFE

Tina Pisco

When we first came to the village to view the house that would become our home, I was shocked to see a little boy of around six standing on the side of the road. I was about to stop and ask if he was lost when an even smaller boy clambered up the bank pulling a puppy on a bit of string. They both stood and gaily waved, clearly out playing with no fear of any traffic.

After we bought the house, my youngest daughters went to the local National School (48 children in two rooms) which was about half a mile up the road. Like most of the other children, they walked to school. The village proper is about a mile away. Between our house and the village were two houses and the school. Today that stretch of road has a dozen houses. The boom brought growth, but it has been the recovery from the bust that has seen my little patch change the most. Not only on our road, but on all the roads in every townland, new houses have sprung up, along with small estates. Though I am not a fan of the suburbanisation of the countryside, I can't begrudge the families who have come and made West Cork their home as I did so many years ago. What I do begrudge is the increase in traffic. Not only has the number of cars increased dramatically, so has their size and speed.

Though the school is doing well, hardly any children walk to and from home. That is a real shame, as it steals what was an important milestone in a child's development. That walk to and from school on your own was a chance to dream, to feel adventurous, to mess about with your schoolmates. A few children still walk to school from the village, but they are mainly accompanied by adults, who are ever vigilant to the massive SUVs that come and go on the school run.

It may seem that all the me-

# Slow down and mind the ditch

dia focus on walking and biking is a new-fangled 'woke' notion that flourished during the pandemic but that is not so. I remember reading Alice Taylor's account of how her husband would ride his bicycle from Innishannon to Cork city for secondary school. The traffic was so light that he equipped his bike with a small ledge so that he could clip a book onto the handlebars and read during his journey.

The Free Bus Scheme provides transportation for primary school students who live at least 3.2km away (4.8km for secondary school). This is because it is considered that living two miles from a

I remember reading Alice Taylor's account of how her husband would ride his bicycle from Innishannon to Cork city for secondary school. The traffic was so light that he equipped his bike with a small ledge so that he could clip a book onto the handlebars and read during his journey.

school is close enough for a child to walk or bike to. The battalion of cars waiting at the end of the school day clearly indicates that most children are being driven rather than walking to school. There are many reasons why parents no longer let their children walk to school. Some are worried about the dangerous traffic. The irony is that the traffic caused by the school run increases the danger on the road. This in turn leads to less children walking alone to and from school. I also know that in two-income families, the need to get everyone out of the house and to school or work on time makes walking a non-starter in a modern family's busy schedule. Still, it saddens me to think that these children will never know the joy of meandering back home along a safe breen, taking the time to daydream, investigate the hedgerows, and appreciate nature on their own. I wonder if parents might consider letting their children walk to

school again, or if the idea of an eight-year-old wandering the countryside has become totally alien.

There is also a bigger picture to consider. Ireland is legally required to reduce emissions by 51 per cent by 2030. Though emissions dropped significantly during lockdown, they rose by 20 per cent in the first quarter of this year, making Ireland the third highest in the EU behind Bulgaria and Malta. The rest of Europe has remained below pre-covid 2019 levels and The Netherlands and Finland dropped in the first quarter.

Much is made about the farming sector's contribution to greenhouse gases, but farmers did not increase production in the first quarter of 2022. What did change was the number of people driving to work, to school, on day trips and shopping excursions compared to during lockdown. Car dependency is a huge contributor to greenhouse gases in Ireland. But what choice do we have? I can't get to the petrol station for a shop, much less go into town without using my car. I could walk, but that would take a good chunk out of my day. I'd also be putting my life on the line as not only have the number of cars increased – so has their speed. Which brings me to my last point.

Hardly a day goes by when I am not nearly run into the ditch by a large vehicle moving way too fast in the middle of the road. I know that it is customary to drive more or less in the middle of a breen, but it is also customary to drive slowly, beep before a blind bend, and then slow down – or even stop all together – when you see another vehicle approaching in the opposite direction. Country people know these unspoken rules of the road that help keep us safe and our vehicles unscratched. It seems to me that some of our new arrivals do not. I propose that we put together a pamphlet for people moving into rural areas to help them drive the backroads and breens. It could be called 'Slow Down and Mind the Ditch!' and should be mandatory for anyone who rents or buys a house in the countryside. And while we're at it, it could encourage parents to let their children walk to school...

## Letter from the Editor

Welcome to the September edition of West Cork People,

As the weather turns more autumnal, so we also change direction: Memories of long sunny days on the beach, relaxed summer evenings and reunions with family and friends are already fading as we turn into September. This was the first real summer post-restrictions. I'm not sure if we can say post-Covid yet, or ever for that matter! But hey, we're living it up while we can. Some of us ventured abroad tentatively for the first time in over two years and, while it was hotter than hot, it was great to have a change of scenery. Like so many other families, mine also reunited; my sister returning home from New York, her first visit since 2018. The weather played ball and West Cork lived up to its reputation; we had a fantastic few weeks. Sisters gained their missing link; all four together again and cousins became fast friends on sight! We picnicked at Clonakilty market on a Friday; Saturday mornings were spent on Red Strand catching up with friends in and out of the sauna (i jest you not!) and the sea. We swapped stories and banter in our favourite restaurants and pubs; explored the cliffs and hidden caves in a kayak off Courtmacsherry; made trips to Garnish and Feta and covered a lot more ground with still so much left to cover next year. West Cork, you're a darling!

And no, the summer didn't age us; we just finally let go of our 30-year-old selves and got around to replacing our headshots with the 40-something-year-old real thing! Our thanks to photographer Anna Groniecka.

While summer and heatwaves (and our thirties!) are well behind us, there is none-the-less plenty to look forward to going into the Autumn in West Cork! Clonakilty International Guitar Festival is back and never fails to disappoint with a fantastic line-up promised for its return this September. There are more tremendous art exhibitions happening all over West Cork and well worth checking out; from Clonakilty (Gallery Asna and The Loft Gallery) to Schull (Blue House Gallery) and as far as Kenmare (Kenmare Butter Market). Clonakilty Film Club returns with a great selection of world cinema and while the West Cork Garden Trail is drawing to a close, there is still time to enjoy some gardens, including Comillane on Cape Clear and The Fernery in Skibbereen, some of West Cork's most exotic gems. There is also a monthly rare book fair starting this September on the Inanna property in Skibbereen, a must-visit for any book lover.

We've taken a sustainable approach to weddings in our feature inside this issue and, even if you're not planning a wedding, I'm sure you'll enjoy reading about the cream of West Cork's wedding services and their eco-friendly choices.

As usual, we have some great interviews, news and views, so I hope you enjoy the read.

Until next month,

Mary



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# Why has Bantry Credit Union's purchase of the town's Bank of Ireland building struck such a chord with the public?

**Finbarr O'Shea** QFA  
Manager, Bantry Credit Union

Charlie Weston, Personal Finance Editor with the Irish Independent, phoned me Thursday morning a few weeks ago. He had seen the story in The Southern Star on Bantry Credit Union's purchase of the Bank of Ireland building right next door to us.

Describing it - I kid you not - as his favourite story of the year, Charlie said he wanted to do a piece on it for the Independent. We chatted on the phone for a while. He sent a news photographer to Bantry that afternoon to take some photos. And the article was published in the Independent the next morning.

I thought Charlie was just being polite about his favourite story until a friend sent me a screenshot of Charlie's Twitter page early that Friday morning. And sure enough Charlie had retweeted the article under the heading 'My Favourite Story'. A quick check of his Twitter account confirms that this story is one of Charlie's most popular tweets of the past year.

Needless to say, we in Bantry Credit Union were delighted with this level of exposure. But it got better.

By mid-morning that Friday, RTE Radio One's Drive Time programme were on the phone. Looking to feature the story on

that evening's programme. It was even named at 5pm when the presenter mentioned upcoming stories. But unfortunately, other stories broke and we didn't get to go on.

Then there's the response on our own social media platforms. We have received over 1,000 likes for our various posts about the Bank of Ireland building. From near and far. Members at home and credit union colleagues overseas. That's phenomenal for us.

Finally, there's the response from people on the streets of Bantry. To be honest, the response that matters most.

We have been overwhelmed by the goodwill of the Bantry public. Both in the credit union office and out on the street, the response had been unanimous. People are delighted. Delighted the building will not lay idle. Delighted a local business bought it. Delighted the credit union bought it.

So, why has there been such a wide-ranging and universally positive response to this story?

Many people have commented on its David and Goliath features. The little shop next door, the credit union, what used to be known as 'the poor man's bank', buying a 'pillar bank'. The local branch of the country's oldest and biggest bank. The bank established in 1783.

No doubt that's part of it.



But I think it's much more. It's a symbol of a wider and very important phenomenon in the provision of personal financial services in Ireland and elsewhere.

It's a metaphor for the contrasting paths being chosen by traditional banks and credit unions. Banks are turning their backs on their customers and communities under the guise of digitalisation and purportedly responding to consumer demand and trends. Credit unions are standing by their members and communities. Expanding their range of products and services. And yes, also undertaking a digitalisation journey. But always staying local. Always staying in-person. Always staying true to the Credit Union Difference.

The views of the public on these contrasting paths are clear.

Survey after survey confirms it.

Just this month the latest survey finds that credit unions are easily the most trusted financial institution in the country. Followed by An Post. With traditional banks and fintechs sharing the unenviable status of least trusted.\*

In July, the banks' own Irish Banking Culture Board published its 2022 éist report on a survey of public trust in banking. Banks registered a negative trust score of minus-25 with the general population. And scored a shocking negative trust score of minus-77 among farmers.\*\*

Contrast this with Ireland's credit unions winning the CXi Customer Excellence award seven years in a row!

Okay, so the message is clear. People don't trust banks. People do trust credit unions. People

like and value credit unions. Why?

It's not rocket science. People like to deal with people, face to face. Not necessarily all the time. But definitely when the matter is important to them. Like a significant financial decision, such as a loan. Or a change in their financial circumstances that will affect their ability to meet their obligations. Or when they just want some sound advice.

It's the difference between a purely mechanical transaction and a personal business relationship. Credit unions do transactions all day long. But here's the thing. It's never just about the transaction. It's always about the relationship. About service. About how we can help. About what we can do for our members, the people who own the credit union. And who make

it what it is.

Bantry Credit Union's slogan is 'Always here for you'. This is not a glib advertising phrase. It was born in the years after the financial crash of 2008. Born out of standing by good people when their lives were turned upside down through no fault of their own. People whose main worry when their mortgage and their credit union loan went into arrears was: "How will I pay for my children's education?" Bantry Credit Union said to every one of them: "Don't worry. We'll always be here for you."

We meant it. We stood by our promise. And these people - plus thousands more - repay us every day with their business, their loyalty and their appreciation of what the credit union means to them and their lives.

That's the Credit Union Difference.

\* Charlie Weston, "Consumers rank credit unions as 'most trusted' financial service provider", *Irish Independent*, 22 August 2022.

\*\* Petula Martyn, "Banks not trusted by farmers - Irish Banking Culture Board report", *rte.ie*, 11 July 2022.

Finbarr O'Shea is Manager of Bantry Credit Union. He is also a Director of Collaborative Finance CLG, the credit union company behind Cultivate and Greenify.



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# Green Party's Marc O'Riain calls for Cork County Council to invest in safer roads for Kinsale

Last week a laden heavy goods truck swerved to miss a bus on the main access road (R600) in Kinsale. The truck collided with the wall and a lamp post at a pedestrian access to the steps across from Featherbed Lane where there is no pedestrian crossing. At the same time Cork County Council has €4,500,000 in unspent active travel funding allocated in 2021 and only €1.16 million of €20.45 million for 2022 has

been spent. This funding could be used to make pedestrians safer and provide for pedestrian pathways around our towns.

Kinsale has grown by 20 per cent in the last 10 years and is slated, according to the Cork Development Plan, to grow by a further 40 per cent in the coming seven years. All of this growth is coming without a similar investment in pedestrian, cyclist and user safety. Junctions approaching Kinsale

are without traffic lights, roundabouts or pedestrian priority crossings. Many junctions could be described as 'diving blind' junctions for car traffic or lethal crossings for pedestrians.

The 2009 Kinsale Transportation Strategy studied the potential for a bypass for through-traffic not destined for Kinsale, but this has never been realised as development plans have deprioritised its development. This north-east Ring Road would have brought Cork traffic from Pewter Hole cross) to the Bandon river/new Bridge bringing much of the heavy traffic and beach traffic away from the town.

Medieval Kinsale is dominated by narrow streets, ill-suited to modern vehicular traffic. New developments such as Kinsale Manor, Fort View and the proposed 71 houses at the GAA pitch follow this planned route of the ring road putting more cars and more pedestrians travelling from the edge of town

to shops and schools using the old mediaeval road network.

On many of these roads there is a lack of continuous footpaths forcing pedestrians, parents with buggies and the disabled onto the narrow roads to compete with both large and fast vehicles.

"The result of this is seen daily, as kids walk to school down the Rock which has no footpath, and most navigate a blind junction with no pedestrian crossing to get onto the Bandon Road. The extremely narrow footpath on the Bandon Road can only accommodate one person in width at its narrowest points, forcing pedestrians to step out onto a very narrow road. Kids and parents must cross the Bandon Road without any pedestrian crossings. This is further aggravated by the fact that the Bandon Road is a hill and cars pick up speed as they travel down the hill," Green Party Representative Marc O'Riain stated.

"Many people are concerned that somebody will be killed.

In fact a woman in her 60s was killed by a construction vehicle outside the Community school in Kinsale in 2008. More recently disabled users have been forced into the road to contend with vehicular traffic with tragic results." Green Party Representative Marc O'Riain stated.

Given that the Council's budget for 2023 is almost double it's allocation for 2022, local Green Party representative, Marc O'Riain is calling on the Council to prioritise spending on footpaths and safe crossings on the Main Cork Road (R600) entering Kinsale, with stop signs on Farm Lane prioritising traffic to Barrack hill. He is also calling for a safe pathway down the rock to the Bandon Road, a dedicated pedestrian route across Black horse field to the schools connecting new developments.


"This can all be done in the short term, with the funding that



is available, but ultimately we need a relief road and roundabouts to take traffic away from the town and allow for greater pedestrianisation.

"I'm also calling on the people of Kinsale to make submissions to the local engineers office for active travel proposals around Kinsale."

*Photo: Marc O'Riain  
Green Party Representative  
Bandon Kinsale*




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## Union Hall RNLI receives \$500 from San Francisco bar



The volunteers at Union Hall RNLI received a cheque recently for over \$500 from a group of Irish expatriates in the USA. Pamela Deasy, a volunteer fundraiser travelled to Kinsale to meet John Farley, who resides in San Francisco, and his good friend John O'Mahony, a volunteer Deputy Launching Authority at Kinsale RNLI, to receive a cheque on behalf of McCarthy's Bar in San Francisco.

McCarthy's Bar is owned by Eileen McCarthy from Drinagh, West Cork. A lifeboat collection box remains in the bar so fundraising can continue into the future.

Pamela Deasy, Union Hall RNLI Lifeboat Press Officer said: "On behalf of all our team, we wish to thank Eileen and John for thinking of us in Union Hall. This donation will help us greatly, with three call outs in the last two weeks, this donation will help with training costs for our volunteers, as it costs roughly €1,557 per crew member annually."

## OUT & ABOUT IN WEST CORK

Send your photos (with captions) to [info@westcorkpeople.ie](mailto:info@westcorkpeople.ie)



Michael Collins Great Grand Nieces Ellen Collins, Anna Collins and Nóra Collins pictured at the unveiling of the diaries of Michael Collins on display at the Michael Collins House Museum, Clonakilty until Sept 4. Picture: John Allen



Kilbree U7s with Cork minors at Cul Camp 2022



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## THE HISTORY CORNER

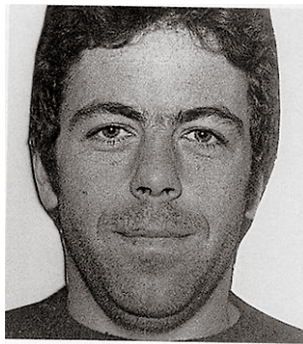
Shane Daly

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

On November 25, 1975, Francis Crossan, a 34-year-old father of two children and a Catholic from Belfast with no affiliation to any paramilitary organisations, became the first civilian to have his throat cut by the Shankill Butchers. During the most provocative times of the Troubles, he became the first of

many to die so viciously at the hands of this feared gang.

The Shankill Butchers, a gang of 12 men, operated for seven years, between the years 1975-1982. Their leader Lenny Murphy is known to have had a seething hatred of Catholics and is quoted as describing them as 'scum' and 'animals' on many occasions. Born in Shankill in 1952, Lenny was 16-years-old when he joined the UVF and age 20 when he was first charged with the crime of murder. It is believed that Mervin Connor and Lenny Murphy carried out the murder of 32-year-old protestant William Pavis on the orders of the UVF who were convinced Pavis was selling weapons to the IRA. Although there were two witnesses who said they saw Lenny Murphy pull the trigger in broad daylight and he was also picked out from an identification line up while in police custody, not long after, Mervin Connor died in an apparent suicide. It is believed the note he left admitting to the murder was written under duress. Nonetheless, the case went



Lenny Murphy

to trial and Lenny Murphy was acquitted of the murder. After his release, Murphy was immediately rearrested and jailed for two years due to various escape attempts while incarcerated. It was the first of many murders that Murphy was accused of, or involved in, and the first of many stints in jail.

Upon his release, not wanting to be governed by the rules and regulations of the UVF, Murphy went about setting up his own paramilitary organisation, recruiting three other individuals with the same deep-rooted hatred of Catholics as himself.

Robert 'Basher' Bates (25), Sam McAllister (20), and William Moore (25) all had substantial criminal records. William Moore drove a black taxi and had previously worked as a meat packer, which gave the men access to a set of butcher's knives and meat cleavers, repeatedly used in future killings. While other men passed through the organisation, these three were Murphys' trusted inner circle.

The very first victims of the Butchers met their fate on October 2, 1975; two men, two women, shot dead in a robbery. One month later, the first victim to be killed viciously by knife was the aforementioned Francis Crossan. The killings continued in this same manner for years. Armed with cleavers and axes, the Shankill Butchers roamed the streets of Belfast looking for random Catholic victims to torture and kill.

In the mid-seventies, security forces were stretched to breaking point by the high profile actions of republican and loy-

alist paramilitary gangs, and so were perceived to have turned a blind eye. Though many members of the gang were said to be members of the UVF, targeting innocent Catholics, the group also turned on their own at times, killing Protestants mistaken for Catholics.

Thomas Quinn (55) was their next victim. The account of the woman who found the body of Thomas Quinn became vital, as she mentioned that she had heard the sound of a heavy diesel engine similar to that of a black taxi.

Just three days after killing Thomas Quinn, the Shankill Butchers shot dead protestants Archibald Hannah and Raymond Carlisle – who they mistakenly took for Catholics – while they were sitting in a lorry on their way to work.

Just two weeks later, Francis Rice (24) had his throat slashed from ear to ear by the Butchers, in an almost identical killing to Thomas Quinn. It was after this murder that the media christened the gang the 'Shankill Butchers'.

On March 11, 1976, there was finally a break in the case when two Catholic women were shot at from a passing car in Belfast. While the gunman abandoned the vehicle and fled, a witness reported that they had seen someone acting suspiciously at the scene. After finding a gun, the police placed the street under surveillance, which led to the arrest of Lenny Murphy on his return for the gun. He was sentenced to 12 years in prison for possession of a firearm with intent to kill but ordered his accomplices to continue with the 'cut-throat' murders. Three more Catholic men from north Belfast, Stephen McCann (21), Joseph Morrissey (52) and Francis Cassidy (43), were subsequently kidnapped, tortured and hacked to death between 1976 and 77.

However it was the killing of Ted McQuade, which led the police in the direction of the black cabs once again. Ted and his wife were walking home from a party when a car pulled up alongside them. She

six times, Ted died instantly. When interviewed by police, McQuade's wife said the men fled the scene in a black taxi. Although met with a wall of silence from the terrified residents of Shankill, the police had enough identifications of black taxis to conclude that the killings were linked and went on to search all 700 black taxis in Belfast. Although William Moore's taxi – the vehicle the Butchers used to carry out the murders – was forensically examined, nothing was found. After Murphy ordered the cab destroyed, Moore replaced it with a yellow Ford Cortina, which was used in subsequent attacks. With the huge media attention, it was no wonder that people were so terrified they ran away from black cabs in Belfast.

Although Loyalist leaders called Lenny Murphy a 'bloody psychopath', they did not want to intervene for fear of revenge attacks. The police also knew Murphy was the leader of the gang but did not have proof.

On May 10, 1977, the investigation changed course when one of the Butchers' victims, Gerard McLaverty, was found alive in an alleyway after being beaten, stabbed and with his wrists cut. The detective in charge of the case, Jimmy Nesbitt, came up with the idea to disguise McLaverty, who was recovering from his injuries a week later, and drive him the same route taken on the night of his attack. Unbelievably, McLaverty was able to identify Sam McAllister and Benjamin 'Pretty Boy' Edwards. He recalled that hat McAllister had rolled up his sleeves during the attack and revealed gunshot wounds on his arms. On the basis of this, McAllister was arrested. As well as the scars on his arms, the police found a six inch steak knife and two 10 inch boning knives under the floor boards.

McLaverty also described one of the other attackers and mentioned the car he was taken

away in was a yellow Ford Cortina., which fit the bill of William Moore. After Moore's car was searched and traces of McLaverty's clothing found in his car, he was interrogated and eventually confessed to being present at all of the cut-throat killings. He said, "Murphy done the first three and I done the rest." The Butchers – the most prolific serial killers in British history – had been caught.

McLaverty also admitted that Murphy was giving him the orders from prison. In the end, Lenny Murphy's three main henchmen, as well as eight others all confessed to the 19 murders of the Shankill Butchers, although it is suspected that there might have been more victims.

In February 1979, the 11 men were sentenced to a total of 2000 years in jail. However, Lenny Murphy, who escaped conviction, was released from prison three years later. Just 24 hours after his release, Murphy beat to death a protestant man with special needs. He immediately began recruiting for a new gang of Shankill Butchers. Not long after this, Murphy violently killed a Catholic man named Joseph Duggan. The body was dumped behind Murphy's house, who was arrested but released due to a lack of evidence.

Unstable and out of control, the IRA saw Murphy as a liability and ordered his execution. On November 16, 1982, shot more than 20 times, Murphy was killed by the IRA in Glen-car, in the same estate where many of the Shankill Butchers' victims were found.

Lenny Murphy's mother Joyce always maintained her son's innocence and Murphy was given a paramilitary funeral to which thousands of loyalists attended as well as some politicians. The remaining members of the Shankill Butchers were all released under the terms of the Good Friday Agreement, as part of the peacemaking process in Northern Ireland.

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## New President for Bantry Bay Lions

Jerry Harrington assumed the role of President of the Bantry Bay Lions from Marion Rouse on August 11 (both pictured). Club members thanked Marion for the leadership she provided over the last few years and welcomed Jerry to his new position.

The Bantry Bay Lions Club is a non-profit organisation and is affiliated to the Lions Club International Foundation (LCIF) which has 100 years of service. They normally meet at the old Gaelscoil at 7pm on the second Thursday of the month. To learn more about the Bantry Bay Lions you are cordially invited to visit their website at [www.bantrybaylions.com](http://www.bantrybaylions.com).







## 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 ever-changing moon was an object of mystery and superstition in ancient Ireland. The old Celtic druids placed great emphasis on the moon and arranged their calendar by it. It was believed that

any work or business undertaken when the moon was growing (waxing) would be successful. Work begun when the moon was waning was considered less likely to succeed. A child born when there was a new moon was thought to have good prospects for health and wealth.

It was considered good practice to set seeds (potatoes, grain crops, and so on) as the moon waxed. Scollops for thatching the roof were cut as the moon increased, thereby ensuring their continued strength. An indirect benefit of the waning moon was that body-sores were believed to decrease in size during that period, and warts might disappear altogether.

Pigs and sheep were usually killed while the moon was waxing – 'the bacon or mutton would swell in the boil'. People were much more inclined to spare their money as the moon filled and to spend it as the moon waned.

The eternal return of the moon was naturally something mysterious and attracted much attention. There was a saying about the new moon: 'On the first night nobody sees it, on the second night the birds see it, and on the third night every-

body sees it.' It's coming was not greeted without apprehension and people were advised to make the Sign of the Cross when they first noticed it. A prayer might also be said, such as, 'God Bless the Moon and God Bless Me, I see the moon and the moon sees me'. There was a strong country tradition that with the coming of the new moon, people would kneel and pray for health, wealth and good fortune. A seventeenth century German writer wrote: 'The wild Irish (sic) have this custom, that when the moon is new they squat upon their knees and pray to the moon that it may leave them vigorous and healthy.'

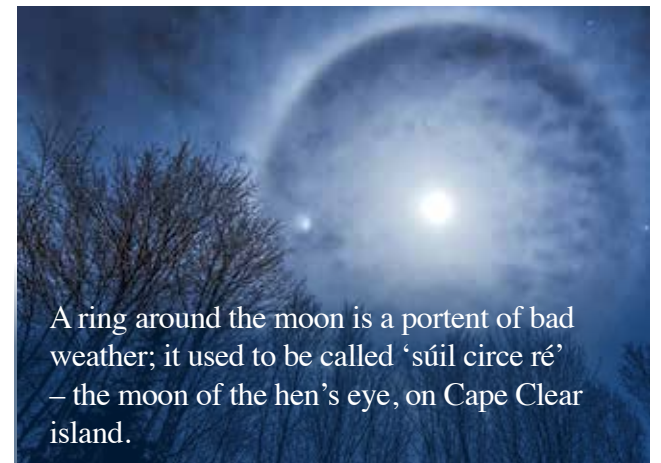
The Heave and Pull of the Moon: It was claimed in folklore that Aristotle failed to understand only three things – the work of the bees, the coming and going of the tide and the mind of a woman. Whatever about the other two, ordinary people understood that the tides had some connection with the moon and this provided proof of the ubiquitous lunar influences. Contemplating the connection between the sea and the moon, folklore developed some dramatic ideas. One such was that all water reacts in the

same way as the sea, that rivers swelled with the full moon, or that water placed in a dish will rise and overflow as the full moon is seen to rise. At the same time, the blood becomes invigorated and a person feels his strength increase.

The energy caused by the full moon in all its strength could, it was believed, be overpowering to the human spirit and there was a belief in Ireland and elsewhere that a person might become over elated by it and lose his wit for a while. Such a person was said to have gone 'le gealaí' (with the moon). In English we have the word 'lunatic' from the Latin for moon, 'luna'. The word 'moonstruck' has the same connotation.

The markings on the moon were interpreted as being the body of a man who was transported there from the earth. We have all heard about 'the man in the moon'. It was often held that a full moon on Saturday was a sign of bad weather or some other local misfortune.

The idea that the moon's waxing and waning directly affects the growing and shrinking of earthly living things was applied also to humans. Hair should be cut when the moon



A ring around the moon is a portent of bad weather; it used to be called 'súil circe ré' – the moon of the hen's eye, on Cape Clear island.

is waxing to ensure subsequent growth. In the Orkney and Shetland islands it was widely believed that marriages should take place when the moon was waxing.

It was believed that sleeping directly under moonlight had negative consequences for humans. At best, it could bring bad luck and bad dreams; at worst, it made humans prone to stammering, blindness, paralysis or idiocy. It was thought unlucky to see the new moon through glass; the best way to see it was over the right shoulder.

The appearance of the moon is also used to forecast the weather. A ring around the moon is a portent of bad weather; it used to be called 'súil circe ré' – the moon of the hen's eye, on Cape Clear island. When

the sickle moon appears to be lying on its back, it is a sign of very 'broken' weather. The old people, especially fisherman and farmers, observed all natural phenomena closely and were very accurate in predicting weather.

In Irish, the moon is 'an ghealach' or, alternatively, 'an ré'. 'Gealach na gcoinnlíní' is the Harvest Moon, 'coinnlíní' being the Irish for a stubble field with stalks left after reaping. 'Fear Láir na gealaí' is 'the man in the moon'. 'Seán na Gealaí' is Jack of the Lantern. 'Corrán gealaí' is a crescent moon; 'Ré nua', the new moon; 'ré lán', full moon. 'Tá an ré ina sui' – the moon is up. 'Rabharta lán na re' – the full moon-flood tide. 'Ré' is an alternative word for the moon.

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## HISTORY & POLITICS

Kieran Doyle

I want to begin by congratulating the organisers and contributors who took part in the Michael Collins Centenary celebrations, as well as those who ran and took part in the Bandon Walled Town Festival, that ran parallel to each other at the end of August. Both festivals showcased historical lectures and events, as well as family fun activities. Behind the thrills and frills and the serious business, are the hardworking committee members and organisations, who deserve great credit for making West Cork the place it is, (along with all the other community festivals this summer).

On the theme of civil war, It was fantastic in my opinion to see the leader of Fianna Fáil and Fine Gael share a stage at the Béal na Bláth centenary commemoration. It reflected a maturity in our society, which has been long overdue. People often talk about the bitterness of the Irish civil war and its generational divide. Yet if you look at the historical record, it's hard to understand why the wounds were not healed a long time ago when you put the Irish conflict in context with other

# The Russian Civil war of 1919-21 (part I)

European civil wars, which were far more savage, extreme and longer. The Spanish civil war left 100,000 'disappeared', who are still unaccounted for, to this day. The Finnish civil war, a contemporary conflict of Irish civil war, was more brutal and bloodier ours. But the Russian civil war from about 1919 to 1921, was the most savage of any. It is estimated up to 12 million Russians perished in the most vicious manner. Context is everything and, in fairness, most students and adults are never exposed to the writings and histories of the aforementioned foreign conflicts, so we tend to imagine what happened here in Ireland as being the worst.

The aftermath of the Irish civil war amounted to our politicians shouting nasty things at each other or some refusing to take their seats in the Dáil, and hereditary grudges passed on like a baton in a relay. In spite of these seemingly 'irreconcilable' differences, Irish society remained democratic, with a free press, an unfettered and independent judicial system. It was far from perfect, as we have seen from the darker side of our history, but there was space to grow, which has led over time to the evolution of the country. We are currently the 15th oldest standing democracy in the world, since our civil war.

In contrast, when the Russian civil war ended in 1921, during the next seventy years, common

Russian/Soviet men and women were subjected to an oppressive regime, which denied their citizens freedom of speech, freedom of movement, fairness under the law. The Cheka, and its descendant, the KGB, kept its citizens in terror. The judicial system was there to uphold the regimes politic indoctrination. Even after the fall of communism in 1991, Russian society has only superficially come of age, with an increased level of economic prosperity. Yet their politics, policing, press, and education have remained in the control of state influence, that has kept the common Russian man and woman in metaphorical chains. Meanwhile they have little to no freedom to change leaders or a system that claims to represent them with their increasingly hostile foreign policy.

Considering the history of Russia, one of the things that has always gripped my imagination, is the evolution of communism as a form of governance. At the end of World War One, the great powers' aristocrats and moneyed began to lose a grip on their power and the masses of people finally wanted a say in their own destiny. Indeed up to 1914, there were only ten democracies currently in existence. It wasn't as if democracy was a 'given'. The end of the Great War led to the rise of nationalism in places like Ireland, the popularity of working class political parties such as Labour in the United Kingdom, the dismantling of monarchy's in places like Germany and Austria and of course the rise of communism as a political reality, first envisaged in the Communist Manifesto by Karl Marx and Frederick Engle's in 1848. Communists in Russia initially sought to give the peasantry control over their own land, dismantle the Tsar and the aristocracy, which had bled and suppressed the people, and create a political system that was no longer dominated by class.

The best book I read over the summer was Anthony Beevor's 'Russia: Revolution and Civil war 1917-23'. It was a forensic account of these conflicts. Beevor shows however, that the communist model envisaged by Marx and Engles, was choked at birth. Vladimir Lenin never had any intention of creating a socialist society, that the early months of the Russian revolution had promised. Together with his inner circle, including Trotsky and Stalin, had their designs on dictatorship, control and terror. In the first phase of the Russian revolution, Lenin and the communists broke free

In part one of a two-part article, Kieran Doyle introduces us to one of the world's most savage civil wars. While Irish society remained democratic after its civil war, the Russian people still know repression today.



*Bolshevik (1920) by Boris Kustodiev*

from the chains of the tsarist imperialist regime, with the support of the common man and woman. The horror that followed in their civil war, paled into existence compared what people had endured under their aristocratic jailers.

So where does one begin explaining the Russian civil war? It was dubbed a proxy World War. Because it was a war of ideology [initially], it cannot be categorised or defined easily, by national identity. On the side, was Lenin's 'Red' communists, what we call Bolsheviks. They amalgamated a force from an eclectic mix of indigenous Red Guards [mainly built from the ranks of the industrial working force] Latvian Rifleman, Chinese recruits, Baltic sailors, released German prisoner of wars, with communist sympathies and even conscripted Tsarist officers who had no choice but to fight with them or die.

While you try to digest this, consider the opposition. This melting pot of groupings was an equally bewitching concoction. Collectively called the 'Whites', they were not ideologically aligned and even had opposing interests and political goals. Their only common objective was simply to stop the spread of Bolshevism. The Whites also contained communists, labelled Mensheviks who believed in socialism and a constitutional political assembly. They were paradoxically fighting with Tsarist officers and aristocrats who wanted to turn the clock back to the old regime. There were British, Allied and American troops, though small numbers, who were there to hinder the tentacles of communism's global spread. [Who would

have thought that, in 1919, Communism would become a global phenomenon] In this orgy of alliances there were also nationalist groups who, having gained independence from the collapse of the Russian empire, now did not want to be subsumed by the tentacles of the new Soviet Union either. Ukrainians, Finnish, and Polish troops, as well as soldiers from the Baltic States, rallied against the Bolsheviks [though each of those countries had communist supporters too, who wanted the Reds to succeed]. Also in the alliance were Cossacks from the semi-autonomous Steppes regions whom the Bolsheviks wanted to eliminate as class enemies. Looming menacingly in the Far East, were Japanese troops who had designs on the imperialistic empire, one that would play out fully in World War Two. Despite this vast rainbow coalition of collective power in the White corner, it doesn't take an analytical genius to foresee that such disunity and paradoxically opposed ideologies would never unite to beat the Red wave of communism and its ideological unified and driven allies.

But you don't win a war simply because the other side is simply disorganised. Lenin, Trotsky and Stalin knew the best way to win the civil war was brute savagery and they unleashed a hell on their own people to make sure they would be the ultimate victors. In next month's article I want to explore the Russian Civil war in more detail. What will surprise many readers, is the role the Ukraine played too. When reading Beevor's book, the parts relating to Ukraine were scarily like

reading contemporary accounts of what is unfolding before our very eyes today. History is cyclical. Putin knows this only too well and we have often been informed in the media with his obsession to remould the old Russian empire. It is also a tale of the suppression of the common Russian people, who let's face it, are still repressed today. I hope you will read part two in next month's West Cork People, where I illuminate the horrors and crimes of a civil war like no other.

## Dúchas Clonakilty produce history YouTube video of Timoleague

As part of the recent National Heritage Week, Dúchas Clonakilty Heritage commissioned a 30-minute YouTube video on the history of Timoleague with a special emphasis on the history of the famous abbey that dominates the village, as well as the Church of Ireland church building and the Catholic Church.

There are a number of other interesting snippets of information also relating to the War of Independence period in the locality.

The script was researched and narrated by Diarmuid Kingston and Michael O' Mahony, both founding members of Dúchas Clonakilty Heritage and the excellent camera work – including the use of a drone camera, and editing was by Donal J. O' Driscoll.

The video is top quality in terms of production and content and free to watch.

Google 'Dúchas Clonakilty Heritage YouTube' and select the 'Timoleague 2022' video.

Christopher  
O'Sullivan TD

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If my team or I can assist you in any way, please don't hesitate in getting in touch.

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# Carrigaphoooca memorials mark a brutal and bitter conflict amongst former comrades



There are many monuments commemorating events from the 1919-1923 period dotted along the N22. Midway between Macroom and Ballyvourney you will find two memorials at Carrigaphoooca; a Celtic cross commemorating seven Free State soldiers who died in a mine explosion on September 15, 1922 stands just feet away from a plaque commemorating an IRA Volunteer killed as a reprisal. **Pauline Murphy** shares the history behind these memorials.



Athlone. Grisly local lore tells how people in the area were still finding body parts in fields and ditches many weeks after the incident.

Commandant Keogh was the only survivor found at the scene. His legs had been blown off and he had injuries to his abdomen. He was taken by ambulance to the Mercy Hospital in Cork City but, so severe were his injuries, he died later that night.

Keogh was a 23-year-old Carlow native who had fought in the 1916 Easter Rising and was a leading member in Michael Collins' famous '12 Apostles', also known as 'The Squad', during the War of Independence. Keogh carried out assassinations of Dublin Castle detectives during Bloody Sunday 1920 and was arrested following the Customs House fire in 1921. Released after the truce, Keogh remained loyal to Collins and became a Commandant in the newly formed Free State army.

Michael Collins' sister Mary, who resided near the Mercy Hospital, went to see Keogh and was present when he died. She wrote a letter to Keogh's mother and attached a lock of his hair: "I was present when Tom died, he died like a tired child going to sleep, he just closed his eyes and his mouth, and all was over. The nuns and a few of his comrades had the privilege of saying a few

prayers for his gallant soul. I remained while they washed him, his lovely white young body so broken and battered. God love him. I am sure, that after all his brave fights, god took him to join the Big Fellow."

The Carrigaphoooca explosion enraged the Free State troops based in Macroom Castle and some set out for revenge. The following day, September 16, 1922, members of the Dublin Guard, who were based in Macroom, including Collins Squad members James Conroy and James Slattery, brought IRA prisoner James Buckley from custody to the scene of the explosion, where they beat him before shooting him dead.

Anti-Treaty IRA Volunteer James Buckley was a 46-year-old labourer from Clounfada, Macroom. He was a member of the 7th Battalion Cork IRA No.1 Brigade and had taken part in many actions across West Cork throughout the War of Independence.

Buckley had been captured the day before the Carrigaphoooca explosion, during a skirmish at Gortnalika and had nothing to do with the mine at Carrigaphoooca yet his bullet-riddled body was found in the crater where the mine had exploded.

This revenge killing disgusted many Free State soldiers, especially soldiers from the locality,

who downed arms in protest, causing Free State General Tom Ennis to leave his post in Cork City and go to Macroom to calm the situation.

Local Free State Commandant Peadar O'Conlon wrote to Major General Emmet Dalton: "The shooting of this prisoner has caused considerable contempt amongst the garrison here. They have paraded before me and have given me to understand that they will not go out on to the hills anymore. Therefore you will want to tell these officers from Dublin that they will want to stop that kind of work or they will corrupt the Army...If I was taken prisoner, I would want to be treated as one. Therefore we must do the same. I oppose Dublin Guard policy in the strongest way i.e., any revenge killing like that of James Buckley."

Dalton in turn wrote to Minister for Defence and Army Commander in Chief Richard Mulcahy that he "personally approved of Dublin Guard action" but lamented that most of the men in his command did not. Dalton suggested to Mulcahy "It would be better if you kept the squad out of my area."

Some squad members from The Dublin Guard were sent back to Dublin while others went westwards, across the county bounds. With their distinct dark green uniform they stood out

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from the lighter Free State attire and many people in West Cork and Kerry tagged them as 'the green and tans'.

James Buckley is buried in Clondrohid and is commemorated on the IRA memorial in Macroom town square. His death was not the first nor would it be the last time an IRA prisoner in custody died in violent fashion.

Just a week before the Carrigaphoooca explosion and revenge murder of Buckley, the mutilated body of IRA Captain Tadgh Kennefick was discovered in Coachford. He had been arrested by Free State troops under the command of General Dalton and tied to the back of a military lorry. Kennefick was dragged to a spot near Rooves Bridge where he was beaten shot before his body was dumped in a field nearby.

This bloody and brutal

episode in the Irish Civil War was just the beginning of a series of terrible acts carried out on former comrades. The actions of the Dublin Guard in the South West was raised in the Dáil by Labour TD Tomas de Nogla. Even the crown authorities were taking note of the dire situation. A British Military intelligence report from the Autumn of 1922 noted "several republicans have been murdered under extremely revolting circumstances."

1923 was no better. The Dublin Guard had turned their attention to Kerry where over 40 IRA prisoners in their custody were murdered.

One hundred years later, on the busy N22, many motorists whizz past Carrigaphoooca, oblivious of this spot where blood was shed in a brutal and bitter conflict that scarred Ireland for many generations.

## Standing in solidarity

By Clonakilty  
Amnesty Group

Israeli armed forces, on August 19, raided the offices of seven Palestinian civil society organisations in the West Bank of the Occupied Palestinian Territories (OPT), confiscated files and equipment and issued military orders to close them down. They then welded shut their office doors.

Amna Guellali, Amnesty's Deputy Director for the Middle East and North Africa, said, "These organisations have



contributed enormously to human rights in the OPT and across the globe, yet Israeli boots trample all over their work. Amnesty stands proudly in solidarity with our Palestinian partners and calls on all governments to condemn the Israeli army's attack on Palestinian civil society."

Among the organisations shut down are Defense for Children International-Palestine, the Union of Agricultural Work Committees, Union of Health Work Committee, Union of Palestinian Women Committees, Adameer and Al Haq.

Amna, speaking for Am-

nesty, calls on the international community to work to reopen the offices of these organisations and to support the International Criminal Court's investigation into the Palestinian situation and for international condemnation of Israel's apartheid against Palestinians.

In Saudi Arabia, yet another woman pays the price of supporting women's rights, with her initial sentence of six years imprisonment increased to thirty-four! Salma al-Shehab, a Leeds University PhD student had retweeted activists who support women's rights and had herself written about the treatment of women in her home country.

Following an unfair trial in mid 2022, she was sentenced to six years and then, on August 9, her sentence was raised to 34 years in prison, followed by a 34-year travel ban from the date of her release. Salma has two children and this cruel punishment is a reminder to women, a lesson. All the claims by the crown Prince that he is a reforming leader, bringing enlightenment and freedom for women, opening up Saudi Arabia to the world, a modern man, are false. Behind the international sports events, the tourism, the welcoming of leaders of western democracies, the gestures towards women's rights are prison cells full of

women, and men, who dare to tell the truth.

Some good news: Mohamed Salah, an Egyptian journalist detained since November 26, 2019, without charge or trial, for the peaceful exercise of his human rights, was released on April 24 this year. He sent this message to all the people around the world who signed petitions and sent letters to the Egyptian authorities calling for his release.

"I am writing these lines as a free man after spending two years and five months in prison. Throughout this period you were supportive of my cause by all possible means, not only me but also others who were imprisoned

because of their opinions. I thank you all for the constant support and urgent actions for my freedom. You were a voice for us from inside prison, and I invite you to continue your honourable and honest work for the freedom of every human being, especially prisoners of conscience."

If you would like to lend your support to the work of Amnesty do go online at Amnesty.ie or come along to the Clonakilty Group meeting at O'Donovan's Hotel on the second Monday of the month at 3pm.





# Clonakilty Agricultural College

Courses starting in September 2023 in Darrara (All leading to a **GREEN CERT**):

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## EDUCATION & OPPORTUNITIES

# Bantry Credit Union shows real commitment to education and young people

Bantry Credit Union has more than halved the interest it charges on education loans, from seven to three per cent.

According to the credit union, this is the lowest interest rate charged on education or student loans by any financial institution in the country.

Explaining the decision, Chairperson of Bantry Credit Union Eddie Mullins said: "The Board of Directors carefully considered this matter over the past nine months. We were frustrated at not being able to pay a dividend to members for the past two years, for reasons beyond our control. We wanted to give something back to our community in place of the dividend."

Eddie continued: "We decided that investing in the education of our young people by reducing as much as we could the interest we charge on education loans was an appropriate way to do this."

The timing of the initiative is particularly appropriate, Eddie says, pointing out that 2022 is the 20th year of Bantry Credit Union's highly regarded annual Third-Level Education Scholarship Scheme. "We also wanted to mark this milestone year for our scholarship scheme. Investing in the education of the next generation by greatly reducing the cost of education loans seems a very good way to do this."

The scholarship was introduced in 2003 to mark the opening of the credit union's new

office at Wolfe Tone Square. Since then 19 local students have benefited from the scheme, receiving up to €6,000 over four years. That's up to €114,000 invested in the education of local young people over the past 19 years. This year's winner therefore will be the 20th recipient of the scholarship.

With two great stories to tell – the massive reduction in the interest rate on education loans and the 20th anniversary of the scholarship scheme – the credit union turned its mind to how best to promote these stories.

Bantry Credit Union Manager Finbarr O'Shea said the credit union has always emphasised that it is a community-based, locally-owned, locally-run and locally-staffed financial services provider. Finbarr said they wanted to capture this emphasis in the promotion and awareness campaign for both the education loan offering and the scholarship scheme. "What better way to do this than to ask the most recent winner of the scholarship to be the face of our campaign?"

Ellie Horgan from Letterlickey, Bantry, was awarded the scholarship in 2021. Now studying Medicine at UCC, Ellie is a great role model for today's young people – though she is far too modest to agree! She combines her third-level studies with voluntary involvement in a range of community and social organisations.

Ellie is on the Youth Advisory Council for Dublin Rape Crisis Centre. She also volunteers with ALONE Ireland and is a volunteer crisis counsellor with Crisis Text Line 50808. And Ellie still

finds time to work part time as a healthcare assistant.

When asked why she was willing to be associated with the credit union's promotion campaign, Ellie said: "My immediate reaction was Yes. I know how important the credit union is to our locality and I am more than happy to support that in any way I can."

Ellie explained: "The support that Bantry Credit Union provides through the scholarship and now their new education loan cannot be overstated. It allows young people a chance to pursue their dreams and aspirations by accessing finance in an accessible and friendly way through local faces they already know. I am hugely proud to be associated not only with the scholarship and the new education loan, but also with the credit union and with our whole community as they come together to support our young people. I believe that it says a lot about Bantry and our community that our credit union is able to offer the lowest rate on education loans in the country, and I could not be more proud of that."

Welcoming Ellie's involvement as the face of the campaign, Chairperson Eddie Mullins said "We are delighted. Ellie is local. She is one of our own. She represents everything that is good and positive about today's young generation. And, we believe, the credit union."

The credit union is already taking applications for its new low-rate education loan. Application Forms for the scholarship are available since September 1.



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Chairperson of Bantry Credit Union Eddie Mullins with 2021 Scholarship awardee Ellie Horgan





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## STUDENT SCHOLARSHIP SCHEME

2022 marks the 20th year of Bantry Credit Union's annual scholarship which is worth up to **€6,000** over four years! So be sure to follow us on social media to find out more or visit [bantrycu.ie](http://bantrycu.ie)

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\*Based on a survey in July 2022 of interest rates charged on student loans by credit unions and mainstream banks. For a €5,000, over 4 years variable interest rate loan, with 48 monthly repayments of €111, an interest rate of 3%, a representative APR of 3.04% the total amount payable by the member is €5,312. Information correct as at 18/08/2022. Loans are subject to approval. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Bantry Credit Union is regulated by the Central Bank of Ireland.

**Ellie Horgan**  
**2021 Scholarship Winner**



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By **Karen O'Reilly**  
Employflex

**W**hat skills do we need for the world we work in now, the world of work that has been completely turned on its head in the last two years and will, hopefully, never look and feel the same again? The internet blew up last week as people spoke of the hottest new soft skill to have on your CV; Hybrid competency – a term that would have had us all googling the meaning of pre Covid; makes perfect sense as we navigate our way from traditional presenteeism to a more flexible way of managing our work/life balance.

So, what other top skills have we learnt and should be highlighting to advance our careers to show that we are hybrid competent?

Flexible work specialists Employflex give their (tongue-in-cheek) top 10 to include on your CV/next interview:

**1. Zoomologist** – cast your mind back to the days before Covid struck and you had never heard of zoom, MS teams or

Cisco...now they are simply a part of our daily working lives. So many people were genuinely petrified of Zoom and the learning curve was a steep and sometimes reluctant one, but now, after two years of constantly being on one video conferencing tool or another, it is second nature. It is lovely to actually go to events, meet clients and rub shoulders with people in real life again, but zoom and its ilk have eliminated many unnecessary journeys and time spent traipsing around when, yes, it could just have been an online meeting.

**2. Precision writing engineer** – virtual communication leaves no room for ambiguity – we have had to learn to be very exact in our writing skills – precise and thorough – a tricky one. Emojis too can be useful when relaying a difficult message. Fluency in emoji language would be a distinct advantage.

**3. Juggler** – while working remotely or from home, an asynchronous workstyle, hopping from major to minor tasks, as well as managing the household agenda, requires discipline and serious multi-tasking skills. Targets, schedules, deadlines, all need to be met without the discipline of an office environment or a boss looking over your shoulder. Outlining the projects you have accomplished while working autonomously over the past two years can demonstrate your professional juggling capacities.

**4. A rabbit hole avoider** – for this we need discipline, self-con-

trol and superior organisational skills – hours, days and weeks can be lost as we scramble around social media rabbit holes procrastinating our working week away. Good managers will set goals built on results and not just time at the desk/computer. Individually, we require daily plans to keep us on track, while building reasonable breaks into our patterns so that we don't risk burnout or work fatigue.

**5. Cross-cultural collaboration expert** – in the olden days (pre Covid) when working on a project, we'd meet our colleagues in the corridor, at meetings, at the famous water cooler and talk through ideas, issues and brainstorm. Now, distributed teams have to organise a time and be a little more patient – your colleague may be on the other side of the world, in a difference time zone – managing this requires cross country literacy, understanding and more planning.

**6. Masters in empathy** – particularly for leaders, many of whom have always believed that they need to lead with vision, inspiration and motivation, all of which are true and commendable, but in a remote world, a leader must first and foremost, be an active listener.

**7. A creative professional virtual background developer** – another very useful skill to outline when looking for work is your ability to create the illusion that you are working in a 'fancy pants' beautifully decorated office environment with clean

white lines while you actually are in the utility room with a pile of dirty laundry stacked up behind you – an invaluable tool in your toolbox of competencies.

**8. Innovator** – working from home means that we cannot always lean on our colleagues, workmates or managers when we run into an issue – we may have to (gasp!) solve it ourselves. The ability to think on your feet, take control and the initiative are skills that may need to be sharpened if you have been institutionalised for all your working life and are an expert at delegating to your peers and passing the buck.

**9. Snazzy upper-body dresser** – no-one cares and knows that you are in shorts/pyjamas, fish net stockings... your upper half is totally professional, sharp and makes the right impression. Just don't stand up to get something from your filing cabinet mid meeting without turning off your camera!

**10. Experience in ALF (Active Listening Face)** – When we are online, particularly in meetings where there are a few others on board, one must try to maintain an active listening face – there is nothing worse when giving a presentation, knowing that people are working on something else on their device, scrolling on their phones or just simply zoned out. We just would not do this if in person at a meeting and common courtesy should prevail online but alas it does not – RBF (Resting Bitch Face) is to be avoided at all times.

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## Skibbereen's West Cork Campus (Cork College of Commerce) helps you reach your potential

**T**he West Cork Campus provides a wide range of accredited courses at QQI Level 5 that are delivered in a student-focused and supportive learning environment. As part of an overall rebranding of Further Education & Training, Cork Education & Training Board has renamed many of its centres, with the West Cork Campus now known as 'Cork College of FET – West Cork Campus' the Skibbereen branch of Cork College of Commerce in Cork City now renamed 'Morrison's Island Campus'.

With highly experienced tutors and excellent resources available to students, including up-to-date technology, one-

to-one career guidance and a Student Support Service for those with particular educational needs, the West Cork Campus is the ideal choice if you want to undertake a one-year programme that equips you with the skills and insight into gaining relevant employment locally or make an informed choice in progression to a degree course.

The work experience placement that is included in all courses gives students the opportunity to gain valuable application of their skills and the establishment of valuable contacts in local businesses and service providers, and the direct recruitment of college graduates.

The college has extensive and

very valuable progression links to UCC, CIT etc as well as great employment opportunities arising out of the QQI qualification.

Further Education courses are for everyone, post-leaving cert students, mature students and individuals who want to make a career change or pursue further study. Once you become a student of the West Cork Campus, a wide range of options become available to you – building your confidence and skills to reach your potential!

There are a number of new programmes on offer this September including:

Accounts Administration (Level 5) – If you have a flair

*Continued on next page...*



# Special Feature EDUCATION & OPPORTUNITIES





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Regional Training Centre

## West Cork Campus *Cont'd from previous page...*

for numbers and an interest in working in the financial side of any business office then this is the perfect course for you. Gain expertise in supporting the management of finances in any company environment or be the 'go to' person for accounts in the office of a small business.

Nursing Studies (Level 5)  
– This preparatory course is

geared for those who intend to go on to further training for the BSc Degree in Nurse Education either in Ireland, England, Scotland, Wales or abroad. You will be introduced to subjects/topics commonly studied in the first year of the nursing degree programme. Learn about the skills and knowledge of the nursing profession with an emphasis on

respect, dignity, empathy and confidentiality. Give yourself the best start for entry to a career in healthcare.

Nutrition, Health & Wellness (Level 5), This course offers you the opportunity to learn how to promote physical and mental well-being through physical exercise, self-care and relaxation. It examines a variety of physical

disciplines that enhance the body and mind. Students learn how to integrate health and wellbeing into their working environments. Awareness of physical and mental health is becoming increasingly important for com-

panies to maintain a content and productive workforce as well as enhancing the life of individuals.

Further information is available on [www.westcorkcampus.corkcollegeofcommerce.ie](http://www.westcorkcampus.corkcollegeofcommerce.ie). A prospectus and further infor-

mation is available by contacting 028 21644 or emailing [westcorkcampus@ccoc.ie](mailto:westcorkcampus@ccoc.ie) or Máire O'Sullivan (Coordinator) [maireosullivan@ccoc.ie](mailto:maireosullivan@ccoc.ie)

## Our experience...



"I was glad I took the decision to enrol in September 2021. In particular, I wanted to gain new skills in ICT, bookkeeping, and payroll in the hopes of modifying my career path to accommodate my hectic family schedule. I also needed a boost in self-confidence because I had been a stay-at-home mom

for the previous six years. All of this was provided to me by the West Cork Campus and I am grateful to the kind and supportive faculty, staff and classmates there. I'm finally prepared to move forward and start looking for new work." – **Hazel O'Sullivan Daly, Business Admin with Online Solutions**



"I completed the Business Administration course this year and found it great as it covered a broad range of office skills including book-keeping, payroll, web design, social media and Microsoft Office. This course was useful professionally and personally as many of the business skills learned are transferable. The tutors are very

supportive and accommodating and I found the hours really suited my circumstances. I really enjoyed the camaraderie amongst the students and I made many new friends. Progressing onto a business degree was also an option that I had not been aware of. After qualifying with a QQI Level 5 in Business Administration, I found myself with many more employment opportunities I may not have had otherwise. This course equipped me with the skills and confidence to work in a fully computerised office and I haven't looked back since." – **Ingrid Tierney, Business Admin with Online Solutions**



"I suppose the hardest part is actually making the decision to return to education. Once I made that decision the rest was easy. The college really does help every step of the way. I loved attending the West Cork Campus, the staff are all fantastic, there is no pressure and so much help. Apart from up-skilling and re-educating myself I also met a fantastic group of people doing the same course, we laughed so much. The year flew by with fantastic results and a job at the end too!"

– **Ann Whelton, Medical Admin** (pictured top left)

"I decided to return to college in 2021 to up-skill with the idea of going back to the workplace. I saw the Business Administration with Online Solutions Course advertised at West Cork Campus in Skibbereen. I went for the interview and was thrilled to be accepted. The best decision I have ever made! From the first to the last day it was a fantastic experience. The staff is fantastic, nothing is a trouble to them, they will help and encourage you all along the way. My fellow students were also fantastic and I have made life long friends. I am now in full-time employment and loving being back in the workplace, using my new computer and communication skills. If you're like me, hesitant about taking the first step, do it! You will have a fabulous experience and you'll be so proud of yourself."

– **Noreen O'Keefe, Business Admin with Online Solutions** (pictured top right)



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## QQI Day Courses

### Commencing September 2022

QQI LEVEL 5	
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<b>Gain new skills or update existing ones</b>	<b>Supportive learning environment</b>	<b>Path to further study or that ideal job</b>	<b>Courses relevant to local job opportunities</b>
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## APPLY NOW

Visit [westcorkcampus.corkcollegeofcommerce.ie](http://westcorkcampus.corkcollegeofcommerce.ie) for Online Applications

For more information, please contact Máire O'Sullivan on 028-21644 or email [maireosullivan@ccoc.ie](mailto:maireosullivan@ccoc.ie)









## people Farming

## Agriculture in the news

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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After a build-up that dominated the airwaves at the time, a figure for the cut in emissions in Agriculture was set at 25 per cent in late July. I'm glad a decision was reached and the debate – that at its extreme turned extremely toxic on social media channels – is in the rear view mirror. The practicalities of what the cuts actually entail at farm level will have to be worked out now.

How and when these cuts will

come into play isn't so clear-cut. The same can be said over who politically will implement them. None of the three larger political parties appear overly keen. Perhaps this is a reflection of society too. Emission cuts may be easier to implement in agriculture in comparison to other sectors. The blend of policy and financial incentives has worked in the past when it comes to implementing policy shifts in farming. The likelihood of that combination being used again could be a framework for the 'voluntary basis' that has been mentioned in relation to emission cuts from agriculture.

**Weather**

August has provided great weather from a tourist perspective and for farmers' harvesting grain, although there was a heightened fire risk during the warmest week. From a livestock farmers point of view it has proven more challenging, especially so for those involved in dairy farming. Lack of moisture has stymied grass growth. Conditions have been very similar to the corresponding time in 2006. That year we had no rain here at all for nine weeks from early July to the middle of September. I'm probably a bit more prepared for dry summers since then. Now that is much easier for me to say as a dry stock farmer. There are different pressures involved if you're in dairy and higher costs with meal required to supplement cows, as well as dipping into silage stocks. As challenging as conditions are, this dry spell has been



A Chicory plant in flower. Chicory is one of the plants in the Multi Species pasture mix that has kept going well despite low rainfall on Tommy Moyles farm.

a bit easier to manage compared to 2018, which began in June and ran until early August. That was on the back of a floods and blizzards over the winter and a fodder crisis that spring. Silage stocks were very thin on the ground when that drought struck so at least fodder stocks are in good shape for now.

How long the rain stays when weather does break is anybody's guess. Given the dry spell and nature's habit of balancing out, we could end up facing floods or snow over the coming winter. There's been a small drop of rain from the third week of August, so that, and heavy dews have kept pasture growth ticking over, but it's far from bursting out of the ground. A decision to put in other pasture species such as chicory, plantain and red clover has paid off as,

at the end of August they were the plants that were thriving best largely due to their larger tap roots which go deeper in the ground in search of moisture.

**Scanning postponed**

The heat also resulted in the scanning of the younger cows and heifers being postponed. It was just too warm at the time and, if there was any delays and they had been in the yard for too long, the water demand when they returned to the fields could have been under pressure. An air-locked water system in hot weather isn't fun to be playing around with. So a call was made to wait until the weather gets cooler. At the beginning of the really warm spell in the middle of the month, water ended up being turned off in the Ardfield area for a day but thankfully

was switched back on.

I'm writing this at the end of August but there's still sufficient covers ahead of all groups so the target of getting to September without opening a bale should be achieved. If conditions continue to be relatively dry, then the first option will be to put silage in the diet for the culls and introduce meal to their calves to get them used to it ahead of weaning. Those cows would be next on the list for selling anyway, so supplementing them and moving them on would make most sense.

**Health and Safety**

Unannounced Health and Safety inspections are also taking place at the moment and an inspector called to the farm. With agriculture still listed as the most dangerous occupation,

these inspections are straightforward enough and the focus was largely on animal handling facilities and tractor safety. I found it was a pleasant experience and I'd certainly rather a visit like that rather than a HSA inspector calling following an accident. When you're familiar with your own yard, a pair of outside eyes is good to point out any potential safety issues or suggest improvements.

Agriculture has become a busy space news-wise, – there's been a few new changes proposed for the nitrates derogation and more details were revealed of the latest environmental scheme ACRES. I must have a closer look at that over the next while, so more on that next month.

## Carbery launches €6m annual bonus for farmer suppliers under sustainability scheme

Carbery Group, in August, launched a new phase in its longstanding farm sustainability programme. To build on and support the great work already underway on sustainability on the farms of its farmer suppliers, Carbery is set to offer a total €6m annual bonus fund for suppliers who meet four sustainability criteria under the FutureProof initiative.

As part of FutureProof, in 2023, Carbery suppliers will receive 1c per litre bonus in exchange for the implementation of milk recording, meeting certain EBI (Economic Breeding Index) thresholds, commitment to an ASSAP (water quality) assessment and using protected urea.

To assist farmers in preparing for the full roll out

of the scheme next year, in 2022 Carbery will be paying a 0.5cpl bonus to every farmer who signs up. In opting in for FutureProof in 2022, farmers will commit to a sustainability pledge, and agree to undergo an ASSAP assessment for water quality.

Jason Hawkins, CEO of Carbery, stated, "Carbery is a company with a commitment to sustainability since our foundation, and this ethos has come from the attitude of our 1,220 farmer suppliers. We have a long record of pioneering sustainable approaches and promoting sustainability on our farms. Whether through our Carbery Trees program under which 100,000 trees have been planted on West Cork farms, our Carbery Greener Dairy

farmers programme, underway since 2012, or our Farm Zero C project, we have always prioritised sustainable approaches.

"The FutureProof bonus will ensure Carbery farmers take their sustainability approach to the next level, and that we remain to the forefront of farming sustainably. We have chosen to focus on four very specific, measurable areas, which we believe will have the most impact, in terms of reducing environmental impact, improving efficiency on farms, and shifting the dial quickly on emissions and water quality, which is what we need to see in order to secure the future of dairy farming."

He added: "Though we are starting from a good base, with years of positive action

behind us, farmers have a huge challenge ahead to meet the agriculture reduction target of 25 per cent as set out in the Climate Action Plan. We will support our farmers all the way, and Futureproof will be a key enabler of this. We look forward to working together with Government on their proposals to do the same."

Cormac O'Keeffe, Chairman of Carbery, explained: "This announcement is timely, given the targets announced for farmers last week, but the work on finalising this initiative has been underway by the Board of Carbery for some time now. We are delighted to be launching a positive initiative to support farmers through the changes ahead. We already have a significant number of farmers

who are milk recording, implementing genetic gain and are using protected urea. The bonus means that these farmers will be rewarded for good practice, and farmers who want to make the switch to some of these practices or maximise what they are doing in these areas will be supported to do so.

"We have consistently said that we know our farmers are committed to farming responsibly and sustainably. They just need to be supported to try new measures. Through the introduction of this bonus, we are committed to providing this support, and to continue to champion responsible, ethical and sustainable farming, producing quality milk."

The FutureProof bonus will take full effect in 2023. Implementation of all four FutureProof measures would see the average Carbery supplier earning an additional €5,000/annum from the bonus. This is in addition to savings and gains

that would be made through efficiencies and increased productivity.

From 2023, Carbery suppliers who meet the following measures will receive a bonus of 1c per litre of milk: Milk recording at least four times a year; Using a percentage of protected urea as part of their total fertiliser use; Commit to an ASSAP assessment; Are meeting certain EBI thresholds.

For 2022, all Carbery suppliers signing up to the sustainability pledge will be paid 0.5c bonus as part of FutureProof with the intention that this will allow them to make necessary investments to achieve the full bonus in 2023. Any supplier receiving the 2022 payment will sign a Sustainability Pledge and complete an ASSAP water quality assessment if requested to do so.

For more information on the FutureProof initiative please visit [www.carbery.com/futureproof](http://www.carbery.com/futureproof)





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## people Farming

## A West Cork Farming Life: James Hurley, Granagoleen, Clonakilty.

### Tell me about your farm?

I'm the fifth generation farming here and we're milking 105 cows on 145 adjusted acres split over three separate parcels. The cows are each producing 5,500 litres of milk per year and just under 500 kg of milk solids/cow; we supply Lisavaird Co-op. It's a spring calving herd, with cows going to grass from February 14 onwards. We've had no breeding bull on the farm the past two years; it's 100 per cent AI. We use tail paint and a vasectomised bull for heat detection. There's also a small beef enterprise consisting of Angus and Hereford crosses from the dairy herd, some are sold as weanlings and we finish the heifers at 20 to 22 months. We grew seven acres of wheat for whole crop silage too, which is given to the cows after calving to increase the protein content of the milk.

### How has the year gone to date?

So far, 2022 has certainly been a year to remember. There is record milk and beef prices, record feed and fertiliser costs, drought and then news that there are tighter derogation and

climate change regulations on the way. I got Covid in March for good measure.

Before Christmas 2021, fertiliser prices took a steep hike due to gas shortages. However, the minute that Russia invaded Ukraine, it became a question of availability of fertiliser, rather than price, that was the issue. The week of the invasion, I listened to an online conference from New Zealand on price prospects for the year ahead. They were predicting record milk for their season, which begins in July. That gave me confidence that Irish prices would be at an all-time high for the year. What I didn't expect was that it would reach the current heights. Due to the shortage of crop exports from Ukraine, ration prices rose dramatically. The price of a ton of ration that we normally use is currently €430, it was €300/ton a year ago. For the last two years, we have used Protected Urea on the farm. Over the last year, it has gone from €375/ton to €1200. Other products like 18-6-12 rose from €385 to €1,150 while 0-7-30 jumped to €980/ton, up from €410/ton.



### How have those prices impacted how you farm?

In 2021, 12ton of grass/hectare was grown with 190 kg N/hectare spread. I am in derogation with a limit of 250 kg. So I am well under that. Over the past few years, we invested heavily in improving soil fertility, especially the soil pH levels spreading a lot of lime. We increased the P and K indexes in

the soil too. As a result, we have been able to reduce some of our fertiliser use down to a maintenance level. The mild winter meant we had some very good grass growth over the winter and that resulted in a reduction of 25 per cent of the amount of fertiliser spread in February. In late March, I caught Covid and was pretty badly affected. As a result, very little fertiliser was

spread and I reduced my silage fertiliser down to 50 units/acre instead of the normal 72 units, as I couldn't spread till the end of April. This was to ensure that there would be no N residue in the silage when cut. My contractor also spread 3000 gallons of slurry/acre on my silage ground and 2000gallons/acre on much of my grazing ground which reduced my N P & K use. This was spread using LESS (Low Emission Slurry Spreading) spreader reducing our GHG emission output.

### How has weather impacted on you this year?

The weather has been an ongoing topic all year. The winter was very dry and it was only in February that any amount of dampness fell. February and March was both damp and mild. However, since April, we've had very little rain. Grass growth has been poor since then and, since June, we have effectively been in a drought. Occasional rain has meant strict grass management and feeding 4 kg ration/cow/day rather than the 1.5kg/day in a 'normal' summer, doing those has enabled us to get by so far. The

biggest issue though has been providing enough water to the cows. Our main well is running very low and we've been forced to supplement it with the older, shallower well. However, keeping enough water in front of the cows is difficult.

### How did you end up having a biodiversity study completed on the farm?

I'm active on Twitter and, in May, I entered photos on the Biodiversity Ireland Twitter page in a competition they ran called #FarmlandBiodiversity. They picked one of my photos as the winner and the prize was they would conduct a biodiversity audit of my farm. There has been a lot of talk among environmentalists about the lack of biodiversity on dairy farms in Ireland. I have never believed this, nor do most dairy farmers. However I had no means of proving what's on my farm, it was brilliant to get the opportunity to have an expert assessment of the flora and fauna of the farm. I was pleasantly surprised by what they found.

## Four West Cork farming families announced as finalists in Milk Awards



Ita, Tony and Jessie Hawkes farm together in Keel, Innishannon.

Four West Cork families are among 13 farms who have reached the finals of the 2022 National Dairy Council (NDC) and Kerrygold Quality Milk Awards. The Deasy family from Ahafore, Timoleague, the Hawkes family from Keel, Innishannon, the Shorten family from Woodfield, Clonakilty and the Collins family from Caheragh, have all been shortlisted for the award, dubbed the 'Oscars of the Dairy World'. Representing eight counties and 13 dairy co-ops nationwide, the NDC and Kerrygold Quality Milk Awards recognise and celebrate the highest standards of excellence in dairy farming with a focus on milk quality, animal welfare, and sustainable farming practices.

The prestigious awards, now in their eleventh year, reward farming families working every day to produce high quality dairy through sustainable production methods. In recent years, the awards have introduced additional criteria to acknowledge farmers that operate a sustainable dairy operation with clear evidence of excellent technical practices in the areas beyond quality milk, namely; care for the environment and animal welfare; dairy and parlour facilities; and hygiene.

Zoe Kavanagh, CEO of the National Dairy Council said, "With more scrutiny than ever on how farmers produce milk, dairy's reputation depends upon demonstrating greater commitment to practices that

protect the environment. The single most important challenge facing the Irish dairy farmers 'social licence to produce'. The Quality Milk Awards are so important as they highlight and reward the high standards of dairy production being carried out by dairy farmers all over the country, respecting the land, protecting the precious biodiversity and operating at the highest standards of responsible food production. It is in all our interests to continue to nurture that approach and support future generations to farm with excellence."

The overall winner will be announced at a special ceremony in Ballyvolane House, Co. Cork on September 14.

## Cork South West Greens welcome boost for farmers and biodiversity

Scrub and woodland on farms are crucial for biodiversity, and farmers in South West Cork will be paid to protect it in new CAP proposals.

Farmers in South West Cork will be able to receive payments for land with up to 50 per cent given to scrub, thicket, woodland habitat, and rock under new proposals from the

Department of Agriculture on CAP.

These areas were previously ineligible for farm payments, and this led to farmers removing these high nature value habitats.

This process was devastating for wildlife that relies on these pockets of trees and scrub for survival.

This change, if approved,

will come into effect from 2023 and is a major change in approach from the Department of Agriculture in an effort to boost biodiversity.

Local Area Rep for Bandon Kinsale Marc Ó Riain said, "I very much welcome this move. The problems with farm payments in recent years have led to the removal of really valuable habitats – all

because farmers needed to get paid. It was unnecessary and so damaging. This proposed change shows the value of having a Green Party Minister in Agriculture.

"Now thankfully this is going to end. If half the land is in scrub or woodland then the payments can be made in full.

"This will have the power to create really important pockets

of nature right across the wider countryside and help relieve the pressure there. I know so many environmental NGOs have been pushing this for a such a long time and I'm glad that we are able to deliver on it."

"Hopefully this will be a step towards ending burning and protecting habitats, and a fair deal for farmers"



## people Environment : Making a difference

## Why buying food in season matters



## 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.

Growing up in France in the nineties, I always looked forward to grape harvest towards the end of the summer. Grapes were not cultivated in the northern region of France where I come from, but they were easily one of the cheapest fruits available in the

shops that time of year, and certainly one of my favourites. Back then, soft fruits were eaten only at the end of the summer, and at the onset of winter we would get plenty of oranges and clementines to see us through to the spring.

Nowadays, access to seasonal fruits and vegetables is not so clear cut. With the rise of globalisation and mass distribution, we can find almost every fruit and vegetable for sale all year round. This enables us to eat strawberries in the depths of winter, but it has also blurred our understanding of where our food comes from, and how it is grown and harvested, creating a huge disconnect between us and what sustain us.

In 2020 alone, Ireland imported 75,000 tonnes of potatoes, 65,600 tonnes of apples, 38,500 tonnes of onions, 25,000 tonnes of tomatoes and cabbage, and 20,000 tonnes of carrots. Importing food from abroad relies on a global food system that uses vast amounts of energy and resources to grow, process, package, transport, refrigerate, and store food to hit our supermarket shelves all year round. In 2019, the UN's Food and Agriculture Organisation published an analysis maintaining that the food supply chain was "on course to

overtake farming and land use as the largest contributor to greenhouse gases". Thirty-five per cent of the 16.5 billion tonnes of emissions coming from the global agri-food system annually are created by supply-chain processes: the post-harvest of food, its handling, packaging, storage, distribution, and waste disposal.

The term 'food miles' refers to the distance food has travelled to reach your plate. If I pick a tomato straight from the plant in my greenhouse or buy one from a local producer at my local farmers market, their food miles will be much, much lower than if it was grown and shipped from Morocco or Brazil. Fruits and vegetables that are shipped long distances have a heavy carbon footprint, and they are often picked before they fully ripen, losing nutrients by the time we consume them. Moreover, a large amount spoils during shipment, and many supermarkets will dump produce that does not meet cosmetic standards after a long transit across the globe.

It is often hard for consumers to identify and avoid foods that have travelled by air because they aren't labelled as such. Highly perishable fruits and vegetables such as berries, cucumbers, asparagus, and green beans need to be eaten

soon after harvest and require more packaging to keep them fresh, leaving air travel the only feasible option, and producing fifty times more carbon emissions than if they were shipped. When buying food, try to choose locally-produced, seasonal vegetables and fruits – a quick look at their provenance will tell you a lot more than the Irish-sounding names some dishonest brands use to trick consumers into believing their produce is grown in Ireland. And as a rule of thumb avoid foods that have a very short shelf-life and have travelled a long way, especially foods where there is a strong emphasis on 'freshness'.

## What is seasonal eating?

Seasonal eating is essentially buying, cooking, and eating produce at the time of year it is naturally available in your area. In Ireland, fresh asparagus and spinach are available in the spring, blueberries are picked in August, and parsnips are dug up in the winter. If you've eaten a strawberry in the summer, you'll know that its flavour is far superior to one that was forced to grow in the winter. Growing them outside of their natural season is only possible because producers artificially recreate their seasonal weather

needs by heating up greenhouses that require large amounts of fossil fuels to keep warm. How sustainable is it then, to have chunks of strawberries in your breakfast cereals every morning year-round?

Sturdy veggies like cabbage, cauliflower, and beetroot are in season almost all year round here, but most Irish fruit and berries are only available a few months in the summer. When it's winter in Ireland, it's summer on the Southern Hemisphere, and that's how we can find apples from Argentina on our supermarket shelves when there are virtually none in Europe. And that translates to a lot of food miles!

## Organic vs local

A question I've often asked myself is whether an organic courgette grown in Egypt and purchased in January is better or worse than one grown locally using conventional farming methods. Deciding whether to buy organic or locally produced food is a personal choice based on health concerns and on environmental and social responsibility.

Organic food is grown on farms committed to environmentally friendly agricultural methods: to label their produce

as organic, farms must meet rigorous standards set out by organic certification bodies. But when organic food travels long distances to reach our supermarket shelves, it creates pollution that sometimes exceeds the positive environmental effect of organic farming. Many small Irish food producers use organic methods of food production but cannot call their produce 'organic' because they do not hold organic certification due to the costs associated with it and the (understandably) stringent demands from the certification bodies.

I would encourage everyone to attend their local farmers market to see what fruit and vegetable producers have on offer. Only by becoming familiar with what grows locally at any given time can we make informed decisions about what goes on our plates. And it's okay to not completely follow the seasons to fulfil a more sustainable diet. After all, bananas don't grow on trees in Ireland – and there's no way I'll be giving those up anytime soon!

@seasidesquirrel  
www.seasidesquirrel.ie

## Pelagic birds



This month West Cork Branch Committee Member Jez Simms shares his experiences of a pelagic boat trip on August 13, organised by the Branch. Pelagic means living or occurring in the open sea.

It was a glorious Sunday morning when members of Birdwatch Ireland set out on the Branch's annual pelagic trip to look for the many oceanic birds that occur around West Cork at this time of year, such as shearwaters, petrels, skuas and gulls.

With a full complement of twelve on board the Holly Jo,

skipped by Colin Barnes, we departed from Reen Pier, and hopes were running high. After motoring for a while and observing a few inshore species such as Common and Black Guillemot, we came across our first raft of shearwaters. They were mainly Manx Shearwater, but we also glimpsed a few Great Shearwaters and lone Sooty Shearwater. Views were not perfect, as they took off before we got close, but soon afterwards we came upon another raft of shearwaters, and I thought "excellent, there should be some Great Shearwaters here". As we approached, we were amazed and delighted to find that they were all Great Shearwaters, a raft of over 70 birds. This was the most I have ever seen together, and I have been going on these trips for a good number of years. We were able to get close while they were busy in a feeding frenzy, and we soon saw why. In amongst them were three Minke Whales that were lunge feeding, along with Short-beaked (Common) Dolphins dashing through the bait ball. Shearwaters take advantage of the scraps left by feeding whales and dolphins.



Sooty Shearwater All Pics: Jez Simms

Colin explained that Great Shearwaters often associate with feeding whales and that they are a good indicator species. As the whales come to the surface, the birds seem to sense the approaching whale. Maybe the birds feel the water pressure change, but they lift off to avoid the lunge. It was a fabulous spectacle to watch. Sadly a few unfortunates occasionally get scooped up and spat out.

Great and Sooty Shearwaters are two of the worlds furthest travelling migrants. Great Shearwaters breed in the Tristan Islands in the South Atlantic and travel 11,000 miles during their non-breeding migration. Sooty Shearwaters undertake a similar distance, and they also breed across the South Atlantic and Pacific Oceans with a very large

population in New Zealand. In New Zealand they were once much favoured as a food item, hence their nickname Mutton Bird. The smaller cousin of the Great and Sooty Shearwater is the Manx Shearwater. This species breeds much closer to home on Ireland's offshore Islands such as the Blasket, Saltee and Tory Islands. Many also visit Ireland from Wales and France. It has recently been discovered that the Irish breeding Manx Shearwater is the longest travelled of all and, during the breeding season, it often covers distances of over 1,000 miles to feed, staying out at sea for up to 11 days before returning to its nesting burrow under the cover of night to avoid predators.

After a while the feeding frenzy abated and we moved on,

slowly making our way back to harbour, but not before stopping to catch a few fish which, after cleaning, Colin kindly offered to us to take home for a fish supper. He then used the liver to scatter a film of scraps on the water to form a trail behind us. He did this to attract our tiniest pelagic bird, the Storm Petrel. It is not much bigger than a House Martin and is purely oceanic, only coming ashore at night during the breeding season. The Storm Petrels picked up the scent of the trail downwind



Great Shearwater and Common Dolphin

from the boat and soon we had ten of them pattering on the waves behind us, picking up the fish scraps from the surface, a beautiful sight indeed. These birds breed in Ireland, and we have about 30 colonies between Kerry and Donegal, but they are hard to see so we were pleased to get such great views in perfect conditions.

Sadly, our trip came to end after this final encounter, and we then motored back to Reen. It had been a brilliant day out with amazing views of all the species we encountered with the bonus of the whales and dolphins. Many thanks to Cork Whale Watch for such an excellent and informative day out.

## BirdWatch Ireland West Cork Branch News

Upcoming outings being held by the Branch are:  
Sunday September 11, Cape Clear Island. Meet at the Bird Observatory at 11:45am.  
Sunday, October 9, Mizen Head. Meet at Mizen Vision at 9:30am.

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



## ENVIRONMENTAL MATTERS

Fiona Hayes

## Small is beautiful

to bring our attention to the fact that economies and economic systems still revolve around corporations, to the extent that we are destroying their future.

Fifty years on and we still haven't learned to leave non-renewables like coal and oil in the ground, nor to base economic choices on the simplest solution. We have yet to view the world holistically but rather we cling to our old economic systems, as if we belong to some cult with total belief in a religion of short-term gain that we cannot see beyond.

The title to Schumacher's book, 'Small Is Beautiful' came from a principle espoused by his one-time teacher, the Austrian economist and political scientist, Leopold Kohr, who in 1957 wrote 'The Breakdown of Nations'.

Later, in 1973, Robert Dahl and Edward Tufte wrote an obscure academic volume called *Size and Democracy* in which they credited Kohr with a footnote that reads

"There seems only one cause

behind all forms of social misery: bigness. Oversimplified as this may seem, we shall find the idea more easily acceptable if we consider that bigness, or oversize, is really much more than just a social problem. It appears to be the one and only problem permeating all creation. Wherever something is wrong, something is too big."

Many of Kohr's ideas became mainstream with the publication of Schumacher's 'Small is Beautiful' advancing the idea of small, appropriate technologies, policies, political entities and organisations as a superior alternative to the mainstream ethos of 'bigger is better'.

Appropriate technology became a movement to manifest small-scale systems and technology, affordable by locals, decentralised, labour-intensive, energy-efficient, environmentally sustainable, and locally autonomous.

Today it manifests as self-contained and passive solar building designs in eco villages, community-owned wind generators or ground source heat pumps, local grown food and local craft markets, local transport systems and provision for safe walking and cycling.

The internet, providing a way of developing open-source principles and knowledge sharing, is enabling new models and innovation for sustainable development in developing nations, rather than transfer of capital-intensive technology

from industrialised nations. This change in 'developing nations' challenges powerful western nations to respond; and though some of the responses use the power of greater economic wealth to buy out and suppress or alter beyond all recognition the original technology such that it is no longer sustainable, nevertheless many small communities are taking the future into their own hands and developing their own appropriate technologies.

The appropriate technology movement initially grew out of the energy crisis of the 1970s and focused mainly on environmental sustainability issues. Today the concept has broadened to include the simplest level of technology that can achieve the intended purpose, or to take into consideration the social and environmental ramifications.

As Climate Change progresses, we are living through greater social, political and economic instability in the world. Even as flash floods wash away soil from drought-stricken areas without replenishing the ground, wildfires hit areas not previously known for such a risk and rivers dry up creating water supply problems and leaving crops destroyed, severe heat across Europe and other severe weather conditions disrupt transport that we have come to rely on. Yet we follow along like sheep, sticking with globalised economic sys-

tems that require transporting food over huge distances and transporting ourselves to the very work that supports our globalised economic systems, instead of breaking the mould and nurturing alternatives.

Now could be the ideal time to look for small scale, affordable, energy efficient, locally autonomous systems of working and living that will shun continuous and everlasting growth, but nevertheless will truly sustain us as communities and individuals within those communities into the future. Now could be the time to really focus on resurrecting the interest in appropriate technology.

The question for many of us is not whether this is a good idea but rather how do we influence society to walk the line between small is beautiful and efficiency of scale.

This requires a mindset change. I believe it requires courage. As long ago as 1957, in 'The Breakdown Of Nations,' Leopold Kohr stated that if ever Russia left smaller countries in Europe un-attacked, it would only be because the formidable power of the United States supporting those countries was able to continuously challenge Russian supremacy. He predicted that the moment Russian leaders feel that the United States would leave them unchecked, World War III will have started.

He did not believe this is related to an aggressive state of

mind in Russian leaders but to the existence of a near critical mass of social power, that focused in any one nation makes that nation believe they cannot be challenged or checked. The aggression is present in all nations.

This present danger to the peace of the world exacerbates the social and political instability defocusing us on the solutions to climate change and creating massive social crises.

As individuals attempting to look holistically at the problems, it is tempting to throw up our hands in despair and say it is all hopeless.

As individuals we need to focus on something that we know we can affect. For some that may be collecting plastic from the shoreline or the roadsides or riverbanks. For others it may be growing organic vegetables. For some it is marching with Fridays for Future, for others it is lobbying TD's and counselors or opposing inappropriate planning development.

Whatever your particular focus, remember that small is beautiful and your influence in your way is a vital part of the whole.

As David Whyte says, 'Start close in... with the ground you know, the pale ground beneath your feet...'

'...Start right now, take a small step you can call your own'

Fifty years ago Oxford economist E. F. Schumacher wrote 'Small Is Beautiful – A Study of Economics As If People Mattered', challenging the state of excessive consumption in Western society; and challenging economic globalisation, with warnings related to the inevitable human cost. His premise was that economies should revolve around the needs of communities, not corporations.

Fifty years on, our children, who were not even a twinkle when Schumacher wrote his book, are marching the streets under the banners of Fridays for Future and Extinction Rebellion



## Action plan for West Cork's lesser horseshoe bat

The first Species Action Plan for the lesser horseshoe bat in Ireland has been published by the National Parks and Wildlife Service at the Department of Housing, Local Government and Heritage. The aim of the plan is to guide, inform and provide structure for the conservation management of this unique and important species over the next five years.

The lesser horseshoe bat is one of nine bat species found in Ireland, but unlike the other eight species, the lesser horseshoe has a very limited distribution; it is confined to the six western counties, from south Mayo down to West Cork.

Minister of State for Heritage and Electoral Reform, Malcolm Noonan TD explains that:

"The lesser horseshoe bat is a charismatic little mammal. It's the only bat species in Ireland to live up to its stereotype of hanging freely by its feet and

wrapping its wings around its body. Today's publication of this Species Action Plan and its collaborative, pragmatic approach is a positive step forward for the conservation of this unique bat, and I warmly welcome it."

The core of the plan is a section on practical conservation measures that can be rolled out. These measures include site-specific and landscape level actions:

- Site specific actions will include repairing roofs and windows of existing roosts, grilling caves to prevent trespass, building new hibernacula and night roosts where needed, installing predator proofing to keep out cats and pine martens.
- Landscape level actions are aimed at improving connectivity between and around roosts and increasing the availability of suitable



foraging habitats. The actions described in this plan are those considered necessary to restore this species to a favourable conservation status.

Glengarriff Nature Reserve is a great example of previous

conservation actions. In 2006, Flahive's Lodge, a derelict building used by a lesser horseshoe maternity colony of 50-60 bats, was restored as an office for the Nature Reserve. As part of the renovations, the attic was adapted to provide a replace-



ment roost for the bats, with a new access provided via a 'dormer window' opening in the roof. The number of bats using the roost increased from 101 in 2007 to 318 in 2021.

The lesser horseshoe bat is listed on Annex 2 of the EU's Habitats Directive and there are 41 Special Areas of Conservation for which this species is a Qualifying Interest. National Parks and Wildlife Service rang-

ers monitor the main summer and winter roosts for this species every year. The most recent estimate of the lesser horseshoe bat's population is 12,790 individuals. Although population monitoring indicates that the species' numbers are increasing, there is growing evidence that its range is contracting. The growing gap between occupied roosts in Kerry and in Limerick is of particular concern. This gap appears to have developed due to habitat fragmentation caused by agricultural intensification.

Concerns about habitat loss and landscape connectivity led to an 'unfavourable inadequate' assessment of the lesser horseshoe bat's conservation status in the most recent Article 17 report to EU Commission.





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yet stylish surroundings for your guests to enjoy.

Locally sourced ingredients are a key element of all three of the available wedding package menu options, letting your guests really experience a taste of West Cork. Wild Atlantic Crab and Prawns, Ardsallagh and Bluebell Falls Goat Cheese, Skeaghanore

Duck, Caherberg Bacon and of course, Clonakilty Black Pudding are just some of the sumptuous local offerings that feature on these elegantly designed menus.

Inchydoney Island Lodge & Spa hosts weddings on every day of the week and caters for weddings, civil ceremonies and blessings both in the Inchy-

doney Suite or on the Headland. What's more, to help you celebrate the memories you make on the day, Inchydoney Island Lodge and Spa also offer couples a complimentary two-night stay on your first Wedding Anniversary. To find out more about this perfect venue for your perfect day, just see [www.inchydoneyisland.com](http://www.inchydoneyisland.com)



### See your big day through the eyes of your guests

Have you ever been at a wedding where you saw a table in convulsions laughing and wondered "What's going on there?" From getting ready to the 'craic' at a table, takeNplace Weddings is a West Cork-based photo service that enables guests to share their candid moments with the wedding couple to show them what they missed. Founder Valda Binding explains what her wedding business brings to the party!

With over 18 years experience in customer service, most of those in the highly demanding aviation industry, Valda Binding has always focused on making people happy. Her position now in a Clonakilty wedding venue still allows her to do just that but also indulges her other passion...weddings. "I just love working with wedding couples. It's an honour to be a small part of people's big day."

Valda explains where her idea for a simple 'scan and share' service came from and how some unexpected time off in lockdown led to her launching takeNplace. "My husband Brad and I got married 10 years ago this September. Back then we wanted to collect all our guests photos and also have them on a big screen in our evening reception for a bit of entertainment. Guest photos can be outrageously funny while also quite endearing."

"Brad and his bestman made it happen by plugging in our tv from home at the venue to stream pictures from our digital camera, which my maid-of-honour made sure was getting passed around during the day."

"It was great in the evening as we had additional guests who got to see the day on the big screen and also got a chance to take a few selfies themselves on this camera!"

"When we moved back to Ireland in 2020 we packed that very same digital camera, which started a conversation that eventually led to our lockdown project. We got a lot of support from the Local Enterprise Office and takeNplace Weddings officially opened for business!"

takeNplace is so attractive to guests because it is so simple to use. There is no need to download any apps or signup with email addresses.

The wedding couple first sets up an account to get instant access to their takeNplace Weddings portal. Here they can add a picture of themselves and a personal message to their guests. This is linked to a QR code that they can printout and pop on their guest tables or around their venue. All guests have to do is scan and share, but they can also add a message to the couple if they wish.

Uploaded photos are saved in a private portal for the wedding couple to download, keep and share.



Valda Binding. Pic: Anna Groniecka

"We even have the technology for these photos to be streamed live onto a screen in your wedding venue or at your Day Two event, which makes us unique in the market," Valda explains.

"I wanted the experience to be effortless. Our wedding couples to date absolutely love takeNplace and its simplicity. In a recent review Amy and Steve, who got married in July, wrote: 'It was so lovely on our honeymoon to see all our guest photos being uploaded, we could relive the day over and over. I would recommend takeNplace to anyone who wants a foolproof way of gathering photos from your guests, you won't regret it!'"

Whilst the takeNplace service is always great value at just €250, the company currently has an introductory offer of €175, which is even better.

For the moment Valda is focused on growing her business in Ireland first, although Irish couples getting married abroad

can already also use the service. "Being an Irish supplier who can facilitate weddings abroad is fantastic. So the future will definitely be international eventually."

In the meantime Valda is drawing on the knowledge and support of other local women in business. "I am a member of Network Ireland West Cork and I really enjoy being part of this community of inspiring women. The Local Enterprise Office has also been so supportive along the way."

You can get in touch with any questions for Valda by emailing [valda.binding@takenplace.com](mailto:valda.binding@takenplace.com). She will also be at Southern Brides Wedding Show on September 4 and also in January next year, "If you going to that please come and say hi. And if you're local to Clonakilty I love meeting our wedding couples for a coffee."

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## Special Feature WEST CORK WEDDINGS



## Sustainable wedding wine

**Fionnuala Harkin** is a qualified wine educator with the Wines and Spirits Educational Trust. Her love of wine developed over her years of running a restaurant in Clonakilty, as well as writing on food and wine for West Cork People and Food and Wine magazine. She works for Wines Direct, an Irish family owned company who import wine from artisan producers all over the world. She also runs The Wine Shed near Timoleague, a quirky and unique space for gathering and enjoying great wines, chats and nibbles, while learning a bit about the wonderful world of wine.

plans; life having moved on in the meantime. Friends who are getting married next month, having originally set the date two years ago, now have a one-year-old and a different outlook on what's important. Wanting to minimise the impact of their wedding on the planet has become a priority, informing all their choices and leading them to wonderful local producers of food, flowers, clothes and decor. Cakes flown in from New York won't be part of the tablescapes!

I regularly help couples choose wines for their wedding. There are many things to consider, like personal preference, food, time of year and the overall vibe of the wedding. An outdoor, festival-style summer barbecue will need different wines to a small, intimate, winter wedding. In

all cases, sustainable choices can be made. Working with small, family-owned vineyards gives me a close look at how these winemakers differ from the large corporations who will not risk any problems, so will spray toxic chemicals regularly. Choosing organic wine is a simple way to ensure this is not the case. However, not all small producers are interested in getting certified – we see this locally with many organic vegetable growers not having certification. There are other things to look out for besides organic, like HEV and Terra Vitis, two environmental certifications brought in by the French government. You will also see 'Bee Friendly' icons on some wines. These help us make good choices and show a conscientiousness on the part of the producer.

Of course, budget is also a deciding factor, but luckily, it is possible to choose wines which, in every sense of the word, don't cost the earth. Here are some of my favourites:

*Domaine Lalaurie T'wines Sauvignon Blanc/ Muscat and Cabernet Sauvignon/Syrah, Languedoc, France €12.95* Light, bright, juicy wines from twin sisters using minimal chemicals.

*Ciu Ciu Trebbiano/Passerina and Montepulciano/Sangiovese, Organic, Italy €14.85* Cult classics among our customers, the white is fresh and summery, the red full of ripe cherry fruit.

*Le Petit Courselle Sauvignon/ Sémillon/Chardonnay and Merlot/Cabernet/Syrah, Bordeaux,*



*France €15.75* Sisters again, making very approachable 'glou-glou' wines for drinking with friends in their local wine bar, Terra Vitis certified.

*Neleman Tempranillo/Monastrell and Verdil/Viognier, Organic, Spain €14.25* A Dutchman with a big commitment to biodiversity started this vineyard in a national park near Valencia. These wines will take you from afternoon sipping to dinner time very smoothly.

*Baronne Rosé and Juste Le Rouge Mourvèdre/Grenache Gris €19.75* These producers are biodynamic and natural, growing grapes among the scents and sounds of the wild Corbières countryside.

**Bubbles:**

*San Simone Verde Prosecco Frizzante, Italy €15.95* The Verde in the name refers to

their 'Green Project', farming organically. Light, floral and fresh.

*Colutta Prosecco Spumante, Italy €25.25*

A serious sparkler from Giorgio Colutta, whose winery is self-sufficient with solar energy and local wood used for heat; it also has bee-protecting certification SPQNI.

*La Sapata Pet-Nat, Organic, Romania €22.25*

Roberto Di Filippo is moving away from machinery every chance he gets, preferring the quiet of his horses to the noise and smells of the tractor. Pink, very trendy Pet-Nat, wonderful summer fizz.

*All wines are available on winesdirect.ie or you can contact me on 086 8533758 or fionnuala@winesdirect.ie or find me on Instagram @wineshedwestcork. I'm always happy to talk wine!*



  
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## Special Feature WEST CORK WEDDINGS

# Say 'I do' in a fairytale setting at Baltimore Castle

Donna McCarthy and Paul O'Driscoll exchanged their own wedding vows within the 13th century walls of Baltimore's Dún na Séad castle a week before the pandemic in March 2020 and have since started welcoming other brides and grooms to this medieval venue they are fortunate to call home.



*Donna McCarthy and Paul O'Driscoll*

Interestingly, once a stronghold for the O'Driscoll clan, the castle possibly hosted another O'Driscoll-McCarthy marriage at least 400 years prior to this when chieftain Sir Fineen O'Driscoll married a daughter of the local McCarthy clan chieftain. This was the last time the O'Driscoll clan occupied the castle until now. Originally from Yorkshire, Donna's husband Paul came to West Cork in search of his Irish roots and has since had the honour of

holding the title of chieftain of the O'Driscoll clan.

Dún na Séad castle has been in Donna's family since her parents Patrick and Bernie McCarthy bought the ruin of a building in 1997, extensively researching and sensitively restoring it to reflect its former glory and making it their family home, while also generously opening it to the public. Bernie McCarthy went on to write two books on the history attached to it.

Set on a rock overlooking Baltimore village and harbour,



s well as being a popular tourist attraction with self-guided tours, the castle offers a fairytale feel for any kind of wedding or gathering. The great hall, with its two original fireplaces and original dressed sandstone windows and viewing galleries provides an impressive 800-year-old historic backdrop to wedding ceremonies with a capacity for up to 100. With its high acoustic ceilings and long banquet table it is a room that lends itself to sociable occasions: a space for feasting and entertainment, where past and present merge. "Back in the day there would have been harpists and poets entertaining while they feasted," says Paul. Back then a professional 'farther' might also have been a part of the entertainment! Not so popular these days," he laughs. A

drawing hung on one of the castle walls does in fact back up this marvellous occupation.

The enclosed courtyard area or in medieval terms 'bawn' offers the opportunity for increased numbers, as there is ample space for a marquee on the grounds.

Donna and Paul held their own small, intimate ceremony in the hall with just family members in attendance. A marquee erected in the bawn hosted the large party and buffet dinner for 180 guests after the service.

"We're happy to work with the bride and groom to achieve whatever result they desire," says Donna, who can provide local contacts for wedding services, from flowers to food to music, whatever really is required. Donna and Paul are also happy to organise a champagne reception for guests, leaving the couple time to take wedding photographs.

"An Irish couple held a knot tying ceremony here in June in the old Celtic tradition with traditional Uillinn pies and fiddle for entertainment and beautiful wild flowers from the meadow at Glebe," shares Donna. 'An-

other couple travelled from the UK bringing a classical quartet with them. We had an American couple who held a ceremony here with just themselves."

The space, which has excellent acoustic quality with its double height ceilings, lends itself to all types of celebrations.

Dún na Séad's location, in picturesque Baltimore village, with Sherkin island only a 10-minute boat trip away makes this the perfect destination wedding. "For many couples, the village becomes the venue for their wedding, not just the castle," shares Donna. "A lot of parties take a boat trip to Sherkin the day after the wedding, as the Jolly Roger pub can put on food and music."

Donna and Paul also run Heritage Walking Tours of Baltimore, sharing tales of the O'Driscoll clan and Algerian pirates and history of Baltimore village and fishing industry.

To enquire about hosting your wedding or event at Dún na Séad castle, call 087 737 4592 or email [info@baltimorecastle.ie](mailto:info@baltimorecastle.ie).



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## Special Feature WEST CORK WEDDINGS

### Mixing glamour and fun with creative wedding cocktails

**B**altimore-based business Foxglove Cocktails, which creates delicious non-alcoholic craft cocktail mixers and garnishes using 100 per cent natural ingredients, is now expanding its services to create the ultimate wedding experience.

Offering a range of packages and services – from a ‘His and Hers’ cocktail reception to an exquisite ‘Espresso Martini Bar’ after dinner service – Foxglove will tailor a package to suit individual needs and budgets.

Introduce glamour and fun to your wedding with Pornstar Martinis, Cucumber and Basil Gin Gimlets, Pina Coladas or Blackberry Brambles to name



*Hen party cocktail class*

a few of the delicious combinations... Foxglove has an extensive list of cocktails available to choose from to enhance your special day.

Foxglove only uses real, fresh ingredients, and the mixers are created by a complex blend of teas, fruits and botanicals, so no added preservatives or additives are included.

A custom cocktail truck offering a fully-equipped bar service, serving beer, wine and spirits, should be available to book for early Spring 2023. “The different packages are primarily based on the length of time and amount of guests at the wedding, so each package is customised and tailored to

your needs, explains Foxglove co-founder Tara Copplestone.

Couples are encouraged to source the alcohol for the event, which helps keep costs down and gives more choice and flexibility in the type of alcohol served.

Foxglove also offers mobile bar packages for post wedding events, ideal if you’re hosting the party at home.

For a unique hen party experience, Foxglove’s cocktail classes are the perfect ice breaker event. The custom-tailored hen party cocktail making packages are created to suit exact requirements. All you have to do is pick the date and location and Foxglove will take

care of the rest! Each guest – equipped with a full cocktail kit (jigger, shaker, muddler, bar spoon) and the best of local ingredients and spirits – gets to make two cocktails within the 90-minute class. Prices for these classes start at €40 per head.

“There has been a real popularity in offering delicious non-alcoholic options at weddings, because you have a variety of guests, and some are delighted to have a tasty drink in a nice glass, and still be a part of the whole experience,” says Tara.

‘For more fun and less fuss’ on your special day email [info@foxglovecocktails.ie](mailto:info@foxglovecocktails.ie).

### Vintage elegance and culinary wonders at Eccles

**N**estled in Glengarriff Bay is the romantic Eccles Hotel & Spa, commanding panoramic views of Bantry Bay on West Cork’s Wild Atlantic Way. Just a two-minute stroll away guests will find Glengarriff Harbour, with its boats to the famous gardens on Garnish Island, and the village centre with quaint craft shops, cafes and pubs. This 250-year-old hotel is in a world of its own in Glengarriff, where the gulf-stream has created a micro-climate that has led to an abundant and exotic environment, giving the perfect backdrop to wedding photos!

A recent wedding couple had the following comments to say, “From the minute we viewed the hotel, we knew this was where we had to have our wedding, we walked into the foyer and were immediately transported back in time to a world of

vintage elegance, fresh and new, yet retaining such character we knew it was something special.”

While staying at Eccles Hotel & Spa, guests can make the most of their time in the scenic surroundings of West Cork by sea kayaking in Glengarriff Bay, going for a hike up to Mount Gabriel or even scuba-diving to discover what’s beneath the surface of Bantry Bay. After an exciting day of exploring, guests can wander up to the spa terrace and take in the incredible views of Bantry Bay whilst relaxing in the outdoor hot tubs.

Guests will taste the culinary delights from Eccles’ own award-winning Chef Eddie Attwell who forages for local ingredients for the freshest, most authentic ingredients in West Cork.

See [eccleshotel.com](http://eccleshotel.com) for more details and wedding packages.

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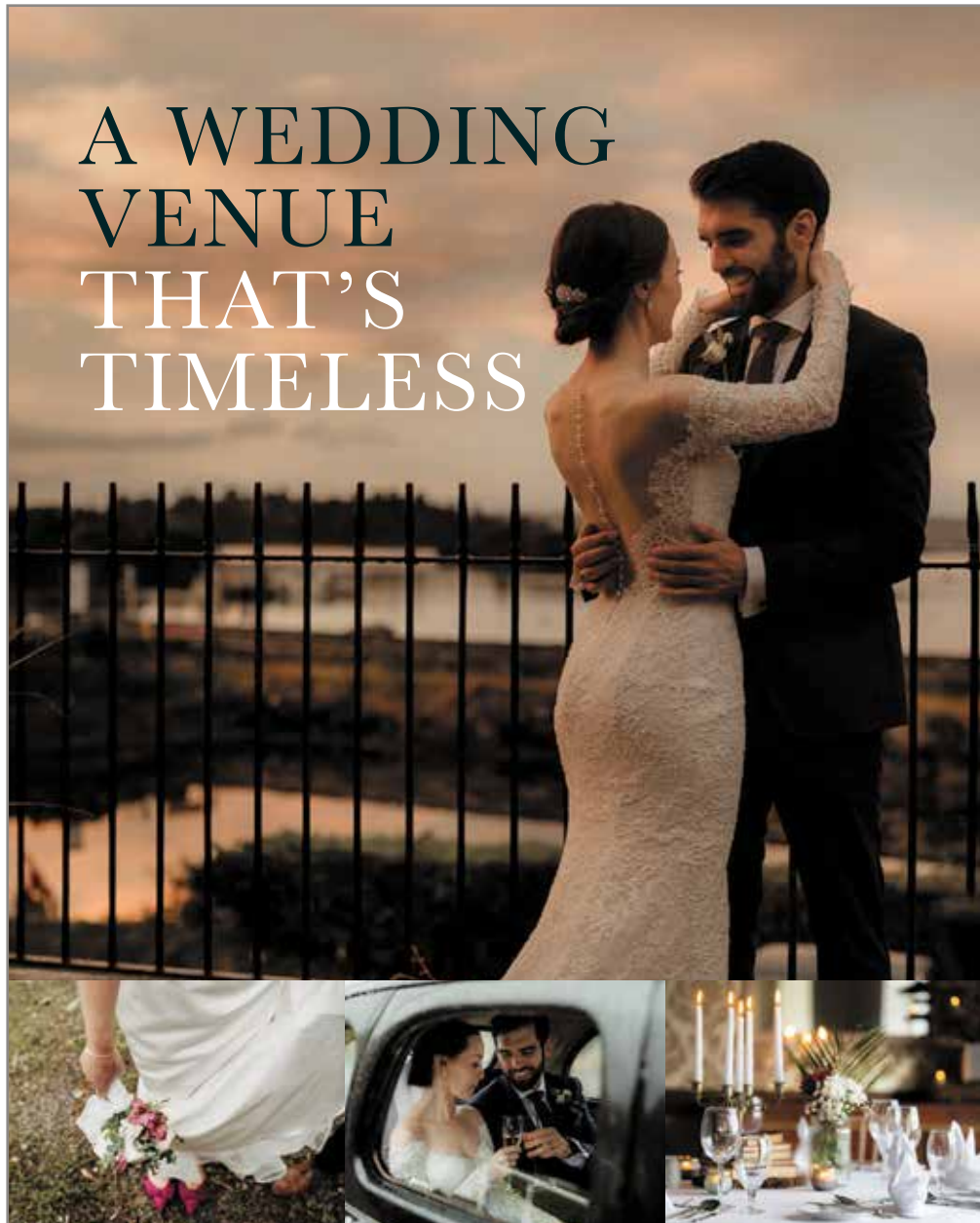


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## Special Feature WEST CORK WEDDINGS



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## Hens and stags say cheers to a Clonakilty Distillery experience

The award-winning Clonakilty Distillery offers great experiences for stag and hen parties, plus wedding favours to thank your wedding guests on your special day.

With group rates available for stag and hen parties looking for a different experience, the Distillery Tours and Minke Gin School are proving very popular. The Distillery Tours take you on a guided journey

through the working distillery where whiskey, gin, and vodka is produced. Get up close to the sights, sounds and aromas during this 75-minute experience, which culminates in sampling some of the distillery's products in the Speakeasy bar. Groups have the choice of a whiskey tasting or a gin tasting as part of their experience. Group rates cater for eight to 40 people, so whatever the size of your party, events can be tailored to suit.

The Minke Gin School, a special two-hour experience for small groups, will take you through how gin is made and guide participants to create their own gin recipe. Weigh out your choice of botanicals before taking them into the distillery to distill your own bottle of gin to take home!

For a special touch on your wedding tables, wow your guests with miniatures of Clon-

akilty Distillery's favourite spirits as wedding favours. The 50 ml miniatures are available in Minke Gin, Minke Vodka, and the most popular Clonakilty Whiskeys. Miniatures are supplied in cases of 24 and special rates are available for couples looking for wedding favours.

The family-run distillery has won several global awards for its Clonakilty Whiskey, Minke Gin, and Minke Vodka including a Double Gold Medal at the San Francisco World Spirit Competition for their flagship Double Oak Whiskey. The distillery Visitor Experience, and the team who look after guests, have also scooped some special awards, with Ewan Paterson being awarded Global Visitor Attraction Manager of the year from The Whisky Magazine Icons of Whisky Awards.

Clonakilty Distillery is a proud member of Bord Bia's



Origin Green Programme, doing as much as possible to protect the special environment in its local area. Plastic-free protective packaging and, where possible, sourcing local ingredients all contribute to the distillery's sustainability programme.

The distillery is located in the beautiful town of Clonakilty, within walking distance of many pubs and restaurants

perfect for continuing your celebrations, with a variety of accommodation is available to choose from.

To enquire about group Distillery Tours, Minke Gin School, or wedding favours, drop an email to [groups@clonakiltydistillery.ie](mailto:groups@clonakiltydistillery.ie) and one of the team will be delighted to discuss your requirements.



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## Special Feature WEST CORK WEDDINGS

# Exciting developments at Schull Harbour Hotel

Slowly, slowly, is the approach being taken by the Blue Haven Collection to the development of the Schull Harbour. People, place and personality are the three core pillars at the foundation of the business strategy behind this group whose motto is always 'local first'.

"You can have the nicest hotel in the world and it won't work without the right people attracting the right customers," says Ciarán. "We were extremely lucky to have had a fantastic team already in place in the hotel who most of whom thankfully have stayed on with us and we have built on that team to support and develop the business to the next level and where we want to get."

Lead by General Manager Eugene McNamara, who trained for over seven years in Adare Manor, this team is expanding all the time. The hotel has recently welcomed new restaurant manager Eugenia Romero from Liss Ard Estate.

The largest village on the beautiful Mizen peninsula and the home of many food producers, Schull has much to offer in terms of location and seasonal local produce.

"We have taken our time getting to know our surroundings, where we fit into that landscape and how the hotel needs to grow and develop into its area and locality," says Ciarán.

People and place determine the personality of a business, which has driven the physical developments at The Schull Harbour.

"A little bit of West Cork indulgence with a contemporary



twist would be the best way to describe what we are trying to achieve," he says. "A place where both locals and visitors feel welcome."

The exterior of the hotel has been given a polished new frontage, while keeping it in character with its location. Large windows, which open back fully, have been installed to allow the soft ocean breeze and light in and open up the interior to the incredible view.

Inside, the bar has been given a fresh vibrant feel complemented with artwork by local artist Deirdre Crowley.

The Deep Blue Leisure Centre, an important facility in the local area, opened in July and is currently being developed. "We have agreed a partnership with leading Irish leisurewear brand Gym+Coffee and Deep Blue, which we are extremely excited about," says Ciarán.

Looking forward, there are exciting plans proposed for the restaurant and a new Champagne lounge.

The work of local artists and homewares and soft furnishings from Schull shop East Meets West, have added the finishing touches to rooms upstairs. All of the apartments enjoy sea views so the plan is to tastefully decorate them in a luxurious coastal style this winter. "It will hopefully make guests feel like they have landed in a little bit of the Hamptons in West Cork!" says Ciarán.

The ideal getaway to celebrate any kind of occasion, The Schull Harbour has a dedicated wedding team to ensure a really special and unique experience on your wedding day. With its rugged coastline, beautiful beaches, interesting historical features, quirky shops and lively selection of nightlife, Schull is that special

Now under the umbrella of the Blue Haven Collection, Schull Harbour Hotel is getting ready to host its first wedding fair on October 2 under new ownership. Blue Haven Collection Director Ciarán Fitzgerald shares some of the exciting developments and future plans ahead for this modern seafront hotel.



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the day with a whiskey tasting, cocktail class or local gin tasting followed by a barbecue back at the hotel.

Ciarán stresses that they are in this for the long haul with the main goal of the Blue Haven Collection being to make a positive contribution to the local area.

"Schull is an amazing place with a real community spirit that's a real honour to be part of but we are the new kids in the class and we will over time grow into the community," he says.

"We want the hotel to be the local hub of the town where everyone is welcome, where you go to relax in the pool, where your kids learn to swim, where you go to work out, where you celebrate their birthdays, possibly their weddings, where you go for a quiet coffee by yourself to read a book, where you go on a date

or to celebrate an anniversary, a place to enjoy a nice meal with friends or family, a quiet drink at the bar and a chat with the bar staff, a place to enjoy a glass of Champagne to celebrate a life event of special occasion, a place where memories are made and where both the local resident or the guest visiting for the weekend feel as appreciated and welcome.

"We believe in the rising tide theory of business that what's good for our neighbour is good for us and we try to support local where possible."

The hotel is just after launching its 'Schull in September' packages and is working on a suite of wellness and health lead initiatives. There are lots more exciting plans in the pipeline at The Schull Harbour for over the winter months so watch this space!



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## Special Feature WEST CORK WEDDINGS



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## Wedding couples embrace nature at Goleen Harbour

With a dramatic yet gentle coastline looking out towards the iconic Fastnet lighthouse, Goleen Harbour – a newly developed eco-tourism business on the beautiful Mizen peninsula – is the perfect location to gather with family and friends and celebrate that most special day of a lifetime, your wedding day.

Committed to offering eco experiences, Goleen harbour's accommodation reflects this perfectly with its selection of EcoCabins, elevated Geodesic

Domes, plus a selection of Bell Tents with four-star-hotel-quality Irish-made mattresses in its Fastnet camping field, with clear views out over the Atlantic.

A fully-serviced campsite is also available for pitching up tents. A beautiful Douglas Fir, post and beam barrel-topped events building has been custom-made on-site for hosting the dining and celebrations of your special day. Catering, flowers and music may all be organised from the vast talent available locally.

Holistic massage or facials are available on-site to keep everybody relaxed and glowing and a coastal hot tub is available to heat up in while watching the moon rise after a swim. A sauna build is planned for this autumn above the private Castile Strand.

If you're looking for a low-impact wedding, embracing nature and the elements in a luxury setting, please give the team at Goleen Harbour a call. Zero carbon weddings and events will soon be on offer.

*Pic: Adam James*



## Celebrate your love for one another with a unique humanist wedding ceremony

Jillian Brennan, CEO, Humanist Association of Ireland shares what you need to know when considering a humanist wedding ceremony.

### What is humanism?

In Ireland, the number of non-religious people is growing all the time. In simple terms, Humanists are non-religious people who strive to lead a fulfilling, meaningful and ethical life. We believe that we have one life to live and we should make the most of it.

### How different is a humanist ceremony from a civil or church wedding?

Our celebrants perform ceremonies that are personal to the couple. A church wedding is about being wed in the eyes of God and is performed by a priest to a standard religious procedure. A civil marriage, performed by a state registrar, is about being wed

in the eyes of the law and again follows a standard procedure. Civil and humanist ceremonies are both non-religious wedding ceremonies but in reality, they couldn't be more different. Civil ceremonies are legally recognised but are bound by restrictions regarding where and when they can take place. For example, you cannot have your ceremony at the weekend or on a public holiday. Ceremony scripts are usually standardised or with little variation, with the blanks filled in for each couple. Humanist wedding ceremonies are also legally recognised, but they do not have any of these restrictions. Our ceremonies are tailored to the couple, and our celebrants deliver a bespoke ceremony that reflects the couple's personality. There are no limits to gender, race, sexual orientation, day of the week, or circumstance for the couple.

**Has there been a rise in humanist weddings, and if so, why is this?**

Humanist weddings have been growing in popularity, with almost 2000 taking place in Ireland each year. Couples are choosing more and more to have a meaningful and personalised ceremony that uniquely tells their individual love story. They want to involve their family and friends more, and sometimes even their dog. They often want a nice venue where they can host both their ceremony and their reception or party – a

humanist ceremony gives them this option. Also, the percentage of non-religious people is growing in Ireland, and this is influencing demand for humanist ceremonies.

### Can anyone have a humanist ceremony?

Yes, anyone can have a humanist ceremony. Our ceremonies are secular and non-religious occasions, which are designed to be a positive option for those who share the same philosophical belief system as humanists whether they wish to call themselves a humanist or not, and even whether they are a member of any humanist association or not. Humanists are very accepting that other people have religious beliefs, so everyone is welcome and feels included in a humanist ceremony, no matter what their

beliefs. Humanist weddings are wonderful and personal ceremonies. People who have been guests at humanist weddings are always complimentary, as the ceremonies are so warm and engaging, and reflect the couple's personalities and values. Guests find the ceremonies very emotional, heartfelt, and very personal.

### Is a humanist wedding legally binding?

Yes, a humanist wedding is a legally binding ceremony, and the Humanist Association of Ireland is the only organisation which is legally approved to conduct humanist ceremonies in Ireland. Our ceremonies are all about love, not religion, and they always put the couple at the centre of everything. Our ceremonies give couples the opportunity to tailor their special occasion to their own needs. A Humanist wedding is always intimate, distinctive and unique – and it can all be signed, sealed and delivered in the one venue.

### How do you go about organising a humanist ceremony?

Firstly, the couple should consider when and where they wish to get married. They can then search for celebrants using the Find a Celebrant function on our website [www.humanism.ie](http://www.humanism.ie). They can contact individual celebrants directly through our Celebrant Enquiry

form. Couples can then meet with their celebrant either in person or online, and the celebrant will explain all the processes involved, including the possible content of the ceremony. Couples can discuss their exact requirements with the celebrant, who will ask lots of questions and take notes, so that they can create a ceremony that is just right for you. They will help you pick your readings, music, and symbolic acts. This is a hugely enjoyable part of the process because you get to sit down with the celebrant and tell them the story of your love and together, you will create a plan for your wedding ceremony.

After your initial meeting, the celebrant will create a ceremony script that has been specially tailored for you, with your own unique love story at its centre. You can make any changes you like, and your celebrant will continue to work with you and get to know you better right up to your wedding day. They will make sure you are 100% happy with the ceremony that they deliver for you.

If you are looking for a bespoke ceremony, crafted just for you, with your life and your love story at the centre of it, then book a humanist wedding ceremony.

### How much does it cost?

A Humanist ceremony costs in

*Continued on next page...*



*Pic: Breda Daly*



## Special Feature WEST CORK WEDDINGS



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## A natural choice for eco-conscious couples

Combining Georgian splendour with very modern sustainable practices and energy saving methods, as well as being one of Ireland's most environmentally friendly venues, Fernhill House Hotel in Clonakilty is also an award-winning wedding destination.

"The fern, from which the Hotel takes its name, was known in Irish tradition as a symbol of secret bonds, sincerity, marriage and love," shares Michael O'Neill Jnr.

A former director of Sustainable Clonakilty, Michael is active in achieving sustainability in the family-run business and his local community. He was also a board member of the European Union's EDEN group, the largest collection of sustainable destinations in the world; and part of the team behind Clonakilty's ambitious tree-planting

campaign.

Planted throughout the grounds and all along the border of the carpark, aside from gracing the tables of wedding parties, the fern also plays a very practical role as an air-purifier, removing harmful pollutants from the surrounding environment.

Designed by renowned garden designer Mary Reynolds and inspired by the surrounding woodland, within the 14 acres of gardens at Fernhill there are many places that encourage vows to be exchanged...a stone circle, Japanese garden, wild meadow...

Thousands of fruit and nut trees and shrubs and native trees have been planted around the hotel to encourage wildlife and provide food, with a mix of formal planting and wilderness encouraging pollinators and

promoting biodiversity. In fact, each year the hotel invites past couples back to plant apple trees in the orchard, further reducing their carbon footprint.

Whatever food produce isn't sourced locally is grown in Fernhill's Victorian walled kitchen garden or foraged in the estate's natural wild areas. Gardeners Ann Daly, Ryan Crowley and Eamon Coakley, use a no-dig system, which means fewer weeds and healthier soil for germination. Crops are rotated for an optimal balance of nutrients in the soil and this reduces pests and disease and no chemicals are used.

Water is pumped from the hotel's own well, solar panels heat the water and generate some electricity and even the fertiliser is on tap; homemade from the comfrey and nettles allowed to flourish in the vegetable garden.

The O'Neill family, who launched their own gin in 2021 to celebrate 75 years at Fernhill and also reduce their food miles, go as far as picking fresh pine tips from the Scots Pine trees on the estate to use in their cocktails. Elderflowers are also gathered to make elderflower syrup in-house, which as well as flavouring the cocktails at wedding drinks receptions is also

an ingredient in the homemade sorbet. Fernhill's gin-flavoured sorbet has been particularly popular with wedding couples this year.

Nasturtium and lovage flowers or mint and redcurrants add pretty and colourful touches to dessert plates and apples are plucked from the orchard to add to dishes.

Changing with the seasons,

fresh flowers from the gardens are used to decorate the hotel and marquee for each wedding.

Standing on over 200 years of rich history and surrounded by beautiful biodiverse gardens in a river valley, it is no wonder that so many choose this backdrop to celebrate their marriages.

Humanist Wedding Ceremonies *Cont'd from previous page...*

the range of €400 to €500, plus a €70 contribution to the HAI. The HAI contribution is required, as we are a charity, and we provide many services to the Humanist and non-religious community in Ireland. Our work includes education about humanism, advocacy, and hosting an annual calendar of events. People in Ireland can have a Humanist marriage because we campaigned for it for many years. The contribution also includes an optional one year's membership for a couple to the Humanist Association of Ireland.

**Is there a particular structure to a humanist ceremony?**

A humanist wedding ceremony is typically made up of the following:

- An introduction (traditional entrance if you wish)
- Words on love and marriage
- Music and readings
- A symbolic ritual or two
- Vows

- Marriage declaration
- An exchange of rings
- The signing of the register
- Closing words

Your accredited humanist celebrant will be delighted to craft a personalised wedding ceremony to suit your needs for your special day.

**How can a humanist ceremony be personalised?**

Each ceremony is tailored specifically to the couple, who often choose to include a story about how they met or about a significant occasion in their lives. Couples can write their own wedding vows, and can include readings or poems that are personal to them. Humanist ceremonies often include symbolic acts or rituals, and these can be an incredibly meaningful part of the ceremony. You may choose to have handfasting, which is an ancient Celtic ritual in which the hands are tied together to symbolise the binding

of two lives. A sand ceremony is also very popular, where two people take sand from their individual vessels and combine the grains into one. The act represents the joining of two individuals and the creation of a new union and family. You can also involve your children in pouring the sand. There are lots of other symbolic acts to choose from, such as ring warming, unity candles, jumping the broom, a wine ceremony or tree planting. The only limit is your own imagination.

**How many celebrants are there in West Cork and how do I find them?**

We have 42 celebrants in total, with another 10 due to finish their training shortly. We have several celebrants based in the Cork area and many of our celebrants cover the full 26 counties. You can search for available celebrants on our website [www.humanism.ie](http://www.humanism.ie)

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Dylan Clifford Photography



## Special Feature WEST CORK WEDDINGS

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.

Your wedding day is one of the biggest days in your life and naturally you want to look like the most beautiful version of yourself on your special day. Having wedding-ready skin starts with your habits months before you say, "I do". Adopting a good skincare routine combined with facial

treatments and maintaining a healthy lifestyle have all been proven to enhance the appearance of your complexion. If you're a little unsure as to where to start, read on for my top beauty wedding tips to look and feel beautiful from the inside out.

**Have A Skincare Consultation**

Getting married is an opportune time to get your skincare routine in check to ensure healthy beautiful wedding ready skin.

I would highly recommend a skincare consultation, as having a one-on-one consultation is always going to result in a more bespoke and effective skincare plan and is a fantastic way to determine your skin goals and find out how best to optimise your skincare in the run-up to the big day. I have clients who come to me a few weeks before their wedding looking for a quick fix and yes, there are certainly treatments and products that will help improve the appearance of skin, but to have it in tip-top condition, ideally you should be starting to think about this a few months in advance.

**Invest In Hero Products**

For me, face serums are the heavy lifters and work brilliantly for tackling specific skin concerns. Perhaps you're wanting to brighten your complexion? If so find yourself a serum with a high concentration of brightening ingredients, such as vitamin C and vitamin B3 (niacinamide). In terms of application, they sit between your cleansing and moisturising step.

Pietro Simone Dewy Reboot Serum is a multi-tasking serum with a with 100 per cent stabilised Vitamin C combined with Submicrometric Gold Particles and Glutathione to reveal dewy, glowing, radiant skin whilst fighting environmental damage, free radicals, uneven tone, and dark spots. Infused with Peptides, a four-dimensional moisturising system and an advanced anti-pollutant skin shield technology, it provides an intense skin rejuvenation, available from shernamalone.ie €105

For your night-time routine, consider a retinol serum. It will strengthen and brighten your skin, improve texture, reduce the appearance of unwanted pigmentation, smooth skin and make long-lasting visible changes to your skin. Less is more if you're not used to retinol. Start using a low percentage formula at night twice a week then gradually build up the frequency of usage as your skin adjusts. 'Skin Formulas Vitamin A Restore Serum' combines the power of Retinol and Vitamin E to stimulate your skin's natural collagen and elastin production, increase moisture levels, reduce, and prevent pigmentation, reduce oil production, and regulate the skin's natural exfoliation process. Visible results include improvement in the appearance of fine lines and wrinkles, increased skin firmness, more even skin tone and texture and an increase

in skin plumpness, €50 available from Skin Formulas stockists and salons nationwide and online from skinformulas.ie

**Exfoliation** – When done gently and correctly, is a great way to smooth skin's surface, so it reflects light and appears glowing or brightened. There's a dizzying array of exfoliating products and methods to choose from and it can often lead to confusion. Enzymes in skincare are enjoying a much-deserved buzz right now, thanks to their extra-gentle nature. Most enzymes in skincare are derived from fruits like pineapple and papaya and they digest away the keratin protein in the outermost layer of your skin, helping you slough off rough, dull dead skin cells to reveal soft, glowing skin underneath. 'Bloom Enzyme Polish' is a fruit enzyme exfoliating treatment that effectively removes impurities and sloughs away dead skin cells within minutes while probiotic technology, aloe vera, glycerin, and Vitamin C infuses skin with highly nourishing ingredients and brightens, €26 available in selected pharmacies nationwide and online from bloombb.ie

**Schedule Some Facials**

Investing in regular maintenance facials can go a long way in creating that 'lit-from-within' bridal glow and can also better prepare skin so that your makeup will look flawless on the day and last longer. Schedule a monthly treatment three-to-six months leading up to the wedding, get into a routine and give your skin the best chance to respond to treatments and products. This will allow your skin to adjust and ensure significant improvement. If you have specific skin issues to tackle, then six to nine months before your wedding will show the best results. As to which type of facial treatment

is best for brides, it really is individual and depends on your skin type, how much time you have before your big day, your budget and what type of results you'd like to see. Your Facialist will be able to advise what's appropriate for you and your skin and remember, with all things skin, the more time you put into it, the more rewards you'll reap. AND in the midst of all the wedding planning, facials are a welcome treat and a time for some self-care which we all know the importance of.

**Don't Forget Sunscreen**

By now, we all should know the importance of incorporating a facial sunscreen into our skincare routine whatever the weather. Spending just a minute every day applying UV protection can futureproof your skin not only for the wedding but for years to come. When it comes to choosing a facial sunscreen, it's important to remember that not all sunscreens protect against both UVA and UVB rays. Make sure your sunscreen is labelled Broad-Spectrum, which means it contains a combination of ingredients to protect you from both UVA and UVB rays. Opt for a facial sunscreen that also delivers some beneficial skincare ingredients to help improve the health and appearance of your skin. New from Ella & Jo, 'Plump & Protect Hydrating Day Cream SPF30' plumps and protects with ceramides, hyaluronic acid, and glycerin, as well as protecting with innovative anti-blue light, UVA, UVB protection and anti-pollution protection. It also contains a patented pigmentation powerhouse two-fold formula to help with reduction of pigmentation on the skin. Acting as your skin's bodyguard against skin enemies (skenemies) apply half a teaspoon to your face, neck, and ears evenly as the last step in

your morning skin care routine and before makeup. Apply more to any exposed areas. Reapply every two hours when exposed to direct light, €36 available in selected pharmacies nationwide and online from ellaandjo.ie

**Stress Less**

Easier said than done when the wedding to-do-list is getting out of control, however, on the complexion front, keeping stress under control is key to healthy skin. A calmer mind means calmer skin, you don't want those cortisol levels to rise, as many inflammatory conditions, including acne, eczema, psoriasis may flare up with stress. As stress weakens the immune system, chronic inflammation worsens. Stress can in turn, also impact your sleep, and sleepless nights will mean dull, lacklustre skin. Sleep enables the body to reverse everyday free radical damage by replenishing energy, building new cells, and repairing connective tissue. Because sleep is an ideal time for cellular renewal and overall repair for the skin and other organs, poor sleep is quite apparent in the complexion. There's little use in a great skincare routine and regular facials if you're not supporting all your efforts with a healthy sleep routine, as well as anything that helps you to destress - be it exercise, meditation or delving into a good book in-between the wedding planning.

For brides-to-be, if you would like to have a consultation or have one of my bespoke facial treatments book online at [www.shernamalone.ie](http://www.shernamalone.ie) Advanced Facial Treatments, Professional Peels, Medical Microneedling, Byonik Laser, Dermalux LED Light Therapy, Slimyonic Air Bodystyler, Teen Facials

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## Special Feature WEST CORK WEDDINGS

## Flowers to suits

Hunter & Bloom provides a range of essential wedding staples such as floral arrangements, bespoke dried flower bouquets and installments. On the men's side, they supply luxury made-to-measure suits for sale along with a range of wedding ready suits, shirts, ties and accessories.

Hunter and Bloom was founded in 2022 when husband and wife Meg and Sean Treacy collaborated their businesses to make their dream of owning a shop a reality. The duo moved from Dublin to Clonakilty with aspirations of quitting the nine-to-five life and starting their own businesses in beautiful West Cork.

In-store Meg also offers a range of dried flower bouquets with the option of picking your own flowers from her exquisite flower wall display. She also

displays boho homewares with so many beautiful dinnerware options, cushions and throws to choose from.

For this special wedding feature, Meg and Sean have combined their expertise to offer some practical tips for couples shopping for wedding flowers and suits with sustainability in mind.

#### Practical tips for wedding flowers

**1. Be prepared and do your research.** Have an idea of what you're looking for before visiting your florist, as it makes the process a lot easier if you can offer some guidance as to what style you're looking for, Pinterest is great for this.

**2. Factor your wedding venue in to your flower styles.** Your wedding venue, as well as your table configuration, should greatly influence your choice of wedding flowers. Talk these through with your florist so you can have a design that blends well and won't look out of place.

**3. Consider the long term investment and sustainability of your choices.** Fresh Flowers last two to three days after your wedding and will more than likely go to the bin. Dried flowers last years after the event and are a lovely reminder of your big day when reused around the house.

**4. Have a set budget in mind but be flexible.** You need to have a ballpark figure in your mind of what you're comfortable spending but there always needs to be some flexibility, as some flowers cost more than others, if you've a particular look in mind then you need to be flexible to ensure your budget can accommodate it.

**5. Give yourself and your florist plenty of time.** Leaving things to the last minute for weddings is never a good idea and especially so when it comes to flowers you're talking about. Putting together wedding flowers takes a lot of work and time and back and forth, so be sure to give yourself a few months to get everything in time for the big day.



For 2022, dried flower bouquets and smaller pieces for the wedding party including boutonniere's have been really popular. Neutral tones are really big this year with a few pops of colour in terms of some statement flowers. The beauty of dried flowers is that you can source almost any colour of flower quite easily and of course, they last for years.

#### Practical tips for wedding suits

When considering a made-to-measure suit or a ready-to-wear suit for your wedding, there are a couple of things to consider and this pretty much goes for purchasing any suit for any

occasion.

**1. The style of the suit:** Think of it as an investment. We get a lot of enquiries about going for suits that are a bit out there, and that's totally fine but we always recommend thinking long term and going for something you're going to get value and wear out of, as opposed to just thinking about your wedding day. Our suits on average cost around €1,000 so you want to get return on that investment.

**2. The fit of the suit:** The biggest piece of the puzzle. Most men think that suits are these stiff, uncomfortable things that pull and prod in all the wrong places. A properly fitted suit should be as comfortable as a pair of pyjamas. Our made-to-measure suits are the closest thing to a bespoke suit in Ireland but at a fraction of the cost. We take around 30 different measurements to ensure an excellent fit and do two to three fittings to make sure you're happy with your suit.

**3. Have an idea of style and fit in mind.** Getting a suit made is

a two-way street – there's only so much we can guide you on in terms of cut and style, you need to have a voice in terms of what you're looking for – even the colour you want makes a big difference as opposed to coming in without any idea of what you're looking to get made. Knowing how you like your clothes to fit is very advantageous also but we advise you here.

**4. Having a budget is key.** Made-to-measure clothing takes a huge amount of work, each item is cut and made to your exact measurements. Each shirt and suit is made by a master tailor and as such, cost more than your standard off the rack clothing and you need to be aware of this. Having a budget of what you're comfortable spending is really important, there's no point being uncomfortable spending more than you can afford because you'll always be worried about how it's going to turn out and if it's good enough and so on. Having a budget helps guide you to fabrics and options that you'll be happy with.

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## Special Feature WEST CORK WEDDINGS





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## Capturing a life full of love

West Cork Casting Studio in Dunmanway is all about family, connections and memories. "I am also about creating new memories," says award-winning artist Maura O'Connell who captures both life and love in bespoke hand casting and jewellery pieces that are full of emotion. "Knowing that I am creating something that is deeply personal to a family is very special; being able to capture a moment in time and in the process capture memories that can

be passed on is just priceless."

Maura's previous career as an Adult Guidance Counsellor for FÁS helps her connect with her customers and create lasting relationships. "Often a couple will come to have their hands cast as a wedding gift, return when the babies start arriving and later again they might bring their own parents along to have their hands cast as an anniversary gift," she explains.

Recently there has been a lot of interest in Maura's silver fingerprint jewellery as gifts

for couples that are starting out in life and others who are celebrating a lifetime together. "This is a very special way to keep your loved one close and a popular gift item," Maura says. "I recently created a beautiful bog oak keyring with a silver insert that was imprinted with a future couple's fingerprints; she gifted it to her husband-to-be on the morning of the wedding."

However, it is Maura's hand casts that are eternally popular pieces for couples getting married, with guests often

purchasing a gift voucher to be used once the couple have settled into their new lives.

The hand casting process is quite fast. First a mould is made using skin-safe materials, which only takes about 25 minutes. Once the mould is made the final piece takes up to four weeks to cast, finish and frame. Casting is suitable for all ages, from tiny little baby hands to hands that hold all the stories and memories of an older person.

"I believe we are as familiar with the hands of our family as


we are with the faces so seeing the hands of a loved one, particularly if they have passed away, can bring a lot of lovely memories to mind," Maura explains. "It is a similar experience with fingerprint jewellery as in only that person could have made that fingerprint. Wearing a piece of jewellery with a loved ones fingerprint is very special and can help with the healing process after a loss."

You can contact Maura to discuss gifts or commissions on 086 8771297.


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



## Going green for your wedding day



*A Rent and Return service for  
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Visit our website [www.thesustainablebride.ie](http://www.thesustainablebride.ie) to view our specially curated rental collection.

Listowel, Co. Kerry 085 741 7331

The Sustainable Bride based in Listowel, Co Kerry, offers a rent and return service for sustainable bridal wear, which can be anything from pre-loved to re-purposed, vintage, sustainably-made or made from sustainable materials.

The conscientious bride behind this blossoming business is Sarah Fitzgerald, who got married in August 2019 with sustainability in mind. Sarah sourced her own dress in a local vintage store, a vintage linen 1960/70s dress by a New York Designer called Murray Hamburger. She sourced four vintage silk and embroidered night gowns for her bridesmaids and mom. And so Sarah's love affair with forgotten wedding dresses began: She began collecting and Sustainability Bride was born.

The shop currently has dresses from the 40, 60s and 70s,

right up to modern day dresses, some linen, some lace, others silk and a beautiful beaded one. While not all of the bridal wear is vintage, any of the vintage dresses are only available in small sizes right now due to the limited market; however brides need not despair, as Sarah is constantly on the hunt for different styles and sizes.

"I love the idea of giving these beautiful dresses another go at life and not to leave them hidden away or boxed up for many years," shares Sarah.

These dresses are very different, unique and on-of-a-kind so might not be for everybody but if you are trying to make more sustainable choices in planning your wedding, then it is definitely an option with considering. It's also a very budget-friendly option with veils and trains starting at €75 and dresses from €350.

"I love the idea that someone had a wonderful day in a dress I own or wore and can now do the same for another bride. You could try buy clothing you know will live in your wardrobe for years and you will wear



many times over fast fashion or very on trend pieces. I have pieces in my wardrobe for 20 years and still wear them!" says Sarah.

Find The Sustainable Bride on Instagram and Facebook. [www.thesustainablebride.ie](http://www.thesustainablebride.ie). Email [thesustainablebrideireland@gmail.com](mailto:thesustainablebrideireland@gmail.com) or phone 0857417331



## Special Feature WEST CORK WEDDINGS



### Creating Memories to Last a Lifetime

Set in 90 acres of mature wooded parkland with panoramic views over Oysterhaven Bay, this luxury hotel offers couples the perfect location for their big day. Located in a peaceful and tranquil setting the expert team at Kinsale Hotel and Spa are happy to cater for weddings of any size, from 40 to 240. The Rathmore Banqueting Suite is simply magnificent with unspoilt views over the bay and countryside making it the ideal wedding venue location for your special day. Kinsale Hotel and Spa is also licensed to host civil ceremonies and offers a unique, intimate occasion guaranteed to be truly exclusive for you and your guests.



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## Something old and something new...



### IMAGE

Louise O'Dwyer  
Image Consultant

It's hard enough to find the partner of your dreams, now wedding attire shopping has gone to a completely new level. A massive undertaking in itself, and that is before you look for an outfit made with the wellbeing of the planet and its inhabitants in mind! Eco-conscious brides, grooms and couples everywhere are having more mindful celebrations and ethical weddings. Princess Beatrice wore a vintage gown on loan from the Queen and this kind of exposure to more sustainable gown options can only be a good thing for the wedding industry.

The best thing you can do for the environment when choosing a wedding outfit – whether you are part of the bridal party or a guest – is to find something pre-existing. Vintage gowns can be sensational but you need an exceptional eye to find those 'diamonds in the rough'. However the vintage look is not for everyone and secondhand does not necessarily have to mean vintage. The most romantic secondhand wedding attire is to wear something belonging to your mum, dad, grandmother or grandfather. Most often than not, alterations will be required but this is my idea of how to

be truly eco-aware and how to honour the generations before you! Wearing a dress that was previously owned by a member of your family is a touching way to feel close to someone who may no longer be around.

It is not uncommon at all to hire out suits for the wedding day yet it is still somewhat taboo for the wedding party's dress-wearers. The 'rent-a-dress' trend is on the rise however and brides now have a much better variety of places available to hire a dress from. Not alone will a move like this save you a small fortune but it also sees stunning dresses being loved over and over again. How many wedding dresses rot away in the back of a closet, never to see the light of day again...this is so sad, these dresses were made to be 'on show and filled with love'!

In the same way that we all can look so different, buying second-hand or borrowing or renting might not be the right option for you. Some don't want their special dress or suit worn by anyone but them or maybe, despite having looked and researched and looked again, you simply cannot find pre-loved attire that makes your heart sing. Don't worry, you can still stay true to your ethical values! I met a bride recently who chose to use a wedding dress supplier from America that only uses surplus material to make dresses. An interesting option! Nothing will compare to your local wedding dress shop for the support, back-up and quality, which is always phenomenal... especially as the build-up to a wedding can, at times, be stressful. Your dress or suit might be brand spanking new but you can opt to buy designer pre-loved footwear or accessories and curb your carbon footprint this way. Perhaps your 'Day Two' outfit could be made from environ-

mentally-friendly material or a sensational pre-loved piece. However you choose to make your wedding more sustainable and to what degree is completely up to you. The 'something old, something new, something borrowed' tradition has lasted through the ages. It is a timeless approach to a very special day that is full of life and love.

And what about the wedding guest you might ask? Due to the fact that we were locked up for almost two years, getting a wedding invite is now, once again, super exciting. It screams 'dress up' and pamper time and a day out. Perhaps, pre-Covid, some of us moaned and groaned about 'another bloody wedding invite'

but now, any invite anywhere is relished with a new sense of appreciation and wonderment. Undoubtedly, events were cancelled during the pandemic and many outfits bought for events still hang unworn in closets, requiring minimal effort to make them wedding-guest-ready! If you are still stuck with the much publicised 'Covid stone' then be proactive, moaning is not considered an action!

Every so often, life teaches us or reminds us what is important. We become aware of 'surplus' and how little we actually do need to function in this world. Many of us decided during the various lockdowns to minimise our wardrobes, and it was most definitely warranted. Whether you chose to pass bits on to charity shops or friends, the end result left us with more space, less clutter and a wardrobe full of 'will wear' pieces. What it also did was to make us ever more aware of what and how we would buy in the future. Now, most of us stop up and ask ourselves, 'do we really need this?'. Perhaps, as a result, some of the shops are feeling the pinch? But the 'do we really need this' question is often answered with a big loud 'YES, I do'. You do not need to stop buying everything, you just need to pause before you buy and avoid that 'surplus stuff'. What this translates into, from a wedding guest perspective, is that we might buy a new dress or trouser suit for a wedding but we will use a bag or shoes that we already own. Maybe new bright shoes and a new bag is all that your stunning dark dress needs to entice it out of the wardrobe again. Little by little, each choice we make will make a difference to the environment and pool all of our little eco-positive choices together making a dramatic difference. The usual 'borrow

from a friend' will never die out and should never die out. The same outfit will always look dramatically different on someone else and most Irish women when you compliment them will announce to all and sundry 'I borrowed this from my friend'. This will never lose its comical value, most women from other countries just say, 'Thank You' yet we vomit up the 'Penney's' line or that it's an 'old thing'. Gone are the days that budget dictates whether you have to re-wear something or not, now we choose to wear something over and over, knowing that we are 'doing our part'.

The bottom line in this discussion about how, as women or

men who love fashion, we can look good every single time that we 're-wear' something is that it has always been less about the clothes and more about how you 'hold yourself' and 'what you accessorise with'. Take that with you and remember it always... and don't forget to have fun!

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## Special Feature WEST CORK WEDDINGS

### Discover your style at The Hat Shop

Ireland's best known milliner, Philip Treacy, advises women to "Try on 100 different hats if you can, until you find the one that suits you best." Mary Maybury of The Hat Shop is in total agreement and you won't find a better selection of

hats and headpieces to try than at her elegant showroom on Park Road, Dunmanway.

From formal church weddings to bohemian garden affairs, it's been an exceptionally busy year for Mary as the nation catches up on postponed

weddings. Hats were also popular once again for racing this year, "Many ladies wore hats right through the racing season," Mary observed. "We always see our hats at national races such as Killarney, Galway, the Dublin Horse Show, and we had a few pieces at Ascot again this year."

Fascinators and dainty hats are still in demand for women looking to add the final touch to an outfit but, perhaps in celebration of returning special occasions, Mary notes that bigger, statement pieces are making a comeback; many wide brimmed and architectural styles were on show at Royal Ascot in June for example.

In 2018 Mary moved to new premises on Park Road; at a time when family and friends presumed she would retire, this energetic great-grandmother instead threw herself into designing and decorating this new showroom.

Carrying pieces from Irish milliners Suzie Mahony, Marc Millinery and Alison Roe Millinery, the market leading occasion brand 'Peter Bettley', and Snoxell & Gwyther, it's no surprise that people travel from all over Munster to her. "If you were to buy one of these pieces it would cost at least €200," Mary explains. "By renting a hat, my customers can own one for a day for less than €25!"

Over the past 30 years she has developed an eye for colour matching outfits and headwear and has an encyclopaedic knowledge of her stock. "If there are 40 shades of green, it stands to reason there are as many shades of every other colour," she says.

For her expert eye, a visit to Mary is a must. The Hat Shop on Park Road, Dunmanway is open Tuesday, Wednesday, Friday and Saturday, from 3pm – 5pm, and also by appointment. Phone 086 0503801.



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Mary Maybury

### Camus Farm inspires a relaxed festival feel wedding

Set in 30 acres of West Cork hills, with panoramic views over Clonakilty Bay, Camus Farm stands out for those seeking a relaxed, festival vibe for their wedding celebration. The venue is suitable for up to 100 guests, with ceremonial circle, licensed restaurant and covered barn with stage. Stone buildings, mature trees and hedgerows provide stunning natural backdrops for wedding portraits.

Its award-winning restaurant, The Field Kitchen, offers an authentic field-to-fork experience, with much of the produce grown or reared on the Farm, complemented by an extensive wine list and local craft beers on draught. With spacious indoor and covered outdoor facilities, all weathers are catered for. Service may also be conducted in Irish as most of the serving staff are Gaeilgeoirí.

The Field Kitchen is listed in 'The Irish Times Guide to 100 of the Best Places to Eat in Ireland 2022' and noted in

its 'Top Seven Outdoor Dining Spots'. On opening in 2021, the Restaurant won the 'Georgina Campbell Newcomer of the Year Award' and it is now firmly established as a leading West Cork dining experience.

Chef Bob Cairns and his team create magic in The Field Kitchen restaurant, transforming simple, seasonal ingredients into sensational dishes that will leave your wedding guests delighted with their dining experience. The restaurant offers outstanding vegetarian and vegan feasts, alongside meat dishes. The Farm's herd of grass-fed Dexter cattle provides the 28-day aged, organic beef. The fresh organic vegetables are supplied daily from the kitchen garden, complemented by local produce as required. Tables can be laid out banquet style, indoors and outdoors, to accommodate larger groups. The restaurant is fully accessible with a set down area, access ramp, accessible tables and an accessible washroom.

On the high ground, over-



looking Clonakilty Bay, is the Camus Farm ceremonial circle, modelled on local ring forts, registered for legal weddings, and available for celebrant-led ceremonies. Having ascended a winding path through mature trees, you will emerge to magnificent views of the surrounding landscape. Vehicle access to set down adjacent to the circle is an option for the less mobile. Camus Farm can advise

on traditional ceremonies and customs such as 'handfasting' and 'jumping the broom' and post-church and post-registry celebrations are also welcome.

Recent additions include walkways and nature trails around the farm allowing diners to get up close to the cattle and wildlife. Buzzards, peregrines and kestrels are regularly seen, and dusk brings occasional sightings of owls. Beaches,



The nearby Mountain Escape Campsite can provide fabulous accommodation in their gorgeous dome, pods, or glamping in bell tents.

walking trails, cafes, pubs, and accommodation providers are all close by in the beautiful villages of Ardfield and Rathbarry, and in the vibrant town of Clonakilty. When the night is over, nearby friends at the Mountain Escape Campsite can provide fabulous accommodation in their gorgeous dome, pods or glamping in bell tents.

Bookings are now open for summer 2023 with packag-

es from €10,000. Available wedding dates for 2022 were all reserved within weeks of announcement. Camus Farm also offers rural crafts and games workshops for hen and stag gatherings. Please contact Camus Farm if you would like to arrange a viewing and meet with the team to discuss your requirements. 023 886 9268, [camusfarm.ie](http://camusfarm.ie) @camusfarm





## Special Feature WEST CORK WEDDINGS



*Creating West Cork Memories*

To arrange a wedding consultation please email our dedicated Wedding Coordinator Eva on [weddings@celticross.com](mailto:weddings@celticross.com)

Celtic Ross Hotel, Rosscarbery, West Cork | +353 (0)23 88 48722 [www.celticrosshotel.com](http://www.celticrosshotel.com)

# Creating West Cork memories at the Celtic Ross Hotel

With over 25 years of experience celebrating unforgettable weddings, the four-star Celtic Ross Hotel prides itself in planning and executing, not just the perfect wedding celebration, but 'your' perfect wedding celebration.

A tailored menu for your day combined with the team's love for local produce and passion for cooking is the perfect recipe for a truly memorable taste of some of that West Cork magic.

Set against the tranquil Rosscarbery Estuary, with views out to the sea and Galley Head beyond, the Celtic Ross Hotel, with its unique blend of location, understated luxury, relaxed atmosphere and friendly yet professional service, offers you an exceptional venue for your West Cork wedding. As you dine as newly-weds, you will enjoy breathtaking views of

Rosscarbery Bay.

Just moments away from the hotel you can stroll hand-in-hand through the dunes on The Warren Strand. With soft sand underfoot and the Atlantic lapping gently at the shore it offers a beautifully romantic backdrop for the perfect wedding photographs.

The Celtic Ross is an approved Civil Ceremony Venue, so your ceremony can take place in the Ardagh Suite, Tower Gallery and weather-permitting in the outdoor Courtyard area. All locations offer stunning views of Rosscarbery Bay and, after the ceremony, couples have the option of having their reception in one of the hotel banqueting suites.

Post-Covid, the hotel has experienced an increase in the number of newly-engaged couples enquiring about more intimate weddings including civil, humanist and, in particular, beach ceremonies. Beach weddings have become increasingly popular due to the wonderful surroundings of Rosscarbery and the hotel's

extensive expertise in delivering a unique bespoke wedding day.

*Paula and Mark recently celebrated their special day at the Celtic Ross Hotel:* "From the first day when we came to view the hotel, the team at the Celtic Ross accommodated us fantastically – the staff truly drew us in with their personalities. Management and every member of staff were so friendly and helpful, and that continued throughout our experience with the Celtic Ross.

"Our meetings ran smoothly, and changes we asked for due to Covid were no problem for the team. Eva and Deborah, our fabulous wedding coordinators, tailored the perfect wedding package to suit our needs.

"Our family from abroad came and stayed in the hotel for a few days. They could not speak more highly of their stay. The location is so handy – and overlooking the water was the cherry on top! Just stunning!

"The hotel catered for a large family meal the night before our wedding, and the food that evening, as well as of course on the wedding day itself, was beautiful. So delicious!

"We got beautiful wedding photographs on the bridge, with the hotel in the background, as well as photographs on the pier across the road.

"We can't recommend the Celtic Ross enough, and such a huge thank you to Eva and her team who made sure our day ran on time and everyone was at ease and really enjoyed themselves.

"We can't wait to come and

stay again for our one year anniversary. Thank you all."

Couples can contact the hotel directly for more information

on getting married at the Celtic Ross Hotel. Email Wedding Coordinator Eva at [weddings@celticross.com](mailto:weddings@celticross.com) or phone (023) 8848722 or visit [www.celticrosshotel.com](http://www.celticrosshotel.com).

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Special Feature WEST CORK WEDDINGS



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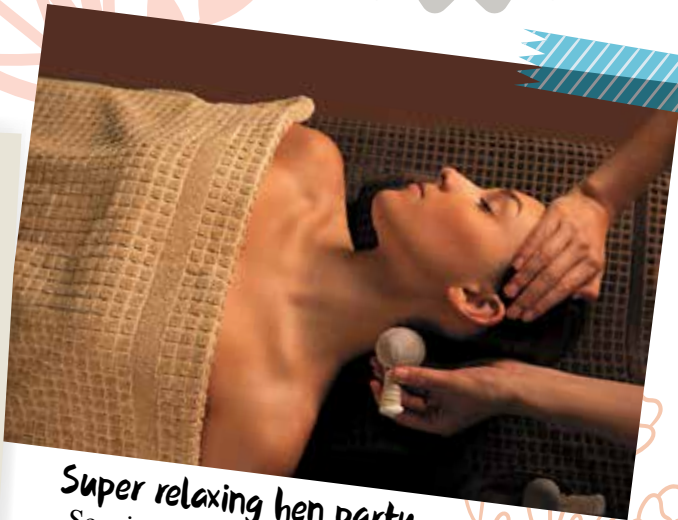


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## people Food, Health &amp; Lifestyle

## Why you should start ballroom dancing?

In today's world, where stress is rampant, fast food is easy and people are glued to their screens, it can be difficult to find a hobby that keeps you healthy and helps you meet people in real life.

You might think watching 'Strictly Come Dancing' or 'Dancing With The Stars' is the closest you'll get to the Charleston or Foxtrot but dancing is actually an activity that isn't out of reach. You don't have to be in great shape; you don't have to be young; and you don't even need to have a dance background to enjoy ballroom dance.

"Dancing is so beneficial to everyone's health, not to mention it's also great fun!" says dance teacher Anne Hurley of Cork Dance Club. "If you've never considered



ballroom dancing as a hobby, you should!"

Ballroom dancing is a low impact aerobic activity that burns fat and can boost your metabolism. In just 30 minutes you can burn between 200 and 400 calories – that's roughly the same amount as running or cycling and, since ballroom dancing is such fun, you're getting the benefits without feeling like you're working out. "It can help you to lose those extra Covid 19 pounds," Anne promises.



Dancing improves the health of your heart and lungs, strengthens muscles and increases endurance. It increases bone strength therefore decreasing your risk of osteoporosis. Dancing also helps with balance, co-ordination, and flexibility.

Anne also believes that dancing is a great social outlet, one that allows you to meet new people and make new friends. "Ballroom dancing, whether

you are taking lessons or at a party, keeps you in constant contact with other people. The confidence it can create is enormous."

Cork Dance Club's autumn classes, covering the basic steps of all ballroom and Latin American genres of dance, are now enrolling and scheduled to commence from Monday, September 12 in Bandon GAA Club and also in Darrara Community Centre from Friday, September 16. Details of the courses can be found on [www.corkdanceclub.com](http://www.corkdanceclub.com) or by contacting instructor, Anne Hurley on 087 2487696 or email [corkdanceclub@gmail.com](mailto:corkdanceclub@gmail.com). Places are limited so book early to avoid disappointment.

Anne adds, "Remember that you CAN dance. At Cork Dance Club it's as simple as A.B.C – Any Body Can."

## CFR Dunmanway stands ready to assist



David Baltimore CFR, Mary O'Donnell, Kimberlee McNamara, Karen Murphy, Christine Colgan & Adain Schull CFR

Community First Responders (CFR) Dunmanway is finally operational after training was delayed due to the pandemic.

A number of generous donations from local businesses has helped the group to purchase a defibrillator, as well as battery, pads and equipment.

Donations were received from Daniel Power of Power Farm Services, Crowley's Chemist Dunmanway, Belfast Hospital and Gordon Kingston's Dunmanway.

Dunmanway first responders are now fully trained and PHECC certified to meet CFR Ireland and the National Ambulance Service standards

in responding to an emergency call out.

As it is linked with the National Ambulance Service, when a 999 call is made for a cardiac arrest, heart attack, stroke or choking emergency, CFR Dunmanway receives the alert and is able to respond within a 10K radius.

The purpose of the group is to assist in the first chain of survival; early access, early basic CPR, early defibrillation, and early ACLS, before the ambulance or medical professionals get to the scene, to give the best chance of survival.

In an emergency, CFR Dunmanway is no more than 10 minutes away in an emergency

situation where every second counts.

Areas covered within the 10km radius are Drimoleague, Coppeen, Enniskeane, Ballineen, Ballinacarriga, Bealad and all locations in between.

Yvonne Cahalane, co-ordinator of CFR Dunmanway says there are a number of individuals and organisations to thank for getting the Dunmanway group up and running.

"Jonathan, the Dunmanway CFR CEO from the National Ambulance Service has given us incredible support to get up and running, along with Timoleague, Baltimore, Schull and Cork City CFR groups who all assisted in supports and

training," she says.

"Dunmanway Family Resource Centre has also provided us with a fantastic space to train in.

"During all the pitfalls of Covid, a huge thank you is deserving of our volunteers who stuck with it until we got the go-ahead and have wholeheartedly dedicated their time to help their community."

Yvonne also stresses that more volunteers and funding will be needed going forward. "We will be looking for additional support, donations and sponsorship for new batteries, new pads for the defibrillator or new equipment that we will need in our kitbag.

"All donations are gratefully appreciated to continue our life saving work in our local communities."

If you are interested in getting involved, as a supporter, donator or as a volunteer please reach out and contact the group at [CFRDunmanway@gmail.com](mailto:CFRDunmanway@gmail.com) or 087-2961674.

"We hope you never need us, but we're here when you do."

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The Sanctuary  
launches meditation  
challenge

The Sanctuary, a charitable meditation centre for social change, is marking World Mental Health Day on October 10 by challenging you to a whole month of self-care guided meditation practices. This year, the challenge is slightly

different – all meditations are a simple 10 minutes long; recorded by The Sanctuary's own experienced teachers in Mindfulness and Meditation, such as Sr. Stan Kennedy, Dr Tony Bates, Jane Negrych, Mary Jennings, Barry Lee, and Dominic Cogan.

To register for the challenge, The Sanctuary kindly asks for a minimum donation of €30 to

their An Cuan programme by September 30. An Cuan is designed to break down barriers and make the activities of The Sanctuary accessible to all, with an emphasis on anyone going through a vulnerable period in their life. The 31-Day Challenge will begin on Friday, October 1, and you can enroll today at [www.sanctuary.ie](http://www.sanctuary.ie)



## people Food, Health & Lifestyle

# Arm and shoulder problems and a farewell to arms

Recently, I covered the minor and some not-so-minor injuries that affect the leg. This month sees me switching to the arm and shoulder.

First, let's look at the shoulder. If you touch your collar bone and move along its curves to the breast bone, this joint is the only joint between the whole shoulder girdle arm and rest of the body. This gives the shoulder huge mobility but makes it vulnerable to injury. The joint between the upper arm and scapula is a partial ball and socket but by no means as secure as the hip one. So, shoulders dislocate more than any other joint. Once it dislocates, support ligaments are damaged and it can easily happen again. It is relatively easy to put back in place in the Emergency Department but an anaesthetic is usually needed!

Pain in and around the shoulder is common when the arm cannot be moved upwards and away from the body. This is 'frozen shoulder', which can really drag on. A painful arc of movement at the shoulder is often caused by friction between the muscles around the shoulder 'the rotator cuff' and the bones. By performing some simple tests, your doctor can usually pinpoint the problem and will often consider physiotherapy coupled with a steroid injection into the inflamed area.

A diagnosis not to miss is pain around both shoulders. This usually occurs in the elderly, without any injury and is often associated with feeling unwell. This is polymyalgia rheumatica (PMR), a medical emergency easily diagnosed with a blood test or biopsy and needing immediate steroid treatment to



### DOCTOR'S ORDERS

Dr Jeff Featherstone

settle it down, as it can lead to blindness!

Down to the elbow: Pain around the outer aspect of the elbow is 'tennis elbow'; and around the inner aspect is 'golfers elbow'. Easily diagnosed but again difficult to treat. We try pressure with physio and even steroid injections if persisting.

Elbow or olecranon bursitis occurs in the olecranon bursa, a thin, fluid-filled sac that is located at the bony tip of the elbow (the olecranon). This bursitis is caused by repeated pressure on the point of the

elbow, for example 'students elbow', when students study and press both elbows down on the desk for hours. In my Practice in hospital, I see it in drunks who lean for hours on a bar!

The wrist is very easily broken, as we fall over and stretch out a hand for protection. The wrist swells straight away and looks bent as the 'dinner fork deformity'. Confirmed by an X-ray, it can often be put right with a pull under local anaesthetic and light sedation followed by a cast for six weeks.

One winter's day working in ED, I recall we had a particularly heavy snowfall and had to fix 17 broken wrists in elderly patients who had ignored the conditions and gone out shopping on pavements that had turned into ice rinks! There is a message there. Prevention being better than cure.

I have to mention the dreaded scaphoid injury. This little devil is the bone between the base of the thumb and the wrist. In the old days, this is where snuff would be placed before sniffing it up the nose; now it is delightfully called the anatomical snuff box! Why the big deal? Well, initially a fracture might not show up, so if this area

remains painful, a further X-ray is requested and even sometimes a CT, as this particular bone can disintegrate if a fracture is missed, with ensuing arthritis.

Pain in the hand at night, with numbness affecting some of the fingers, is the well-known carpal tunnel syndrome. This is caused by compression of the median nerve, as it tunnels into the hand at the wrist. It is associated with weight gain, pregnancy, thyroid and other disorders. It can be helped with splinting, the delightfully named 'cock up splint', and injections.

On a Sunday morning, we usually see patients with pain along the bone at the base of the little finger and a black eye to boot. This has followed an altercation associated with a lot of drink and is the 'scrappers fracture'. Easily fixed with a 'pull', a cast, and advice about moderation, anger management and keeping out of trouble!

Finger injuries are common, as are cuts. Again, we have to check the integrity of the tendons and nerves, as they lie superficially in the fingers. A simple cut with a sharp knife can be a disaster if a vital tendon or nerve is damaged, particularly if it is the dominant hand. The

main culprits here are Stanley knives, chef's knives and angle grinders handled by the inexperienced, or careless. Think hand protection.

I have seen some awful eye and hand injuries so would really recommend that if you are into DIY, then please buy a selection of inexpensive protective goggles and sturdy gloves. Keep them in your garage or shed so that when you do whip out the angle grinder your eyes and hand are protected.

This is a whistle stop tour down the arm and also my last contribution to West Cork People, as I have retired and hung up my stethoscope.

I am intending to do some travelling and go to Greenland to fish for Arctic Char this month and will be found regularly on the banks of the Bandon, Ilan, Blackwater and Moy rivers. My boat is on its mooring in Ring and I intend to actually sail it this year.

May I wish you all well and I hope my articles have given you some tips and even raised a smile along the way.

Slainte an Bhradain

May the health of the salmon be upon you!

### Christopher Minhall

BSc Hons Osteopathic Medicine, BSc Hons Biology

### CRANIAL OSTEOPATH



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### PHYSIO HEALTH

Eoin Everard

Eoin Everard is a Chartered Physiotherapist, Lecturer and Founder of [www.backawarebelt.com](http://www.backawarebelt.com)

According to Clinical Sports Medicine, back pain is something that will affect up to 85 per cent of the Western population at some point in their lives. The vast majority of the time the back pain you experience would be

classified as 'Mechanical low back pain'. This simply means that your back pain is due to the way you move or the positions you put your back in during the day causing too much stress on the structures of the back like the joints, discs or ligaments. Therefore, to fix your pain we first have to fix some of your poor habits that are causing you to put too much pressure on the ligaments, joints or disks of your back. Here are three tips to help avoid or treat back pain.

#### 1. Take regular breaks from sitting.

One of the principle reasons people get back pain is that their back is kept in a rounded position for too long. When in a flexed or rounded position it causes excessive stress and strain to be put on the ligaments, joints and discs of the back. Here is an example, pull your finger back towards your wrist. After a few seconds in this position your finger starts to feel very uncomfortable. Why? Because you are straining the ligaments at your finger and the joint is at its

limit of movement, which causes discomfort and pain.

It is the same at your back. Keeping your back in such a rounded position will cause the ligaments to become strained and over-worked. A recent study by Stuart McGill reported that office workers with back pain reported that their back pain got progressively worse throughout the day if they were sitting for eight hours. However, there is good news from this study. Those workers with back pain who got up regularly (every hour or so) didn't report back pain. Take away message; giving your back a break from the rounded position even for a few minutes every hour or so allows your back to nearly reset itself and can massively reduce the chance of back pain.

Action: Try to stand up regularly as you can (once every hour would be ideal) for a few minutes to give your back a break. Arch your back a few times or stretch your arms over head. This will allow you to take the pressure and strain off the passive structures (ligaments, joints and discs) of your back and will help to prevent the pain before it begins. Make sure you take the break before your back starts to ache. Get up regularly even if your back is not hurting.



Do not wait for the horse to bolt before you close the door!

#### 2. Switch the core muscles back on

A strange thing about the back is that once you suffer back pain the small core muscles that keep the back in a good position can switch off. The same is true with knee pain. The body perceives danger and so it gets the bigger muscles of the trunk to try keep everything stable. In the short term this might be ok but long term you need the core muscles switched on and keeping your spine in a good position. If the core muscles are not activated

then again it means that the ligaments, joints and disks are doing too much work to keep your back in a good position, which can lead to excessive stress and strain. Studies by Paul Hodges and the Queensland Group in Australia have found that patients with low back pain who undertook four weeks of core training were 12 times less likely to sustain further back pain than those who did not do any rehabilitation or exercises. Twelve times less likely. This highlights how important it is to do some exercises to switch the core muscles back on if you have had back pain. This is why

we recommend our Sports Pilates class to keep these muscles active and engaged.

#### 3. Get moving well at the hips and upper back.

Another key element to avoid back pain is to stay moving well at the hips. There is a philosophy to movement called the joint by joint approach. Essentially it relates that joints alternate between being primarily mobile or stable. We need good movement at the ankle, hip, upper back and shoulder joint. We need good stability at the knee, low back and shoulder blade. What happens with modern life is that we stiffen up and lose the movement at the ankle and hip. This causes us to move excessively through joints that shouldn't be moving that much, namely the knee and low back. Therefore, to keep the back healthy we need to spare the spine and keep good movement at the hip.

*Just a quick note: I've written a book on the back and back pain called 'Secrets to a healthy Spine'. If you ever hear of someone complaining about back pain just email me on [eoineverard@gmail.com](mailto:eoineverard@gmail.com) and I'll get you a free copy of the book to give to them.*



## people Food, Health &amp; Lifestyle

## Know your cycle to enhance fertility



Amanda Roe

Trauma therapist  
& Mind coach

Getting to know your cycle and working with the natural rhythm of your body is key to enhancing fertility.

Many women spent their most fertile years trying to avoid getting pregnant and the monthly bleed may be inconvenient or a huge relief.

Some contraception choices mean there is no menstruation at all and the only connection with your cycle may be pain or feeling out of sorts.

Menstrual flow is a good indicator of general health, as well as fertility.

Traditional Chinese medicine considers every detail of a woman's cycle as an important part of the diagnostic process.

These details include the duration, the colour, and volume

of the flow, as well as emotional or physical changes and whether your cycle is longer or shorter than the 25-35 day normal range.

I encourage clients to keep a diary to help them to get to know their cycle. This will include charting physical signs and how they are feeling.

Cervical secretions are the most reliable indicators of fertility. Copious amounts of thin, watery transparent secretions that resemble egg white indicate that ovulation approaches and that there is a hospitable environment for sperm.

Charting your BBT (basal body temperature), which is taken first thing in the morning after a good night's sleep and before getting out of bed or drinking anything, will help to identify the subtle rise in body temperature that happens immediately after ovulation. It will also give you a visual representation of the follicular and luteal phases of the cycle and help us to understand which parts of your cycle need supported.

Charting your BBT is really helpful, however it is important not to become obsessed with it, as your temperature can vary for many reasons including stress, infections, alcohol, medication or even a late night.

Assuming you have a regular 28-day cycle, the first 14 days of your cycle before ovulation is the

follicular phase. Days one to five, the endometrium (lining of the uterus) sheds and one or more follicles in the ovaries with eggs inside them will begin to grow. After the period, the endometrium will regrow from nothing to a thick padding suitable for the implantation of a fertilised egg.

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

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

For anyone experiencing fertility challenges, these phases can be too long, too short, or irregular. Charting your cycle provides a visual representation of these phases, that can help to pinpoint which parts of the cycle are problematic and track the progress made from treatment to treatment.

Charting your cycle is a helpful tool that guides acupuncture treatments designed to regulate the menstrual cycle or treat fertility problems.

Research shows that acupuncture is used successfully to regulate menstruation, relieve pain, balance hormones, reestablish ovulation, treat endometriosis, PCOS and other underlying

conditions that are preventing conception.

Acupuncture and Chinese herbs have been used for thousands of years to support fertility and are a complementary therapy provided by fertility clinics worldwide for IVF and assisted reproduction.

Amanda Roe is a Clinical Hypnotherapist, Acupuncturist, Life and Health Coach providing holistic solutions for your mind, body and emotions. For more information you can contact her via her website [www.roehealth.ie](http://www.roehealth.ie) or call/text 087 633 1898

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## Is Leaky Gut real?

certain nutrients in, but not others, and also needs to keep pathogens out of the blood stream. It does this through the control of tight junctions between the cells lining the gut and various transcellular absorption methods. Leaky gut causes inflammation and the cells are then unable to perform these functions properly.

There are many reasons why your gut can become leaky – there are around 20 mentioned in the literature and some are more obvious than others. Coeliac disease is a common cause of leaky gut; this is an autoimmune condition where sufferers produce an immune response to gluten and receptors in the gut, which control the tight junctions in the gut wall. Whenever this immune reaction happens (every time gluten is consumed for coeliac sufferers) an immune response is triggered and, as well as making the gut leaky, will also cause inflammation. Another more surprising cause of leaky gut can be from a concussion. Whilst the exact mechanism is not clearly understood, a person's gut can become leaky hours after a concussion and stay that way for weeks or even months. It is

also likely that those suffering with persistent IBS will also have intestinal permeability issues.

Understanding if you have leaky gut is important. The reason for this is, once the gut becomes leaky, things that shouldn't be able to get into your blood stream can. This means that you can have translocation of bacteria and their bi-products into systemic circulation – prompting an immune reaction and all the associated inflammation related to that.

People with leaky gut can find that they start to react to foods that they have always eaten previously with no ill effect. In order to understand why this happens, we need to understand a little of how the immune system works. The immune system looks at the protein structure of molecules: When your immune system comes across a protein that it doesn't recognise, it launches an attack and destroys the cell with the offending protein.

Foods also have protein sequences (chains of amino acids) and, through normal digestion, these protein chains are broken down into smaller chains called peptides and eventually into ami-

no acids, which are small enough to be absorbed. When your gut is leaky it can let in chains of amino acids, which trigger the immune system. The immune system will attack these molecules causing further inflammation, which will exacerbate the leaky gut.

Food proteins and their by-products can also have other far-reaching effects, not only on the gut, but also throughout the

body, brain and multiple organs.

It is possible to check if you have leaky gut using a specialised blood test. Further testing can reveal issues with gluten and other food proteins and implementing a diet based on these findings, as well as specific protocols to heal the gut lining. This may not only help to resolve uncomfortable gut symptoms but also relieve issues such as brain

fog, fatigue and other more serious problems like autoimmune conditions.

Eoin Roe is a Certified Functional Medicine Practitioner and Chiropractor based in Skibberdeen. You can make contact with Eoin through the website [www.roehealth.ie](http://www.roehealth.ie) or call 087 9582362.

The short answer is yes and there are many scientific research papers written about this phenomenon where it is not called 'leaky gut' but intestinal permeability.

Intestinal permeability is an important concept to understand. In the realm of overall health your gut is essential because it is not only involved in the digestion of food, absorption of water, and elimination of waste; but is also home to a huge number of beneficial bacteria, which have far-reaching effects and have influence on our immune function, neurology, blood sugar stability and even hormone production.

The gut is designed to be specifically leaky i.e. it has to let

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## people Food, Health & Lifestyle

# Back to school health review

And just like that, summer is almost over! I don't know about you, but in our house – we had a really lovely summer – we holidayed here in West Cork, on Heir Island and Cape Clear. We were lucky with the weather and got to really appreciate how amazing our county is. We all just wish summer went on longer!

Our kids were also both mostly well all summer, but I know that moving into Autumn and going back to school could

change all that, so I'm going to use this time to review what we all need in terms of diet and supplements to make sure we are really well protected against viral infections this autumn and winter. As we all know, prevention is always the best.

The first thing to consider is how much vegetables a child eats on a daily basis. I know we all say fruit and veg, but really it's veg we need to focus on – for fibre, and for essential nutrients. Broccoli, carrots, and

green beans are all so healthy for children, and if you can get them to eat kale you know you are doing very well. Also the more herbs and spices you can add into their food the better – parsley, turmeric, cinnamon, garlic and ginger all have many beneficial properties but they often get left out of kids' food. Blending herbs into soups and sauces can be good, and we all like chilli in our house so I make sure to make it with lots of spices (which doesn't have to mean chilli).

One trick I try to remember is to serve the veg first, when they are hungry – in the summer we have a lot of hummus and carrot sticks, or celery sticks, and they disappear fast when people are hungry. Then I give them the rest of the meal to fill up on.

If you have a picky eater, who prefers toast and chips to broccoli and celery, then it's a good idea to consider a multi-vitamin. I give my 13-year-old an adult multi – it's a food state supplement from a new brand called Together Vitamins, which are great value and really great ingredients, and all in paper packaging – because I feel a top up is a good idea. She's taking them weekdays but not weekends so I know she's not overdoing it. If your child can't yet swallow a capsule, the kids Liquid Animal Parade Supplement from Nature's Plus is excellent. And for teenagers, we like to suggest the Revive Teen sachets – it's vitamins plus immune boosting, so it can be a handy all in one.

I also really focus on making water the main drink for our kids. Over the summer it can be easy to slip into having treats and that can include drinks, but fizzy drinks are SO harmful, for



## HEALTH

Hannah Dare  
Organico Bantry

teeth and bone health as well as the sugar overload. And even fruit just should be very limited, because it's pure fructose which isn't great for us at all. So all sweet drinks need to be strictly occasional treats – water is what our bodies need all day, every day.



The next thing to consider is do they eat oily fish on a weekly basis? For us, this is a real challenge. Both my kids have recently decided they don't like fish. Plus, I don't want to eat farmed salmon, mackerel is hard to get and tinned tuna should be limited because of the heavy metals. So, I give them both a daily good quality kids Omega 3

Supplement for brain health, as well as skin health. The quality is important though – the toxin levels can be high in fish oil supplements so you want to really trust the brand you choose for your family. I like Eskimo 3 kids supplements (there's a liquid and also chewable) and Nordic Naturals also do a great chewable.

Some children can find the transition to being at school anxiety-inducing, which can mean this time is extra stressful for the whole family. This can manifest as disrupted sleep patterns, moodiness and sadness during the day, and resistance to leaving home in the morning (something that of course NEVER EVER happens in my house!).

If your child struggles with anxiety, concentration or big emotions, then apart from omega 3, which is very calming, you might consider a daily magnesium supplement. This could be a body lotion or gel, since magnesium absorbs really well through the skin. Or a capsule, or a drink. Magnesium is essential for bone health, and is calming for the nervous system. I give it to my family every day in one form or another! When our daughter was finding it hard to get to sleep, I used the Junior Magnesium Sleep Lotion from Better You every night for a month or two.

For older teens who find back to school stressful, L-Theanine can be worth remembering. This amino acid is very soothing and can help with sleep, anxiety and overwhelm. Ideally, adults should get seven to nine hours of sleep a night, and kids and teens even more. But when things get intense, and especially with the challenges we

are all facing at the moment, it can be tricky to stay balanced. Theanine is what's in tea that is calming – it's found in black and green tea, and also in supplements. It can be taken safely by most people and goes very well with B Complex and Magnesium, which are both great for the central nervous system. We find Balance for Nerves (which contains all 3 of those) very handy for short stressful periods.

And lastly, we need to consider immunity to colds and flues. In Organico we prefer preventative medicine all the way, and this goes particularly for boosting immunity. Vitamin D is essential – coming into Autumn, I plan to give a daily dose of 1000iu to my kids, again during the week rather than the weekend. I also give them daily vitamin C and Elderberry from October onwards. And I also keep a cupboard full of things in case they do catch something – carrageen moss to make a soothing hot drink for example, and Manuka Honey lozenges for sore throats. A Liquid Elderberry supplement can be good to keep on hand for late night sore throats.

We are celebrating our 30th Birthday in Organico this month, with a Birthday Food Fair on Saturday, September 3. It's on in the evening from 6 to 7.30pm, with loads of delicious artisan food to taste, an organic wine tasting and a really good raffle. We would love to see you there!

Organico Shop Deli and Bakery is open from 9-6.30pm, Monday to Saturday, on Glengarriff Road in Bantry. Call us on 027 51391; email us on [info@organico.ie](mailto:info@organico.ie) and buy online from us on [www.organico.ie](http://www.organico.ie).

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## New Hair Henry barn opens!

Hairy Henry, a care farm near Bantry that supports children and adults with additional needs, held a successful family afternoon on August 26, to help raise funds to complete the building of the farm's barn. A great time was had by all and Sandra Schmid would like to thank everyone who came on the day and supported the initiative.







## A FLAVOUR OF WEST CORK RECIPE

Karen Austin

August was the month that just kept on giving, plenty of glorious sunshine, which in turn has produced a bumper crop of apples, beans, courgettes and tomatoes. We've been carting bucketfuls of fruit and vegetables to the shop and the home preserving mission has been in full swing.

We began 'canning' our tomatoes last year. Previously I had put them into the freezer but when we used the 'canned' tomatoes during last winter we enthused over the summery flavour every time that we opened a jar so it's an easy decision to continue to preserve in this fashion.

Canning is an old-fashioned way of preserving, which doesn't rely on electricity to maintain its dormant state. We use large jam jars (rather than cans) with secure lids; sterilise them and then pop a little salt into each jar. The tomatoes are quickly blanched, skins slipped off, then packed into the jam jars, which are then immersed in water and cooked for forty minutes. It's a bit of a palaver but the results are well worth the effort. The pantry is filling with rows of gorgeous glowing red jars.

Our lentil, quinoa and oat experiments all thrived this summer, they loved the sunshine, although with only two lentils in each lentil pod and enough oats to make a bowl of porridge we would need to grow an enormous amount to become self-sufficient. The quinoa isn't quite ready to harvest yet and then we will have to dry it and clean it, so we'll have to wait to see what happens there. Drying can be a problem in the Irish climate!

September is the last month that we'll be in our shop in Clonakilty. It's going to be a big change for us and we will miss the buzz and chatting with everyone but we're excited to move on.

The positive side of the shop closing is that the cooking classes will be back. We're going to have a quick gab about the Mediterranean in October

## Last of the summer harvest



before returning for the winter schedule. I haven't had time or opportunity since before Covid to give classes so this will be a welcome change. If you are interested please check our advert and let me know.

This month's recipe is for a lush and delicious tomato and rosemary risotto. It's simple to make – you just need good tomatoes so check out the farmers markets for the homegrown varieties; as always they're going to have a superior flavour. If you can't get your hands on ripe tomatoes you can substitute passata but use the best quality for a good result.

We ate our risotto with a few borlotti beans and a drizzle of our best balsamic vinegar on top. It's also very good served with a handful of fresh rocket

put aside.

Make the stock. It needs to be hot. You can keep it simmering in a small pan but don't let it reduce.

Peel and chop the onion. Heat a medium pan, add the olive oil and 25g butter; as soon as the butter melts, stir in the onions. Cook on a medium heat but don't let them brown. Cut the fennel in half lengthwise, then slice finely. Stir into the onions, season with a little salt, then continue cooking until softened. Peel and chop the garlic and roughly chop the rosemary – discard the stalks, stir into the onion mix, then cook for a couple of minutes before stirring in the rice. Cook

the rice for a minute or two, stirring so that it is coated with the mix, then add half of the chopped tomatoes and the glass of white wine. When the wine has reduced, it's time to begin adding the stock ladle by ladle, enough to keep the mix a little loose but don't allow it to dry out. The risotto should be gently bubbling, so adjust the heat accordingly and stir every minute or two. The risotto will take about twenty minutes to cook, add the remaining tomatoes halfway. Taste the risotto, then season with salt until you are happy with the flavour. When the rice is cooked – it should have very slight bite. Take the pan off the heat. It needs to be a little loose so add a little more stock, or water if you've run out to achieve this. Beat in the butter followed by the Parmesan cheese until well mixed and creamy.

Ladle into warm bowls and serve as it is or with a few borlotti beans or some rocket on top.

It's a real taste of summer.

Enjoy the last of the summer's harvest, we'll be eating cabbages soon!

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#### 19<sup>TH</sup> NOVEMBER CURRIES FROM AROUND THE WORLD

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#### 26<sup>TH</sup> NOVEMBER VEGAN

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#### 3<sup>RD</sup> DECEMBER MEXICAN

We took a wander around Mexico before Covid and came back some exciting new recipes to share. Plenty of fresh vibrant food, tacos, re-fried beans, quesadillas, salsas, tamales, pico de gallo, guacamole.....

☎ 023 8836938/023 8846251 📧 karen@lettercollum.ie  
The classes are held at Lettercollum in Timoleague. They begin at 10.30am and finish around 3pm. The cost is €120 and includes all recipes, tastings and a large lunch. Pre covid cooking vouchers are still valid (please mention when booking).





## people Food, Health &amp; Lifestyle

LGBTI+  
MATTERS

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

By Mark Holland

Our remit here at BROD is to promote the integration of LGBTI+ people in the community through information and visibility, and sometimes it can be that simple, just being seen. People often tell us that they don't know any other gay people, or that they 'have never met one' and it seems that I can see the bewilderment melt from their faces, as they realise

that I am pretty much the same as everyone else, not alien, not strange and not to be feared.

Of course I am, and have always been, visible, but it may depend on the circumstances as to which one of my personas you encounter. I have been a retailer, a bus driver, an exercise instructor, but it is in my role at BROD that I really get to present myself from the perspective of gender identity and sexual orientation. That has got to do with my personal identity, the image I present in public and the integration of my personas. We all seem to have a number of personas; the one we use at school or in the workplace can be quite different to the one we adopt socially, that can vary depending on which social group we are with; which is different again from the persona we use with family, which can vary depending on whether it is with your parents, your partner, your siblings or your children. It may depend on whether

you are learning and listening, talking and teaching, looking for a favour or sorting someone out, who you are trying to impress, but the trick is trying to get them to match up. The closer you can get the different personas together, the more similar they are to each other, then, it seems, the easier your life will be. It can be exhausting putting on a front or presenting an image to appease or impress one group or another, but that really depends on how well you know yourself.

People sometimes refer to their partners, wives or husbands, as their 'other half', I wonder is this abdication for the responsibility of the part of themselves that they are not so comfortable with; just ignore it, pretend it's not there and cover it up with the persona of your 'other'? We should be whole, dark and light, anima and animus. The Swiss psychiatrist Carl Jung famously introduced the concept of the shadow as part of our personality that we consider to be negative and so we repress. A concept embraced in Eastern cultures with the balance of yin and yang, it is the light that creates the shadow,



one does not exist without the other, and both are equally valuable, it is our attitude that needs to improve.

We make friends at particular stages in life, often in groups. If we are lucky we have friends from home, where we grew up, or they could be our school friends, from early school or later school. As country people we may travel to third level with them or pick up new batch there, a whole new life, a blossoming, and so on as we change jobs and move loca-

tions, but it is always easiest to present yourself as you are right from the start. It may be part of the motivation felt by many LGBTI+ people to move away from home that the people we were closest to in our childhood may not expect us to 'grow up gay'; some of them may reject us and we find it more liberating to start again somewhere else, in better company. It is literally easiest for me to introduce myself to someone I have never met before with 'Hi, I'm Mark and I'm gay' though, as you can imagine, this is often not appropriate, so in reality I try to introduce that fact, ideally, into our first conversation. And if it is a bit of a showstopper it's not my fault that often people can still make the assumption that all people are straight.

But there is a ship I have seen over the last three or four years that is beginning to turn around. Sadly conservative politics is on the rise in formerly freer societies, all of the Americas and across continental Europe. Tolerance is no longer viewed as a strength and a gift by people who feel that they are losing their grip, and I have met not only Irish people who have

lived their lives abroad opting to return here but I have also met LGBTI+ people born abroad now looking up their European heritage and choosing to come to live here, in retirement, as a preferred option. We ought to be very proud; it gives us another chance to show how the Celtic moral code of 'Generous, Faithful and Brave' serves us all to make a better society. But could you imagine what it could be like, entering into a new environment, later in life, having lived abroad for many years, openly, as yourself, and finding you have to go back into the closet out of fear of misunderstanding? Having to hide your identity for fear of abuse?

It would be nice to think that we could do something to make sure that all good people know they are welcome and safe here. Visibly promote public policies of acceptance and inclusion of all people. Particularly for vulnerable people who may be entering into sheltered accommodation. But what we can start practising from today is not making assumptions about who we really are.



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be handy, so you can time the exercises. If you're doing Tabatas you'll need a timer.

5) Music. This is not a must, but I find it often gives me energy to push a little more (depending on the tune of course).

You can do these as a warm up or as the main exercise if you like. If you want a really sweat-dripping session, you can turn them into a 'Tabata' session and go full power (I'll explain in the end), or you can use them to simply start your day with movement, by doing the exercises slower.

Let's meet the cardio monsters: 1) **Knee to Elbow**. On light toes. High knee (left) to opposite elbow (right), back in place and switch. Do it fast.

2) **Lunges with arms overhead**. Stand normal, take a long step forward to a lunge. Lift both arms straight above your head, arms back down as you step back. Arms up again with opposite leg lunge. No breaks between lunges. Keep the motion fluent.

3) **Jump Squats with arms overhead**. Stand normal with feet at shoulder width. Jump up and come down in a deep squat. As you come down, lift your arms straight above your head, so when you land in the squat, your arms are up. As you stand up and getting ready to jump



## 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.

again, the arms come down.

4) **Burpees**. Yes, the good old Burpee gets a mention here. It is after all one of the king exercises, which works on both cardio and strength. Stand feet with shoulder width, jump straight up with arms straight above your head (Yes, you can clap or not), upon landing squat down with hands to the ground. Next 'kick' your legs out back, so they're straight and you land in the

push up position. (Remember to tighten your abs and back). Jump feet back to squat position, stand up and jump again.

5) **Mountain Climbers**. Start in the push up position. Remember to lock your ab and back (core) tight. Take a step with left knee to chest/between arms, 'kick' it back out and right knee in. Continue to alternate left and right in a fast pace, while you keep your trunk steady and back straight.

6) **Jumping Jacks**. Stand up tall. Jump legs out in a wide stance and at the same time lift your arms, straight above your head or to shoulder height. (You can clap above your head), jump feet back together again and arms down at the same time. Repeat wide stance/feet together – arms up/arms down.

7) **Skiing**. Stand up, instead of jumping your feet out wide, jump left leg forward and right leg backwards, so you land in a 'walking' position. Let your arms move alongside your legs. Left arm up in front of you and right arm behind you. Switch foot and arm position simultaneously fast paced.

All these exercises, except for the burpees\*, can be used as a warm-up, if eased into, and once heart is pumping and your body feels warm, you can add more pace.

(\* Due to the jump into push up stance, I would make sure body is warm before doing burpees).

If you want to use the Tabata, you can choose one of the exercises, for example Mountain Climbers for all four rounds, or do a new exercise for every four minute block. The choice is yours, just remember the 20 seconds need to be full on, to get the best of the exercise.

A Tabata is: four minutes of 20 seconds hard work, 10 seconds break. two minutes break before the the next four minute block. Do four x four minutes total.

And last, since we're going towards darker days, if you're feeling low on energy and tired, take a D-Vitamin supplement, eat well and nutritiously, and follow your exercise plan. Energy spent well, will return tenfold to you. Meaning go for your run, do your Tabata, go to the class – you will feel better for it afterwards both physically and mentally and that feeling will carry over to other sides of life than exercise. Even in the autumn.

Happy training! Exercises will be filmed and posted to my Instagram: @trainwithadane

Comments and Questions are as always welcome: taniaskitchenfitness@gmail.com or via Instagram.com/trainwithadane

As the sun is withdrawing and we are more likely to move indoors with our physical activities, I've made a list with 'bang for your buck' heart-pumping cardio exercises that you can do at home.

There's no reason to let the excuse of rain or cold ruin your exercise plans and with a little planning you are good to go on these exercises within minutes.

**Equipment:** 1) Floorspace. You'll need space on the floor to do Jumping Jacks, without risk

of knocking anything over. And space to do a push up (full body length), again without getting tangled into table legs.

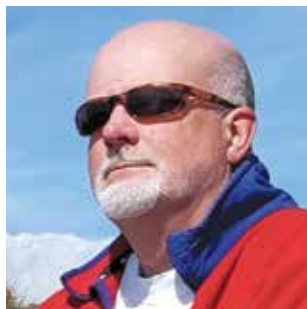
2) A Mat. A yoga mat can be nice as it both gives a little protection to both floor, hands, knees and feet.

3) A towel and some water. You want a something to wipe the sweat from your face and a ready water to sip from. Just as if you were in the gym.

4) A watch. A stopwatch on your phone or watch can



## 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

A further look at some of the tools and outputs tested that could provide some insights if you have or plan to do a DNA test.

## Chromosome Painter

Further to last month's article, Ancestry are providing a new chromosome browser that shows how they are allocating your DNA origins (as 'ethnicity') to each side of your chromosomes. You need to look under your 'DNA Story,' 'Ethnicity inheritance' and 'Chromosome

## Tools that tease (Part 2)

painter' to view the breakdown. This was previously shown just as 'Parent One' and 'Parent Two' as described last month.

It is very 'broad brush.' Like a lot of so-called 'ethnicity' results, it will not make much sense. The same 'ethnicity' has been applied to whole chromosomes in my case. Like many genetic genealogists who have their ancestry mapped in reasonable detail, it is not proving particularly useful and will be misleading to the uninitiated. As an example, one chromosome that has been identified as 'Irish' does not have any of my known Irish ancestry on it. As the science around DNA origins develops over the coming years it is just another tool to watch. Will it become accurate and useful or remains just a gimmick?

We have yet to see if providing any type of chromosome browser is a step towards what we all want to see from Ancestry, which is a browser showing each our matches, as is commonplace elsewhere.

## Personal Traits

Ancestry have recently launched a new product called 'Traits'.

As it is not part of their

standard offering, it will cost €17, even if you have already tested with them. Ancestry is responding to the rapid rise of the 23andMe testing service that has focused more on this side. It is important to emphasise that these results are only for fun and information, providing indicators on whether you might have blue eyes, lactose intolerance or long-range endurance, for example. They are not medical tests and do not provide information on the likelihood of disease. The latter is solely the specialised remit of medicine and clinical geneticists. It is always recommended to get professional medical advice ahead of responding to anything these tests may suggest.

The rapid rise of 23andMe has been a blessing and a curse for the those of us working on the genetic genealogy side of things. The blessing is that interest in personal traits has meant an upsurge in people testing, resulting in more chances of finding genetic cousins at a high level. On the other side, as the company is focused on traits, they count fewer of the natural mutations ('SNiPs' – see previous articles in the

online editions), which means it becomes difficult to know if smaller matching segments are genuinely ancestral or not. My observations are they provide a third of the number you might expect for a genuine match. As a result, 23andMe may not be your first choice if your primary interest is connecting family, although obviously large segments are still helpful.

## Autoclustering

MyHeritage take free uploads of test data from other testing companies. You can do this on their free sign-up. It is worth doing (if you have tested with Ancestry or 23andMe) as you get a new match list for all those who have tested with them. By sharing, you are also boosting the quality of their database for everyone.

You also have free use of three tools that include a chromosome browser (so you can see precisely where you match someone; something that Ancestry is yet to provide), their version of your DNA origins (still called 'ethnicity') and the Autoclustering tool.

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to watch your top DNA matches being sorted into clusters in real time. Clustering indicates you have some common ancestry within each cluster, even though you may not know what it. My advanced studies already recognise many of the clusters as relating to specific ancestors. Two of my largest clusters based on MyHeritage data, I cannot assign, but it helps to pinpoint testers whose family trees may provide clues.

## GEDmatch

If you are looking for a collec-

tion of tools to play with and learn more about your DNA matches, then upload your data to GEDmatch. They take data from any testing company; a list that is growing all the time (currently 21 named companies). It is free at the basic level.

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

## AUTUMN 2022 CLASS TIMETABLE

SUBJECT TO CHANGE.

\*These Classes are run by external instructors. To book or for more information contact the relevant instructor.

**MON**  
SPINNING  
7.00am – 8.00am  
KETTLEBELLS  
10.00am – 11.00am  
BLAST WITH BETHAN  
1.15pm – 1.45pm  
YOGA (Barbara 083 0733060)\*  
5.30pm – 6.30pm  
ZUMBA (Flavie 087 6548138)\*  
6.45pm – 7.45pm

**TUE**  
CIRCUITS  
10.00am – 11.00am  
AQUACISE  
11.00am – 11.45am  
CORK CITY BALLET  
(Alan 087 7851225)\*  
2.15pm – 8.00pm  
SPINNING  
6.30pm – 7.30pm  
MEN'S CIRCUIT  
(10 WEEK BLOCK)  
7.00pm – 8.00pm

**WED**  
SPINNING  
7.00am – 8.00am  
CIRCUITS  
10.00am – 11.00am  
YOGA (Barbara 083 0733060)\*  
5.30pm – 6.30pm  
ZUMBA (Flavie 087 6548138)\*  
6.45pm – 7.45pm

**THUR**  
AQUACISE  
10.00am – 10.45am  
CIRCUITS  
6.00pm – 7.00pm  
AERIAL YOGA  
(Barbara 083 0733060)\*  
6.30pm – 7.30pm  
SPINNING  
6.30pm – 7.30pm

**FRI**  
SPINNING  
7.00am – 8.00am  
CIRCUITS  
10.00am – 11.00am  
ZUMBA GOLD  
(Flavie 087 6548138)\*  
10.30am – 11.30am  
TEEN FITNESS  
4.30pm – 5.30pm  
CIRCUITS WITH SALLY  
6.00pm – 7.00pm

**SAT**  
AERIAL YOGA (Barbara 083 0733060)\* 9.15am – 10.15am  
HIIT 10.00am – 10.45am

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## people Food, Health &amp; Lifestyle

## Permission to rest and reconnect



## MENTAL HEALTH &amp; MINDFULNESS

Susan O'Regan

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

For more information contact: [susanoreganmindfulness@gmail.com](mailto:susanoreganmindfulness@gmail.com) Mob: 087 2700572.

What is mindfulness if not the ability to notice what's happening as it's happening

and to notice how we're feeling as we're feeling it, no matter what it is? As a mindfulness teacher integrity is woven into my practice, so in alignment with my values, including self-compassion, I am "practicing what I preach" and carving some time to rest and settle into a new adaptation of life. When life presents us with huge challenges, whether practical, environmental, relational, or emotional, caring for ourselves becomes a priority and carving out some time and space to heal is very important. If we are used to caring for others, like so many of us are, this might take some practice, because sometimes it's easier to look after someone else than yourself. Indeed, in the early days of my own recent sorrow, when so many well-meaning phrases like "mind yourself" and "look after yourself" were advised, the word "how?" repeatedly popped into my mind, because looking

after myself felt so hard to do.

And I noticed how difficult it can be to show vulnerability and need at times of loss or difficulty, possibly made more difficult if you are used to being well able and independent. Very often we struggle internally with how we are feeling, resisting it, and inadvertently making things worse for ourselves. We might feel we're not meeting other people's expectations of us or meeting our expectations of ourselves. Maybe we try to carry on as normal after a difficult or traumatic experience but find ourselves exhausted or easily overwhelmed. Both personally and professionally, I have found there is a real strength and integrity to be found in vulnerability and in recognising and asking for help when we need it.

But if what we're feeling is too painful, we can detach, not only from ourselves but from nature and from others. We

might try to busy ourselves and distract from how we're feeling, but learning to listen to the body, to come back and learn to stay in the body is part of the healing process, even though it can be painful, physically, emotionally, or both. We need time and space to come back home to the body, to nature, to community, at our own pace and in our own way. We may need to say no to things and learning the skill of saying no is necessary to rest and recalibrate. The ability to grow in present moment awareness, where the mind and body are connected is another vital skill that we can fall back on in any moment, anywhere, no matter what we are doing or what's happening.

Just for now, try returning your attention to your body, gently sensing into how your body is feeling in this moment. No need to adopt any particular posture, just begin as you are, in this moment, by noticing

Today I'm flying low and I'm not saying a word  
I'm letting all the voodooes of ambition sleep.  
The world goes on as it must,  
the bees in the garden rumbling a little,  
the fish leaping, the gnats getting eaten.  
And so forth.  
But I'm taking the day off.  
Quiet as a feather.  
I hardly move though really I'm travelling  
a terrific distance.  
Stillness. One of the doors  
into the temple.  
by Mary Oliver



all the parts of your body that are in contact with the chair or connected with the ground. Notice things like the feeling of pressure against the parts of your body that are connecting with the seat, the sensation of your feet as they make contact with the ground, the texture of your clothes against your skin, the heaviness or weightiness of your body. Drop your shoulders and let yourself surrender all of your weight by trusting the chair and the ground to support you. Feel the sensations of your

breath moving in your body. Connect with your other senses, what you can smell, hear, see, or taste, gently reconnecting with the exquisiteness of life going on within you and all around you.

Drop-in compassion-based mindfulness sessions will slowly resume later in September at Myross Wood in Leap (CECAS.ie). Please get in touch for more details. Phone: 087 2700572 or email: [susanoreganmindfulness@gmail.com](mailto:susanoreganmindfulness@gmail.com) or like my facebook page (Mindhaven)

## The end – again

As someone working with end of life, I engage in talk about death most days. But I'll admit suicide has always felt like something else altogether – another level of being with death and trauma. Then I was

directly affected by it last year. As a way of acknowledging my story and it being World Suicide Prevention day on September 10, as well as Suicide Awareness month (in the states), I'm sharing a personal blog written after learning about the death of

my oldest friend:

Amanda and I knew each other from the age of eight and seven, respectively, for about 30 years. The last time I saw her was in February, 2012, in Maui, Hawaii. It was here that we met, having flown in from our respective states to spend the week together (at the time it was me in California, her in Texas). I still vividly remember our last hug; the "I love you, girl(s)!" we exchanged. Shortly after returning home, she expressed wanting to end our relationship. It was shocking – and felt so unlike her. Surely we were friends for a lifetime? I attempted in the months that followed to make amends; to somehow right whatever wrong she felt I'd done, but received only radio silence when I emailed, called or texted. In the end, I could only assume it was more about her (emotional pain) than me. And so I let her – and us – go. There are things I know about her difficult past and many, many things I'm certain I do not. Her earliest years, followed by adoption and migration to the US. Her time in the military was 11-and-a-half years – I really don't know what that was truly like for her. Complex trauma, to be sure, is a part of her story.

My heart is heavy this week having just heard the news of her death. Naturally, it's been a full spectrum of emotions. Then there are the other pieces: that she died on April 15 – seven whole weeks ago! She died by suicide, as the funeral is

just happening today and the obituary suggests donations go to a local suicide prevention organisation. So I am sitting with things, going through old photos, writing about the great memories shared through our growing up together.

Simultaneously, this feels like a second death – the grief that's been fused in my cells for the past nine years is resurfacing.

I'm also holding gratitude for the chance to have known this incredible soul; that we were able to meet as neighbors/childhood friends, staying in connection for all those years. Amanda was a private person and yet she was also a truth teller – (if she knew you, she held nothing back) She made me laugh like no one else could – (I'm talking laugh-until-you-cry-and-can-hardly-breathe-laugh)! She gave me the first sex education talk as well as a bit of Korean culture 101 – introducing me to kimchi while offering lessons on how to use chopsticks (I still try, but fail to use them perfectly today) I can almost hear her cackle now, as I slurp the Asian style noodle broth I'm eating while finishing this post (did I unconsciously decide to have this today?)

My fondest memories are growing up in the 80s with her – playing outdoors in the neighborhood, immersed in our deep teenage conversations, or making cassette tapes of our favourite music. There are songs and movies that will remind me of her for the rest of my days. Although our



## 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.

paths into adulthood created distance that lead us in different directions around the globe, I'm thankful for our good fortune to vacation together – (twice and in true holiday mode) – in the Hawaiian Islands. These are but a few visuals that have strongly returned to my psyche; interplaying with the unimaginable imagery my mind has created.

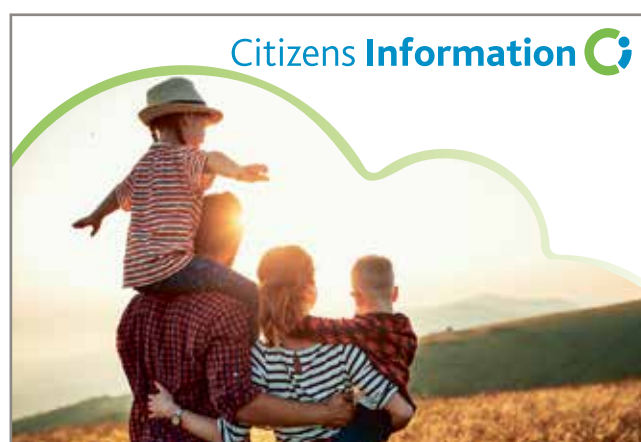
After all this time, Amanda remains an enigma to me, but her uniqueness, compassionate heart, and courageous soul has forever changed mine. She has never been – nor will she be – forgotten. I'm looking at a photo now of her zip lining with a mischievous/sweet smile; her

two petite hands waving. This is how I choose to envision her now.

Fast forward to one year later...I find an article reminding me that I want to give more attention and care to this issue. Written by psychologist Sally Spencer Thomas, she writes: "We must talk about suicide if we are going to get in front of it. But how we talk about suicide matters. Unsafe messages and data that leave us feeling that suicide is an epidemic can create harm. Instead let's focus on messages and stories that inspire hope and healing [such as the Kevin Hines story ([www.kevinhinesstory.com/](http://www.kevinhinesstory.com/)) and share resources that help people through their despair."

I feel more grounded having also joined a group of folks from around the globe for monthly fellowship online. We will remain engaged while learning more about topic of suicide and acquiring holistic resources/tools to share with our communities as we look after ourselves. In the meantime, if you have been especially touched by this subject, remember those compassionately and tirelessly supporting our community locally at Pieta Centre, Youth Suicide Prevention Ireland, and Samaritans-Ireland to name a few.

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!



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## people Food, Health &amp; Lifestyle

## It's time to pick elderberries

HERBAL  
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Dr. Rosari Kingston

Dr. Rosari Kingston PhD, M.Sc (Herbal medicine) is a medical herbalist practising in Dr. O'Reilly's integrative clinical practice in Clonakilty as well as Church Cross, Skibbereen. Dr. Kingston's area of research are the healing modalities present in Irish vernacular medicine and she incorporates them, where possible, into her clinical practice. In her clinical practise she specialises in infertility and digestive issues. [www.rosarikingstonphd.com](http://www.rosarikingstonphd.com)

I have written before about elderberry and will do so every year as it is one of the most valuable plants to have in the domestic first aid cabinet.



In June we harvest the flowers, but September is the time to harvest the berries. Do not eat raw, as they can cause an upset stomach, but when cooked, they are an invaluable herb to have in stock for the winter.

It is one of the first herbs to use at the onset of a cold or flu and is recommended for this in many accounts in the National Folklore Schools Collection (NFCS).

One entry tells us that, 'the leaves of the elderberry mixed with peppermint is used as a common herbal remedy for colds'. Another account tells us that, 'Elderberry tea is a good cure for influenza' but another one is more succinct and says Elderberry cures colds.

More specific instructions, and benefits, are given in the following account, which uses

the leaves and not the berries.

A tea made from above leaves is very efficacious in the case of an excellent cure with Influenza or other feverish conditions. It reduces temperature and soothes and calms the patient.

Other entries in the NFCS stipulate it is elderberry wine is the best way to prepare it as 'A glass of hot elderberry wine was taken to keep off a chill' and 'The fruit of the elderberry is used to make elderberry wine, which is a nourishing drink'.

We are also told how to prepare the wine with the added information that Carrageen Moss is a worthwhile remedy as well. It may be easier to get the Carrageen moss than to make the wine. Anyhow, this is an account of how the wine is made.

Colds: Elderberry wine. A very good home-made remedy

is, as follows, boil and allow to simmer for a few hours, a half pound of thick liquorice, a half pound of lump barley sugar, when ready beat the white of an egg and mix all together. When the cough is bad, a tablespoonful should be taken. Carrageen Moss is also good for colds.

I like the following method from Co. Mayo of making the wine, especially the idea that the berries brew under the ground. I have also seen this method used to make sloe gin.

Elderberry wine: first pluck the berries when they are black. Then put them in a bottle or jar along with some sugar and water and the cork them tight. then brew them under the ground for 10 days. When they are brewed, take them up and strain the wine out of them. This wine is intoxicating.

Two other accounts tell us that boiled elderberries are effective in reducing swelling (as a poultice?) and that the wine is also useful in relieving sciatica.

Aside from its healing benefits, elderberries were used to create a black dye and when soot added to the juice of elderberries it was used as ink, when the latter was not available.

In the garden, elder twigs

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were placed between cabbage plants 'to prevent the cabbage butterfly laying her eggs on them. The butterfly knows that if she lays her eggs in the cabbage, the young ones, when they come out, will eat the elder as well as the cabbage and it will kill them.

The Elder tree has been used for centuries as a medicinal plant and current research confirms this role. The antiviral effects of elderberry extracts have been confirmed against several human strains of influenza type A and type B. It has also been shown to be effective in inhibiting Herpes simplex-1

viruses and pathogenic chicken coronavirus. In other study, elderberries had antiviral activity against influenza A, influenza B, HIV, Herpes simplex-1 viruses, and pathogenic chicken coronavirus. Other studies have shown that elderberry extract inhibits the replication of human and animal influenza viruses.

The message from all of this, is to go elderberry picking during September. Either freeze the berries to make tea when needed or make wine so that you have nourishing drink on hand during the winter months.

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## people Food, Health &amp; Lifestyle

## Successful dog training

**Y**ou now have a puppy (or even an older dog). It's arrived into your life hard-wired with doggy behaviours. Firstly, you need to 'shape' him to your way of life. This shouldn't be an area of controversy but a pleasure for both of you.

**Consistency:** First of all, you need to start as you mean to go on. It's no good allowing your puppy to settle in and develop bad habits. It's much harder to undo them than to immediately introduce appropriate

behaviours.

If you're consistent, then you keep praising the good behaviours you get everyday and reinforce with a reward. Your dog then begins to understand exactly what you want, enjoys the interactions and rewards, and learns to be confident and calm around you. This is important for both of you. It increases the bond between you and you work together. It's called Positive Reinforcement.

Old-fashioned dog training taught people to wait for a dog

to make a mistake and then correct or punish him. Imagine a parent doing this to a child. The only result would be that the child would become nervous around the parent, afraid to do anything in case it resulted in punishment.

The same applies to a dog. He becomes fearful of being checked each time he does anything. There can be no building of a bond in this situation. But, more importantly, you aren't teaching your dog how to act appropriately in your home.

Once your dog knows what you want, he becomes a 'thinking' dog. You are giving him choices. The more you praise and reward him for the good behaviours, the more he'll want to do them. Yes, he will have days when he tests your patience, pretending he doesn't understand what you want despite previously performing the same command perfectly since you taught it to him.

Your dog is having a 'bad hair day'! We've all had them. When that happens, it's best to just get one decent 'Sit', something easy, so that you can end the session on a positive note and leave all training until the next day. If you lose your

temper and try to force your dog to perform the commands, he'll never trust you again and won't enjoy the training sessions.

Training should be short enough so your dog doesn't get overtired and throw a tantrum, and interspersed with lots of praise and treats, immediately he does what you asked. In this way, teaching your dog the basic obedience commands becomes an enjoyable game for both of you. And, if you reward him afterwards with a proper game, a run in the park or on the beach, he'll be committed to learning for life.

When you're training, it's important to be concise. That's why, as trainers, we advocate certain single words as commands such as 'sit', 'stay', 'come'. If you start having a conversation each time you try to teach him something, you'll lose his attention.

And if you keep repeating the command, he'll stop listening. He'll wait until you repeat 'sit' a few times and finally perform it when you angrily yell the command. That's not a very good idea for either of you. Also, if your dog is used to repetition from you, his attention will be long gone when you take him

out in public and try to train him among numerous distractions. Your repetitions become background noise!

That's why it's important to get those commands pluperfect at home. Remember that dogs are 'black and white' in their thought processes. So you train in different rooms, different parts of those rooms, until the basic commands become automatic anywhere and everywhere – and even when you don't have a treat! Only then do you venture out into your back garden, then the front of the house where the distractions become greater.

If the commands are solid at home, then you can venture out into the public arena. But, again you start gently. Perhaps you get him to perform out on a quiet walk. Don't take him to the park where too many distractions demand his attention and he's so overexcited he loses the plot. That's a recipe for frustration.

Instead, build on getting him to focus on you on a new walk where the smells are really interesting. Then ask him to sit when someone approaches. Take it slowly. If you go too quickly the training will break down when he becomes over-



## CANINE CORNER

Liz Mahony

Liz Mahony is an experienced Dog Trainer and Holistic Therapist for all animals. In her monthly column, Liz aims to promote mutual respect between carer and dog. Contact Liz at [corkdogtrainingclasses.com](http://corkdogtrainingclasses.com).

whelmed with too much stimulation. As you introduce him to new people, dogs, situations, and so on, you should also be reading his signals in order to understand his reactions to each new event.

Lastly, stay calm even if he overreacts. Take note of the cause and gently back away until he can relax. That's a lesson in itself for both of you.

Most of all, enjoy each other's company and grow together!

## Cope encourages families to open up their homes for short breaks

Cope Foundation is recruiting host carers for its Home Sharing initiative. The programme provides respite and short breaks for children and adults with an intellectual disability

and/or autism.

The Cork-based charity is one of the largest disability organisations in Ireland and currently supports over 2,800 people. It works in partnership with them, their families and local communities to provide a broad range of person-centred services and supports.

Home Sharing is when a family in the community

opens their home to a person supported by Cope Foundation. The host carers are fully vetted, assessed and trained volunteers who are carefully matched with each child or adult looking to go on a short break. The breaks can be for a couple of hours, overnight, weekends or even longer. The scheme is voluntary, however host carers are paid an allowance which is

tax free.

If you are interested in becoming a host carer, the Home Sharing Team will host an information day in the Metropole Hotel on Tuesday, September 27 from 2-7pm. For more information about Home Sharing visit: [www.cope-foundation.ie/HomeShare](http://www.cope-foundation.ie/HomeShare)

## Calling time on fleas and ticks

**F**leas and ticks are external parasites that can cause extreme discomfort for your pet and can also cause serious diseases. The good news is that they are easily prevented from bothering your pet through the use of safe, easy to adminis-



ter, effective products. Deirdre O'Brien from RAWR tells us how to spot and treat problems.

**Fleas:** A disease of concern that can be caused by fleas is Flea Allergy Dermatitis (FAD), which is a severe allergic reaction to flea bites. Some pets are so allergic that even a single bite can cause a reaction. FAD makes pets miserable with severe itching and inflammation that, if left untreated, can lead to excessive scratching and chewing that damages the skin. Secondary bacterial or fungal infections can then develop as a result.

Fleas can also play a role in transmitting parasites such as tapeworms and bacterial diseases such as cat scratch fever (bartonellosis) to humans.

Finally, in very severe infestations, particularly in old, ill, or young animals, fleas can remove so much blood through feeding

that they weaken the animal.

Repetitive scratching is a telltale sign that your pet may have fleas. Excessive grooming is also a sign; infested cats will groom themselves repeatedly in an effort to remove fleas.

Adult fleas are tiny and can be hard to see but fleas in other stages of their life cycle (eggs, larvae, and pupae) can be even harder to find. Flea combs can be used to remove fleas as well as their faeces (digested blood). Run a flea comb through fur and dump any hair and debris onto a white paper towel. Dampen it slightly with water. Any small, dark specks that stain the towel red are a clear indication your pet has fleas.

There are many safe, effective, and easy to administer flea control products. These products are typically administered orally in tablet (or liquid)

form or topically by applying the medication as a fluid directly to the animal's skin—generally between the shoulder blades or at the back of the neck. Some flea control products are only active against adult fleas, whereas other products can also target other stages of the flea life cycle, such as eggs and larvae. In some cases, your vet may recommend more than one product in order to most effectively kill fleas and break the flea life cycle.

Never use flea control products intended for dogs on cats. Some medications can be highly toxic to cats. Only use products on the species for which they are intended, and follow all label instructions.

Once an infestation is established, fleas can be very difficult to get rid of. You may need to treat your pet repeatedly. In addition, fleas must be complete-

ly removed from the affected pet's environment. Therefore, all other animals in the house must also be treated with flea control products, and the house and yard may need to be treated as well. Vacuum rugs, throw out old pet bedding and launder other items.

**Ticks:** Ticks are not insects but are closely related to spiders, scorpions, and mites. Tick bites can be painful and irritating but the real concern is the number of serious diseases they can transmit, such as Lyme disease. These diseases can cause significant illness and even death in both pets and people.

Larger tick species can typically be seen or felt in the hair coat, especially once they are engorged after feeding. Deer ticks, on the other hand, are very tiny—about the size of the head of a pin in some stages — and can be harder to see.

Many of the major flea control products also have formulations that will help prevent ticks.

Make a habit of performing a 'tick check' on your pet at least once a day, especially if he or she has any access to wooded or grassy areas where ticks may lurk. If you find a tick, grasp it with a pair of tweezers as close down to the mouthparts as you can reach. Exert a gentle, steady pressure until the tick lets go. There are also tick removal tools that are very easy to use. Never remove a tick with your bare fingers. Avoid using lighter fluid, matches or other products that may irritate the skin or cause other injuries. When in doubt, ask your vet for assistance removing the tick.



# A celebration of the organ at Castletownshend

St. Barrahane's Church Festival of Music series of weekly concerts ended on August 18, but, there is still one concert in September in the beautiful setting of St. Barrahane's Church, Castletownshend.

On Friday, September 2, 8pm, Arthur Greene, organ and Kevin Meehan, violin, will perform works, which include Buxtehude, Pachelbel, Telemann and more. This concert is a celebration of the organ at St. Barrahane's, which was played

by Dr. Edith Somerville (of Somerville and Ross fame) for more than 70 years.

Arthur Greene began playing the organ at the age of 16, having already played the piano for many years. He studied music at Trinity College, Dublin in 2015 and was 'organ scholar' to the college for three years. In 2019 he went to study full-time at The Royal Irish Academy of Music, completing a Masters in Performance in 2021 and was awarded an overall distinction.

He is the current organ scholar at Christ Church Cathedral, Dublin and also works as a teacher, performer and composer.

Kevin Meehan is currently taking the Bachelor in Music Performance at The Royal Irish Academy of Music, Dublin where he studies baroque and modern violin. He has a keen interest in baroque music and is a member of the Irish Youth Baroque Orchestra. He is the former leader of Waterford

Symphony Orchestra and has performed at many public concerts with chamber ensembles and quartets around Ireland.

This will be another delightful concert – not to be missed!

Another special concert on October 12: John O'Connor, piano and Ailbhe McDonagh, cello, will perform at Abbey-strewery Church, Skibbereen – full details in the October issue.

Tickets: €15. (concert on September 2); online at Eventbrite; at Thornhill Elec-

trical, Skibbereen; at the door on the night or text/call 086 2264797; more information on [www.barrahanemusic.ie](http://www.barrahanemusic.ie)

The Festival is supported by The Arts Council, Cork County Council and local sponsors.



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)

## World music in Ballydehob

Celtic, folk and world music duo Four Shillings Short is coming to Ballydehob village for the first time to perform a concert at the Oasis Arts Cafe on Saturday, September 3.

Four Shillings Short are independent folk-artists who perform over 100 concerts a year and live as full-time troubadours, traveling from town to town performing.

Corkman Aodh Og O'Tuama grew up in a family of poets,



musicians and writers. He received a degree in music from UCC and a fellowship in Medieval and Renaissance performance from Stanford University. He plays tinwhistle, Medieval and Renaissance woodwinds, recorders, doumbek (from Morocco), bowed psaltery and spoons, and sings in English, Irish and French.

Californian Christy Martin grew up in a family of musicians and dancers. From the age of 15, she studied North Indian

sitar and also plays mandolin, mandola, bouzouki, banjo, guitar, bodhran, charango, bowed psaltery and ukulele, and sings in English, Irish and Sanskrit.

Together they perform traditional and original music from the Celtic lands, Medieval and Renaissance Europe, India and the Americas.

Concert 7-9.30pm. Freewill donation.

## Blue House Gallery in September

There's still plenty of sunshine around for the last shows of the season for Blue House Gallery in Schull. Opening on Friday, September 2 and running until Wednesday, September 14 is (on the ground floor) Elke Thonnes's exhibition 'Seeking the Light' – mono-prints focusing mainly on the coastline around Dublin and the west of Ireland. Originally from landlocked Cologne, some 30 years later and the sea still holds an endless fascination for Elke. Also on the ground floor is Veronica Evans with her beautiful lush landscape paintings from her travels, in this case the Caribbean and West Cork.

Upstairs is Dominic Fee, his exhibition, titled 'Hand picked',

is an ongoing series of lithographs featuring drawings of artists' hands, which he considers to be a form of portraiture. Also upstairs is a small group exhibition of Gallery Artists with plenty of variety!

Next, and finally for the season, is a group show of gallery artists throughout the building, opening Friday, September 16 and running until September 28. As usual there is a huge selection of work from the artists including paintings, prints, sculpture, ceramics, drawing, photography and screen prints, do go along and get your 'art fix' to take you through the next couple of months until Blue House Gallery opens again mid November.

## Haiku poetry from Sherkin

The Sherkin Island Haiku group has launched its fourth collection of poetry.

'Light Between Seasons – a year of Haiku poetry from Sherkin Island' features edited threads of Haiku and the lively quips of conversations that flowed between group members via WhatsApp during Covid lockdown over a twelve-month period from September 2020 to August 2021.

All proceeds from the sale of the book will go towards

funding the purchase of Sherkin Island's former national school building for community use.

This latest collection features over 200 Haiku poems, as well as illustrations of island flora by members of the Haiku group.

With three lines and seventeen syllables, Haiku is a form of Japanese poetry. The Haiku featured in this book capture the ever-changing wild beauty of nature and life. They give a sense of a close community bound by creativity and a shared love of Sherkin Island in Roar-

ingwater Bay, West Cork.

The Sherkin Island Haiku Group first met in the winter of 2013 when artist and facilitator, Tess Leak, held Haiku workshops in the Community Hall on Sherkin Island. Their first book, 'Haiku Island' recorded this experience, followed by 'Bare Branches', a collection of Tanka poems.

With the arrival of the Covid-19 global pandemic, the Haiku poets formed a WhatsApp group so that they could continue sharing their

poetry during lockdown, and as a way of keeping the community, both on and off the island, connected. Almost 200 Haiku from this period appeared in 'Together Apart – Haiku from a locked down Sherkin Island' in 2021.

Tess Leak said: "Like all of our poetry collections to date, 'Light Between Seasons' has been an absolute labour of love for all involved and we are very grateful for the support of Sherkin Island Development Society (SIDS).

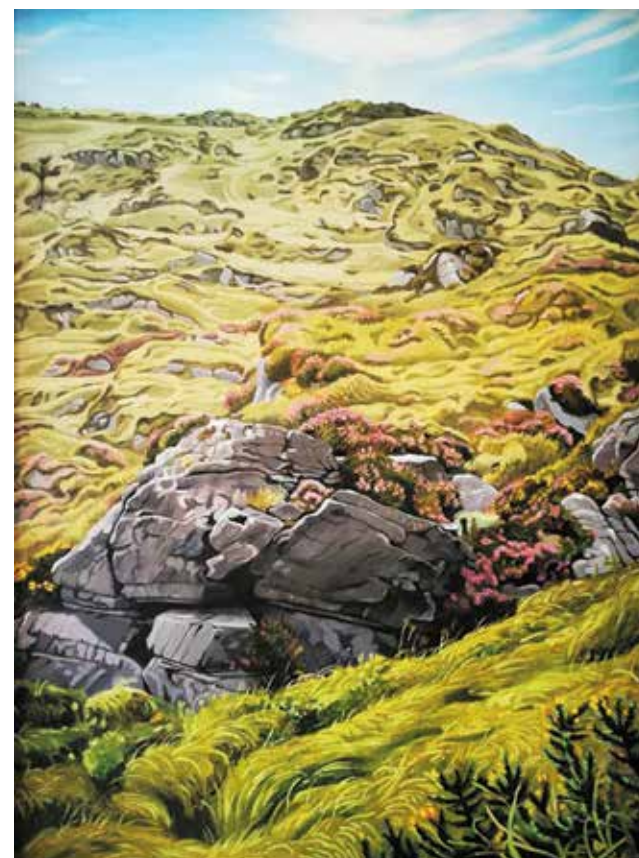
"We are delighted to give all of the proceeds from the book this year to help fund the purchase of Sherkin Island's former National School building and garden to create a 'Near' Hub for the island community."

'Near' is the Irish word for strength. The fundraising target is €80K to cover the purchase, after which a decision will be made by the community regarding its upgrade, development and future use as a hub for diverse use such as educational, heritage or cultural activities.

A limited number of the books are available from €15 including P&P [www.sherkinisland.ie/haiku](http://www.sherkinisland.ie/haiku) or email [sherkinhaiku@gmail.com](mailto:sherkinhaiku@gmail.com).



Ber Burns, Sue Cahalan, Jo Ashby and Tina Reed, members of the Sherkin Island Haiku Group.



Veronica Evans - Road over the Mountains



## people Arts &amp; Entertainment

## Exploring the beauty of 'Townlands'



Eadaoin Harding Kemp



Lesley Cox



Etain Hickey

Walking the same paths within our 5km, day in, day out, during this pandemic, many of us gained an insight into and appreciation for the many sometimes fragile wonders right on our doorstep. For three women and artists from Rossmore living just over the hill from each other, their well-trodden paths have converged to take the form of an exhibition entitled 'Townlands'. Showing at The Loft Gallery in Clonakilty, 'Townlands', a collaboration between local artists Etain Hickey, Eadaoin Harding Kemp and Lesley Cox, brings the viewer along with these women on their journey: As you stroll and pause at each painting, you discover a story unfolds in the footsteps of

the circadian rhythm of the day, from dawn to dusk.

"The tranquility of an empty outhouse, the ability to hear nature, the ebb and flow of the water at different times of the day. All of this sits peacefully together in their paintings," shares curator Kate Fitzgerald.

Each of these paintings shares an appreciation for the beauty of Rossmore, the artists capturing the space, colour and light not only in the flora and fauna, but also the many derelict barns and buildings sadly left to rot.

As a ceramic artist, Etain Hickey's original intention had been to create a series of ceramic dishes and mini sculptures depicting the empty barns and buildings she passed on her walks, however life interfered

and, away from her home without access to clay, she instead turned to watercolour, painting her surroundings in Australia. The exotic and colourful flowers of the eucalyptus and birds like the parakeet and budgerigar replace her favoured native flora and chough, blackbird and raven. With Celtic mythology featuring so strongly in her ceramic work over the years, it is no wonder that Etain, during her stay in Australia, was drawn to aboriginal art with its dream and storylines and deeply rooted connections to birds, animals and plants. "All the bright light and colour fed into my work, and I hope it brings as much joy to the viewer as it did to me painting," she says.

Eadaoin Harding Kemp has

been painting since she could hold a brush. She went on to gain a degree in Fine Art, Painting and Printmaking for the Crawford College of Art and Design.

A passionate plants person and gardener, Eadaoin is most excited by the detail, colour and magnificence of flowers. Her first love, still life, uses the domestic table (the heart of the home) as her focus. Renowned for her beautiful blackberry brambles and poppy paintings, her oil paintings in this exhibition are studies of the things she loves most about where she lives, from the beautiful cosmos, rudbeckia and poppies she grows in her garden in Rossmore to her nearest beach in Rosscarbery, where she has swum for the past 40 years to the aforementioned still life works. Her rich landscapes and cool seascapes are evocative and alluring, the heat of the sun and blue depths of the sea drawing the viewer in. "I only paint what I love," she says simply.

Surrounded by dairy farms in Rossmore, Lesley Cox has been painting rural farm buildings in her townland and beyond for the past three years. In this series of oil paintings, the buildings are isolated without the presence of people, vehicles or trees, the sky colours are inventions and cloudless, creating atmosphere and mood. "I feel like my paintings are a social commentary on an infrastructure and lifestyle that may very well disappear within the next 50 years or so," she says.

Lesley's work is informed by personal experience, the immediate environment and a passion for interpreting an ever-changing landscape and self-scape. Her painting process is one of layering with a palette knife, sometimes with cold

wax and scraping back to allow for intimate studies of texture, light and colour. Lesley's work to date has explored themes of containment, secrecy, memory and isolation. Representations of spaces, particularly isolated places with little human interference.

Well-known author David Mitchell kindly launched the 'Townlands' exhibition, which is available to view at The Loft Gallery during September.

The Loft Gallery on Western

Road, Clonakilty (across from the RC Church) has a wonderful selection of work on display from local artists all year round, including sculpture, ceramics, paintings and prints. The Loft also provides a professional bespoke framing service. Artist, framer and proprietor Kate Fitzgerald is a great supporter of local artists and makers. The light-filled upstairs gallery space upstairs at The Loft, regularly hosts group exhibitions and solo shows.

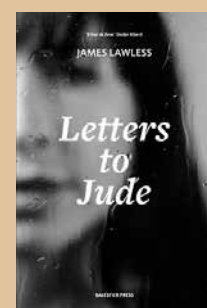


l-r: Etain Hickey, David Mitchell, Eadaoin Harding Kemp and Lesley Cox at the opening of 'Townlands' in The Loft Gallery.

## Insightful tragi-comic novel from West Cork author

West Cork author James Lawless has just published his latest novel 'Letters to Jude'.

The book revolves around middle-aged and ailing librarian Leo Lambkin, who, unable to find emotional rapport with his wife, Lil, with whom he shares a childless marriage, 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?

According to the author "this is a novel primarily of the spirit, tragic and comic, an individual's quest for things of the soul where the institution-

alised world has failed us." James Lawless is an award-winning short story writer, poet and novelist who was born in Dublin and finds inspiration for his work in the tranquillity and landscape of West Cork.

Letters to Jude is published by Balestieri Press, €14.55. It is available in bookshops including locally in Bantry, as well as online on Amazon.



# Inannna turns a page on its literary journey

Holger and Nicola Smyth's home brings to mind a quote by American art historian Bernard Berenson "My house is a library with living rooms attached." Every room and corner of their home, from floor to ceiling, is crammed with all manner of rare books...out-of-print, secondhand, antique gems of all genres, every single one well-loved, from maritime travel and local history to philosophy, botany and literature with many rare manuscripts and maps also adorning the shelves and walls.

Introducing Inanna Rare Books, reputed collectors and sellers of rare books and most recently organisers of West Cork's successful inaugural book fair, an annual celebration of rare and unusual books, maps and art, as well as rare vinyl records, which was held on the grounds of Inish Beg Estate in August, attracting almost 300 collectors on one of the hottest days of the year.

Over the past 12 years, Holger and 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. Holger now runs Inanna, while Nicola manages 'Antiquity' – a bookshop and vegan cafe at The Time Traveller's Bookshop on Bridge Street in Skibbereen.

The Smyth's have recently opened up their home to the public and 'Inanna Rare Bookshop, Reader's Garden and Vinyl Garden Library' can now be accessed by appointment by

all book and music lovers. Keep an ear open for upcoming outdoor readings, talks and music events also taking place on the grounds.

On the heels of the annual book fair's success this past August and due to demand, Holger is now planning on hosting a monthly book fair starting this September on the Inanna property, located next to Liss Ard Estate on the Castlehaven road, just outside Skibbereen town. And while the books may be rare, book hunters will still be able to bag a bargain, with some items starting from as little as €5.

German born Holger has been a collector and seller of books since he was 12-years-old, beginning with a stall at a flea market selling comics, records and books alongside his father, an antiques dealer.

He met his Scottish wife Nicola in his native Marburg, a university town near Frankfurt in Germany, where the collector opened his first bookshop. The



couple, who are married 25 years with four children, moved to West Cork in 2006 in search of a less rigid lifestyle than Germany could offer them; first to Garretstown near Kinsale, and then, with their collection of 25,000 books, to their current home in Skibbereen.

"Ireland gave us the freedom to live the type of life we wanted for ourselves and our children," shares Holger. "We were able to run our business here while also homeschooling all of our four children. Life does not revolve around work here like it does in Germany."

"While we may always be blow-ins, the lack of judgment here means we feel like a part of the community now."

The nature of his business means that Holger is an expert on many different subjects. One call from a collector searching for a specific item precedes months of extensive research. "For six months, I'm an expert on orchids for example and for the next on local history," he laughs.

While vintage maps or any literary material printed before

the year 1800 are passions, Holger especially collects Scandinavian literature for his own enjoyment (books penned by Knut Hamsun in particular); but also anything with illustrations by Otto Ubbelohde (made famous as one of the most beloved illustrator's of the Brother Grimm fairytales; of which several originated in Holger's hometown Marburg,

Kassel and the whole county of Hessen). He's currently collating over 400 of Ubbelohde's illustrations, collected over 20 years, into an online library.

As a young bookdealer, I never had heard of Ubbelohde until a private collector asked me to source his work," shares Holger. "You just have to be open to exploring new themes."

As well as creating small collections and libraries around rare publications or manuscripts, Inanna has also branched into preserving and republishing out of print books. A recent reprint of one of the rarest books on local Cork and County Cork History has attracted huge interest.

"Local history is always thriving," says Holger. "It can be a pamphlet, old magazine or even a card from a point to point race, all kinds of ephemera are very collectable."

For lovers of all things printed, or songwriters searching for inspiration, Inannna offers a creative space where you may lose yourself for a few precious hours to the joy of books and music.



## Clonakilty Junction's history unveiled at Gaggin

A large crowd gathered outside Gaggin Community Hall on August 14, during Heritage Week, to see the unveiling of a timeline that tracks Clonakilty Junction's history from 1870 to 1961 through a mix of photographs and text.

The unveiling was performed by Gaggin native Ray Good, who has had a lifelong interest in trains and worked at Clonakilty Junction himself. Ray has an amazing collection of

railway items that he willingly shared for this project, which was supported by Cork County Council heritage department.

A booklet with over 50 railway images, and many memories of that era in Gaggin, was also launched on the day by Liam Murphy. The booklets are available at Bandon Books, Enniskeane Post Office and at The Village Store in Ballinascorthy for just €5.

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## people Arts &amp; Entertainment

## Celebrating diversity of cultures for Culture Night in Bantry

WCDP invites everyone to join a multi-cultural celebration at the Culture Night 2022 in Bantry on Friday, September 23, from 4pm-7pm. This year's programme features a unique range of artists from both Ireland and abroad.

Highlights include: Chinese

dragon dance performers; traditional Irish dance by Scoil Rince Carney; live music with Latvian band Kreicbergi; the Aatma Indian Dance Troupe; a beautiful art exposition by Aliszka, a Polish artist from Galway; a modern art exhibition by Artana Gallery; Tai Chi and Kung Fu workshops; music

by Beata and Anja Saskin and animations from Ukraine.

There will also be games and face painting for children.

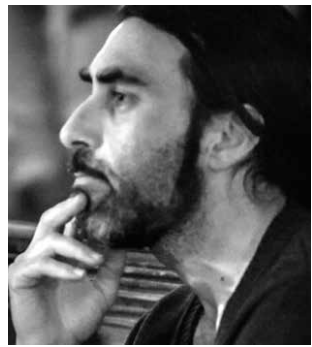
The festival welcomes all ages and all events are free to watch on Bantry Square.

For more information please visit Facebook: Culture Night in Bantry.



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## Playing at War: the postmodern assemblage of Alan Mongey



## 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.

War has always had a way of challenging the relevance of the arts. The response of many artists following WWI was to create 'dada', or 'anti-art' and nonsense theatre. What was the point of art, after all, when it failed to civilise and quell the hidden beast of war? Following WWII the German philosopher Theodor Adorno wrote, in a sentiment which,

for him, encapsulated the guilt of survival: "To write poetry after Auschwitz is barbaric" (Cultural Criticism and Society, 1949). The innumerable works of poetry, prose, art and film which have attempted, since, to process the barbarity of the Holocaust prove Adorno, at least partially, wrong: as much as it may have felt "barbaric", it was necessary (Adorno later qualified his earlier statement to say as much); the poetry of Paul Celan, the art of Anselm Kiefer, the testimony of Primo Levi and the films of Andrei Tarkovsky were all fundamental to the foundations of post-war European culture, precisely because they attempted to process personal and collective trauma.

For Dublin-based artist Alan Mongey the attack on the World Trade Centre in 2001 and the ensuing military response by the West precipitated a decades-long creative investigation into the dialectics of state sponsored propaganda, coercion and violence. It has lead, most recently, to the creation of a body of work titled 'Codes of Conduct', created largely in Dubai (where the artist lived for seven years) and to be shown in Gallery Asna, Clonakilty Arts Centre, through September. As war once again destabilises Europe and nuclear tensions rise 'Codes of Conduct'

strikes a prescient note. It is an example of how an artist, rooted in conceptualism, can generate meaningful and urgent social discourse.

By turns clever and inventive, serious and playful, thoughtful and witty, Mongey's work leads the viewer, via the artefacts of childhood and pop culture into a contemplation of the dark underbelly of state-sponsored violence and surveillance. The work comes in a variety of forms: sculptural assemblage, manipulated, found, and bronze-cast objects, paintings, stencils and installations. According to Mongey "the subject matter dictates the medium." He is lead by his subject, in conceptualist fashion, but is deeply invested in the object in what is essentially a postmodern approach.

Mongey's creative strategies reveal a powerful dialectic between language and content: for example, a sculpture of a soldier, titled 'Band of Others' is made up of 8000 toy figurines; objects of play are joined to form a meta-object, representing, perhaps, a person's journey from childhood to military service. This surprising dichotomy of means and meaning is resonant of Picasso's epic composition, 'Guernica', where the innocence of a child-like line contrasts with the horror of what it depicts. The innocence



*Walk the Line*  
Bronze cast, gold plated, laser etched

of the one sharpens the violence of the other; we are cut to the quick as we sense - perhaps unconsciously - that childhood itself has been forever stained, forever lost.

Like 'Band of Others' Mongey's 'Walk the Line' (2018) utilises figurines. This piece, however, is cast in bronze and plated in gold: 13 miniature bronze figures walk in line, along the top of the barrel of a gold-plated bronze pistol. A 14th figure walks vertically down, over the opening of the barrel. It's toy-like nature, like in 'Band of Others' underscores its resonant critique of the soldier's duty to "follow

orders". By casting and plating 'Walk the Line' in precious metals Mongey wryly critiques the values of the state; 'here is your culture', he appears to say: obedient soldiers walking down the barrel of a gun.

The 'ready-mades' of Duchamp, Hirst and Koons are clearly important exemplars for Mongey; we feel their echo in his cast-bronze pistols and the melted toy plastic weapons that comprise his 'Shadow Play' series. Crucially, however, Mongey transforms his material; they are never left as simple 'ready-mades'; they are not the stuff of Dada or the hollow gestures of conceptual self-nega-

tion. They creep, rather, into the world of the postmodern, alarm bells ringing.

Mongey's two dimensional work riffs off pop art and street stencils, the hard edge chromatics of Roy Lichtenstein and Andy Warhol never far away. His paintings include advertising images for boxes of toy soldiers, black and white paintings of surveillance images and sprayed stencils in want of walls. There is a raw, modernist grit to Mongey's surveillance paintings, and whilst they lack the finesse and finish applied to the sculptural work, they give 'Codes of Conduct' an expressive edge it would not otherwise have. One cannot help wondering, however, if that 'expressive edge' hits the right note? A photo-realist rendering would perhaps be more forensic, colder and closer to its subject.

These minor criticisms notwithstanding, Mongey is clearly a serious artist with something to say and the means to say it with. He has a great gift for assemblage and a sharp eye for meaningful juxtaposition. It is prescient work which answers the call of relevance and invites us to engage.

'Codes of Conduct' opens on 3 September, 5:30pm, at Gallery Asna, Clonakilty Arts Centre, Asna Square, and runs until 24 September.

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## Zombie tale for young adults set around Sack of Baltimore

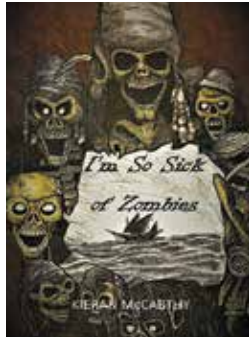
Baltimore author Kieran McCarthy has just released his new book, 'I'm So Sick of Zombies!' (alternatively titled 'The Last Oysterskull'). A satirical horror comedy, with elements of historical fiction and dark fantasy, 'I'm So Sick of Zombies!' is aimed at older children or young adults, and follows the adventures of 15-year-old Elliotte Oysterskull, who – while on a school tour in the village of Baltimore, having travelled from her home in the USA – finds herself caught up in a zombie outbreak, which only she can stop – with a little help from the locals!

The concept of the story was inspired by the true events of the 1631 Sack of Baltimore, when the village was raided by Algerian pirates and more than 100 people were kidnapped and sold into slavery abroad. The author was struck by the idea of retelling this incident – with the addition of supernatural themes.



Kieran McCarthy studied Graphic Design and Illustration in Cork, before publishing his first book, 'Looking for Lough Ine', aged 21. He has since written 20 more books.

'I'm So Sick of Zombies!' can be purchased online at [www.choicepublishing.ie](http://www.choicepublishing.ie), Amazon, or Barnes & Noble.



## Kenmare Butter Market hosts retrospective exhibition of Ian Humphrey's work

From September 4, Kenmare Butter Market is hosting a significant retrospective exhibition of the work of Ian Humphreys, an artist who has called West Cork "home" for over 20 years.

"The work includes still lifes, figures, land/seascapes and abstractions, and all the shades between these conventional categories," says art lecturer Jill Howitt. "These paintings rejoice in paint, painting, colour, texture, light, sea, land, community, ritual, people, life, and death."

This exhibition is Ian's journey in painting from when he first came to live in Roaringwater Bay in 1999. "I came from another place and

stepped into the light of here," he explains. Moving from still life, through figurative, to abstraction, Ian says of his work today: "I don't paint description or a narrative. I explore paint processes and try to let that that comes into me reveal itself in that process. My paintings in other words are not about something else but are about themselves. They are meant as a celebration of living, being and painting in West Cork."

John Goode, Director of Mill Cove Gallery and curator of this show, first saw Ian's work at the West Cork Arts Centre 20 years ago and has been an admirer, supporter and collector ever since. "There is a resonance and emotion in Ian's work that is profound. These paintings are very powerful and need to be seen, experienced and enjoyed."

"Ian's work has matured and developed considerably over the last 20 years, from still life to figurative work with powerful

symbolism. The figures left in the early 2000s and an abstract landscape appeared, landscape echoed in colour and music.

"The artist Josef Albers is an influence on Ian; Albers said: If one says "Red" and there are 50 people listening, it can be expected that there will be 50 reds in their minds. And one can be sure that all these reds will be very different."

Claire Bunbury, Creative Director at the Butter Market had seen Ian's work at Mill Cove Gallery, and in John Goode's home, and approached John and Ian about hosting an exhibition. "Ian's exhibition adds to the very rich diversity and inclusive programming that is the ethos of the Butter Market," she explains.

"From community arts exhibitions to craft fairs and large-scale sculpture exhibitions, we are very pleased with the development of our arts programme to-date. In March, with the



lifting of Covid restrictions, we were in a position to introduce live performance, set to the backdrop of our visual arts exhibitions. We continue to grow our audience and are delighted to report that over 5,000 visited the gallery in June and July."

"These reflections and anticipations remind me of the potential for art to connect us to new ideas, other times and places, and to each other. Ian wants these paintings to make you smile. I hope they touch you," Jill Howitt, July 2022.

**'My Journey in Paint 1999-2023'**, 4 to 25 September 2022 at Kenmare Butter Market. [kenmarebuttermarket.org](http://kenmarebuttermarket.org)

## Ballinspittle Comhaltas brings home gold from All Ireland Fleadh



Ballinspittle Comhaltas U18 group

Ballinspittle Comhaltas is on a rollercoaster of emotions after a super win at the All Ireland Fleadh in Mullingar. The U18 Group won the all-Ireland after a stunning performance that demonstrated their musicality and talent. Teacher Rosaire Cagney was justifiably proud of the achievement of these amazing musicians who have

been branch members since they were seven-years-old.

Forty-three branch members took part in the competitions, the largest of any Cork branch, of which 23 were medalists, a phenomenal achievement.

It was also the first time the branch had a band competing at this level; they were awarded third place, which is also a huge achievement.

Congratulations to the following competitors who all achieved third place: Lucy Teape for U18 Harp solo; Bláithín Collins for both Harp and Fiddle; Ciarán Ward for U15 Piano Accordion; Eilish Seymour for U12 Piano Accordion; Diarmaid Ward in Miscellaneous; Ferargus Walsh for the Uilleann Pipes.



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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  
www.katearbon.com

# September Sun Signs

With the aura of change still hanging in the air, the electric atmosphere of August isn't over yet. Whatever was topical around the recent New Moon in Virgo will still need to play out its potential and things may come to a head or reach an apparent conclusion around the Full Moon on September 10.

There are a few important players this month and it could be a time of reflection and reconsideration as the bigger picture starts to take a new shape.

It's not an easy time for direct action but it is the right time to re-examine the current course of action. Mars is the planet of autonomy and action. It's currently in Gemini where it will travel for the next several months. Whilst in this Mercury-ruled sign it brings a hard edge to many levels of communication.

Venus, the counterpart to Mars, will move from Leo into Virgo on September 5. This planet of social cohesion and attraction travels

through this other Mercury-ruled sign until the month's end. This placement puts the focus on getting the practical details right and there can be an urge to clean up, clear out and create a more healthy lifestyle or living environment. The earthy Virgo quality encourages a strong connection to the land and our sources of nourishment. Venus here brings the desire for the 'Good Life' by working harmoniously with nature. As she travels through this sign she challenges Mars because Virgo is in a square aspect to Gemini. This puts a lot of tension on social relationships and the balance between co-operation and independence. It creates an uneasy focus around the desire to get what we want as an individual entity versus how we share our resources as a group. This tension will ease to a degree after September 16. But with Mercury being so activated by this dynamic and in its retrograde phase, we are likely to see a non-stop stream

of information coming at us on related topics all this month. Don't expect the major issues around health, well-being and the free expression of ideas to be resolved in the short term as a much deeper complexity becomes apparent.

Mercury is the messenger planet that acts to connect us through movement, speech and other forms of communication. This normally fast-moving planet starts its retrograde motion at the full Moon on the 10th.

Issues raised since the last New Moon on August 27 that become highlighted and reach a peak at the Full Moon will have to be revisited over the next few weeks. During this retrograde phase, we may have to revise our original opinion or understanding of a situation, event or project. New facts or further insights become relevant as digging a bit deeper puts a new light on what we had previously known. Be prepared to adjust your level of understanding, discernment and belief

several times during September. Any conclusions you reach now will have to be updated in the coming weeks. It is probably better to keep an open mind on the most important matters until at least early October when Mercury starts to go direct in motion once more.

Whilst Mercury is travelling through Libra it will be in opposition to Jupiter in Aries. This tense dynamic is active through to around New Moon on the 25th and again after mid-October.

Jupiter is the bringer of all the 'feel good' things in life, and it's currently in Aries the sign of the inspired individual. Jupiter, generally a beneficial influence, in this dynamic fire sign, can become very self-righteous and want to expand its dominance or influence in the belief it has might and right on its side. It is currently in its retrograde phase in Aries until late November. During this time there is a need to question the claims for supremacy or the urge to take

what is considered to be a rightful position. Whilst Mercury is challenging Jupiter this month we can expect to have the past catch up with us in some way. If we go back over some of the information received in recent weeks we can see there are serious flaws and errors in what was presented. Past actions or choices may have been misguided and the reality is now really very apparent. The way forwards requires some humility and pragmatism so new choices can be made as a more enlightened understanding emerges over the coming weeks. What needs to be done and how to act on it will become clearer as we move into October.

**September has a Full Moon at 18 degrees Pisces on the 10th at 10.59am and a New Moon at 3 degrees Libra on the 25th at 10.54pm**



**Aries:** You're sorting through the experiences of the last several months, separating the precious from the worthless, salvaging what you can. These next two weeks are a time self examination. You want to get things right and contribute something worthwhile. You are happy to take

on new opportunities now. Make time to talk things through and you may find sincere understanding coming from friends or co-workers. The needed support will be offered if they see your true intention is to be helpful and give something of yourself. Taking care of your needs both spiritually and physically is a balancing act you can achieve now.



**Taurus:** Your attention will be on improving and making the best of a current situation in the next week. Try to bring an unusual twist or insight to anything you have to accomplish now. During the Full Moon phase you can reap rewards from past efforts. There is strong

support and good will from those around you. Remember though that not everyone is ready to make the required changes at the same time as you. Your vision is probably farther reaching than theirs and includes the broader issues. After the 16th you will see your creativity increase and have an enhanced sense of enjoyment.



**Gemini:** You've created a solid base to build on in recent weeks so now decide how you can make it work to your benefit. You know what your limits are and it's time to move forward. Now you can see what was

holding you back. This next phase marks a welcome end to so much self questioning and uncertain feelings. Emotional issues may not be your priority as you approach this Full Moon so if you encounter a cold shoulder, don't be surprised. Misunderstandings can be the result of having a different agenda but the later part of the month will see improved communications.



**Cancer:** The coming 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 the right mood compelling you, it's a good time to adopt a new approach. 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.



**Leo:** You find yourself thinking about your needs in relationship to the others in your life and how much time you have to offer them. Consider how much your physical needs and personal resources are already tied up. You'll need a balance so no one feels overly indebted.

This Full Moon you'll have the courage to do some serious mental or physical housecleaning. Throw out any useless things you've been hoarding and make some space in your life. The burst of freedom will do you good and make it easier to keep things in perspective.



**Virgo:** With the Sun in your sign and this Month's Full Moon focus on your house of relationships it's no surprise that you want to take a fresh look at your close associations. You're inclined to let go of anything you believe to be holding you back or simply uninspiring.

Find a balance between individual or personal concerns and any desire you have to be of help or service. 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 so everyone gets to benefit.



**Libra:** This month is a time of change. You have been considering your foundations, responsibilities and basic needs for security. Your practical sense is enhanced and you are able to make difficult decisions affecting your material welfare. What you willingly sacrifice now will

be more than repaid with an increased ability to make your dreams a reality later. The Full Moon will intensify any effort on your part to improve your health, diet, and physical condition. Being of service to others or taking on extra responsibilities this month will prove to have been an investment in your own future in the long run.



**Scorpio:** You want to make your dreams a reality and any attempt to put into practice your hopes and ambitions will pay dividends this month. 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 Full Moon brings you a very creative phase so allow yourself time to be playful with any new ideas and inspiration you experience. You may then find that you're actually on course, full steam ahead, for getting to where you want to be.



**Sagittarius:** Your feelings and sense of security may find you seeking seclusion for a time or losing yourself in past memories. Events make it difficult to make good decisions concerning your life direction. However, it's a good time to make some changes so you can reach new

levels. The Full Moon shines on your home and private life, which could be very rewarding now. Circumstances may urge you 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.



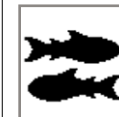
**Capricorn:** The next two weeks is the perfect time to act on any impulses to better yourself. Take up a study course, make a journey, or just mix with people who are culturally different to you. A career opportunity or the chance to impress someone of importance is likely

during this Full Moon phase. Giving extra attention to details and keeping up with everyday business could be time-consuming but the small things also contribute to the longer term plan. Feeling good about yourself and what you are doing with your time ensures an improved sense of well being.



**Aquarius:** This month is a time for getting down to business. Start by stripping away and discarding non-essential items, memories and old habits. It's a good time to put the past behind you as you're likely to be less

sentimental during the next few weeks. Keep moving onwards, concentrating on the important things. Use your imagination and follow your intuition as you focus on your goals and ambitions around the Full Moon. The drive to improve your finances and material security is strong now and you could find some welcome inspiration for a new direction or possibility you hadn't previously considered.



**Pisces:** You want to assert yourself and take the lead now. You may not always get full support from others as you tend to create resistance in those around you right now. Some may even find you unusually overbearing, as your enthusiasm runs counter to whatever is wanted

by them. Your basic energy and vital principles are strong around the Full Moon so you will soon manage to charm even the most obstinate. Your desire to get out and about to express yourself could find you enjoying an extra busy social scene later this month.

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## NEW SEASON STARTS TUESDAY SEPTEMBER 27! in Clonakilty Park Cinema

8.30pm, €10 per film at the door, all welcome.  
Follow us on for updates.



Tuesday September 27  
**THE BIG HIT**  
Dir: Emmanuel Courcol  
France



Tuesday October 11  
**A CHIARA**  
Dir: Jonas Carpignano  
Italy



Tuesday October 25  
**BERGMAN ISLAND**  
Dir: Mia Hansen-Løve  
Sweden (English language)



Tuesday November 8  
**SMALL BODY**  
Dir: Laura Samani  
Italy



Tuesday November 22  
**BETWEEN TWO WORLDS**  
Dir: Emmanuel Carrère  
France



Tuesday December 6  
**HIT THE ROAD**  
Dir: Panah Panahi  
Iran

## Clon film Club returns with an autumn programme that will make you laugh and cry

After a summer of near wall-to-wall sunshine, Clonakilty Film Club marks a return to cosy nights indoors with a superb selection from the best that world cinema has to offer. Over the autumn season the club will show six films fortnightly on Tuesdays to keep you entertained until Christmas.

As always, a committee member will share further insights in a brief introduction before each film but overall the committee has designed a programme of humorous films mixed with others that will leave you deeply moved.

First up on September 27 is **The Big Hit**, directed by Emmanuel Courcol. When struggling actor Etienne (Kad Merad) accepts a job directing theatre workshops in a prison, he is surprised to discover a wealth of acting talent among the initially resistant inmates. Seeing an opportunity for success, Etienne convinces the prison warden (Marina Hands) to allow the group to present

Samuel Beckett's *Waiting for Godot* outside of the prison, with a tour of performances for the general public.

Based on true events, which happened in Sweden in 1985, writer-director Courcol has relocated the action to France, and employed a superb ensemble cast, to deliver a crowd-pleasing film that earned the Best European Comedy prize at the 2020 European Film Awards.

Other films in the programme are:

**A Chiara, October 11:** Award-winning filmmaker Jonas Carpignano explores the true meaning of family in a gritty neorealist drama set in Italy that tells the coming-of-age story of a teenage girl grappling with the sins of her father. In an astonishing central performance, Swamy Rotolo plays Chiara, the 15-year-old daughter of an affluent family whose ties to the local mafia underworld start to become clear after a shocking revelation.

**Bergman Island, October 25:** Married filmmakers Chris

(Vicky Krieps) and Tony (Tim Roth) travel to the Swedish island of Fårö, where Ingmar Bergman lived and filmed several iconic films. The beautiful island inspires Chris to start writing a screenplay. Her film follows former lovers Amy and Joseph, who are reunited at a wedding on Fårö after many years apart. But that story might reflect some of the cracks forming in Chris and Tony's own relationship. Also stars Mia Wasikowska and Anders Danielsen Lie.

**Small Body, November 8:** In an isolated island community at the beginning of the 20th century, Agate gives birth to a little girl; sleeping. Terrified that her child will forever drift in spiritual limbo, she flees husband and family, with her baby's body, embarking on a desperate, dangerous journey to the mountains, where there may be someone somewhere who can perform a miracle. With its thoughtful tone, dark and enchanting atmosphere, and skilful pacing this feels like a Gothic

fairytale. At times breathtakingly beautiful, making great use of its Friuli Venezia settings, this is a captivating, remarkably assured debut.

**Between Two Worlds, November 22:** Marianne Winckler (Juliette Binoche), a successful author, relocates to the city of Caen to write an exposé on low paying working conditions. Concealing her true identity, she finds punishing work as a cleaner on a hectic ferry route. As genuine friendships blossom with co-workers, inevitably, Marianne must answer for her duplicity. Is lying justifiable when the aims are considered laudable? Winner of the Audience Award for Best European Film, San Sebastián International Film Festival, 2021.

**Hit The Road, December 6:** A short-tempered father with a broken leg; a boisterous young boy and his older silent brother; a sick dog; and a mother trying to keep the peace. This is a family on a road trip somewhere in Iran. But where are they going and why? As they get closer



to their destination, it slowly emerges that this is no normal journey... This debut from Panah Panahi, son of renowned Iranian director Jafar Panahi, shows a remarkable maturity for a first feature. Gentle humour and vibrant music are deftly used to capture the dynamics, chaos and emotions of these

ultimately loving relatives. The result is a rich portrait of one family for whom this road-trip will change their lives forever.

Films start at 8.30pm. Doors open from 8.20pm. €10. Follow Clonakilty Film Club on Facebook for updates.

## It's time to learn to play the ukulele!

'I've always wanted to play an instrument but I'm not musical and sure it would be too hard for me now that I'm an adult.'

"I hear this a lot!" shares musician Claire Marie Barton.

The good news is that anyone can learn an instrument with a bit of help. Of course some instruments are easier than others – drum roll...the ukulele! The ukulele is a fantastic instrument to learn and is a lot of fun too. This small modest instrument looks like a toy guitar but with only four strings, it is much easier to play. Claire loves to teach adults to play the

ukulele and to see them get such enjoyment out of it!

"Claire, many thanks for helping me reach this stage. I am delighted to be able to pick up my ukulele and feel confident to play the songs I've learned. It's a great feeling. To be at this stage is brilliant and was always my ambition". M.W. West Cork

Claire has created an online course for beginners designed to teach you the basics with a bit of fun along the way.

Why is it online? "Well, I believe this is the best way for you to progress quickly," she explains. "I have created a

series of weekly videos so you get to study the material at your own pace. There are also mp3 audios of each song for you to play along with.

Claire helps keep you motivated by offering weekly live practise sessions on Zoom where you get to do your own practise. She also checks in via whatsapp text to see how you are doing. "You can ask me questions and send me videos of your progress and I will respond with feedback. So even though it's an online course you have 1:1 support from me."

Once a month, Claire holds a group practise session on Zoom.

These sessions are recorded so if you miss a class you can watch the replay.

Enrollment for beginners is now open and the term starts on September 12, running for 14 weeks. The course costs €195 but there is an early bird discount of €20 if you sign up before September 5. For more information or to book your place, please visit <https://claire-mariebarton.com/ukulele-classes/>. Do get in touch if you have any questions! You can contact Claire on 087 2323 623 or [claire@clairemariebarton.com](mailto:claire@clairemariebarton.com).



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Book your place [www.clairemariebarton.com/learn-ukulele](https://www.clairemariebarton.com/learn-ukulele)





The Craft Corner

Caterpillar Pencil Topper

This month Natalie Webb is showing us how to make something fun for back to school. *“Mess around with different colours and even invent your own ideas... maybe alien heads or cats... Whatever you like.”*

- Materials:
- Fimo, two different colours (can be purchased in any craft shop )
  - Pen or Pencil

- Clingfilm
- Two small pieces of wire

**Method:**  
Put a small piece of clingfilm around your pen or pencil, this is to stop the limo getting stuck.  
Choose which colour you would like your caterpillar and roll out a small piece of Fimo approx 6 inches.  
Wrap this around the your pencil or pen on the clingfilm curling it around as you go to make the body.

Take another piece of Fimo and roll into a ball then swish this onto the top of the Pencil so that it meets the curly body, smooth the top of the body onto the head so that there are no gaps.  
Rollout two very small ball of the different colour Fimo then two even smaller balls of the same colour as the body then two tiny bit of the different colour again, these are for the eyes, gently squish them onto the head going from big to small,

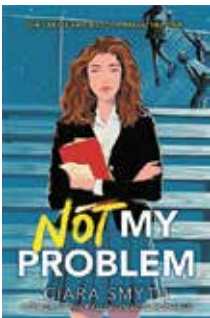
With the different colour roll out a tiny bit for the mouth and press on.  
Now with the whichever colour roll out 2 more small ball and put the onto the little bits of wire then put the wire into the caterpillars head.  
Gently take off the caterpillar from the pencil put on a parchment lined tray and bake in oven ( get an adult to do this) at 200 for approx 30 mins, leave to cool then pop onto the end of your school pencil!... your friends will love it!



One County, One Book

An initiative to introduce young people in County Cork to Irish authors has returned for the second year in a row. One County, One Book is a programme by Cork County Council Library and Arts Service and is supported by Creative Ireland. The title for 2022 is ‘Not My Problem’ by Belfast author Ciara Smyth.

One County, One Book is designed to showcase homegrown literature, with prominent placement in its branches, and to promote literacy as part of its community outreach programmes to young people. As part of the programme young adults and teens will be encouraged to read ‘Not My Problem’ and will have opportunities to meet the author and discuss the book in October and November 2022.



‘Not My Problem’ is a heart-tugging, coming-of-age novel that deals with issues such as addiction and loneliness but ultimately is filled with love and explores the deep bonds that go hand in hand with true friendship.

Copies will be available in all branch and mobile libraries across the county from September 2022. The project is funded by Cork County Council Library along with Creative Ireland.

For more information visit [corkcoco.ie](http://corkcoco.ie)

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Sudoku

The goal of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9

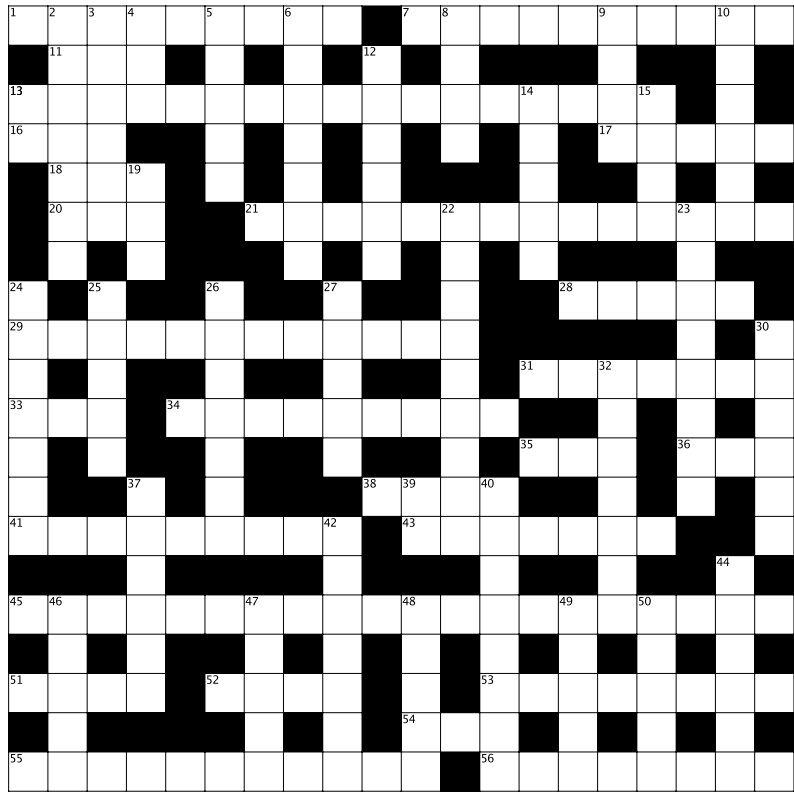
2	3			6				
						1		
						8		
	7	4						
	1			4	8		7	
		3	1		9			5
	2				1			
	9				7	5		
3					5		4	

#159503 Difficulty: hard

	4					1		
	1		9	5				6
7				3			2	
			6					
		4	1		9	3		
		5			2	4		
		2		1	7			
	8							2
	9					7		

#195519 Difficulty: moderate

In the news Crossword



- ACROSS
- 1 Odious, objectionable (9)

7 Retiring residents of Erinsborough (10)

11 Commotion in line (3)

13 Booker prize winning novel of endangered writer (9,8)

16 Neurosurgeon’s diagnostic tool, in short (3)

17 Strait or channel such as that between Denmark and Sweden (5)

18 Dorsal, e.g. (3)

20 Compressed fuel;abbr (3)

21 Weekly cofounded by Arthur Griffith (6,8)

28 Kind of naked (5)

29 Balancing (12)

31 Brendan Grace character or distillery employee (7)

33 LIV tournament score (3)

34 Fair city hosts occasion for jump-off (5,4)

35 Menagerie (3)

36 \_\_\_shoe, Poirot perhaps? (3)

38 Metal used to make brass (4)

41 The real McCoy (9)

43 Blunder while walking (7)

45 Sensory apparatus (7,7,6)

51 Find this city and discover a scandalous landlord (4)

52 94 in times of Caesar (4)

53 Turn beet around for dark haired girl (8)

54 Shares a naval border with Qatar; abbr (3)

55 Airborne rounds disrupt Courtmac activities (11)

56 Variety of wine grape (8)
- DOWN
- 2 For a moment of time (7)

3 Human head or small drink (6)

4 Possess as yours (3)

5 Forge first part of gold into this? (5)

6 loosening from bonds (7)

8 Name found in “mistaken identity” (4)

9 Small drones (4)

10 Rule with symbol of magic over a part of Africa (6)

12 Feather-brained (6)

13 Narcissist’s main concern (2)

14 Bride’s offering (5)

15 Food, informally (4)

19 Greenpeace or Trocaire for example; abbr (3)

22 Homeground of unconventional Irish players (9)

23 Feds came a knocking on this Palm Beach door (3-1-4)

24 Bone making USA clap wildly (7)

25 Smug smile (5)

26 Citizen of former Portuguese colony (7)

27 Olden days anesthetic (5)

30 Illegal act on a European peninsula (6)

32 Cart the groceries around whilst on a drip. (7)

37 Colourful nickname of Irish American crime boss (6)

39 Danish for “ice,” also a very common English verb (2)

40 Proverbially cool vegetable (8)

42 Aniseed-flavoured herb (7)

44 Made thin by hammering (6)

46 Terrorists hide an oversight (5)

47 Legit (5)

48 Her birth was recorded by Botticelli (5)

49 Foam or froth, especially on the sea (5)

50 Splendid wave (5)

Across: 1.obnoxious; 7.neighbours; 11.row; 13.Mighty's Children; 16.EEG; 17.sound; 18.fun; 20.LNG; 21.United Irishman; 28.stark; 29.compensatory; 31.bottle; 33.ppr; 34.horse show; 35.zoo; 36.gum; 38.zinc; 41.authentic; 43.stumble; 45.central nervous system; 51.Troy; 52.xciv; 53.brunette; 54.UAE; 55.projectiles; 56.nestling  
Down: 2.briefly; 3.noggin; 4.own; 5.ingo; 6.untying; 8.Enid; 9.bees; 10.Rwanda; 12.scally; 13.me; 14.dowry; 15.nosh; 19.NGO; 22.Dalymount; 23.Mar-a-lago; 24.scapula; 25.smirk; 26.Angolan; 27.either; 30.Crimera; 32.trolley; 37.Whitey; 39.is; 40.cucumber; 42.chervil; 44.beaten; 46.error; 47.lit; 48.Venus; 49.spune; 50.swell



# The unique and everchanging sound of Xylouris White

DeBarras will play host to the incredible energy that is Xylouris White as part of this year's Clonakilty Guitar Festival in September. This duo, a collaboration between Cretan lute player Georgios Xylouris and Australian drummer Jim White, play Greek folk music with fearless and joyous abandon, experimenting with a range of sounds in a mix of original and traditional compositions. Consistently challenging musical expectations, the duo's approach has been described as unpredictable and ever-shifting.

Ahead of their gig in Clonakilty, Georgios Xylouris chats to **Mary O'Brien**, sharing that fans can expect to see an entirely different side to Xylouris White in their new record due out next year. "It's entirely different to our previous records... a very particular record." He won't give anything else away but whatever is coming is sure to be inventive.



Georgios grew up in a village in Crete surrounded by music. His father is legendary singer and lyra player Antonis Xylouris, who Georgios says he followed and played with from a young age at festivals in Crete. He describes the rhythm of the Xylouris White sound as "goatish" a nod to his Cretan roots.

Anyone who loves the soulful 'Tree Song' from 'The Sisyphians' album will know its origins lie in Crete. "I first heard it in a village from an old man singing," says Georgios. "I liked the lyrics about someone looking for a place to stay who was unwelcome everywhere and was offered shade by a tree."

Out of all their songs, the

somewhat off-the-wall 'Pulling The Bricks' from their 'Goats' album is a favourite with Georgios. No less conventional, 'Chicken Song', 'Hey, Musicians' and 'Forging' are also mentioned.

Georgios and Jim first met through common friends and heard each other play in Melbourne, Australia in the 90s. Best known as the drummer of the instrumental Dirty Three, Jim invited Georgios to play with the band as a special guest. "That happened a few times, I recorded with them as well," shares Georgios.

Years later, in 2013, Jim visited Georgios in Crete. "We went to a studio and recorded some music, and that was the start of our first record 'Goats'."

Their journey together has been continuing all over the world ever since. "Every time we play, it's a unique experience for us because we love to play music together," says Georgios. "The resonance of various instruments is what fills my mind with sounds. The thoughts I have from moments and memories throughout my life are a constant inspiration to me. At times I think of people that I have encountered throughout my life."

For the last four years these two men have been performing as Xylouris White, the culmination of 25 years of friendship.

The ever-changing nature of their intense sound is a result of a relationship built on communication, enthusiasm and good

humour. "Nothing is static, it's always pliable or malleable," shares Georgios. "I like playing with Jim because he is there in body and spirit every time we play."

Each performance by Xylouris White brings an element of surprise with it... for the musicians as well the audience. "It's not that we have everything ready to play, the outcome is influenced by the audience, the venue, the situation, the moment," says Georgios, who is looking forward to returning to Ireland and their upcoming gig at DeBarras in Clonakilty.

Xylouris White play DeBarras on September 10. [www.clonguitarfest.com](http://www.clonguitarfest.com).

## Second single from Susan O'Neill's forthcoming EP sees a new duet with Mick Flannery

'Truth Can Be Kind' sees Susan O'Neill's 2021 collaborator Mick Flannery come back into the fold, in another co-write between the two artists, they join forces again on a new duet track. Although this track will feature on Susan's forthcoming Solo EP 'Now you See it' due September 14, both artists take a nod to the 'In The Game' album when talking about the track.

Susan says: "This was another co-write and duet with Mick Flannery. I guess the theme is in a similar vein to our duet album. The protagonist struggling to deal with some harsh realities of an adulterous lover. They piece some of the story together, but request in the song to not hear the truth said out loud."

Mick echoes this, "This song might well have fit the 'In The Game' storyline but we didn't have it ready in time. Very glad

it's being released on Susan's EP."

The song has a raw soul-like swagger that showcases again the pair's intimate, yet warring, vocal union, which has now

become one of the favourite vocal pairings to come out of Ireland and beyond in many years. Reunited with In The Game's producer Tony Buchen (Smashing Pumpkins, Courtney

Barnett) for this song, working again between Los Angeles and Ireland's west coast. Guest players on 'Truth Can Be Kind' include bass player Zach Dawes (Lana Del Ray, Sharon Van Etten), drummer Darren Weiss (T Bone Burnett, Elle King), and piano player and composer Jay Israelson.

'In The Game' saw the pair receive nominations for the Choice Music Prize Album of the Year, the RTÉ Radio 1 Folk Awards' Album of the Year and take home the Best Original Folk Track award for their song 'Chain Reaction'. Susan was also shortlisted for the 'Vanda and Young' Award for her song 'These are the Days'. The collaboration album ended up being the biggest selling Irish independent record for 2021.

Susan recently wrapped up an extensive tour of North America, which also included a handful of performances with

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Mick Flannery, and the duet album band in Los Angeles, and the main stages of The Calgary and Edmonton Folk Festivals in Canada. The summer kicked off with another show with Phoebe Bridgers at Glasgow's Barrowland, right before a hugely memorable performance at Dublin's Iveagh Gardens. This past week Susan flew to the UK to open for the recently Grammy-nominated U.S roots queen Valerie June, (also a huge fan of the pair), before closing out the summer tour with Mick Flannery at Denmark's Tønder festival this past weekend.

Susan will embark on her largest Irish headline tour in support of the EP, including

festival appearances at The Electric Picnic, Clonakilty Guitar Festival, Imagine Arts Festival, Vantastival and Sligo Live Festival. Also joining Mick Flannery for the one-year anniversary shows of 'In The Game' in Cork and Limerick. The Cork Opera House show sold out in no time, and a second show has just been announced for Live at St. Luke's on September 9. The pair's last show for the foreseeable future will be at The Live at the Big Top series at the Milk Market in Limerick.

Susan O'Neill plays Clonakilty Guitar Festival on September 11.



# Private rented accommodation: deposits

In today's property market, finding rented accommodation that is affordable is particularly challenging. With a limited supply of rented property available and huge demand, finding somewhere to rent can

be a stressful experience. The pressure is on to try to secure a place to live by putting down a deposit as quickly as possible. Before parting with any money though, and to avoid becoming a victim of rental scammers you

should:

- Always visit the property – don't agree to rent it through a website or social media
- Never transfer funds electronically to someone claiming to be an agent or landlord until you are sure you have a legitimate transaction
- Check that the keys work and that you have full and correct contact details for the landlord or agent who is authorised to rent the property. You should never hand

over a deposit to a prospective landlord/agent until you are sure that you are happy with the condition of the property, the terms and conditions of the letting and are willing to rent it.

## Holding deposits

Some landlords or agents may ask you for a holding deposit when you decide to take the accommodation. This is a sum of money you pay to hold the property before you sign the lease and enter into a contract with the landlord. You should always get a written receipt for a holding deposit.

Holding deposits are often not refundable if you don't take up the accommodation. As a tenancy has not been created, it is not possible to avail of the Residential Tenancies Board dispute resolution to try to get back your money. You may be able to pursue the matter through the Small Claims Court.

## Security deposits

You will be asked for a security deposit before moving into the accommodation. The landlord holds this deposit as security to cover any rent arrears, bills owing or damage beyond normal wear and tear at the end of the tenancy.

You cannot be forced to



make upfront payments of more than two month's rent. This includes a deposit of a month's rent and one month's rent in advance. This restriction applies to all tenancies created from 9 August 2021 and is set out in the Residential Tenancies (No. 2) Act 2021.

You should get a receipt for any deposit you pay. Your rent book should state how much of a deposit you paid.

## Student Accommodation

Students in student-specific tenancies can opt-out of this restriction and pay a larger upfront payment if they want. The Residential Tenancies Board has a guidance document about this legislation.

## Help with the Deposit

If you are getting a social welfare payment and are unable to pay the deposit, the Department of Social Protection's representative (formerly the Community Welfare Officer) may be able to help with paying a deposit under the Supplementary Welfare Allowance Scheme.

If you are in emergency homeless accommodation, your local authority may help with any deposit needed to get accommodation under the HAP scheme. You should contact the housing section of your local authority for further information

on this.

## Record of Condition at Start and End of Tenancy

When you move in, your landlord must provide you with an inventory of the contents of the property. You should keep a record of the condition of everything that is listed, taking photos if possible, and agree this in writing with your landlord.

Before leaving the property you should clean it thoroughly, remove all your possessions, dispose of all rubbish and take dated photos to show the condition in which it was returned. This will be very useful if you find that the landlord is reluctant to return your deposit and you need to take a case to the RTB. Ideally you should request to be present at a final inspection of the property with the landlord/agent.

## Losing the Deposit

When you leave a property at the end of the agreed rental period or after giving the agreed notice, the landlord should return your security deposit, promptly and in full. However, if you leave before the end of the agreed period, the landlord may keep your deposit, even if you have given notice. It is also possible that you may also be liable for the amount of rent due until the end of the lease, depending on what is stated in the lease agreement.

You may lose some or all of your deposit if:

- You leave without giving proper notice, or leave before the end of a fixed-term lease
- You cause damage to the accommodation beyond normal wear and tear
- You leave with unpaid bills
- You leave with rent arrears. The landlord cannot hold

your possessions against money you owe, but they can apply to the RTB if they feel that your deposit does not cover rent arrears or the cost of damage to the property.

## Making a Complaint to the Residential Tenancies Board

If you believe that your landlord is unfairly withholding your deposit, you should request it in writing. If your landlord claims that there are bills/rent outstanding or damage to the property you should request proof of these claims. If you cannot reach agreement/secure the return of your deposit you can make a complaint to the RTB and opt for mediation or adjudication on the issue. Mediation is free. Adjudication costs €15.00 if you apply online and €25.00 if submitting a paper application.

## Tenant Deposit Protection Scheme Pending

A point to note is that the Residential Tenancies (Amendment) Act 2015 provides for a tenancy deposit protection scheme, where the RTB would manage and hold deposits for tenants and landlords but these provisions are not yet in effect.

*If you need further information about any of the issues raised here 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

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To honour his service helping to train 120 Gardai in 15 stations across West Cork in the correct use of a defibrillator Garda Chris Brosnan was presented with a medal by Dr Adrian Murphy, CUH Consultant in emergency medicine together with Denise Ford, National Ambulance Service and Sgt James O'Donoghue, Kinsale during the Kinsale Regatta Festival.

Picture: John Allen





# An exotic hidden gem



*Yucca rostrata*, the Beaked Yucca. This needs a sunny spot with good drainage, and eventually develops a trunk several feet high.



*Embotrium coccineum*, The Chilean Flame Tree. An easy and fast-growing tree, but it is a member of the Protea family so you must never give it fertiliser.



*Puya alpestris* in bloom



*Trachelospermum jasminoides*, the Star Jasmine. Needs a sunny spot, flowers prolifically all summer with deliciously scented flowers. Plant it under an upstairs window, where the scent can drift in.

Lovers of rare and unusual plants will have the opportunity to visit two of West Cork's more exotic gardens before the Garden Trail season comes to a close this autumn. Comillane Gardens on Cape Clear Island will hold an open day this Saturday, September 3, from 1-4pm and it's mainland sibling The Fernery in Skibbereen will open on Sunday, October 9, 1-4pm. Both gardens are under the care of ecologist and gardener Michael Allen Z Prime, who collects and grows seeds and plants from all over the world, many of which are now endangered in their natural habitats.

Its temperate, oceanic climate, rare in the northern hemisphere, is what attracted Michael to West Cork. After trying and failing with many exotic plants in London due to periodic cold winters, he started a search that took him to Cornwall, the Isles of Scilly and finally to the South West of Ireland. After doing some research, Michael decided that Cape Clear, with its unique microclimate would give him the best chance of successfully growing rare plants from many subtropical, oceanic, and cooler desert areas of the world.

"Microclimate is a complicated subject and hasn't really been explored much in Britain or Ireland, whereas if you go to France or Germany, you'll find they know every little patch and what it's suitable for growing," he says.

"If you're growing things in the longterm, trees and shrubs that might live for centuries, it's not the average winter that's of most interest or importance, it's those odd terrible winters that we only get once every 20 years."

After falling in love with a cottage ruin on 14 acres on Cape Clear, Michael and his family moved to the island permanently in 2003. Here they have created a garden where the exposed, south-facing slopes provide a habitat for cacti and succulents, while more sheltered areas provide a home for palms and unusual tree ferns.

By creating microclimates through the planting of hedges of bamboo and *Olearia*, Michael was able to create more sheltered areas.

"We found that Cape is too dry and windy for a lot of the very tropical plants but luckily my interest in plants is wide so I discovered it's a very good place to grow cacti and succulents," he shares.

Located on the eastern side of the island, Comillane Garden lies in the rain shadow of the hill, which means it doesn't get



much rainfall and the wind also causes a lot of moisture evaporation on the plants.

In 2012, Michael purchased another ruin, this time on the mainland, nestled in the hills between Skibbereen and Baltimore. A smaller garden, The Fernery, is also packed with rarities, from the bold foliage of *Schefflera macrophylla*, which can reach heights of over eight metres to evergreen protocarnivorous *Puya alpestris* with its narrow, arching, dark green leaves, the spines along the margins making a clump about 60 cm high. In summer the plant produces tall, dense spikes of metallic turquoise to almost black flowers with orange anthers. It's relative *Puya raimondii*, also known as queen of the Andes, is growing on Cape Clear. This plant is one of the most remarkable plants in the world, growing at 4000m altitude in Columbia.

"It can take 80 years to reach flowering size and once it does flower, the entire plant dies and has to come again from seed," shares Michael.

Tree ferns feature prominently, including *Dicksonia antarctica*, *Cyathea dealbata* and *Todea barbara* and there are over 20 different species of palm trees growing in the garden.

Subtropical introductions from Vietnam include *Rhodoleia parvifolia*, *Disanthus ovatifolia*, *Magnolia floribunda* v. *tonkinensis*, and five different species of *Schefflera*.

"Many plants in West Cork often assumed to be native in fact originally came from the Southern Hemisphere, such as *Montbretia* (from South Africa) and *Fuchsia magellanica* (from Chile). "A tree that should become just as common is *Embotrium coccineum*," says Michael.

Another exotic looking plant in The Fernery and very easy to grow anywhere in West Cork is *Schizostylis coccinea*. "This flowers from late summer until Christmas in a sunny but damp spot."

While it needs a sunny spot, *Trachelospermum jasminoides*, (Star Jasmine), with the right

conditions will flower prolifically all summer and has deliciously scented flowers.

*Pseudopanax ferox* from New Zealand will eventually form a small tree with more normal leaves and a compact habit. It needs good drainage but can grow in sun or light shade.

"Its leaves are designed to look unappetising to Moas, the now extinct giant birds that were formerly the principal herbivores in that country," shares Michael.

By digging into a steep earth bank, Michael has created two sheltered microclimates. The South wall is perfect for heat loving plants like cacti, succulents, and sun-loving palms, and the North bank, which gets the moisture from the hill, shades leafy ferns like the *Cyathea dealbata* (silvery tree fern) and other woodland species. "The Māori people used the leaves for marking trails through the woods," he says.

As our planet warms and threatens production of major crops like maize and wheat, Michael is also investigating edible plants and crops that could possibly thrive in our temperate climate.

*Butia catarinensis*, a type of feather palm, is very hardy and produces delicious edible fruit.

*Agave montana*, a beautiful and architectural plant, resembling a large artichoke, native to Mexico and Guatemala, could

be used to make tequila. It grows happily at The Fernery.

*Akebia trifoliata*, a vigorous climber growing over The Fernery door, is an easy plant, extremely hardy and edible, and boasts blue-purple fruits. In order to get the fruits, which ripen in October, cross-pollination between two plants is necessary. "The skins can be stuffed and fried, and inside, once you separate out the seeds, the juicy pulp tastes like tropical fruit," says Michael.

One of the more unusual crops Michael is experimenting with in the hope of finding an edible specimen that will grow successfully here, is bananas. He's trying out Chini Champa, a banana from the Himalayas with a sweet eating fruit.

The cannas, whose flowers can reach 12 feet in height, should be in full glory by the time the open day comes around in October. Even these are edible! "It's grown as a vegetable in South America and a good source of starch and carbohydrate so could have many uses."

There are so many more rare and interesting specimens in this fascinating garden...too many for this article...but if you're a plant lover please don't miss out on the opportunity of an expert guided tour around this gem.

*The Fernery, Gorteenaloman, Skibbereen, P81 RX62.*  
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## people Home & Garden

# Overnight restrictions reintroduced in Clonakilty in addition to West Cork hosepipe ban

**D**ue to the continuous and significant increase in demand for water during the recent hot weather, combined with the ongoing low rainfall levels, Irish Water has confirmed that a Water Conservation Order, commonly referred to as a hosepipe ban, will be in place for 30 supplies in West Cork, for a period of four weeks from August 29.

Areas of Clonakilty have also had night-time water restrictions reintroduced from 11pm

-7am until further notice. The restrictions are required to give the reservoir time to replenish and are necessary during this off-peak time, as it is possible that there would be insufficient water supply to homes and businesses during daytime hours without some measures being put in place.

Since November 2021 rainfall in West Cork has been below average for every month (except last June) when compared to historical rainfall records. This has impacted

water resources as they need time to replenish, and it will take six to eight weeks of rainfall to do that. There was only 6.3mm of rain at the weather station in Roches Point between August 14 and 23, compared with 18.4mm in Mullingar, Co

Westmeath and over 32mm in Markree Castle, Sligo.

At the same time demand for water has increased significantly over the summer period, particularly in tourist and agricultural areas. Irish Water, in partnership with Cork County Council, is currently tankering water to some supplies.

Margaret Attridge of Irish Water, explained that: "Using a hosepipe for one hour is the equivalent of the daily water usage of an average family. There are lots of helpful tips for conserving water on our website but the key messages are to leave the hose and the pressure washer in the shed; reuse household water for the garden; and take shorter showers."

To help people learn more about saving water Irish Water has developed an easy-to-use conservation calculator so the public can work out how much water they are currently saving and how they can conserve even more. The free calculator is available on the Irish Water website at [www.water.ie/calculator](http://www.water.ie/calculator) where you can also find lots of useful water saving tips.

Report any visible leaks on the public network to Irish Water on the Irish Water website or call 1800 278 278.

Where householders experience very low flow or pressure, lower than neighbouring properties, they may have a service pipe leak. Irish Water's First-Fix-Free Scheme can help with the location and repair of external leaks. Details on its website or call 1800 278 278.

# Getting white right



## 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](mailto:maura@mauramackeydesign.ie)

there are multiple 'shades' of white with either warm or cool undertones. Cabinets and paint samples can look very different in a showroom's light to how they will look in your kitchen at home. I always remind my clients to be mindful of this; before you choose your shade, think about how much and what type of light is coming into your kitchen.

For example, if your kitchen is north facing, do not pick a white with a blue undertone, as it will make your kitchen feel cold. Instead choose a warm white. For walls, a favourite of mine is 'Cornforth White' from Farrow and Ball.

If you have a lot of light streaming into your kitchen from south or west facing windows then the choices are endless. A good off-white wall paint is 'Hardwick White' from Farrow & Ball, it can look like a traditional grey depending on the light and is a great choice for a bright kitchen space.

Bringing contrasting materials into a white kitchen design adds character, warmth and personality. Think about natural materials with a texture or a grain; wood or stone for your worktop, flooring or backsplash for example. (While I'm on the topic of worktops, I must mention a brand that is fabulous if you have young kids or do a lot of cooking – Dekton have a wide range of textured worktops to choose from but the big plus for me is you can put hot pans and trays down without marking them.)

Brass, copper and other metallics also stand out in a white kitchen. Use in lighting over an island or dining table, for accessories such as a kettle and toaster or think about metal as a feature wall.

Create layers of interest by mixing up your sheens; if you have matte kitchen cabinetry, maybe add a gloss tile or backsplash to create a contrast and reflect light around the kitchen.

Another way to create dramatic contrast is with a dark floor in an interesting pattern. A herringbone pattern in dark ceramic tiles, luxury vinyl tiles or parquet flooring would look amazing.

For more drama add pops of colour with:

- Painted stand-alone cabinetry
- House plants in interesting pots
- Window dressings
- Brightly coloured appliances
- Wall panelling
- Paint 'sections' of your kitchen walls

Finally, for wall colours that set off white cabinets there are no wrong or right choices but a few of my favourites that my clients have used in the Farrow & Ball range are French Grey, Hague Blue and Pigeon.



**W**hite kitchens are a favourite in the interiors world because, like a blank canvas, they allow you to create so many different looks, now and in years to come. Contemporary, traditional, farmhouse and Scandinavian, it's a colour that suits every design taste and, because white reflects light to make smaller areas appear more spacious, it can be used in any design scheme no matter what size room you have.

Like every colour,



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ANNE MARIE'S TIP OF THE MONTH FOR A TIDY HOME:

**Make sure everything you own has a home.**

Once you start designating spots for specific items, it will become easier to quickly put things back where they belong. If you need help to declutter your home contact Anne Marie on 087 6529901.

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# September in the garden



## GARDENING

John Hosford

The Weekend Garden Centre

September is very much a month of harvest and maturity, with hints of autumn. There are many rewards from the garden at this time of year with fruits and vegetables coming to full fruition after much care and tending throughout the spring and summer.

### Vegetable Garden

Take precautions against pigeon damage by securely netting all members of the cabbage/brassica family. It is very important not to allow damage by pigeons, deer, rabbits and caterpillars on overwintering crops, as the cabbage/brassica family will provide you with much-appreciated, delicious fresh vegetables over a long period.

Savoy cabbage, kale, Brussels sprouts, swedes, cauliflower and broccoli will all provide great sources of food through the winter until next May, so they are well worth protecting vigilantly.

Vegetable marrows, pumpkins and squashes need to be harvested at the end of the month or early October or certainly before any frosts arrive. Ripen well and dry off before storing in a cool, dark place. Keep away from any contaminating substances. If carefully stored they should last until Christmas or beyond.

Sow a winter variety of lettuce this month such as Arctic King or Winter Density at 15-25cm apart. These will germinate quickly.

Garlic needs a period of cold weather to grow well. Plant in a sunny, well-drained site, adding grit to facilitate drainage if you have heavy soil. Break each bulb into individual cloves before planting at 8-10cm apart. Alternatively you can plant in large modular cell trays and keep these in a cold frame. They can then be planted out where they are to mature in the spring.

Plant autumn onions at 8cm apart just deep enough to cover the tip of the sets. Varieties to

look for include 'Swift' and 'Radar'

Lift main crop potatoes at the end of September or early October. Store in a cool, dark, frost-free place.

Plant out spring cabbage in well-prepared soil, which has the addition of well-composted farmyard, stable manure or Gee-up prior to planting. Protect against pigeons and rabbits. Caterpillars are still active during September so use a fine porosity mesh to exclude the cabbage white butterfly from depositing eggs, which will evolve into caterpillars on your cabbage plants. Put cabbage collars in place to protect against cabbage root fly.

Onions should be harvested now. Lift carefully and allow to dry outdoors before bringing them in for storage in a cool, dry storage place.

Store in nets suspended from the cross beams of the shed or in timber crates or baskets. Plenty of air will keep them lasting well over the winter possibly until March or April. Don't let harvesting go too late, as with the days get shorter, the likelihood of dampness increases.

**Tomatoes:** Continue side-shooting, protect against blight and ventilate the greenhouse on warm days. Use a cloche to cover outdoor tomatoes to accelerate ripening.

### Fruit Garden

Autumn fruiting raspberries will now be starting to ripen. In a favourable autumn they can continue cropping until the early days of November. Prune the canes of autumn raspberries in late winter/early spring.

Finish cutting out fruited canes from summer fruiting raspberries.

Continue planting new strawberry plants in fresh ground where strawberries haven't been grown before. Choose a sunny,

well-drained site and prepare with the addition of organic material prior to planting. Keep well watered in dry weather.

Clean up existing strawberry beds, cutting off unwanted runners, old and dead leaves and any moulded fruit. Remove all weeds ruthlessly and with vigilance.

### Colour in the Flower Garden

There will be many great plants providing colour in the September garden, for example Chrysanthemums and Dahlias. Continue liquid feeding of all container-grown plants. Asters (Michaelmas Daisy), Phlox, Rudbeckia and Japanese Anemones will also be providing great colour. Deadhead frequently ensuring to remove fallen petals that have become embedded on the leaves. Remove broken shoots and dead leaves.

Plant beds and containers to provide winter and spring colour. Heathers, which are hardy, weather-proof and long flowering, are a terrific choice for winter and spring colour. Plant in groups of three, five, seven, or nine of the one variety for maximum impact. Use a lime-free, ericaceous compost when planting and mulch with a 8-10cm layer of bark mulch.

Plant out Sweet William, Wallflowers, Pansies, Violas and Foxgloves. Choose your spring bulbs while stocks and choice is good in garden centres and shops. Daffodils, Crocus, Hyacinths, Iris and Snowdrops can be planted right away. Tulips are best planted between November and New Year's Eve. Pot up Hyacinths, Narcissi, Freesias and Amaryllis for Christmas and New Year colour and fragrance. Use bulb fibre if your containers don't have drainage.

### Lawns

This is the best month for sowing new lawns and laying turf. Prepare the ground well prior to sowing your new lawn, getting rid of all persistent perennial weeds. Aerate and remove thatch from the lawn. Reseed worn patches and top dress the lawn after aeration. Tackle broadleaved weeds in established lawns.

### Prepare for Autumn Planting

New hedges, trees, fruit trees, bushes and plants to provide habitats for wildlife are best planted in the autumn or early winter, due to the accumulated heat of the soil, greater rainfall at this time of year, shorter days and less possibility of drying-off. Plant in autumn or early winter and you won't be a slave to watering all spring and summer long. Let the rains of winter do the watering for you.

Look out for trees and shrubs that provide autumn colour with berries and foliage. Take note of the varieties and check their suitability for your own garden.

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**\* Note: closed on 17th & 18th September \***



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## people Sport &amp; Fitness

## Great things ahead for West Cork's teenage hammer thrower

Eighteen-year-old Nicola Tuthill has had quite a year so far: From the despair of injury to the joy of world championship success. **Matthew Hurley** meets the Kilbrittain teenager, who started hammer throwing at the age of 12 and has gone from strength to strength since then.

Tuthill finished an impressive eighth place in the World U20 Championships in Cali, Colombia while also managing a personal best of 61.87m in the semi-final.

Her top throw wasn't too bad in the final either, 60.47m.

"I was absolutely delighted with the finish. This year was a bit of a tricky one for me because in March, I dislocated and fractured my elbow at a competition, the European throwing cup in Portugal."

Other than Italian gold medalist Rachele Mori having a best throw of 67.21m, the final was a tight one. Tuthill was only 2.27m off second place, under a metre off a bronze medal. A remarkable performance from the Bandon Athletics Club member.

"All it takes is one throw and I think anyone was thinking they could sneak in for that bronze medal towards the end of the competition. You can't produce your best every day and I still got a throw over 60m," explained Tuthill.

"Once I had time to process that, I was very grateful that luck was on my side. It was my first major final, so it was definitely a great experience and a brilliant achievement after injury."

Her injury was a shock to the system for the teenager who was hoping to make a breakthrough 2022. The injury occurred on Tuthill's third throw in the European Throwing Cup in Portugal. "I was just in the middle of the throw and got my foot caught as I was turning around and I put my arm out to save myself," Tuthill said. "The elbow dislocated and knocked a piece of bone out with it, which then split into three smaller pieces. It wasn't ideal but I got back, and I got it sorted eventually."

After two weeks of rest, three weeks of doing nothing with her arms, the youngster was back doing a bit of footwork before eventually doing one-handed throws.

Rehab was very hard for Tuthill to deal with, annoying too given the amount of training she did before going to Portugal. "I was really hoping to compete well. Then having that happen wasn't ideal," she explained.

"I got very lucky that I got an appointment with an elbow surgeon in Dublin. I had the right doctor to get it sorted. It was initially the case of, will I throw again? It was a waiting game to see what way the bones would heal. Once it healed right,



it was like, ok, I'll throw again but when?

"It was frustrating, but a lot of people do get injured and it's just a thing that happens. My injury was unfortunate for the sport I do, at least I was able to do leg work. I was very lucky that Athletics Ireland did take that chance and took me out to Colombia for those World juniors."

The way her coaches helped her through recovery contributed to her success later in the year to get her to the world championships.

"My coaches were so creative in changing my programme, so I was still able to train. I was doing eight sessions a week at that point so I was doing as much if not more training sessions, but they were shorter because I couldn't use my arms."

"There was so many exercises to do but I was very determined to do them all, no matter what time of night it was."

It was a very unpredictable year for Tuthill, as she tried her best to recover from the injury, but her drive and willingness to keep going was worth it in the end. "It was a very long journey with rehab and everything to get to Colombia. It was just sweet in the end to get the PB in qualifying rounds as well, after all of the hours of rehab."

"I never stopped training, but I think the amount of support I received through it has really helped me to get to where I am now. My coaches, my family, my club Bandon AC, my physio Mary."

The West Cork athlete added that she couldn't do it without the support of my family but especially her mother.

"She is out the field at every throwing session no matter what type of weather and she takes me up and down to Dublin for training and competitions no matter how busy she is herself and I really appreciate it."

On top of dealing with this elbow injury, she was also doing her leaving cert. Tuthill was working extremely hard even with so many obstacles to overcome.

"It involves a lot of time management, you have to train before school, go to school, come home, train after school, do study. I then had the exercises on top of that, sometimes at 12 o'clock at night. I got it done

though, and that's the main thing," she added.

Bandon Athletics Club has nurtured some top talent down the years, Phil Healy being one in particular.

It's the same for Nicola, and she couldn't praise the club enough.

"Bandon Athletics Club were amazing the whole time, going back to when I used to run and doing all different events. I suppose I got lucky that I built a cage here at home just to make the training quicker for me so I wouldn't have to travel. That was built when I was doing my Junior Cert."

"Bandon AC were in constant contact with me and making sure everything was ok, especially with the injury. They were checking up and seeing how I was getting on too. They were so supportive the whole way through."

Hammer throwing may have been the ultimate choice, but Nicola did a whole range of athletics events, including cross country since the age of nine.

"I would have done track events like 400m, 800m, 1500m, I did the 3000m one year. When you get to a certain age, you have to decide what you want to be good at. I picked the hammer and put all my time into that," Tuthill explained.

To add to her recovery in the build up to the world championships, another unusual event happened in the middle of the final in Colombia.

There came a four-hour

delay where all the 12 hammer throwers had to go into one room before it was safe to go out again.

"We were left in competition mode, not allowed your phone. It was different, six of us played a bit of Jenga. It was nice to get to know them when we were all competing," Tuthill said.

"We're all very focused on what we're doing. You don't talk to many people during the competition, whereas we had four hours during that final to get to know people a small bit better. I think anyone in that final was capable of doing amazing things."

So what's next for the Kilbrittain teenager, most people would assume aiming for an Olympic Games. While that is a hope for Tuthill in the future, she's more focused on underage events.

"I'm up at U23 next year. I'm a December birthday, so quite a young U23. I'll aim to go to them championships. It's every athlete's dream to go to the Olympics. I would obviously love to go, but it will all depend on how training will go. It's definitely a dream of mine," Tuthill concluded.

Paris 2024 is now only two years away, a more attainable objective may be the 2028 Olympics in Los Angeles.

Even so, this young athlete has potential to do special things for both West Cork and Ireland in the next few years.

Watch this space.

## people Motoring

## Power and fuel efficiency in CX-5 from Mazda



## CAR REVIEWS

Sean Creedon

Forget all the talk that only electric cars will be on sale from 2030. Forget also about hybrids, plug-in hybrids, self-charging hybrid and mild hybrid. If you want a car that will keep going for at least two weeks with a full tank of diesel, buy a

new Mazda-CX5.

Yes, no 'range anxiety' in a good old-fashioned diesel, which I noticed last week was much the same price as petrol at the garage forecourts.

Mazda are calling this version 'New Ground' and my test car came in Zircon Sand Metallic. It was an unusual colour, but not too far from the Mocha-coloured Ford Focus my daughter drives.

The people in Mazda Ireland tell me that the manufacturers had originally chosen the name Active Edition, but changed it to New Ground with the intention of the grade appealing to those interested in active lifestyles or maybe drivers who wish to adventure to new grounds.

The CX-5 was launched in 2012, we got a second edition in 2017 and it got a facelift at the end of 2021. When I first drove the CX-5 I thought it was a bit like the Qashqai, but now I realise it a much chunkier car than Nissan's best-seller.

When launched ten years ago the CX-5 was Mazda's first model to feature the 'Kodo' design language. It was also the first model to be fully developed with a range of technologies branded as Skyactiv, including a rigid, lightweight platform combined with a series of engines and transmissions to reduce emissions and fuel consumption.

The 2.2-litre Skyactiv manual diesel version that I drove last week was certainly frugal with a capital F. Plenty of power under the bonnet with 150 brake horse power and the road tax is €270.

Externally it's a very impressive looking car. Inside the seats are black, but there is a nice touch of lime-green stitching which does brighten the décor. The air-vents on the dash are also coloured lime-green and the roofline is white, all of which helps to brighten the interior.

There is a relatively small infotainment screen on the dash, much smaller than many other



modern cars. The screen doesn't fold down. You also get plenty of cup-holders and storage space in the cabin.

The boot is massive and there is a huge 'well' to accommodate a spare wheel, but sadly no spare is supplied. So once again the best advice I can give is that if you are buying new, haggle with your dealer for a spare wheel, even a mini one would be better

than those dreaded repair kits.

It's a chunky motor and I liked the way the side mirrors fold-in when the car is locked. However, no reversing camera, just sensors.

Prices are increasing in all sectors of society. Looking back at my review of the CX-5 from 2012 the prices back then were 25k for petrol and 29k for diesel. In ten years the price has climbed

to €43,325, but of course you are now getting a much more modern car.

The CX-5 came with Proxes R46 tyres. Proxes, like Mazda is a Japanese company.

Going back to my opening paragraph I do realise that we all need to reduce our carbon footprint if we want to save the world. Will that mean less cattle and more electric cars!



## people Sport &amp; Fitness

## Clonakilty RFC kicks off fundraising Electric Car Draw

Sunday, August 28 marked a huge day for Clonakilty Rugby Club. Not only did the club kick off their new season, they also launched an exciting new 'Electric Car Draw' competition. This competition will replace the club's normal Christmas draw, and will run from August to December 2022. There will only be 2500 tickets available for sale, at €100 each. The draw for the prizes will be held on New Year's Eve – what a way to start the new year for the lucky winners!

First prize is a VW ID.4 Life Electric SUV, worth €55,000. The second prize, worth €5,000, is a pair of Orbeo Keran 30 Electric Hybrid trail Bikes. Third prize is a pair of Audi – Segway Electric Kick Scooters, valued at €2,800. All fabulous prizes, and what a great way to start 2023!

Clonakilty RFC serves Clon-

akilty and surrounding areas in rugby but also plays other roles in the local community, for example, the athletics club trains their junior members on the Clonakilty RFC pitch and recently the Clonakilty Playground committee has hosted fundraising junior discos at the clubhouse. These are just a couple of the many community initiatives the club is involved in.

Clonakilty Rugby Club has grown exponentially in the last few years. In 2021, the club had over 650 underage players registered and over 60 adult players. This has required some creative use of pitches, community astro surfaces and the beach, to get sufficient training hours for all teams.

The club desperately needs a 4G all-weather astro to ensure that all teams can train at the club during the wet weather



Justin Crowley, Club President, Eoin Hurley, Club Chairman, Paddy McCarthy, Mayor of Clonakilty and Rob Walsh, Head of Club Fundraising with the top prize. Pic: Dave Sheehan

months. This draw is aimed at raising at least €100,000 towards the installation of the new pitch. It will go into what is currently known as 'The Bowl' at the club – the lower pitch.

This all-weather astro will be available for the club's winter training needs and also will be available to rent by other Clonakilty sports teams needing additional space.

Tickets can be bought online at [clonakiltyrfcprizedraw.ie](http://clonakiltyrfcprizedraw.ie) or from registered outlets – Fuchsia Footwear Clonakilty, Scannell's Bar and A Cut Above. In addition, tickets will be on sale

at the club during minis training times – Sunday mornings in September to mid-October, then Saturday mornings.

## Road bowling on the radio

It's a family affair as Cork's 93.1 Lifefm announces the broadcasting of 'Where We Sported and Played' – a profile of the sport of road bowling. Johnny Creedon and his son Pat Creedon, All Ireland Bowling Champions in their day, were interviewed for the programme, which was produced by Edel Creedon and edited by Josh Creedon – Johnny's grandson. This local sport, one of the oldest in the world, dates back

to the fifth century but is relatively unknown. Lifefm, with the help of Bol Chumann Na hEireann, relays its history and workings, how the championship works in Ireland and in Europe, and recognises the greats of the game down through the years. There is also an exciting re-enactment of Hans Bolkn lofting the Viaduct.

Historian Noel Magner also interviews Hannah Sexton, current Women All Ireland Cham-

pion, and James O'Driscoll, Treasure of Bol Chumann Na hEireann. Musicians Derry and Rosie Healy feature with their own composition of The Mullinroe Boy in honour of Johnny Creedon.

'Where We Sported and Played' airs Tuesday, September 6 at 3pm and again on Saturday, September 10 at 2pm on 93.1 Lifefm.

## Irish Air Corps Mizen to Malin cycle aims to raise €20,000 for Cancer Support

The first leg (42 km) of a 750Km cycle by over 50 members of the Irish Air Corps to raise funds for the Cancer Support Sanctuary LARCC will take place from Mizen Head to Bantry on Monday, September 5.

Following a stop in Bantry, the second leg of 55 km will bring the cyclists to Molls Gap, Killarney where they will finish the day with a third 51 km leg to Tralee.

The event is part of the Irish Air Corps 100 year celebrations and the journey from Mizen Head to Malin Head will take five days with cyclists arriving

at Malin Head on September 9 aiming to raise €20,000 for the charity from this initiative.

Cancer Support Sanctuary LARCC is a community-based cancer support centre in Multyfarnham, Co Westmeath. LARCC has a close link with the Irish Air Corps as one of the founders, Commandant Frank Russell, joined the Irish Air Corps in 1964 and retired in 2009. Alongside its suite of professional services offered on an appointment basis, LARCC is the only centre in Ireland offering therapeutic residential breaks for cancer patients.

The 50 Air Corps personnel

taking part include all ranks and Commandant Stephen Byrne who will lead the group said, "It is appropriate that one of our celebration activities for our 100th anniversary should be to help a vital service for cancer patients. Our members taking part are delighted to have the opportunity to raise funds for the Cancer Support Sanctuary LARCC and we are asking the Irish public to donate generously in whatever way they can."

Details of how to support the Irish Air Corps in its Mizen to Malin Charity Cycle can be found on [idonate.ie](http://idonate.ie)

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Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. A.B.

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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. J.P

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**KHUN FINGER** bar mower great condition ideal for topping 089 2765343

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**WEST CORK** unattached,

active middle aged man, likes country walks, music, meals out and cosy nights in. Would like to meet local lady 50-70. Please text or call 086 0666303  
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**WANTED** an axle wheels or without. 9-5R 17-5 or similar 086 3301376  
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**WEST CORK APPLIANCE REPAIRS**

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