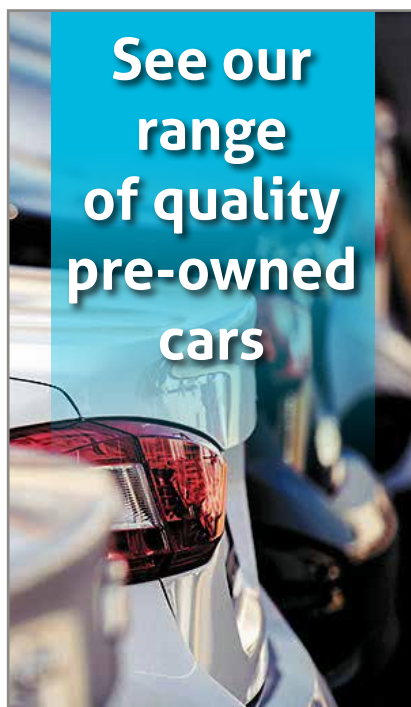




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Haruki Iwane, 5, from Clonakilty with Mad Hatter performer Moss Russell at a tea party in Clonakilty Bike Circus on Culture Night, to raise funds for Clonakilty Playground.

Bandon launches Biodiversity Action Plan

A five-year Biodiversity Action Plan, developed by the local community and aiming to make Bandon a more nature-friendly place, is to be officially launched in Bandon Library on Friday, October 14 at 11am.

From the Curlew to the Corn-crake, Marsh Fritillary to Natterjack Toad, the survival of many of our species in Ireland is under serious threat. While the rate of biodiversity loss is accelerating, the window to slow it is rapidly closing. The services provided by nature are often taken for granted; clean air, fresh water, material and medicines, and these too are critically threatened by biodiversity loss. With this knowledge, a community group in Bandon has resolved to take action.

Bandon Environmental Action Group (BEAG) first explored the idea of a Biodiversity Action Plan in 2021. With the support of Avond-

hu Blackwater Partnership and LEADER funding, BEAG engaged the services of Cork Nature Network in Spring 2022 to develop the Action Plan. A Steering Group with representatives from BEAG, Tidy Towns, Bandon Playground Group, Rivers Trust, Birdwatch Ireland West Cork and local schools was formed. Development of the Action Plan was carried out in consultation with local community groups, sporting organisations, schools, businesses, Cork County Council and the wider community.

Anna Roycroft of BEAG, explains how, "The steering group has been working with local residents and community groups, and with the help of ecological experts, to come up with an achievable action plan. We see great potential in Bandon, with its river and woodlands, to make space for nature to thrive, for the benefit of the whole

community. The action plan will help us promote and protect the existing rich biodiversity in our town by taking simple actions, from creating wildlife corridors, to improving green spaces for nature and developing pollinator friendly management plans for targeted areas in the town".

Tara O'Donoghue, Cork Nature Network adds, "Nature is not something outside of us that we can choose to protect or not. Biodiversity is foundational to our health and wellbeing, economy, livelihoods and our existence. Local Biodiversity Action Plans identify made-to-measure objectives and actions, unique to each location, that aim to protect existing biodiversity and promote nature friendly measures and management."

All are welcome to attend the launch.

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13 pages of interviews, advice and ideas for creating spaces that are beautiful, comfortable and kinder to our planet pages 15-28



Star of the sea

After starting a TikTok account last December, which has since attracted over 80,000 followers with its down-to-earth, no-nonsense, practical and more-often-than-not dryly humorous insight into daily life at sea on board one of the world's largest container ships, Master Mariner Mark Maguire has recently found himself the focus of media attention.

The Courtmacsherry native who spends three months on at sea and three months off when he returns home to land to his teenage son Fionn and wife Donna, has been in the seafaring business for 21 years and still has the same passion for the job, which he says can be extremely tough but very rewarding.

It took 18 years of hard grind for Mark to reach the pinnacle of his career, being awarded his first command post. The mem-



ory of that excitement mixed with a little terror and a pinch of pride he still carries with him today; now leading a crew of two dozen and responsible for a 353-metre-long vessel that weighs 200,000 tons when fully loaded with 15,000 containers.

It's a complex and demanding role, as different from a nine-to-five office job as you can get. Every day is different:

From doing up budgets to ordering food and spare parts, to planning passages from port to port to crew travel arrangements. IT, admin, (a lot of admin!), inspections, maintenance planning, drills and training – this is just a snapshot of what's involved, as Mark demonstrates on his TikTok videos.

What's the attraction to this way of life?



"It's in my blood," says the Captain, whose family go back generations in the small fishing village of Courtmacsherry. "The sea became part of life: From our schoolteacher Dan Dwyer teaching us knots in national school to having friends who are fishermen to hearing about local men like Donie Hunt and Diarmuid O'Mahony going off to work on ships and watching the lifeboat go out on a shout... it all had an effect."

As a teenager, watching his own brother head off to sea of course was also a significant influencing factor in Mark's ambition to see the world from a ship.

This passion for journeying crosses over into his personal life and when he's not travelling for work, he's travelling for pleasure: So far he's notched up at least 60 countries on his belt.

One of the perks of the job is getting a quick preview of places when he comes to shore, which he puts on his list of places to come back and explore. "One of his most memorable trips on a longer port stay involved visiting the Great Wall of China. "It was virtually deserted that particular day and the weather was perfect so I ate my lunch at the top looking out over the mountains where the wall snaked off into the distance... Spectacular," shares Mark.

"Seeing different parts of the world and interacting with other people, learning about their cultures and way of life is what I enjoy most about the job," shares Mark. "It really does broaden the mind and gives you empathy towards other people."

At home, when he's not planning family holidays or

solo trips, Mark enjoys the simple things; pottering around the house and looking after the couple's two dogs. His passion for cooking and entertaining means the barbecue gets fired up at every opportunity.

"The hardest part is being away from home for the big events," he shares honestly. "Birthdays, funerals, weddings, many Christmases missed. But that's part of the job... You get used to it and make up for it when on leave."

During the pandemic it was really hard on crews as there was no shore leave. "My crew do nine month trips, so nine months without stepping on land is tough," says Mark. "Now that a lot of countries have fully reopened, we make sure the guys get ashore as much as possible. Even just to stretch the legs is good for the head."

While on board the ship there is a gym, cinema, playstation, table tennis and a small pool; outside of work, life is fairly quiet and can at times be dull and lonely: the crew's food is cooked for them, alcohol is forbidden, everybody has their own en-suite cabin. A mixture of boredom and curiosity is what prompted Mark's social media journey, catapulting him into accidental internet fame!

He started off by posting a few videos about places he had been and showing different parts of the ship. "I wanted to find out more about all the hype around TikTok and was just messing about really," says Mark. Before he knew it however, his videos started to gain traction with questions flooding in. "I realised that the industry is very hidden. There are very

few ways to see what it actually takes to run a ship or get goods from a to b." After posting more videos and answering more questions, things snowballed. Remarkably Mark now has 83,000 followers, his most popular video pulling in an incredible 1.5 million views.

"No one is more surprised than me!" says the Master Mariner. "The feedback has been incredibly positive... It blows my mind really."

Mark's advice to anyone thinking about a career at sea is to give it a shot.

"You will get to see places and meet people you would otherwise never get a chance to."

"But you must be comfortable in your own company, as it can get lonely deep sea because the trips are long. However there are much shorter trips that can be done if this is not your cup of tea!"

"The industry is massive, with a huge number of different types of ships doing all sorts of important work all over the world. If you go for the engineering or electrical side your skills can easily be transferred ashore should you decide to 'swallow the anchor' (work ashore).

If you don't go, you'll never know."

Whether you're interested in finding out more about a career at sea and unsure about your sea legs or simply interested in seeing the nooks and crannies and ins and outs of life aboard a massive container ship, take an informative and entertaining trip with Mark.

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@the_captain_mark



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West Cork's wild shepherdess

#NWED



High up in the hills over Inchigeelagh, where the backdrop of the majestic cloud-covered Shehy Mountains lend an other-worldly quality to this rugged and beautiful land softly carpeted with heather and wildflowers, is where shepherdess Carly Murnane now calls home. After giving most of their possessions away and trading in such modern comforts as running water and electricity for the small candlelit leaky caravan that she shares with her husband atop the 22-acre hilly site, Carly tells **Mary O'Brien** that she couldn't be happier.

“I’m building a life that I don’t feel the need to get away from,” she shares honestly. Here in the company of her sheep and other animals, Carly spends her days in blissful solitude, the whisper of the breeze and bark of a dog the only interruption to the peace of the pasture grazed by her flock of mostly Shetland and Mayo/Connemara blackface sheep, ancient and hardy breeds well-suited to this rugged land.

The shepherdess rises each morning just before seven to the alarm clock of her sheep bleating for their breakfast. After seeing to their needs, at least an hour is spent walking the farm, down into the meadow and undergrowth checking on her flock and the land, making sure that all is in order. Every sheep is called individually by name and Carly’s pockets are always filled with sugar beet treats. More-often-than-not she’s followed by Mini, the little pet lamb she has bottle-fed since birth.

Originally from Devon, Carly was 10 when she relocated with her family to West Cork. Her parents were smallholders and market gardeners so she grew up with a fierce love and appreciation of the land.

After spending most of her working life as a horse trainer and gardener, Carly became interested in raising livestock, sheep in particular, combining her passion for self-sufficiency with her love of animals.

Living on an acre in Drimoleague for eight years, it’s only since acquiring the wild and overgrown land in Inchigeelagh in 2019 that this passion for raising animals has grown into a farming and crafting enterprise.

Since 2019, Carly has been gradually moving the livestock over to the hills away from rented lowland pasture. Before they sold their cottage in Drimoleague, moving into the caravan on the land just last month, Carly was driving over and back every day to see to the needs of her hill flock.

Her ram lambs produce meat for supply to the local community. “They feed us. They feed our community,” she says. “It only takes one ram to service a flock of ewes, yet half the lambs born are male. Nature has ways of making sure only the strongest and most well-adapted survive, breed and pass on their genes. We have to make those decisions. Only the very best

can be kept.”

Her career in tanning hides and wool crafting developed in part because of her talent for crafting but mostly out of wanting to make full use of all the resources available from the animals she raises.

With her only option at the time to send the pelts off to Wales for tanning, Carly decided to research traditional methods and give it a go herself.

The beautiful pelts of her animals are preserved into soft and usable leather in the traditional way, using only the emulsified fat of egg yolk, soap and woodsmoke.

It’s a tough yet rewarding job, taking many hours of softening, washing and stretching again and again before the pelts are finally smoked over a wood fire to tan.

When she first started, Carly enthusiastically went so far as to try the almost-forgotten method of tanning using the animal’s own brain matter. “The butcher handed me back the whole head of the animal so it turned out to be a very messy and somewhat gory endeavour,” she shares, “one that I wouldn’t be keen to repeat.”

She also weaves her own rugs after hand spinning the wool.

Carly’s flock has now grown to just under 50 sheep including this year’s lambs. She also has four goats and 15 ducks. The goats she keeps for their milk and to help clearing the gorse. The ducks, as well as supplying eggs, will patrol the fields of blueberry shrubs she aims on planting, to keep control of the slug numbers.

One day the hope is to build a home here on the hilltop. For now Carly is busy farming and fencing and building a house for

her goats. Aside from planting a blueberry crop, other plans include establishing silvopastures on the land for shelter and to help improve the quality of the soil.

“We take care of the land and the land takes care of us,” says Carly.



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Carly sells her natural sheepskin products online through Etsy – Wild Irish Shep-

herdess. You can also follow her journey on her Instagram platform, @wildirishshepherdess.

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Enjoy Autumn: Prepare Winter



A WEST CORK LIFE

Tina Pisco

It's been a glorious September this year. Golden. Warm. Sea swimming and beer garden gigs. The good weather has added a few extra weeks to the feeling of summer in the garden, not to mention my mood. The bounty has been wonderful: tomatoes, squash, potatoes, the last of the green and runner beans, and lots of crunchy lettuce. When September is good it's hard to beat (apart from a heat wave in July!) As my daughter said: "September would be my favourite month if it weren't because it means that winter is coming."

We are officially in the Autumn as of this week and before we get cosy, I'd like to recognise that Summer 2022 was one of the really good ones. It's up there with the summer of 1995, when the weather was lovely up to Halloween. Here's hoping.

Despite the lovely sunshine, there's no denying that sharp chill in the morning air, and the mushyroomy smell of leaf mould. The trees are all getting

into the act as well, changing the landscape's colour palette from all the greens to all the russets and browns. The deep red haws and bright orange of the rowan berries line the hedgerows like fairy lights.

Talking about berries – we have a glut. Raspberries, black berries, elderberries, and sloes are keeping us busy picking. In fact, we're setting time aside this weekend to properly focus on looking for damsons and picking more berries. We also need to process over 40 kgs of apples, so on Sunday we'll bring our apples to the Community Garden to use the community apple press. It is a delightful afternoon, meeting up with lots of lovely people with the sweet smell of apples in the air. It has become one of my favourite events in my calendar and it marks the official start of Autumn for me. Of course, all that berry picking and apple pressing means a lot of preserving, pickling, and fermenting ahead. Nothing says Autumn as much as the smell of raspberry jam simmering on the range, and the blip-blip of the airlock as demi-johns of cider bubble away. There's something quite primeval about this time of the year. It's as if something in the ancient part of our mammal brain kicks in and makes us want to gather nuts. Few things are as satisfying as lining up a row of jams and chutneys, alongside tall jars filled with macerating sloe and rhubarb gin. This year we're trying something new: pickling elderberries (thank you Pilgrim's Restaurant for the idea!) and preserving green elderberries to use like capers.

That urge to stock up and sort out the woodpile is particularly strong this year. I've lived through feast and famine, boom and bust, but I must admit that this year's apprehension about the coming winter is different. The war in Ukraine and the unbelievable hikes in energy prices have created a heavy blanket of uncertainty over the coming months. We don't know what's to come, but we do know that it's not going to be good. Most of us are dreading what the electricity bill will look like. I am very cross at the suggestion that one of the things we can do to mitigate the spiralling costs, is to open and close the fridge door quickly. Not only does it lay a new guilt trip on us, but it's also bonkers. Could they not come up with anything better to combat the energy crisis other than suggesting that we don't dawdle in front of the fridge. Cheddar, or gruyere? Know what you want before you open the fridge door!

So far, the only concrete steps we've taken is to start looking into getting solar panels. Watch this space for updates. We have also decided not to use the electric kettle since we have a range and a stove and a perfectly good kettle that whistles when it's boiling. In fact, we've hidden the electric one away, just in case we get tempted. I'm also learning more than I ever wanted to know about electric heater efficiency.

So far so good. The weather is still holding. We haven't lit the stove yet, but I feel like tonight could be the night. Remember to enjoy each sunny day. Before we know it, it'll be November.

Letter from the Editor

Welcome to the October issue of West Cork People.

My favourite time of the day is my first cup of coffee in the morning, preferably in bed, while I wake up myself up gently doing the New York Times mini crossword, which can take anything between one and eight minutes, depending on how I slept and the person who set the crossword! After that, the news headlines play a part in setting the tone of my day. This morning, as I scanned down, I wished I'd just stuck to my crossword. The only thing that made me smile was Denis Lehane throwing out the notion of what a reboot of Glenroe – Dynasty style could do for our spirits!

Just a teeny bit of good news in the mainstream media would do us, maybe every three headlines, just to balance out the wars, pandemics, climate change, inflation, recession fears, corruption and so on...just enough to get us out of bed!

I can be a glass half empty type of person at the best of times (or so I've told by the glass half full woman sitting next to me in the office!) but within the pages of this paper our aim is that for every negative in life there is a positive...West Cork People turns 19 this month and I can honestly say it's never been difficult to find the positive in West Cork!

This month we travel from the coast of Courtmacsherry to the hills of Inchigeelagh to the cliffs of the Mizen to share some of West Cork's wonderful people and places with you. TikTok star and Courtmacsherry native Master Mariner Mark Maguire gives us an insight into life on board one of the world's largest container ships, Instagram star and wild shepherdess, Carly Murnane shares her joy at trading in such modern comforts as running water and electricity for a small candlelit leaky caravan in the hills and Matt Mills tells us about the developments at and vision for Goleen Harbour, a 38-acre biodiverse site by the coast that has become an ecological tourism enterprise and centre for learning. With rising energy costs, our Cosy Green Homes feature looks at the immediate steps homeowners can take to reduce their energy use and environmental footprint, whilst making their homes more comfortable.

Comforting food is also on our minds this time of year and we meet some of West Cork's newest eateries, from the tasty authentic Mexican offering served up by Yermanos Taqueria food truck in Ballydehob to the creative and delicious seasonal menu at Wild Garlic in Dunmanway to the eco-conscious mother and daughter team behind the Sharon's View at The Uillinn Café in Skibbereen (more about this venture next month).

Kieran examines the relevance of monarchies in the 21st century; Hannah enlightens us as to the amazing powers and health benefits of the aronia berry and we welcome new health columnist Sarah Murray, a Paediatric Board Certified Behaviour Analyst, who talks about sleep support for families of children with additional needs.

With National Women's Enterprise day happening this month, keep an eye out for the #NWED drawing attention to some of the fantastic women in business profiled throughout this issue.

For this and lots more see inside,

I hope you enjoy the read,

Mary



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Creative Director



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West Cork People



Bandon businesses urged to apply for funding to enhance town

Cork County Council has been awarded €100,000 to make Bandon a more vibrant and colourful town. The local authority is now seeking applications from the owners of commercial, residential and unoccupied buildings in the town.

The funding is part of the Streetscape Enhancement Initiative to help towns and villages in rural Ireland to become more attractive places to live, work and visit.

Retailers and property owners are being invited to apply for grants to improve their business and shop fronts. Eligible projects include upgrades to building facades, artworks, murals, lighting, street furniture and canopies.

The Mayor of the County of Cork, Cllr. Danny Collins welcomed the funding, saying, "Bandon is a fantastic, bustling market town with huge potential from a tourism and business perspective. The Streetscape Enhancement Initiative has been described as a facelift for our rural

towns. There is an opportunity here for property owners in Bandon to collaborate and to paint their buildings in vibrant colours. It could be a chance to restore historic and traditional shop fronts, to install canopies, additional lighting or something as simple as planting trees, shrubbery and flower boxes. I hope that businesses in Bandon will take full advantage of the grant that is on offer."

For more information about the Streetscape Enhancement Initiative or for an application form, please contact bandonkinsalemd@corkcoco.ie or phone 021-4772154 to request a copy.

Mayor of the County of Cork, Cllr. Danny Collins at the announcement in Bandon with members of Bandon Tidy Towns, Business Association and public representatives and staff members of Cork County Council.

'Stories of the Revolution' book and online archive launched



Mayor Cllr Danny Collins, Terri Kearney and Niall Healy. All Pics: Andrew Harris

A treasure trove of oral history about the 1916-23 revolutionary period, most of which is previously unrecorded, is now available worldwide thanks to the team at Skibbereen Heritage Centre and the support of Cork County Council.

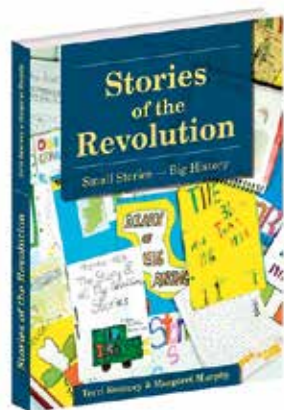
The 'Stories of the Revolution' project involved 823 children from 48 schools all around West Cork who collected thousands of intimate family accounts from this turbulent time, now published for the first time as a book and online archive.

"This is — as far as we are aware — the only such project published in Ireland so West Cork has 'made history' yet again," said project manager Terri Kearney, "and we hope, someday, that it will be valued and appreciated as the 1937 Schools' Folklore Project is today."

The recently-launched Stories of the Revolution book features over 300 individual stories from a time of revolution and war — from civilians' difficult daily lives to those directly involved in the conflict — all enhanced by original artwork and hundreds of images.

"These personal accounts offer an insight into the experiences of both ordinary people and those involved in the struggle, and form a unique record of one of the most important periods in world history, and the children have done outstanding work collecting them," said Kearney.

The project team visited schools in the Skibbereen, Clonakilty, Dunmanway and Bandon areas over four years, recording this invaluable oral history with the support of the Cork County Council Commemorations Fund. The children's essays were published as an online archive at



www.skibbheritage.com some time ago and the new publication now augments this collection in the form of a beautifully-produced 'coffee table'-sized book.

The Stories of the Revolution book was launched recently in Dunmanway to a full-capacity crowd of almost 500 people and an overwhelmingly positive response from both the participants and their families.

Launching the project, journalist and author, Flor MacCarthy said: "This project was worthwhile in so many ways — the children's essays repeatedly tell us how much they learned and how they enjoyed engaging with the older generation, as well as gaining insights into their ancestors' experience and the reality of war. And, of course, we now have this precious collection of oral history as an outcome too."

There were poignant moments at the launch too, as some of the interviewees have passed away in the intervening years. "We are honoured to record these

precious family stories, most especially those from grannies and grandads who are no longer with us and both they and the children have done us a great service in recording them," said Kearney.

The beautifully-produced 194-page book features chapters on the impact on people's everyday lives, the IRA, Black and Tans and Cumann na mBan as well as arrests and escapes, safe houses, arms dumps, the RIC and the Civil War.

This was a period of insurrection and war internationally and the book also includes stories from India, Poland, Latvia and other countries. And the final chapter of the book, 'PS from the Kids', records the many insights that the children gained through their participation in this project.

The Mayor of Cork County, Cllr Danny Murphy, in his speech at the launch said that: "Cork County Council and its Centenary Programme were delighted to support the most worthwhile 'Stories of the Revolution' project, the entire collection of which can now be browsed and searched for digitally and will provide a rich archive for generations to come".

The book is available in all good bookshops in West Cork, as well as online and the full collection of essays, alongside further information on the project, is available on the Skibbereen Heritage Centre website www.skibbheritage.com.

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*Dementia prevention, intervention, and care: 2020 report of the Lancet Commission.

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Tips for a smooth business sale



Solicitor Niall Geaney has some helpful advice for small to medium businesses in relation to making a successful business sale

I'm setting up a new business...Should I set up as a sole trader or a Limited Company and what has to be taken into account when making this decision?

Every start up faces the same question and it very much depends on the type of business. Limited Companies (LTD) are a good structure if your business involves possible high level risk and significant liabilities. The LTD will give the directors the protection that they will need if something goes wrong in the future and the company becomes insolvent which would normally make the directors personally liable. As long as the issue has not been caused by reckless or fraudulent trading then they are personally protected from those liabilities. A one person business or partnership with little risk involved might just decide to keep it simple and have a sole trader or a partnership if more than one person. The advantage of a sole trader/partnership is that there are no shares, company constitutions, shareholders agreements, annual filing obligations, Directors duties under Company law and as such can be a good option for

a simple start up where the risk aspects are low.

I'm thinking of selling my business...Why and what stage of the process do I need a Solicitor?

You should engage a solicitor from the earliest opportunity to assist with the drafting of Heads of Terms. The Heads of Terms are basically a simple document that sets out what has been agreed between the parties and will then form the basic ingredients for the actual sale contracts. Also your solicitor should ensure that a well drafted Non Disclosure Agreement is in place from the very outset to protect your business from possible buyers who will be provided with information about your business that you do not want made public. A solicitor can advise you as to the structure you have in place and what intellectual property you might have and whether for example your lease has a right of renewal or assignment clauses that could add a lot of value to the business sale if the buyer wants to keep your business operating from the same location.

Aside from a solicitor, who else do I need to engage with during the sale of my business?

An Accountant/tax advisor is the second most important person to engage with at the very outset to ensure the structure of the sale is done in the most efficient way. Also you may need the assistance of an estate agent to value the leasehold interest you have in the property where your business trades from if it is included in the sale and finally of course your bank if there are loans attached to the business.

Is it easier to sell a Limited Company or a business that

was set up as a sole trader?

They are both very different transactions. When selling an LTD you will be selling the shares in the company and so it may sometimes be easier to do depending on the structure. The downside however of purchasing an LTD is that you are then responsible for any liabilities of that LTD as you will then own the actual legal structure. Whereas if you are buying the business of a sole trader/partnership then it is an asset purchase only as there are no shares in a sole trader/partnership business. The advantage is that the sole trader will have been responsible for their own taxes and liabilities so there is less likelihood of the buyer taking over and being responsible for such liabilities. You are buying physical assets and goodwill only.

How is a value put on a business when selling?

Generally the business will be valued by looking at the assets (what it owns including stock) and liabilities (what it owes), goodwill, customer base, IP rights (your name and logo) and branding. Also if a company has a commercial lease on its business premises it might sell the residue of that lease (the amount of years left) and possible a right to renew that lease into the future.

If I hire a solicitor to prepare my business for sale from the outset, will this add value to my business, or is hiring a Solicitor at this stage an unnecessary additional cost?

It very well could add value for a very limited additional cost. Your solicitor may discover elements of your business that have value that you did not even realise therefore you should always engage with your solicitor

at the easiest opportunity.

What type of things does a buyer look for when purchasing a Company?

It very much depends on the type of business. For some businesses location is key so the leasehold element of a premises might be very important. For others it may be the brand and intellectual property (IP) rights (trademarks, patents) that add value. Overall for all businesses goodwill and reputation are extremely important.

How do I ensure that the sale of my business is kept private?

From the outset you should have a well drafted non-disclosure agreement which identifies what each party has to keep confidential and from whom.

What obligations do I have to my staff when selling my business?

In many businesses the staff will transfer to the new owners through a transfer of employees scheme. The alternative is to make staff redundant however to do so can involve large payments out of the company funds and also of course leads to unemployment for your loyal staff members. There is then also the risk of an unfair dismissals claim against the company in the future. If you are selling your business with the staff you will be expected to provide full details of each staff member including CVs, length of service and a copy of their contract of employment.

What other advice should I expect from my solicitor in this process?

If you are selling your business you need to be aware what you are liable to the buyer for into the future, these are known as

warranties and indemnities. Warranties are what you are promising to the buyer and indemnities are what you as a seller are taking responsibility for now and possibly into the future for a defined period of time. As a seller you want these to be as limited as possible however as a buyer you want the warranties and indemnities to be as large and broad as possible to give you the most protection. As a buyer you should also look at whether the structure of the company needs to be changed post sale and whether some of the intellectual property rights can be expanded upon and strengthened.

From your experience dealing with small and medium business sales, if there was only one key piece of advice you could impart to someone running a business in West Cork, what would that be?

A good solid legal structure will always help a sale go more smoothly. When establishing a business from the very outset you should keep in mind what structure will help the business sell in the future. For example if you are an LTD ensuring you have a well-structured company constitution and shareholders agreement is very important as this will show any buyer that the structure of how the company has been formed has a solid base. Also never underestimate goodwill value and reputation. Finally you should review your business structure every few years as the business grows and changes as different structures may be more suitable.

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Save the date for event to remember Seán Hales and Dick Barrett

With the Micheál Collins Centenary events recently concluded, Dúchas Clonakilty Heritage will hold another public talk on two other prominent West Corkmen from the tragic year of 1922 on Friday, November 18 at the local GAA Pavilion.

At the outset of the Decade of Centenaries, the local history and heritage group decided its mission was "To ensure that the complex period of our history particularly from 2021 to 2023 is remembered appropriately, respectfully and with sensitivity".

Following on the very well-received lecture on Michael Collins recently by Gabriel Doherty of UCC, the sad and tragic deaths of Seán Hales and Dick Barrett will be

remembered on November 18, just three weeks before their centenary anniversaries.

Much has been written about how close both men were in life and how sad they were linked in death with pro-treaty Seán Hales, TD assassinated as he left the Dáil on December 7, 2022 and his former friend and comrade, Dick Barrett, an anti-treaty Republican incarcerated since the surrender of the Four Courts, was taken out and executed as a reprisal

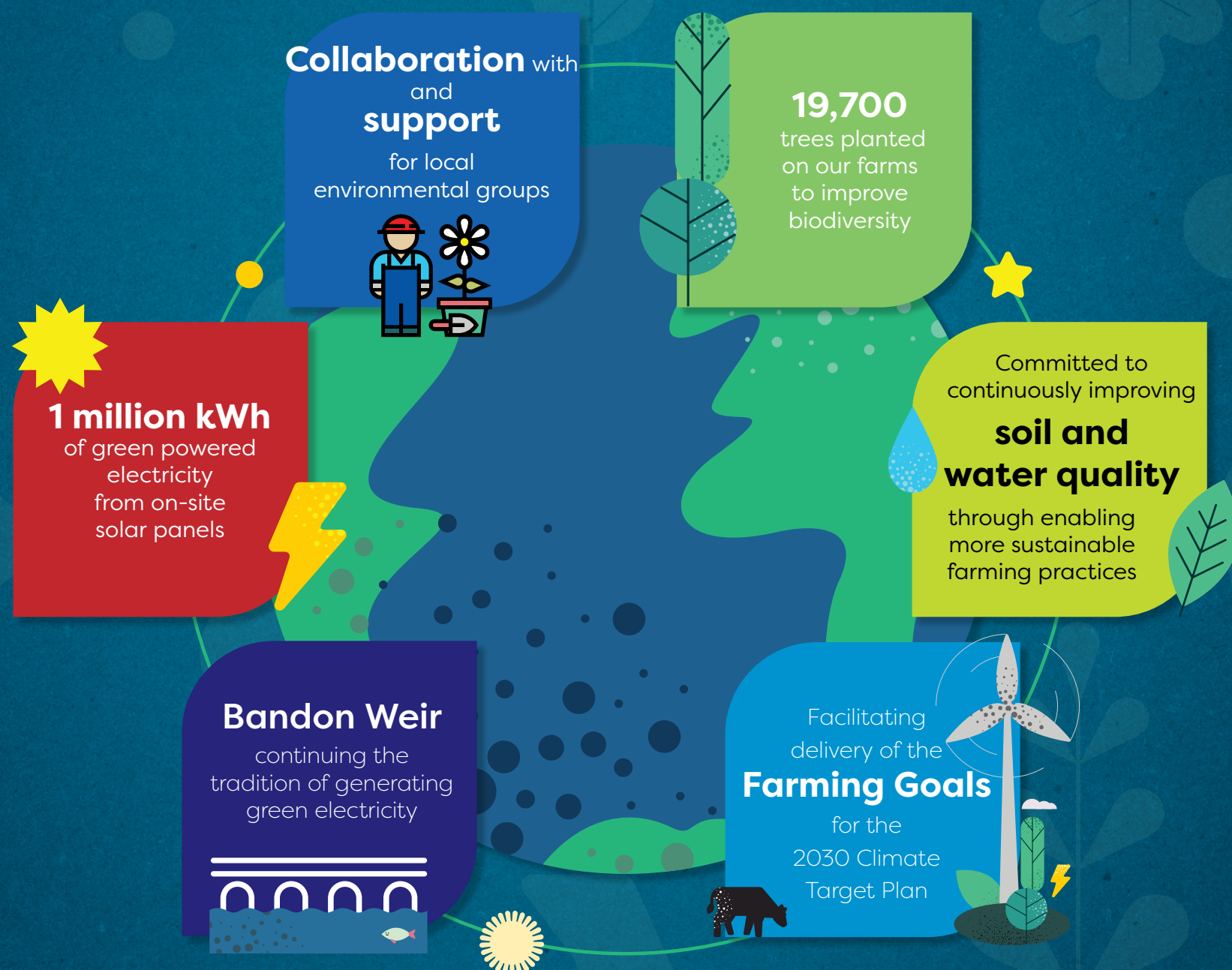
the following morning along with three fellow Republican prisoners.

Given the upcoming centenaries and the fact that both men were 'locals', as well as the interest in this tragic period of Irish history, it's an event likely to attract a large crowd. Further details will be publicised nearer the date and interested people are advised to keep an eye on the Dúchas Clonakilty Heritage Facebook page.



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Social Democrats

Cairns says budget is a missed opportunity to restore confidence in Bantry Hospital

by Holly Cairns TD

The potential closure of beds in the Bantry Hospital mental health unit continues to be a major concern. The reduction of beds in the unit from 18 to 11 will have a significant impact on West Cork.

Since the news broke, many people have been speaking about the fantastic help they received in the unit including, in some cases, life-saving assistance.

The proposed closure is due to a finding from the Men-

tal Health Commission. The Commission's findings are legally binding but the HSE are appealing it.

For the appeal to be successful or even feasible, the HSE needs to have a proper resourced plan ready – showing how they can improve the facilities at Bantry Hospital.

No one wants to compromise standards, and no one wants the beds to close.

Basically, the commission is doing their job - the HSE are aware they need to do theirs - now we need the government

to do theirs, by putting a funded plan in place to address the issues immediately and ultimately to keep these essential beds.

The budget tells us in plain english that that is not the plan. Under the mental health heading there is reference to investment 'earmarked for approved centres to ensure they comply with the Mental Health Commission requirements.' This is not the guaranteed multi-annual funding needed to ensure the future of mental health services in West Cork and beyond.



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.

"She is regarded today as one of the most significant figures of 16th-century Irish history and an inspiration to those who choose to live their lives according to their own rules and by no others." - Joshua J. Mark

Known in most historical records as Grace O'Malley, Ireland's most famous pirate Gráinne Ní Mháille was essentially written out of history because of her gender: a female pirate going against the societal expectations of a woman in the 16th century. It is only recently and due to the work of historian Anne Chambers that Grace O'Malley is given the airtime and newspaper space that her unusual and incredible life warrants. Grace O'Malley lived an extraordinary life, achieving enormous wealth as a pirate and business woman before the Tudor conquest of Ireland imposed enormous hardship and caused her extreme financial and personal problems. This culminated in imprisonment, poverty, the death of her children and a meeting with Elizabeth I, the Queen of England. Such was Grace's notoriety and accomplishments in a male-dominated world however, that the Queen was able to empathise with her and actually

The pirate queen of Ireland

conceded to some of Grace's requests.

Grace was born into the Uí Mháille family on Clare Island, County Mayo in 1530. One of the seafaring clans of Connacht, the Uí Mháille family built a row of castles facing the sea to protect their territory. They controlled most of what is now County Mayo, taxing everyone who fished off the shores of their coast. Grace was actively involved in the O'Malley's seafaring enterprise from childhood, learning the trade from her father and taking part in the family's plundering and piracy missions.

The clan's territory spanned areas along the coastline of County Mayo centred in island-strewn Clew Bay, a body of water which had Clare Island at its mouth. Life as a pirate on the west coast of Ireland was a tough and dangerous career. Grace's plundering and piracy missions took her as far afield as Spain and the Isle of Barra in the Outer Hebrides, Scotland. Closer to home, she made forays into isolated coastal areas to reap whatever she could find, such as cattle. Anne Chambers notes:

"Ireland at the time was a great cattle rearing country, and the wealth of every chieftain was numbered not on the acres of land he had, but on the number of cattle these acres could support."

Grace also pioneered a new method of piracy: Tolls. She charged other ships a toll at sea, in return for a safe passage through her waters. According to Anne:

"Grace and her clan took tolls on ships which she maintained were passing illegally through waters controlled by the O'Malley clan for generations." Chambers says, "It was a very busy route, with traffic coming up from Spain to the busy port of Galway and onwards to Ulster and Scotland."

The O'Malleys had long-established trade links with Spain

from where they imported items such as iron, weapons and wine in exchange for barrels of salted fish, pine marten skins, fleeces, cattle hides and tallow. O'Malley's early life prior to her first marriage is preserved almost entirely through folklore, as Irish historians chose to ignore her for the reasons given above and, also, because she was thought to have overstepped the boundaries of propriety as a woman. The Irish Brehon Laws (written c. 227-266 CE) granted women equal status and a woman was regarded as her husband's partner, not his property. Even so, there were certain expectations for how a woman should comport herself, which O'Malley chose to ignore, preferring instead to live and do as she liked. This is the reason for her exploits being withheld from the Irish annals. The reason, we know of her at all is because she is included in English records due to her meeting with the Queen.

Grace married twice and had four children. Her first marriage was in 1546 to Dónal an Chogaidh Ó Flaithbheartaigh. Donal was the heir to the Flaithbheartaigh clan with aspirations to rule over what is now Connemara. The couple had three children – Eóghan, Méadhbh and Murchadh. After her husband Dónal's death, O'Malley returned to her family's lands with her children and established a base on Clare Island. She may have built, or at least improved upon, the tower house, now known as Granuaile's Castle, which became one of three strongholds she maintained throughout the rest of her life. The men who had served under Donal when they were married followed her to her new home and swore their allegiance to her, suggesting she had already established herself as a strong leader who rewarded personal loyalty. O'Malley and her crew had a number of ships at their disposal, which they used for

trade and to exact tribute from passing ships, earning her the name of 'pirate queen' for her efforts. Her father Eóghan had died by this time, and she had assumed the title and responsibilities of Lord of the O'Malley clan, which included exacting tribute from those who plied her waters.

By 1566, O'Malley had married a second time, this time to Rísdeárd an Iarainn 'Iron Richard' Bourke, a prestigious landowner and chieftain who was next in line to inherit the sizeable lands of the MacWilliam clan. Burke's holdings provided O'Malley with numerous inlets from which she could launch her ships on unsuspecting vessels that encroached on her territory. His nickname derived from the ironworks he owned. They had one child. Tibbot Bourke, who became the first Viscount of Mayo. O'Malley and Burke soon had serious problems in Ireland due to the English government. English magistrates were carrying out Elizabeth the first's policy of divide-and-conquer in Ireland and these magistrates would reward one chieftain with land and various gifts for help in suppressing another clan the English considered troublesome.

The Norman Invasion of 1169 first brought the English to Ireland, and King Henry II of England (r. 1154-1189) personally established English control of the island in 1171. Since then, English control of the land had increased, and under Elizabeth I, their control expanded further. In 1584, Sir Richard Bingham of England became Lord President of Connacht and began systematically dismantling the old structure through ruthless military campaigns, bribery, and pitting one Irish lord against another. This created many problems for Grace. O'Malley mounted a resistance against Bingham, and he retaliated by killing her son Owen and imprisoning Tibbot, Murrough, and O'Malley's half-brother. O'Mal-



Gráinne Ní Mháille statue at Westport House, Mayo

ley herself was also arrested, but her release was somehow arranged through the help of her son-in-law. Instead of trying to negotiate with Bingham, O'Malley decided to go over his head and speak directly with Elizabeth I herself in 1593.

Official accounts of O'Malley's life come from English sources such as letters and reports Bingham sent to Elizabeth I, Sir Henry Sidney's account of their meeting, and the document known as the Articles of Interrogatory – 18 questions O'Malley had to answer in writing prior to her meeting with the Queen. After answering the questions, O'Malley was brought into Elizabeth I's presence and, according to legend, refused to bow as she considered herself the Queen's equal. She was searched and found to be carrying a dagger, which she claimed was for her own protection and was allowed, by Elizabeth, to keep; suggesting a significant level of respect, and trust, on Elizabeth's part.

Their conversation is not

recorded but was carried out in Latin as Elizabeth I did not speak Irish and O'Malley would not speak English. The meeting seems to have lasted some time and concluded with the agreement that Bingham would release the captives and leave O'Malley alone. In return, O'Malley pledged 200 men and her fleet to Elizabeth I's service in keeping the peace in Ireland. Elizabeth sent word of the agreement to Bingham, which read, in part:

"We require you to deal with her sons in our name to yield to her some maintenance for living the rest of her old years... And this we do write in her favor as she showeth herself dutiful, although she hath in former times lived out of order. She hath confessed the same with assured promises by oath that she will fight in our quarrel with all the world."

O'Malley returned to Ireland expecting Elizabeth I's orders would be swiftly obeyed, but Bingham took his time in releasing the prisoners. He was certain O'Malley would not keep her side of the bargain, and she proved him right by lending ships to the Irish rebels under Hugh O'Neill at the outbreak of the Nine Years' War in 1593. She lived on in folk legend up through the 20th century when she came to be associated with the cause of Irish independence from England. After a lifetime traversing the sea, Grace died in 1603, aged 73. Her definitive biography was not written until 1979 by Anne Chambers. She was buried in the Cistercian Abbey on Clare Island. Grace O'Malley being remembered in folk memory is as much a tribute to, and validation of her status, as any academic treatise. She lived an incredible life one we almost didn't know existed. There are many books dedicated to her life, one called 'Grace the Pirate' is currently part of the Year 3 English curriculum in Dubai.



Thursday
October 13th 2022

National Women's Enterprise Day

Now in its 16th year, National Women's Enterprise Day celebrates female entrepreneurs' success and inspires female start-ups.



or log on to our website to book your place:
www.localenterprise.ie/CorkNorthandWest

We want to help build "Our Future, Our Way" so come and join our MC, Elaine Kinsella, our keynote speaker, Sonia Lennon and female entrepreneurs from across the southwest region for a day of exciting speakers, networking, inspiration and motivation!

"Our Future, Our Way"

#NWED

SOUTH WEST REGION - THE BREHON HOTEL KILLARNEY

- 10am** **Registration & Informal networking.** Grab a coffee and get to meet other female businesspeople from across your region
- 10.45am** **Welcome Address** by Moira Murrell, Chief Executive of Kerry County Council
- 11am** **"Setting the Scene":** Event introduction, MC Elaine Kinsella
- 11.10am** **Networking:** a facilitated networking event to allow attendees meet with the other female businesspeople present
- 12.10pm** **"I did it!":** Panel discussion with our 4 Leading Lights hosted by our MC Elaine Kinsella, Radio Kerry presenter and RTE broadcaster
- 1pm** Afternoon Tea style networking lunch
- 2pm** **Keynote Speaker:** Sonya Lennon, designer, broadcaster, social entrepreneur and successful (and unsuccessful!) businesswomen
- 3pm** **Official event close.....**however, there's no rush home! Fresh tea and coffee will be available, and you are welcome to stick around & continue networking.



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Biggest-ever National Women's Enterprise Day planned

Female entrepreneurs and budding businesswomen from across the Local Enterprise Office Cork and Kerry catchment area are being encouraged to look to the future and register for this year's National Women's Enterprise Day taking place on October 13 after the line-up for the event was announced. The Local Enterprise Office (LEO) initiative, now in its 16th year, National Women's Enterprise Day celebrates female entrepreneurs' success and inspires female start ups and this year it wants to help build 'Our Future, Our Way'.

Sixteen major entrepreneurial events are planned across the country, including an event in Killarney with the Local Enterprise Offices Cork and Kerry.

This initiative is led by the 31 Local Enterprise Offices nationwide, and funded by the Government of Ireland, in partnership with Enterprise Ireland

and Local Authorities.

On October 13, the event for Cork and Kerry female entrepreneurs is taking place at the Brehon Hotel, Killarney. The event will kick off with a welcome address by Moira Murrell, Chief Executive of Kerry County Council followed by a network event facilitated by Marie Wiseman, Wiser Marketing, allowing attendees to meet with other female entrepreneurs present. The keynote speaker will be Sonya Lennon, designer, broadcaster, social entrepreneur, and successful businesswoman. It will also include an interactive panel discussion of Cork and Kerry Leading lights hosted by MC Elaine Kinsella, Radio Kerry presenter and RTE Broadcaster. This event is an Afternoon Tea style networking.

'Our Future, Our Way' is the theme for this year's National Women's Enterprise Day 2022

"National Women's Enterprise Day has always been a day of celebration of the very best in female entrepreneurship and highlighting the strength of that community. This year is no different, but we are very much looking forward to how can we help female entrepreneurs in Cork and Kerry sustain and develop their businesses and ideas going into the future," said a spokesperson for LEO.

To book a place for the Cork and Kerry event, which costs €30, please visit: www.localenterprise.ie/CorkNorthandWest/Training-Events. Don't miss out on this inclusive, creative, inspirational, unique event with plenty of networking, celebrating women in business. All sectors are welcome from entrepreneurs with a business idea, to start-ups and well established businesses.

#NWED

Sri Lanka in crisis

By Clonakilty
Amnesty Group

Sri Lanka is facing its worst economic crisis in decades. Around 30 per cent of the population are coping with food insecurity and one in four are regularly skipping meals. Food inflation is at 90 per cent. The country owes 50 billion in foreign debt. The previous president, Mahinda Rajapaksa, was forced to flee Sri Lanka and resign in early July of this year following massive protests against his government's economic mismanagement. The fact that 40



members of his family had been given important jobs in government also led to claims of corruption and cronyism.

The new President Wickremesinghe had backed the protesters until he came to power himself but then came a U-turn and now he describes them as fascists and terrorists and has used an old Prevention of Terrorism Act to arrest, harass, and imprison people who are peacefully protesting. Since coming to power, over 140 protesters have been arrested and 18 have been issued travel bans.

Yamini Mishra, Amnesty's

South Asia Regional Director says, "Over the last few months Sri Lanka has seen widespread protests over the worst economic crisis in the country's post independence history. People have the right to express discontent peacefully and the state has an obligation to facilitate this right but the Sri Lankan authorities have repeatedly and unrelentingly stifled the voice of the people. The new government has continued resorting to the unlawful use of force, intimidation and harassment to subdue protestors, sending a chilling message to the people of Sri Lanka that there is no room for dissent. The right to freedom of

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peaceful assembly is a keystone of any rights respecting society. It must be respected and protected."

One protester, who has been repeatedly harassed by the authorities told Amnesty that "Many of us got travel bans and surveillance and tear gas attacks and baton charged and, at times, court orders and imprisonment... the state is always only protecting

and defending political power and does not stand on the side of the people."

Amnesty is calling on the authorities to end the use of Emergency Regulations, which allows the police and armed services to search and make arrests without due process safeguards and which flout international law.

The right to protest is under

threat across all regions of the world. Amnesty International's new global campaign 'Protect the Protest' is challenging attacks on peaceful protest, standing with those targeted and supporting the causes of social movements demanding human rights change.

To learn more about Amnesty's work and add your signature to petitions online do go to Amnesty.ie.

Surely the time for monarchies is over?



HISTORY & POLITICS

Kieran Doyle

Like so many other things that have been postponed; premierships matches, flights into Heathrow and even postal and train strikes in England, I'm afraid my follow-up article of the civil war in Russia also has been hit by the death of Queen Elizabeth, the monarch of Great Britain, (and postponed until next month). I have not deferred the article out of deference to the monarchy. On the contrary the whole episode has spurred me to examine the hysteria around the event and pose the question that others may think but dare not ask – is it time to call an end to the remaining monarchies in Europe?

I wish to preface my article by saying of course it is not only neighbourly, but politically and diplomatically correct to pay one's respects to the 'head of state' of the UK, in this case Queen Elizabeth. It is normal protocol for states to do this. Eamonn De Valera, of course took this to an extreme level in 1945 when he signed the book of condolences in the German embassy in Dublin upon the death of their head of state – one Adolf Hitler. More importantly, if Ireland is genuine about reconciliation between the unionists of the North and nationalism, then mutual respect is essential.

To understand the relevance of monarchies, one must unlock a concept as old as the word itself – tradition. 'Tradition' is a tremendous word. One only has to insert it into a sentence, and magically, it can be used to legitimise anything. It is frequently and ubiquitously employed to defend practices and peoples, even if the tradition itself is outdated, unsavoury and even unethical. I want to challenge the 'tradition' of monarchy in this article.

Let us examine the roots of a royal bloodline since the inception of monarchies. To put it concisely, it was conceived by warlords waging war, winning vast territories of land and influence: This was in order to maintain their power and prestige, the land which would evolve into kingdoms, which in turn were kept in the family by forms of nepotism and heredi-

tary inheritance. Another way of doing it was to marry off a son or daughter with a powerful rival family, thereby preserving the peace and status quo. Over the centuries this practice led to an elite number of families across Europe, who would go on to be all interconnected, thereby maintaining a self-conceived 'royal' blood line. Just below them were their aristocratic pals who, for equally mouthwatering estates, power and prestige, helped keep the commoner, yes, you and me, in tow. The word aristocrat itself is derived from the Greek term 'aristokratia', meaning best, and 'kratos', meaning rule. These self-styled 'best rulers' were part of the royal machine, that was designed to enslave the majority of people to preserve their own wealth and power.

Preserving the monarchy is to preserve a blood line that has risen to the top through force and corruption, and not through meritocracy or popular consent. Preserving the monarchy because of tradition and the ancestral royal blood line, is to accept the charlatans and despots who brought us to the branch of the current House of Windsor. Surely in the 21st century it should be discontinued and not hailed, as it is in the UK. It is time to tell the world, the 'Emperor has no clothes'.

The royal blood line can go back, rather circuitously, from the Normans period up to monarchs, which included despots like Edward III and murderers like Henry VIII. Their current bloodline lends itself more to German than French ancestry. Let us start with King George I and King George II who both reigned in the 18th century. Both were born in Germany and spoke German as their first language because of the aforementioned system. George III, born in England, was the monarch who tried to suppress the birth of democracy in the USA during an era when England's own piecemeal democracy was still in the hands of the king. Despite his growing insanity, which led to unhinged decision making, he could not be 'dismissed' from his post because, well, because he was king. In 1829, George IV was forced by his ministers, much against his will and his interpretation of his coronation oath, to grant Catholic emancipation. His sectarian and prejudicial viewpoints would have kept the Catholics of Ireland and the UK voiceless for another generation. Queen Victoria, sometimes dubbed the 'famine queen', presided over a Tory government who allowed millions to die in Ireland. She had the constitutional right to dismiss her government (even stronger in that era) but failed to do so. Two years into the famine, the first monarch

to be called 'Empress of India', donated a modest 2,000 pounds from someone with her personal wealth. This of course caused problems for other donors. When the Sultan of Turkey, Abdülmecid tried to donate 10,000 pounds a few weeks later, he was told through diplomatic channels that to donate more than Victoria's would be seen in a poor light, and consequently gave 1,000 pounds. Unfortunately, less money was offered by other donors too because Victoria's ceiling was too low. Many more would die.

At the beginning of the twentieth century, leaders, Tzar Nicholas II of Russia, Kaiser Wilhelm II of Germany and King George V of England reigned over the most powerful nations on earth. The three men were first cousins. The resemblance between Nicholas and George in particular is uncanny if you look them up on line. These three men owned hundreds of thousand acres of land between them, controlled millions of subjects and had more money than most of their 'common subjects' put together. For all their influence, World War one not only happened on their watch, but also in part because of their feudal belief in their right for expansion and rule. In 1917 King George V issued a proclamation relinquishing the use of their German family, 'Saxe-Coburg and Gotha', to a more acceptable and less Germanic sounding, 'House of Windsor', superficially disguising just how intermarried the great powers were. The bloodline royal tradition was kept intact when Elizabeth married her third cousin Philip. Her grandson, Harry, who subsequently married a commoner, and a woman of colour, has as most of know, led to his self-exile. You only have to look at the disgraced prince Andrew to know that the 'royal' tag can be used as a 'get of jail' card.

Yet the crux of a monarchy is, more deep rooted than just a historical tradition. In 1993, the Tory Government under John Major, passed legislation, which means the 600 million pound inheritance that King Charles is due, cannot be taxed. Every other poor subject must pay their inheritance tax however. This is in a time where his majesty's subjects, cannot pay electricity bills, and a whole generation of British youths cannot afford a roof over their heads. The total cost of wage bill for Elizabeth's funeral at six million pounds, is the most expensive in the history of the state, at a time when a burial allowance in the UK, if you are eligible mind you, is a paltry 700 pounds. Yet those who want to uphold the myth of royalty, also want us to believe that somehow she was different

to the rest because she could have a joke with a fishmonger, and speak with a commoner. Her defenders will say she is an apolitical leader and a mere symbol of the government. Yet she was able to bestow tributes each year of her reign, decorating subjects with titles and honours. In 1973, Queen Elizabeth decorated Lt Col Derek Wilford with an OBE. He is of course the man who commanded the paratroopers in Derry, on the day of the Bloody Sunday killings. No apology or retraction ever came, even in light of all that emerged since.

But the most sinister aspect of all emerged in the days after, during the proclamation of King Charles III. One bystander was arrested when he said to a small number around him, 'who elected you?' Another was taken into custody for writing the words, 'not my King' at a royal assembly. Even more despotic, was when a solicitor, who became concerned at this sudden restriction of the freedom of speech was taken

into custody for simply holding a blank piece of paper, and merely threatened to write, 'not my King', on it. Only after these and other stories emerged in the media, did the arrests stop, but it's a damning indictment of the elites and royal sympathisers continuing to rule with impunity even in the 21st century.

In 1977, the underground counter revolutionary movement was in full swing. The Sex Pistols sang, (shouted) their way into the minds and hearts of the disempowered younger British generation. One of their tops hits that boomed across the airwaves was a track entitled 'God Save the Queen'. Johnny Rotten the lead singer, belted out the lines, 'God save the Queen, The fascist regime... there's no future for you, there's no future'. He was wrong. Fifty years on, the monarchy is very much alive. What has changed,



is that Johnny Rotten would not get airplay for those words today in modern England. He might even get arrested for threatening to write them up on a blank piece of paper at a concert. Free speech needs to be protected, not a dated, anachronistic tradition that has taken more than it has ever given.

*I have been invited to give a talk at the monthly Spoken Word event, in De Barras October 25 at 8pm. The topic is about the language and symbolism on Cork Civil War monuments, and the power of commemoration on our collective psyche.

OUT & ABOUT IN WEST CORK



Cathy O'Regan (red/black) in action for Meela Moos Keelnameela FC, West Cork, at the Sports Direct Gaelic4Mothers&Others National Blitz in Dublin. Pic: Piaras Ó Midheach/Sportsfile



After an absence of three years, the staff of Kinsale Campus were delighted to see the welcome return of the Class of 2022 for their Graduation Ceremony, held in Acton's Hotel, on September 1. Guest speaker was Bernard Casey, comedian, actor and drama teacher (centre) who is pictured with Helen Farrell Assistant Principal and Martin Coleman, Director of Kinsale Campus.

A story of houses of West Cork and County Cork in the year 1911

In a new historical series starting in November, Holger Smyth of Inanna Rare Books will introduce us each month to a West Cork house detailed in a rare publication by Reverend Richard J. Hodges and W.T. Pike, a massive volume of historical photographs and stories about the big houses and country estates in County Cork. This fascinating book includes an enormous amount of images of historical buildings in West Cork and an additional chapter of portraits and biographies of local nobility, clergy and very normal local families.

"In the 16 years of dealing with rare books in Ireland I was always intrigued by one publication which seemed beyond rare and hard to find," shares Holger. "The publication is a strange composition of excellent local history of Cork City and its surroundings and then wanders into each corner of County Cork (East Cork, North Cork and West Cork) to highlight important and very common houses alike, as well as mentioning the families who lived in them, their background, often also their genealogy and their occupation, as well as their importance for the community. We find sometimes images of houses from Clonakilty, Charleville and Goleen on the same page, hinting on family connections."

After finding a rare original of this book about a year ago, Holger decided to reprint the book, making it available to the public in a limited edition.

Over the course of the next year, he plans to visit the original locations of each of these houses: Connecting with the new owners, he hopes to see what has become of the buildings and families since the year 1911. His fascinating

journey and findings will be published each month in West Cork People.

Anyone with additional information on any of the houses

or historical families can get in touch with Holger by email at holger@inannararebooks.com

The reprints are available for viewing by appointment.



Images from *Cork and County Cork in the Twentieth Century*: (clockwise from top left) Glencurragh, Skibbereen; Biography of P.W. O'Donovan; Garrettstown, Kinsale; Col. K.J.W. Coghill and his grand-nephew Ambrose, son of Sir Egerton Coghill.

The article above refers to a rare publication, now available in a high-quality reprint and hand-bound limited edition from **Inanna Rare Books**, Skibbereen. Phone: 087 1025412. W: www.inannararebooks.com / e: info@inannararebooks.com

Cork and County Cork in the Twentieth Century / Contemporary Biographies.

[Half-Leather version €450 / Full Leather version €550]

Originally published in Brighton in the year 1911. With 315 pages of photographs and stories of big houses, town houses and country estates in Cork City, North Cork, East Cork and West Cork, as well as biographies of the men and their families who lived in these houses.



Mr. and Mrs. P. W. O'Donovan.

O'Donovan.—PATRICK WALSH O'DONOVAN, Weston Lodge, Clonakilty, co. Cork; son of the late Thomas O'Donovan, of Clonakilty, hotel proprietor; born in 1870; educated locally, and at Castleknock College, Dublin. Articled with T. R. Wright and Son, solicitors, of Cork; admitted a solicitor in 1892; has since practised in Clonakilty; Solicitor to the Clonakilty Rural District Council, and the Clonakilty Board of Guardians; also Solicitor to the Munster and Leinster Bank, and leading merchants; Treasurer of the Young Men's Society; Hon. Secretary Clonakilty Agricultural Society; Treasurer Carbery Hunt and Race Committees, co. Cork. Recreations: cricket, golf, hockey, and hunting. Travelled in the United States of America and continent of Europe generally. Married, August 18th, 1895, Katherine, daughter of David Nagle, of Myrtle Hill Terrace, Cork, and has issue five sons and one daughter.

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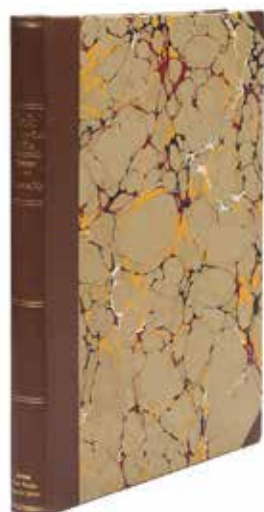
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FACT & FOLKLORE

Eugene Daly

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

The pig was always highly praised by the Irish for its succulent meat, and in legend it was the favourite meat of gods and heroes at their feasts in the otherworld. The pig was also respected for its bravery and ferocity in defending itself against attack, and so was seen as a symbol of the warrior spirit.

As the wild boar (an torc) has been extinct in Ireland for several centuries Irish folklore about the pig mainly concerns the domestic animal (an mhuc). In some parts of Ireland it was considered good luck to drive

The pig in folklore

a pig into the house on May morning, to ensure good luck for the coming summer. Pigs were believed to be able to see the wind, and thus forecast the weather. It was also thought that pigs had such acute hearing that they could hear the grass growing.

In Irish folklore it was believed that the mating of pigs was linked to the cycles of the moon. If the sow came into heat for the boar when the moon was full she would have a large litter. If she came into heat as the moon was waning, then the litter would be small. In Britain, it was similarly believed that animals, especially pigs, should not be slaughtered when the moon was waning or the meat would shrink too much when boiled. They should be slaughtered instead when the moon was waxing. It was also believed in Ireland to be unlucky to slaughter a pig on a Monday. In parts of Scotland people would not eat pork at all, probably because of the Old Testament prohibition in Deuteronomy about pork being an 'unclean meat'. For some Scottish people this prohibition was so strong that it was considered unlucky to even say the word 'pig' or 'swine'; misfortune could only be avoided by touching 'cauld (cold) iron' afterwards. Interestingly, among fishermen of the West Cork coast the use of certain words was taboo while aboard their boat. They would not refer to a fox, a pig or a priest. Instead they substituted the words 'cold

iron'.

Ominous spirits were often said to appear in the form of a black pig, and it was widely thought that the pig was the worst of all forms for fairy folk to take. However, harm could usually be avoided by ignoring the apparition completely and blessing oneself as one passed. If that failed, a hazel stick was a good implement for warding off the spirit. Making for the nearest bridge on the road was another good idea, as it was well known that the animal spirits could not pass running water. Hallowe'en, when the barriers between this world and the otherworld are weakest, was a favourite time for the Black Pig to be abroad, so the wise did not travel alone on this night.

Along the southern border of Ulster, from Leitrim to Armagh, is a series of bank and ditch earthworks known in folklore as the 'Black Pig's Dyke'. According to legend these were formed when an ill-tempered schoolteacher was transformed into a black pig by one of his pupils who had got hold of a book of magic spells. In his rage, the transformed teacher ran through the countryside, carving out a trench with his tusks, and throwing up the earthworks beside it. In reality, the earthworks were probably constructed in Iron Age times to prevent cattle raiding.

There are several proverbs ('seanfhoicil') connected with the pig. These include: 'Tá cluasa fada ar mhuc beaga' – little pigs have big ears; 'Na muca ciúine aitheann an mhin' – the silent pigs eat the meal (it is the quiet ones who do it); 'Radharc na muice lá gaoithe' – a pig's sight on a windy day (i.e. an unfathomable ability – whatever is unexplained but true). 'Ag cuimilt blonóige de thóin na muice

meithe' – rubbing lard onto the backside of a fat pig (i.e. laying it on thick, overdoing it). 'Is iomaí slí muc a mharú seachas a thachtadh le h-im' (There are many ways of killing a pig other than by choking it with butter, meaning: 'There's more than one way to do something')

Pig-hunting appears in many Irish tales, especially of the Fianna. In one tale the Fianna hunted a great wild pig on the mountain of 'Bearnas Mór', and Fionn's hound, Bran, got the better of it. When the pig began to scream a tall man came out of a nearby 'sidhe' (fairy fort) and asked Fionn to let it go. When Fionn agreed, the man struck the pig with a druid rod and it turned into a beautiful young woman called 'Scáthach' (shadowy one). The tall man invited the Fianna into the fort for a feast, and Fionn became so enamoured of the young woman that he asked the man (her father) for her hand in marriage. The man agreed, and 'Scáthach' began to play the harp for the guests. She played so beautifully that Fionn and all the Fianna fell asleep. When they awoke they were outside on 'Bearnas Mór' and 'Scáthach' and her father were nowhere to be seen.

Strangely the priest and the pig are associated in at least two old sayings. One said: 'The priest's pig gets the most porridge', while another contained this gem of wisdom: 'The priest that's a pet and the pig that's a pet are the two worst pets of all'.

The pig and the pigsty featured in some old folk cures. If a child had the mumps he might be taken to the pigsty where his head was then rubbed to the pig's back and prayers said, the hope being that the sickness would transfer to the animal.

Blood was always shed on St. Martin's Eve (November 10). Very often the cock was killed, but in many places it was the hapless pig that was led to the slaughter.

There was an old custom that when a sow had bonhams she should be brought into the kitchen with her young and left there for ten days and nine nights. Fairy pigs were not as numerous as phantom dogs and demon cats, but they were not unknown. There is one tale of a man whose clock had stopped and who set out for the fair in the middle of the night in his donkey and cart. He had not travelled far when he met a fairy pig, and the brazen pig not only followed him, but even tried to get into the cart. A little further on was a bridge over a little stream, and the driver was confident that he would make his escape at the bridge for, as was

believed, a fairy of any kind cannot cross over water. When they came to the bridge the pig had to undertake a detour through the fields but, unluckily or by the evil influence of the fairy pig, one of the wheels fell off the cart. By the time the wheel had been refitted, the pig had caught up and pursued the man once more. The driver was so terrified that he screamed at the owner of a house beside the road to open the door for him. The kind householder did as he was asked, whereupon the driver gave an athletic jump over a stone wall and hurried indoors. The fairy pig was very disgruntled and vented his frustration by grunting outside the bedroom window for the rest of the night.

Pigs were often seen going in and out of forts ('liosanna'), which would seem to indicate that the fairies were as fond of their bacon and cabbage as their human neighbours. Occasionally, pigs came out of rivers and streams and these too were enchanted. There was another tradition which proclaimed that the sow always had trouble giving birth because a pig put sods on Our Lord's grave.

There are many old sayings which feature the pig. If a person was financially secure or 'comfortably off' to use the rural expression, he was said to be 'lying in lavender like

Paddy's pig'. There was some good advice too for the lazy: 'A man without initiative is no better than a pig', but attempting the impossible would bring no rewards: 'You can't make a silk purse out of a sow's ear'.

'Caisearbháin' (dandelions) and nettles were fed to pigs in the old days, when pigs were allowed free in a garden, unlike today when the poor creatures never see the sun, fattened as they are in large houses. The roots of comfrey, when boiled and mixed with the pig's meal, provided an effective cure for swine fever. Those who lived near the sea used to wash their pigs with sea water if they suffered from cramp.

Ireland was once inhabited by wild pigs or hogs. The word 'torc' (a wild boar) is common in placenames, like Torc Mountain and Torc Waterfall, near Killarney. Kanturk in County Cork is 'Ceann Toirc' (the headland of the wild boar). 'Ceann Toirc' (Turkhead) is where I grew up, eight miles or so west of Skibbereen. However, Turkhead might derive from 'Muc Mhara' (porpoise), also known as the 'tóithíneach' in Irish.

Pigs are often spoken about in derogatory terms. One sometimes hears people being described as a 'dirty pig'. The following poem by Galway Kinnell describes the beauty of a 'céis mhúice', a sow.



Saint Francis and the Sow

*The bud
stands for all things,
even for those things that don't flower,
for everything flowers, from within, of self-blessing;
though sometimes it is necessary
to reteach a thing its loveliness,
to put a hand on its brow
of the flower
and retell it in words and in touch
it is lovely
until it flowers again from within, of self-blessing;
as Saint Francis
put his hand on the creased forehead
of the sow, and told her in words and in touch
blessings of earth on the sow, and the sow
began remembering all down her thick length,
from the earthen snout all the way
through the fodder and slops to the spiritual curl of the tail,
from the hard spininess spiked out from the spine
down through the great broken heart
to the sheer blue milken dreaminess spurting and shuddering
from the fourteen teats into the fourteen mouths sucking and
blowing beneath them:
the long, perfect loveliness of sow.*

Christopher
O'Sullivan TD

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Two exciting agri events from Ludgate this October

Skibbereen's Ludgate Hub will this October bring two exciting events, the Farm of the Future Agri Ideation day (October 26) and their annual Agri Tech Day (October 27), to West Cork.

Ludgate, together with AgTech UCD and MTU Kerry, will bring its Agri ideation day to Carbery's newly-launched Visitor Center on Farm Zero C at Shinagh, Bandon. This day-long event will bring together people who can identify challenges facing the Agriculture sector at the present. Those challenges can be vast and varied. Through facilitation and team based exercises the challenges identified will be discussed and methodol-

ogies applied for the creation of a robust solution. The solutions will then be presented before a team of judges and a prize will be awarded to the winner.

Farm of the Future Innovation Challenge is open to participants working in the agri/food sector, the farming community, second and third level students, academics and anyone who has an interest in innovation and problem solving.

Participants can be matched with a challenge on the day or come with their own challenges. Participants will get to experience how ideation works to create robust solutions which can evolve to a business in the future.

Participants can either attend on their own or alternatively teams will also be welcome to join. This may be the ideal opportunity for a corporate to experience an ideation workshop and develop their own skills for

running such a workshop into the future unlocking their own ideation.

The Ideation Workshop will run from 9am-4pm. The workshop will entail short and fun team-building activities to connect with other team members, and then go through various steps in order to mature/rethink team challenges. Each of the following steps will be addressed: Which challenge is the idea solving? Exploring: why does this problem exist? Analysing existing solutions; Rephrasing the problem; Finally, build an awesome pitch for the final presentation to the Judges.

Please see link for registration details: www.eventbrite.ie/e/farm-of-the-future-tickets. Alternatively you can contact Fiona Ryan for further information by emailing fiona@ludgate.ie.

Keeping the focus on Agri, Ludgate's second day is back in Skibbereen for its annual and highly regarded Agri Tech Day on October 27. For the last two years Ludgate has delivered this event virtually, but is very excited this year to bring this event back in person. However

er Ludgate will also operate a virtual environment on the day to reach its more national audience base. This year's event will focus on Agri Tech, the advancements in the ecosystem, meet the funders and the founders of Agri Tech, Emissions and Succession Planning. This

event is proudly sponsored by Ludgate main sponsor AIB and Drinagh CoOp. The event will be launching in the coming weeks for registration please keep an eye on www.ludgate.ie/events/

A West Cork Farming Life: James Hurley, Granagoleen, Clonakilty (Part 2)

The National Biodiversity Data Centre hosted a month-long (virtual) Festival of Farmland Biodiversity in May 2022. The purpose of the Festival was to encourage a more positive engagement around the topic of biodiversity and farmland, and to highlight some of the ways that farmers can work to support biodiversity. It invited farmers to share content on social media about biodiversity features on their own farms.

There was great engagement with this year's Festival of Farmland Biodiversity. As part of the Festival, the National Biodiversity Data Centre offered a prize of a biodiversity survey by its staff to a farmer who shared content using the #FarmlandBiodiversity hashtag on twitter. James Hurley, a dairy farmer at Garrangoleen, Clonakilty, was the lucky winner.

James is a fifth-generation farmer, milking 105 cows on 165 acres producing 5,500 litres of milk per year. He is a derogation farmer spring calving with cows going to grass from February 14 onwards. Five staff of the National Biodiversity Data Centre visited the farm on July 19, 2022, and completed the survey.

Saorla Kavanagh from the National Biodiversity centre, one of the ecologists who undertook the survey on James' farm talks to **Tommy Moyle** about the results.

What was involved?

Each of the five of us have a certain area of expertise and one of the team went to the farm the night before to set up moth traps. We conducted the survey from 8am to 4pm and we visited three main areas on the farm that James identified. We looked at the plants initially, they make up a big part of the survey and are obviously easy to see as they don't move. Our big focus after that was on pollinators such as bees and hover flies, and luckily one of the team was an expert on wasps.

What was your overall impression?

We were pleasantly surprised by the diversity of species that we found during such a brief survey of the farm. The survey identified 267 different species. As would be expected, plants

comprised the largest number of species, followed by moths, birds, hoverflies, bees and butterflies. Within the productive pasture fields several flowering plants were observed including Cat's ear, dandelions, plantains, Red and White Clover, and Selfheal.

Other notable biodiversity friendly actions practices on the farm include:

Non-farmed areas (for example around gates, field margins, lanes, roads) unmanaged to allow grass and wildflowers grow naturally. Trees were allowed to grow within a hedgerow, clover was flowering within pastures, the mixed species sward was also allowed to flower and there was minimal use of herbicides

The hedgerows are in reasonably good condition, particularly the boundary hedges. They contain a variety of shrub

species with some taller trees. They are not overly managed so there is plenty of flowering shrubs and a nice, vegetated ground layer margin. Where the electric fence runs out from the hedgerow base it provides a nice grassland margin for biodiversity. The ditch leading to the farmhouse has some exposed soil, providing a nice nesting habitat for solitary bees. Through the farm there are small patches of nettle and thistle, two plant species that are of great value to insects. There were also some small patches of uncultivated land, all of which contribute to the biodiversity value of the farm.

What was the breakdown of species recorded?

There was 101 different plant species were recorded, at least 63 different species of moth, 11

species of butterfly, 12 species of bee, 17 different species of hover fly and 32 different bird species were recorded. The breakdown of bees recorded were, six species of bumblebee, five species of solitary bee and the Honeybee was also recorded.

It was noticeable on the survey that only two mammals are listed, was this due to time constraints?

Yes, we only listed what we saw on the day. Surveying for mammals would require setting traps for the smaller mammals or checking for bats using a bat detector. Neither of these were done, so the mammals present were not surveyed.

If there was one area farmers could focus on to improve biodiversity on their farms



A red tailed bumblebee was one of the species found on the biodiversity survey conducted on James Hurley's farm.

what would it be?

Hedgerows or field margins. They're key. If you can pick one hedge and cut it on a three year rotation. If you cut it every year

you'll have no flowers. Flowers provide food for pollinators who feed other species within an ecosystem. It's good to highlight to farmers what they have already. Every farmer is doing something without realising it.

Would you like to see farm biodiversity projects expand?

Absolutely. At the moment we have the farmer moth monitor pilot project. It's completely voluntary and I'd love to see that spread out. We also have 40 farmers involved in an EIP for pollinators. As part of that we looked at different habitats and how hedgerows are managed. The farmers get points and are paid on a results basis. If James was involved in that programme he would score quite highly on our scorecard. He needs to keep doing what he's doing.

Ludgate's Upcoming Agri Events

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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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Shine fades off ACRES

farmers are left disappointed when they see the options available. Achieving the headline figures of over €7,000 seems out of reach to many farmers as either costs or conditions involved are viewed as too prohibitive.

In a recent Irish Farmers Journal survey conducted ahead of the National ploughing championships, 28 per cent of farmers surveyed stated they would not be participating while a further 37 per cent were taking a wait-and-see approach. I'm also hearing from some quarters that some advisors are telling farmers to consider entering the Organic scheme rather than participate in ACRES. The payment rates are very enticing for the organic conversion so it will be interesting to see if many take that option instead. Entry to the organic scheme begins in early October.

The centipede effect

I spoke to a non-farmer recently who attended a farm walk for the first time when they visited Carbery's Farm Zero C project at Shinagh just outside Bandon. The individual isn't from a



Tommy Moyles' cows and calves on the move at Ballinascarthy.

farming background but has a strong interest in the countryside and environment in particular. What they said caught me off guard a little. They had never realised the breadth of disciplines required to be a farmer, never mind the scale of the finances and uncontrollable risks involved.

It's only when you hear comments like that that you start thinking about what is involved. You need plant and animal

husbandry skills, basic veterinary, mechanical, electrical and building knowledge, good financial literacy skills help too. Marketing, sales, a growing interest/knowledge of biodiversity and keeping up to speed on politics and policy changes that can impact on your business in the short and long term. On top of those you need to be able to react to market favourites and my monthly favourite topic, the weather.

I wouldn't want to suffer from what is called the centipede effect. This occurs when a normally automatic activity is disrupted by consciousness of it. Like if a centipede had to think about everything it had to do to move one leg every morning

and then repeat that process 100 times. That's the last thing you need to do in a business like farming that has a lot of moving parts. Farming involves a lot of reacting to the different challenges that can arise on a weekly or even daily basis.

Weather and grass growth

The dry spell that ran through July and August just gone was one such challenge. It was dry for nine weeks around the same timeframe in 2006 so decisions were made based on that experience.


Out of curiosity, I dug out the 2006 diary from the filing cabinet to see if I had marked the day the rain returned. I didn't, but it threw up a few interesting bits all the same. I had more fertiliser spread by April 4 than I have for this year. What I spread across the entire farm this year is just over 10 per cent of what I spread on all-owned ground back then. That was when we had a lower stocking rate too. I had one field listed as 'Serengeti' in my diary and while the name didn't stick, that field dried up like it did 16 years ago.

The lack of rain over the summer was a good test of the multi species swards, that's for sure. Initially experimented with following the 2018 drought, they're likely to be in some form across all the owned land within 12 months. Despite receiving no rainfall worth

talking about for the last six or seven weeks and no artificial fertiliser all year, they kept ticking along. They were cost savers too as they received no fertiliser. At this year's fertiliser prices, I've saved over €7,000 compared to the 2021 fertiliser bill and €25,000 if I was still using the same amount as I did in 2012. Multi species aren't everybody's cup of tea but it's a case of so far so good here.

The dry spell finally broke and there was a phenomenal burst of grass growth in the days that followed. There was plenty of heat built up in the soil and that combined with the moisture levels drove on grass. The downside is that the grass was very lush and lacking fibre so stock would move through a paddock pretty fast. I offered silage to one group to add fibre and keep them content and all groups of cows got a mineral lick to boost calcium and magnesium levels and prevent any grass tetany issues. This can be a threat to lactating animals at the shoulders of the year when the same power isn't in grass and can in extreme circumstances result in deaths.

My grazing plan is currently being planned around another TB test in early October. With this on the horizon and labour limited some stock are likely to be housed ahead of the test. I just hope this test goes better than the one last autumn.



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Caheragh farm acknowledged at NDC awards



The Collins family from Caheragh was the winner of the Farm Development award at the 2022 NDC and Kerrygold Quality Milk Awards on September 14. John Collins is pictured with his father Derry and mother Mary.



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Special Feature COSY GREEN HOMES & WORK SPACES

Building our future

When Matt Mills stood on a rock at Goleen Harbour looking out to the Fastnet Rock and felt that first tiny spark of an idea forming back in 2014, little did he know that this piece of wild and beautiful land would come to mean so much to so many people: Where the sea sings to the land and where, as Matt tells **Mary O'Brien**, “The power of the waves and the tides stills your soul” – in a frantic world Goleen Harbour is a place to just simply be.

While it's taken just shy of a decade, with the help of a number of investors, this 38-acre biodiverse site by the coast is celebrating its first successful summer season, post development, as an ecological tourism enterprise boasting a mix of accommodations – from camping pitches to glamping tents to eco cabins, to a luxurious geodome; and activities – from archery to kayaking trips to bike riding.

Under the guidance of Matt and his partner Melanie Furniss, Goleen Harbour has also become a centre of learning – with courses ranging from self care and massage techniques to green building – with the longterm vision being to welcome people who are neuro-diverse or experiencing social isolation or mental health issues

and who may benefit from being supported in a natural environment.

Treading lightly on this beautiful landscape, the buildings at Goleen Harbour are being built using environmentally-friendly materials, locally-sourced where possible such as the Douglas Fir and Larch cladding. Passive House standard materials are used to give very high levels of air tightness and insulation.

The brief for the first small cabin, the prototype, was to create a healthy, energy-efficient eco-build, using high levels of insulation and air tightness, on a tight budget, while still being strong enough to take the Atlantic storms. Designed and built by Matt, while the windows are mix and match ‘seconds’, air-tightness has not been compromised. The building is so



Matt Mills at the spot where the idea for his ecological tourism enterprise was conceived.

well insulated the only heating needed in winter is a 1.3kw infra red panel heater.

“Hemp might be a more attractive insulating option than polyurethane insulation but if you have a budget to work to, it's about working within your means to achieve a build with a decent life cycle and going as ‘green’ as you can within that budget,” says Matt.

Light and space were key considerations when designing the space. “I started with planning sight lines,” he explains. “I wanted to be able to see through the space in every direction.” The slanted high ceiling also makes the interior feel a lot

more spacious than its 23.5 square metres. It's a light, warm and tranquil space.

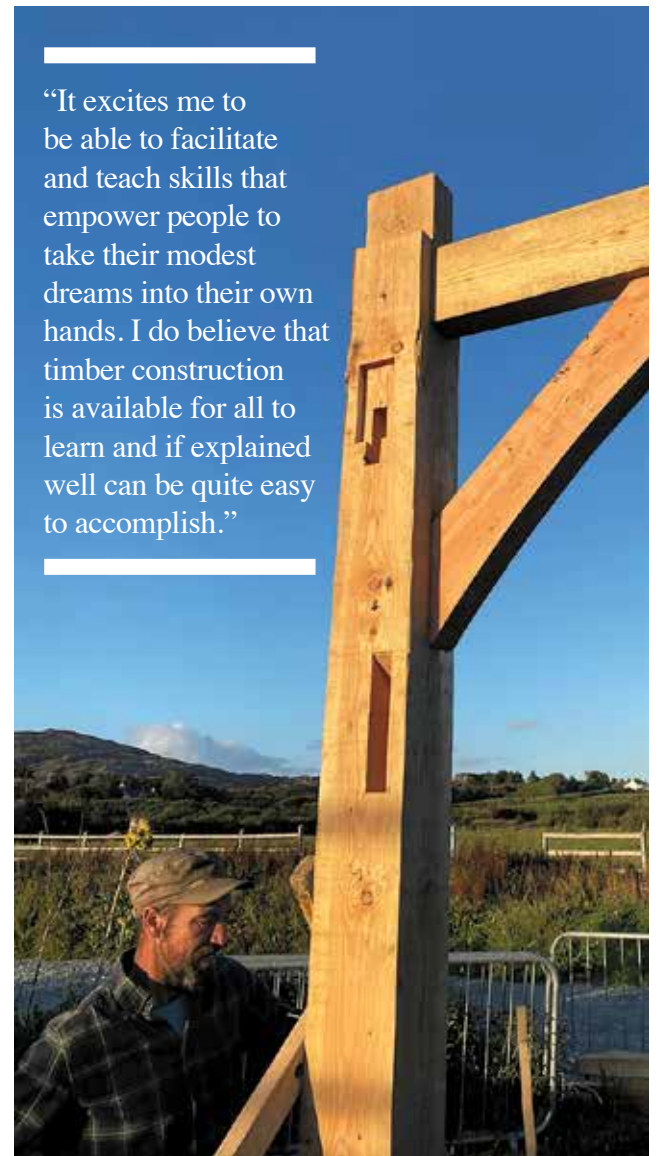
“I think we've just got to learn that we can live in smaller spaces and reduce the building volume to keep prices down,” says Matt.

With the cost of building supplies and energy still rising, more and more people are starting to see the benefits of keeping things small when it comes to creating an energy-efficient home.

The new cabins are mounted on ground screws, a much more environmentally-friendly option than concrete foundations.

The cladding on the exterior

“It excites me to be able to facilitate and teach skills that empower people to take their modest dreams into their own hands. I do believe that timber construction is available for all to learn and if explained well can be quite easy to accomplish.”



of the two newest eco cabins has been charred, a preservation technique that Matt is testing out in the harsh marine environment.

Such has been the interest in Matt's tiny eco- and budget-friendly designs, that it has prompted the set-up of a sideline business ‘EcoCabin’ based on his original prototype, at ecocabin.ie.

These can be supplied ‘turn key’ fully-finished with fitted kitchen and bathroom with off

grid or grid tied options for power and heat.

For anyone interested in learning more about self-build techniques, Goleen Harbour runs a number of green building workshops throughout the year in collaboration with West Cork carpenter-builder Jonathan Callaghan (Jonny), who shares Matt's belief that now is an important time for people to learn the basic skills to provide

Continued on next page...

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Participants on the hempcrete course at Goleen Harbour

Special Feature COSY GREEN HOMES & WORK SPACES

... cont'd from previous page



themselves with shelter where possible. "It excites me to be able to facilitate and teach skills that empower people to take their modest dreams into their own hands. I do believe that timber construction is available for all to learn and if explained well can be quite easy to accomplish."

Past workshops have included hempcrete building; post and beam building by hand; and creating a cob pizza oven. A course in building a sauna is upcoming and a timber frame building workshop is also planned.

With sustainability and care for the environment at the

heart of everything at Goleen Harbour, future plans involve an anaerobic digester to produce biogas from their own organic waste and waste silage to heat the entire campsite and provide compost for growing. They already have a zero carbon district heating system. When funds allow, they also aim to extend



their Solar PV system.

Matt and Melanie have also planted over 10,000 trees including a native woodland of and raise Connemara ponies on the land. Melanie, a trained massage therapist, offers well-being treatments and her daughter Mo looks after the garden, growing organic vegetables for

their own use and also to supply to local restaurants. Working with Coolmore Bees, their hives produce raw honey.

With the planned recruitment of a general manager for the business, the hope is that next season there will be more time to commit to building and educational projects...continuing to

work towards changing people's attitudes and behaviour to the environment and establishing sustainable communities for the better of our planet.

For more information on Goleen Harbour and upcoming self-build courses go to goleen-harbour.ie

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Special Feature COSY GREEN HOMES & WORK SPACES

New solar PV grants announced

New supports of up to €2,400 were announced recently by Minister Eamon Ryan, for the installation of solar PV (photovoltaic) panels. Grants will be aimed specifically at businesses, public organisations and community groups through the SEAI (Sustainable Energy Authority of Ireland).

Solar PV (photovoltaic) panels convert energy from the sun into electricity, thereby reducing the amount of electricity a building draws from the national grid and lowering electricity bills.

Deep Retrofit specialist and local Area Representative for Bandon Kinsale Marc Ó Riain stated; "We all know that

energy prices are at an all-time high, due to the fossil fuel crisis resulting from Putin's war on Ukraine. Organisations in the Bandon Kinsale Municipal area and more generally in West Cork are looking at ways to reduce their costs and their reliance on expensive energy sources. These new grants for solar PV will help businesses and community groups to take control of energy costs now, and ensure that they are future-proofed with renewable electricity supply from their own roofs. PV is a panel that makes electricity from solar energy. At the current high electricity prices, a business could save €2,000-3,000 per annum from a solar PV system supported under this scheme. This means that the installation can pay for itself quickly. Whilst insulation and low energy lighting are the most cost-effective ways of reducing energy consumption, photovoltaic, solar energy to electricity, is a very cost-effective plug and play

method for creating sustainable renewable energy at a microscale and with very little disruption to businesses."

This announcement signals the latest phase in the Government's Micro-generation Support Scheme. The first phase of the Micro-generation Support Scheme was launched in December 2021, offering grants for solar PV panels on domestic houses. In 2022 the maximum grant available is €2,400 and it will remain at this level for 2023. In February of this year the Government announced an export tariff – the Clean Export Guarantee (CEG) – as part of the scheme. This provided the mechanism by which householders can be paid (by energy suppliers) for excess electricity exported back into the national grid.

Speaking about the latest supports, Minister Ryan said; "This new support scheme is part of a wider roll-out of initiatives to make the installation of solar PV

easier and more cost effective for homeowners, businesses and public bodies. It's Ireland's rooftop revolution. With upcoming changes to planning exemptions, simpler grid application routes, export payment announcements, and capital supports from SEAI, it's an ideal time for anybody to consider going solar to save money and to help reduce our emissions."

The scheme will provide grant funding up to a maximum of €2,400 towards the installation of solar PV technology up to a maximum of 6kWp (approximately 16 solar panels over 25 sq m). The scheme provides an opportunity for all areas of the non-domestic sector to not only reduce their electricity bills, but to visibly demonstrate their commitment to sustainability and Ireland's broader climate action goals.

To apply visit www.seai.ie and follow the outlined steps.



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Check your home is adequately insured with increase in building costs

The latest House Rebuilding Guide published by the Society of Chartered Surveyors Ireland (SCSI) shows that national average re-build costs have increased by an average of 21 per cent over the past 12 months.

The SCSI House Rebuilding Guide, which is used by homeowners to calculate the rebuilding costs of their home for insurance purposes, shows the increase in rebuild costs in Cork was 17 per cent.

The SCSI said it was important to note that the specifications and designs used for the six house types had been updated this year and that as a result not all the reported increases could be attributed to construction inflation.

The SCSI is urging homeowners to take the time to ascertain the correct reinstatement value of their home for insurance purposes.

While these increases are considerable it does not necessarily mean the premium will increase significantly and consumers should shop around when seeking insurance cover for their homes. The really important takeaway from this for homeowners is to set aside some time to get an accurate reinstatement figure and ensure your home insurance is up to date. If it's not you need to contact your home insurer.

The SCSI points out that the rebuild figures are based on estate style houses and people with one-off homes or period properties are advised to contact their local chartered surveyor.

Dangers of under insurance

The President of the SCSI Kevin James said that homeowners who are not adequately insured may be penalised under their policy by having to pay a certain proportion of the reinstatement costs.

"Where, the insured sum is only 75pc of the total reinstatement cost, you will only receive 75pc of the agreed cost of reinstatement, whether the claim is made for partial replacement or total loss. For example, in the case of a house insured for €270,000, where the total reinstatement cost was €360,000, the insured party would receive only €202,500 to reinstate the

house in the event of the total loss. In that situation the insured party would be obliged to provide the balance of €90,000. Similarly, if there is a partial loss, which costs €60,000 to repair, the insured party would only receive €45,000 and would have to provide the balance of €15,000. This is something many homeowners may not be aware of.

"It's also important that homeowners reassess their cover to take account of any changes such as home office extensions or garden offices. These have become increasingly popular with more people now working from home, but they need to be included in the house insurance."

A House Rebuilding Calculator and the 2022 Guide to House Rebuilding Costs is available free of charge at www.scsi.ie



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Special Feature COSY GREEN HOMES & WORK SPACES

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For nigh on 30 years, West Cork Building Supplies in Clonakilty has been working with tradespeople and customers to design and supply everything needed to turn house plans into a reality. This includes choosing quality suppliers when it comes to renewable heating solutions.

Whatever your heating or plumbing requirement – heat pumps, cylinders, underfloor heating, boilers, Boru stoves, solar panels and everything else are all under one roof at West Cork Building Supplies, as well as expert and friendly advice from an experienced team.



With housing representing a quarter of all CO2 emissions in Ireland, building standards now require that all new dwellings have a Building Energy Rating (BER) of A2 and it has never been more important that we all work towards improving the energy efficiency of our homes, particularly with SEAI offering grants for home energy upgrades.

If you're planning a new build, West Cork Building Supplies will work towards tailoring your property's heating system

to meet low-carbon regulations and reduce ongoing utility bills.

From design stage, the building supplies company offers a wide-ranging portfolio of solutions for heating, hot water, mechanical ventilation and heat recovery systems. Ranging from a standard small domestic heating installation to a solar thermal system, it's a one-stop solution tailored to individual requirements.

Just some of the benefits of heat pumps include high seasonal energy efficiency; up



to 60 degrees Celsius water supply; easy installation and controls; and higher capacity at low ambient temperature

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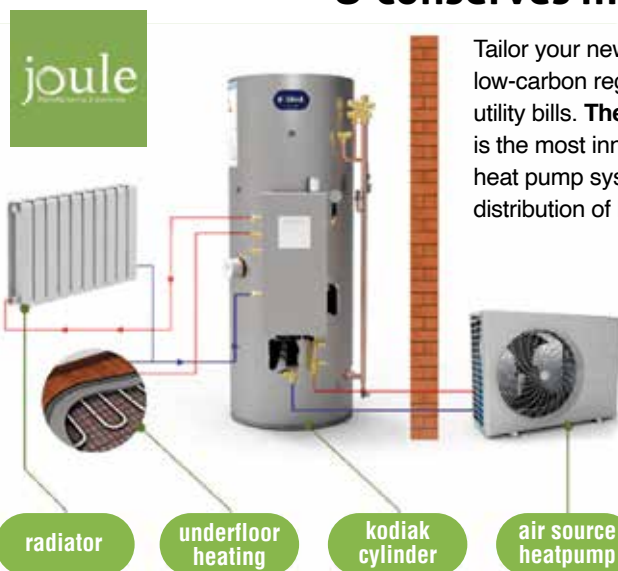
renewable energy products mentioned above or to see what else is available, call in to the heating and plumbing department at West Cork Building Supplies.

West Cork Building Supplies, Clogheen Industrial Estate Clonakilty, Phone 023 8834249.



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Special Feature COSY GREEN HOMES & WORK SPACES



Creating a cosy home

Xavier Dubuisson is a renewable energy engineer and consultant and founding member and CEO of RetroKit Ltd, a software company dedicated to unlocking the housing energy renovation challenge with digitalisation. He shares some practical advice with homeowners looking to conserve energy and reduce costs over the winter.

Firstly, if you have a night time electricity rate it makes a lot of sense to

time your appliances to come on at night; most new appliances have a timer function. This can save up to 25 per cent on electricity usage.

Here are a few tips for the kitchen:

- Your fridge should be between three to five degrees and your freezer between minus-15 to minus-18 degrees.
- Defrost your freezer every six months to make sure it's running as efficiently as possible.
- Only boil the amount of water you need in a kettle and put lids on your cooking pots.
- Try and cook a few meals together – for example if you are turning on the oven, try

cooking a few meals at the same time, roast a chicken and cook a lasagne at the same time.

- Don't open your cooker door more than you need to.

What are the main culprits in the home for high energy use and what can be done to reduce this?

The appliance that uses the most electricity is the tumble dryer so hang your washing out to dry whenever you can.

An oven is also a big electricity user, so try and switch to a microwave oven where you can.

With energy prices rising, what does this mean for sustainable energy solutions such as an air to water heat pump that runs off electricity?

As heat pumps use electricity to extract heat from the air (like a

fridge in reverse) you will see an increase in your electricity bill. But if you compare with oil heating, heat pumps are still 40-60 per cent cheaper to heat your home compared to oil heating based on July 22 costs for oil and electricity published by SEAI.

What is the average running cost of a heat pump per annum?

The costs for an average house will vary between €1000 and €1,300 a year depending on the efficiency of your heat pump and the size of your house.

It's worth seeing if you can spread the costs throughout the year with an equaliser bill payment as costs will be higher during the winter.

The biggest problem for most people is the investment in the heat pump itself. Here, grants from SEAI (seai.ie), availing of a green mortgage from your bank or a low-cost loan from your credit union, will help.

What is the most cost-effective way of using a heat pump to heat your home?

Your house needs to be insulated to get the best value out

of your heat pump – and this is also requirement for grants. You will need a technical assessment completed before you can get a grant to make sure of this.

Keeping a steady heat all day is better than turning on and off the heating – heating controls and thermostats can help with this. Heat pumps will work best when you operate your radiators at a relatively low temperature. This keeps an even temperature in the home.

If you have nighttime electricity, it makes sense to run the heat pump overnight at a cheaper rate of electricity.

I live in an old cottage, can you advise on the best and most affordable strategy to improve the energy efficiency of my home, from insulation to windows and doors etc?

The first thing to do is to insulate the house – this can be done first of all in the attic and grants up to 80 per cent are available for this.

Next seal any air leakages by servicing your windows and doors and blocking any

Continued on next page...

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U-Values: 300mm in attic = 0.11 W/m2K //// 225mm in Timber Frame Wall = 0.14 W/m2K



Lighten your energy footprint and energy bill by using cellulose attic insulation

For anyone who wants to make their home more energy efficient but is lacking the funds for a large investment, cellulose fibre insulation offers one of the simplest, most cost-effective solutions to saving energy in the home to the best achievable standard. Cork based company Ecocel uses cellulose fibre insulation, a safe, eco-friendly and superior quality insulation made from recycled newspapers.

According to SEAI, approximately 20-30 per cent of heat within the home can be lost through the roof so insulating your attic properly can massively reduce heat loss and save you money.

Researchers have proven that cellulose, installed without any air tightness measures, can improve air tightness up to nine per cent.

With the current generous grants available from SEAI, now is the ideal time for homeowners to insulate their attic properly. Attic insulation grants range from €800 for an

apartment up to €1500 for a detached house.

Cellulose insulation is the obvious choice for those wanting cost-effective and better insulation while keeping their carbon footprint to a minimum.

Ecocel has a neutral carbon footprint, as it consumes very little energy in the manufacturing process and has limited transport needs. All of its paper is collected locally and the insulation is made here in Ireland.

Imported mineral wools can only absorb moisture – they can't release it. "So there's more chance of mould in the house,

which is a health issue, whereas cellulose, a natural fibre, can take in and release moisture, thereby improving air quality in the house," explains John Egan of Ecocel.

Cellulose will also last the lifespan of a building without vapour check unlike glass and mineral wools.



Up to 25% of your heat can be lost through a poorly insulated attic!

Special Feature COSY GREEN HOMES & WORK SPACES

... cont'd from previous page

draughts. If you can afford to upgrade your windows and doors to double or triple glazing, this will make a big difference. However, if your double glazing is in good condition and doesn't need immediate replacing, this might not be a priority from a return on investment point of view.

For the walls – insulating from the outside may be the best option but can be expensive.

For old stone buildings, it's important that the walls can breathe out moisture so it's good to consider using natural materials for insulation.

How can I make my home more airtight, without compromising on ventilation?

An easy first step is to get your windows and doors serviced – local contractors can do this. This includes checking seals, hinges and handles, and replace if necessary. This will make a big difference. Attic trap doors, downlighters, drain pipes, letter box, etc. are common sources of air leakage and should be made airtight.

Thermal imaging is a useful

thing to do – a contractor comes to your house with a special camera which shows up any leaks in the building – so that you can fix them.

Now that the house is more airtight it's important to provide for good ventilation to maintain good air quality and to avoid damp and mould problems. This step includes removing moisture from bathrooms, kitchens with extraction fans. Controlled air supply vents will refresh the indoor air while reducing heat losses.

Chimneys are a very important source of air leakage and those not in use should be blocked. If you are using a traditional fireplace, you should move to a stove.

If you are burning solid fuel, it's important that combustion appliances have a dedicated air supply and that high quality dry fuels are used. Carbon monoxide is a risk if ventilation is not adequate and a carbon monoxide alarm should be installed.

Is installing solar panels on a small house really worth it...will I see a return on my money?

With rising electricity prices, installing solar panels does make sense – especially now that we are able to get paid for the electricity that we don't use. There is a €2,400 maximum grant available.

You will need to consider a few questions first – Is your roof facing the right direction, is it free from shade, do you have a smart meter, etc?

It's always best to use the electricity that you produce yourself so it's worth planning ahead e.g. putting washing or a dishwasher on when the sun is shining. Any excess electricity can be used to heat hot water or charge an electric car at home – and then anything that is not used can now be sold back to the national grid – so if you are away for a week or two during the summer, you can get money back from the solar power you haven't used.

Aside from SEAI, what other resources would you advise for anyone interested in energy saving?

CODEMA - Dublin's energy Agency has an excellent website with tips on how to save

energy: www.codema.ie or go to www.seai.ie/publications/SEAI-ReduceYourUse-Booklet.pdf.

Connect with your local Sustainable Energy Communities group.

If you are on social welfare benefits including fuel allowance go to seai.ie to see if you are eligible for grants.



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Special Feature COSY GREEN HOMES & WORK SPACES

Sustainable and eco-friendly flooring choices

We are all trying to make better, more eco-friendly choices for our lives and homes but to do that we need to understand what products are made from. For example, do you know if your flooring is made from a sustainable material? Many flooring choices are better for the environment, and our health and, in this article I will give you some facts about each and suggest what might work in your property, be it residential

or commercial.

Hardwood is one of the world's most eco-friendly and sustainable raw materials with properly managed forests having the ability to absorb and store carbon from the air. Interestingly, oak floors are considered the friendliest of the woods as during the production process they release the fewest toxic emissions. Solid hardwood flooring is often regarded as the real deal and the price reflects that.

Laminate is made of 80 per cent natural materials, mostly wood. Newer, top-quality laminates now have a more random repeat pattern and they integrate a surface grain texture to make the flooring more realistic.

Cork is one of the most common materials used in residential and commercial designs where the word 'sustainable' is mentioned. As you might have guessed, cork flooring is made from used bottle stoppers and waste from their manufacture.

But where does cork come from in the first place? The cork oak tree has a thick layer of bark to protect itself from the harsh conditions of the forests near the Mediterranean. Once it has reached the age of 25, its bark (cork) can be stripped every eight to 14 years without damaging the tree.

Cork floors are attractive, durable, retain heat, and are very soft to walk on. They are also very quiet to walk on, reducing walking sounds up to 50 per cent, which makes them a great choice for upstairs or apartment flooring.

Marmoleum, made by Forbo, is a carbon neutral flooring with 97 per cent of its raw materials being obtained from nature – linseed oil, wood flour and jute. This product is durable, long lasting and available in a wide range of colours, designs and sizes. Forbo's Marmoleum products are proven to inhibit the growth and spread of infections like MRSA, Norovirus and C Difficile, contributing to a more hygienic environment, particularly useful in residential and commercial bathrooms or where food is prepared.

Carpets that are sustainable are typically made from natural, renewable fibres that are biodegradable. A few examples are hemp, wool, sisal, bamboo, corn leaves, jute, seagrass and coir.



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

Jute comes from a species of tall grass in Pakistan and surrounding areas that can reach maturity in a matter of months and only needs rain to grow. This is a very hard wearing carpet that is used a lot on stairs.

Sisal is made from agave plants (yes the same as tequila). Sisal carpet is often used for rugs and can be trimmed off with an attractive edging fabric. Jute and sisal are always tan/beige in colour.

By the way, wool carpets are not treated with harmful chemicals so are a great choice if you suffer from chemical sensitivities. They are also known to continually purify indoor air for up to 30 years!

There are also carpets made from recycled materials that would otherwise have ended up in landfill such as plastic bottles and industrial scrap segments. For commercial projects, Modulyss carpet tiles (made from recycled materials) are a favourite of mine as they are durable and available in a wide



range of designs.

I hope the information above has given you a better understanding of sustainable materials when it comes to flooring – information is power as they say!

White Sage Decluttering

ANNE MARIE'S TIP OF THE MONTH FOR A TIDY HOME:

Pretend you are a visitor.

It's easy to forget what your home really looks like! Write down your first impression on how organised it is to inspire you as to where needs changes.

If you need help to declutter your home contact Anne Marie on 087 6529901.

White Sage Decluttering

Feeling frustrated, stuck or not knowing how to start decluttering?

Contact West Cork's award-winning Professional Declutterer
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Cleaning your carpet

The best way to reduce soil build-up and prolong the life of your carpet is to vacuum frequently, especially in those areas where high levels of traffic are common and you have people constantly walking backwards and forwards. The most-used areas of your carpet, such as entrances, doorways, hallways, even areas around

a favourite chair, are going to collect dirt much faster than the rest of your carpet. Cleaning these areas when they start to look dirty stops the dirt from spreading to the rest of the house and can extend the time needed between any professional cleanings.

Most stains and spills are easier to remove when dealt with

immediately. Depending on the spill, it's usually best to absorb the liquid by blotting with an absorbent cloth or plain white paper towels. Whatever you do, do not rub it in!

Small particles of dust and oils that are always present in the air and invisible to the naked eye will eventually leave a thin dull film on even unused

parts of the carpet. To help overcome this natural soiling, getting a professional to clean your carpet every so often is essential. Carpets perform best when properly and regularly cleaned by a professional carpet cleaner using specially formulated cleaners developed for your carpet.

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Wool carpets are a great choice for both your home and the planet

Wool carpets are not only beautiful but are also intrinsically practical given the characteristics of the fibres; warmth, durability and insulation (picture a sheep on the side of a mountain in January). Wool is also sustainable, renewable, biodegradable and recyclable!

Glentree Furniture & Carpets in Dunmanway has a beautiful range of wool carpets to choose that come with 10 year guarantees. Flooring Department Manager **Steve Drislane** shares even more reasons why readers should consider wool this winter.

Moisture regulation

We're all about 'smart' technology these days but wool is the original 'smart' fibre! If you wear pure wools socks you know how well wool holds in body heat; it can also absorb up to 30 per cent of its own weight in moisture from the air without feeling damp, making a wool carpet especially ideal in older properties – or any home really in our damp climate. When the air is dry that moisture is released, thus regulating the home's atmosphere.

Warmth and insulation

As a natural insulator a wool carpet will help to keep expensive heat in your rooms through cold winter months. Investing in a quality wool carpet will save you money over time with

estimated energy savings of at least five per cent. Carpet is also suitable for houses with underfloor heating; to find a suitable carpet, pay attention to the thermal resistance in the technical specifications and the presence of the PRO-DIS symbol for underfloor heating.

For extra comfort and an increased lifespan, use a good quality underlay. Underlay maximises all the positive effects of carpet such as sound and energy insulation and the feeling of comfort and luxury.

Durability

If you can picture raw wool you will see it has a natural 'crimp' in the fibre. That gives wool the ability to bounce back to its original appearance, a quality that isn't lost in the carpet

manufacturing process. This makes a wool carpet extremely hard-wearing and suitable for busy homes with lots of foot traffic. Wool also contains natural oils that are resilient to dirt.

Health and Safety

Wool carpets are good for you in all sorts of ways. They serve as a natural air filter, trapping dust and allergens and absorbing Volatile Organic Compounds from the atmosphere. The carpet traps the particles and keeps them trapped in the fibres until the next time you Hoover.

The natural coil and softness of wool carpets also acts as a cushion for feet and joints and helps prevent serious injury from falls.

Wool carpets are also naturally anti-static and flame retardant



with a higher ignition point than synthetics, making them more resistant to dropped matches and other sources of fire.

Noise Insulation

The final benefit is an important one in the age of remote work-

ing. On stairs, in the living room or in an office, carpet is the floor that absorbs rather than reflects sound. The height and density of the carpet influences the effect of sound insulation so a good quality wool carpet greatly reduces annoying background

noise.

Glentree offers a large range of the best carpet and flooring brands to suit every budget. Call in store to view their extensive flooring gallery where in-house experts are on hand to help with any questions.

Top tips as spiders move indoors

Rentokil shares its top tips for householders to prevent the presence of spiders in their homes this autumn. As temperatures begin to drop, spiders become more prevalent as they start to move indoors and begin breeding, ahead of the winter months.

Many common spider species lay on average approximately

100 eggs at a time, contained in silken sacs which may be fixed to an indoor surface or hidden in a spider web. The presence of these sacs indicate that a larger spider infestation is on the horizon.

There are many different species of spiders in Ireland but most are not considered dangerous and rarely bite. Giant

house spiders, measuring around 120mm, are one of the most common types of native spiders. Males usually leave their webs to find females, and hence, they are commonly found indoors at this time of year. Common house spiders are another species the public will encounter frequently at this time of year.

Richard Faulkner, Advanced Technical Field Consultant with Rentokil Initial, said: "As the

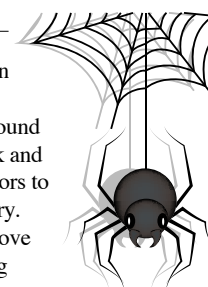
warm weather comes to end, you are more likely to see spiders indoors due to a variety factors, including the need to seek food and shelter. Insects, spider's main food source, also retreat indoors at this time of year, so while the presence of spiders may be unpleasant, they are also providing you with a form of free pest control. House spiders actually have a generally positive impact on a household environment, as

they eat other insects.

However, if their presence is particularly unpleasant, the most effective way to control spiders is to limit their food sources and disturb potential hiding spots.

- Vacuum regularly, high and low – particularly sheltered spots such as beneath worktops, backs of cupboards or under/behind large furniture.
- Remove noticeable webs on a regular basis.

- Fill in gaps - in walls, around pipework and under doors to deter entry.
- Remove sheltering sites – like firewood piles, garden bags, compost piles and general clutter from near your property.



Special Feature COSY GREEN HOMES & WORK SPACES



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.

Whether working from home or travelling to an office, university, or a warehouse, some changes that don't cost the Earth or break the bank are easily implemented. Producing waste, commuting to work, and using electricity all have an impact on the environment, so let's look at some easy ways to lessen our carbon footprint and practice sustainability in the workplace.

Reducing waste

To reduce waste, the first thing to look at is your consumption. Are there things you bring to the office that can be eliminated or reduced? Things like single use coffee cups and plastic bottles are easily replaced with reusable

ones. Does the water cooler offer disposable plastic cups? Use a refillable bottle or a plain and simple glass or a mug to keep hydrated throughout the day. If you buy takeaway lunches, consider bringing your own bag and a Tupperware-type container and asking the person preparing your lunch at the counter to place it in the container. You can then put it in your bag, which in turn reduces the number of paper bags you throw away every week.

Waste produced and brought into the workplace should be segregated into recyclables (paper, cardboard, tin, and plastic), compostable (food waste) and non-recyclables (everything else). Consider talking to your employer if this has not yet been implemented where you work – the bins should be placed in a central area accessible to all and labelled as such to encourage everyone to observe the segregation of rubbish.

When it comes to stationery, consider reusing binders and file folders. I reuse envelopes to post things out, especially the sturdy cardboard ones which are perfect for sending little gifts to my friends – I close them tightly with masking tape to avoid using plastic Sellotape. Printing should be kept to a minimum – get in the habit of reviewing digital documents on screen rather than printing them out and ask vendors to offer e-statements and invoices instead of paper statements. If you must print, use recycled paper, and default all printing to black and white and double-sided if the option is available. I like to halve the amount of paper



I use by printing two sheets side by side on one page. You can get your printing cartridges refilled, and at the end of their life they should be recycled because they contain materials that are harmful to human health and the environment. The base ingredient for ink cartridges is usually oil – specifically petroleum distillate, but bio-based printing cartridges (linseed or soybean oil) are now readily available and a lot more environmentally friendly.

Commuting to work

Getting to work sustainably can be tricky for us in rural areas where cycling infrastructures are not well-developed and public transport is not always convenient or available. If you need to travel long distances to get from A to B, cycling or walking isn't an option, and most of us in West Cork need to rely on our car to get around. But with fuel and electricity costs continually rising, wouldn't it be fantastic to look at an alternative way of getting to work while reducing the number of cars on our roads?

Enter carpooling – the answer to commuting more sustainably while reducing CO2 emissions, pollution, AND congestion. Let's face it – single occupancy vehicles don't really make sense, but teaming up with two or three people to share the same journey does. There is almost certainly someone in your office or in your local community that does the same journey (or part of the journey) as you, and you could potentially commute together every day. It would be a case of sharing driving duties each week and picking up or dropping the other person at their place of work or study. Either way, it makes sense for the wallet, and it certainly encourages great conversations from which great friendships might form.

Reducing the consumption of energy

The cost of living crisis is well and truly here, and I must admit that I'm dreading the next electricity bill. With that in mind, a greener office equals less energy consumption. Look to use more efficient electronic devices where possible and reduce the brightness on your computer screen. You can optimise the use of natural light in the room by keeping the blinds or the curtains open during the day and moving your desk closer to a window; and when you leave the workplace in the evening, make sure to turn off your computer monitor, lights, and heating. Workplaces are often over air-conditioned, and it's a good idea to enquire about increasing or decreasing the set point of the air-con to reduce energy use. I'd

suggest turning the thermostat down by two degrees in the winter and turning it up by two degrees come summer, or not using air-con in the summer at all if it's bearable to do so with just the windows open. Of course, windows must be closed for a truly efficient use of air-conditioning, and make sure to turn off the system in rooms that are unoccupied.

If you're like me and drink a lot of tea, there's no point filling the kettle to the top if you only need one cup. One of my biggest pet peeves is water wastage and leaky taps, and a great way to ensure taps are not left on unnecessarily is to have electronic sensor operated taps in toilets. I've never been a fan of hand dryers (no pun intended) because they hurt my sensitive ears and my skin dries up like a prune after using them, but research shows that those noisy machines spread more germs than paper towels... I avoid using them entirely, and simply shake my hands vigorously after washing them, and then tap both sides of my hands on my thighs. Job done.

Finally, having a plant on your desk or in your office space improves the air quality in the room by producing more oxygen, and makes for a cleaner, happier space to work in. I'd happily have a jungle surrounding my desk area, and a hammock for that matter, but let's face it that wouldn't be much of a working space anymore, would it?

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

Why is my Wi-Fi slow and how do I make it faster?

Has your Wi-Fi speed slowed down to a crawl? **ESET.ie** share a few quick fixes to speed things up.

From smart TVs to home security cameras – all need connectivity, and some may require high speeds to function well. The first step should be to find out the headline speeds published by your service provider. Then check the current Wi-Fi performance with a speed tester. If there's a significant disparity between the two numbers, it's time to find out why.

There are several pretty straightforward things you can do in response to slow Wi-Fi. They may be all worth trying one by one to see if they have an impact on internet speeds:

- Put the router in an accessible place at the centre of the house.
- Change your Wi-Fi frequency band or channel in case the current one is overloaded with connections.
- Think about investing in a Wi-Fi mesh which will boost the signal to remote areas of the house.
- Reboot the router and/or install any new firmware updates available. Especially the latter is something you should do at regular intervals.
- Consider replacing your current router with a new one.
- Consider switching ISPs or upgrading your broadband package.
- Check how many devices are running on the home network and disconnect any not in use.
- Switch off bandwidth-hogging apps and tasks that may be running in the background.
- Make sure to use strong and unique admin and Wi-Fi passwords.
- If you use a VPN, consider upgrading to a more optimised VPN version.



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GREEN FOR MICRO PROGRAMME

What is Green For Micro?

As a small business owner, you'll understand the growing importance of sustainability, both in business and in the world around us.

Green for Micro is a FREE programme, offering two days one to one consultancy with a green consultant, that helps small businesses take the first step towards becoming more sustainable and make small changes that can have a big impact on you and the world around you.

Benefits of the programme

Going Green can have significant benefits for your business, on everything from efficiencies to cost savings.

- Increased cost savings
- Improved resource efficiency (for example: using less energy, water, and materials)
- Reduced environmental footprint and greenhouse gas emissions
- Opportunities for higher and additional value on products and services
- Increased access to customers, improved corporate image and reputation
- Increased resilience to climate change impacts

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Special Feature COSY GREEN HOMES & WORK SPACES

For an A in energy-efficiency go to Classic Windows

Founded in 1983, Classic Windows is one of Cork's most established window companies reputed for offering exceptional value for money and service with a personal touch. The spacious 1000 sqft showroom at Killumney displays a wide range of uPVC, aluminium and Alu-Clad windows, doors and RoofLITE windows in a variety of colours and designs.

The company advises that while PVC is the more cost-efficient material where window sizes are within its limitations; aluminium, while the more expensive option, is more robust for larger items, for example the highly thermally insulated Schueco slider in two parts, which comes up to 6.5m long and 2.7m high. Alu-Clad, which offers the natural beauty of timber internally and the low maintenance and durability of aluminium externally, is currently the



most energy-efficient material on the market. However, all of Classic's windows carry an energy band of A and, with its solar gain glass units, the windows are designed to heat your home from the outside in. For longevity and low maintenance, Classic recommends Schueco aluminium as being the best on the market.

Classic Windows offers a huge range of doors, from standard uPVC doors to fibreglass composite doors.

The benefits of a composite door is that it provides a low U-Value and provides high security with a 10 point locking system. There are three different fibreglass composite doors available at Classic, Palladio, Rhino and Apeer, all offering exceptional value, strength and quality and with design options to suit every building, from a traditional to slick contemporary look.

Whatever your need, whether you're changing

existing windows and doors or building a new house, the experienced and professional team at Classic Windows is ready to assist and advise.

Classic Building Solutions Ltd. Classic Commercial Park, Killumney, Ovens, Co.Cork. 021 4875833.

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Special Feature COSY GREEN HOMES & WORK SPACES

Perrott's Home Living presents an eco range of fabrics for a greener home

How can fashionable interiors be sustainable? Sustainable fashion starts with fabric so Perrott's

Home Living in Clonakilty strives to answer this question in part with its new Clarke & Clarke's Eco Fabrics collection

that uses 100 per cent recycled polyester to make a range of multi-tonal woven yarns in textured patterns of beautiful soft shades.

Single-use plastics are wreaking havoc on our environment so many brands have worked out ways to give landfill-bound plastic bags, bottles and textiles a second life. The process is rather simple. First, the bottles are broken down into small flakes, then those flakes are melted into tiny pellets and then they are melted again, filtered and spun into threads to make textiles.

Recycled polyester is extremely versatile and can take the form of many different feels and functions. When compared



to virgin polyester, recycled polyester offers the same properties but with significant environmental gains. It is durable, lightweight, crease-resistant, colourfast, quick-drying, stain resistant, eco-friendly and economical.

The Eco Fabrics collection is suitable for made-to-measure curtains, roman blinds, accessories and upholstery, Eco speaks to both the style- and environmentally-conscious, with designs ranging from classic



herringbone patterns to subtle geometrics that have a warm organic feel.

Perrott's also carries a large range of biodegradable cotton fabrics.

To view a huge range of fabrics available in all materials and designs visit Perrott's Home Living at Unit 6, Clogheen Industry Park, Clonakilty, P85 W303.

KNOW YOUR RIGHTS

Rent-A-Room Relief Scheme

The rent-a-room relief lets you earn up to €14,000 per year tax-free if you rent out a room (or rooms) in your home to private tenants. A self-contained unit, such as a basement flat or a converted garage attached to your home, can qualify for this relief.

While renting out a room that is part of your home is not covered by landlord and tenant law, renting out a self-contained unit is covered. Depending on their circumstances, your tenant(s) may qualify for the Housing Assistance Payment (HAP). In certain circumstances, a tenant can claim Rent Supplement.

Rules: For you to qualify for rent-a-room relief, your home must be located in the State and you must occupy it as your sole residence during the year of assessment. This means that it is your home for the greater part of the year and is where people would normally expect to make contact with you. In most cases, you do not have to own the property – you could be a tenant and be sub-letting to someone else. (In these cases, you should check with your landlord that sub-letting is allowed – see our document on tenants' rights and obligations.) However, if you are renting to a HAP tenant you must own the property and provide proof of ownership.

Currently, the total (gross) rent that you get, which includes any money that the tenant pays for food, utilities, laundry or similar goods and services, cannot

exceed €14,000 in the tax year (January 1 to December 31) – see 'Exclusions from rent-a-room relief' below.

You cannot deduct expenses from your rental income while claiming rent-a-room relief. However, depending on the circumstances, it may be worth your while to opt out of the relief in a particular year in order to offset expenses against the rental income and avail of wear and tear allowances, see revenue.ie for examples of when this can be beneficial. The 'How to apply' section below describes how to opt out of rent-a-room relief.

If you qualify for rent-a-room relief, the income you get from renting out the room will be exempt from PRSI, the Universal Social Charge or income tax. However, it must be included on your annual income tax return.

Rent-a-room relief will not affect your exemption from Capital Gains Tax (CGT) if you sell your home.

Exclusions from rent-a-room relief: You will not qualify for the relief if:

- Your gross income from rent and related services is over €14,000. In this case, Revenue will treat the full rental income minus allowable expenses as part of your total income for tax purposes and this should be included in your tax return.
- You are renting the room in your home to your civil partner, son or daughter (but there is no restriction in the case of other family members)

- You are an employee or office-holder in a company, and the company pays you to allow clients to use the room in your home on an occasional basis
- You are renting the room to short-term guests, for example, through an online accommodation booking site

The relief applies only to residential tenancies, not to short-term let arrangements. The occupants must be using the room on a long-term basis. So, renting a room to a student for the academic year or for a one-month course is covered, but providing accommodation to occasional visitors for short periods, for example, through an online accommodation booking site, is not, as this income is not considered to be rental income. This is because the visitors use the accommodation as guests rather than tenants. Revenue has published a guidance manual on how this income is treated for tax purposes (pdf).

If you normally rent out the room for the academic year and you rent it out for short breaks during the summer as well, you must identify the income you get from the short rentals separately from the income that qualifies for rent-a-room relief, when making your tax return to Revenue.

You can read more about rent-a-room relief on revenue.ie.

Housing Assistance Payment: If your tenant is applying for the Housing Assistance Payment (HAP), you will need to provide

certain information to the local authority, which administers the HAP. The local authority will pay you HAP directly. This information includes:

- The amount of the monthly rent
- Your bank account payment details
- An undertaking regarding the property's compliance with standards for rental accommodation
- An undertaking regarding your tax compliance
- Proof that you own the property

The local authority will inspect the property within 8 months of the first HAP payment, unless the accommodation has already been inspected in the last 12 months. An inspector will check that the accommodation meets the minimum physical standards for rental accommodation.

You must show that your tax affairs are in order by producing evidence of tax clearance from Revenue. Tax compliance is checked in 'real-time' on Revenue's electronic tax clearance system.

Rental income and social welfare payments: If you are getting a means-tested social assistance payment from the Department of Social Protection, you can get up to €14,000 per year for renting out a room in your own home without it affecting your social welfare payment.

This does not apply to short-term lettings (of less than 28 consecutive days). It also does not apply if you are renting a room to your employee or to an immediate family member. Your rights and obligations

Continued on next page...

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Special Feature COSY GREEN HOMES & WORK SPACES

... cont'd from previous page

Self-contained units: If you rent out a self-contained unit in your home, such as a converted garage attached to your home or a basement flat, the rights and obligations under residential tenancies legislation apply to you. For example, you are obliged to register the tenancy with the Residential Tenancies Board (RTB), provide a rent book to the tenant and ensure that the accommodation provided meets minimum physical standards.

Residential tenancies legislation provides for security of tenure for tenants. These provisions are in Part 4 of the Residential Tenancies Act 2004. However, if the self-contained flat or apartment was originally part of the main house, you can choose to opt out of these provisions. This option is available under Section 25 of the Act. You must give the tenant notice in writing, before the start of the tenancy, if you wish to take this option.

Rooms that are not self-contained: If the part of your home that you rent out is not self-contained, you are not covered by landlord and tenant legislation, so the rights and obligations under that legislation do not apply to you. For example, you are not obliged to register as a landlord

with the RTB, provide a rent book to the tenant. In general the accommodation you provide does not need to meet any minimum physical standards. However, if you are renting to a HAP tenant the accommodation must meet minimum standards.

This also means that private tenants living in your home are living under a licensee agreement, not a tenancy agreement, and are really only entitled to reasonable notice if you choose to terminate the agreement. Tenants are, however, entitled to refer disputes under the Small Claims Procedure.

Common claims that are heard under the Small Claims Procedure include disputes about retention of a tenant's deposit for what they consider unfair reasons, or deductions from rent for damage to property that is over and above normal 'wear and tear'.

Your tenants can find out more about their rights in our document Sharing accommodation with your landlord and can also contact Threshold for advice— see 'Where to apply' below.

Agreement with your tenant: Before you arrange to rent out a room in your home, it is strongly recommended that you and the tenant agree some ground rules

and put them in writing. If you and your tenant each sign and keep a copy of this agreement, you can both refer to its terms in the event of confusion or disagreement. These ground rules might include:

- How long is the tenancy going to last?
- How much notice will you or your tenant have to give if either of you chooses to end the tenancy?
- How much rent will the tenant pay and how often (for example, weekly, monthly)?
- How will this rent be paid (cash, cheque, standing order etc.)?
- When will the rent be reviewed and how much notice will you give the tenant of a rent review?
- How are utility bills (such as electricity, gas, phone, broadband, TV, waste charges) to be divided between you and the tenant?
- Can the tenant have visitors to stay overnight?
- Are there any restrictions regarding noise levels?

Rates: Rental income from renting a room in your home (and related services) is exempt from tax, up to a maximum limit of €14,000.

Where more than one person is entitled to benefit from the

rent (for example, you and your spouse), this limit is divided between the individuals concerned.

How to apply: To claim rent-a-room relief you must record your rental income when making your annual tax return. You can complete and submit your tax return form online using:

- Revenue's myAccount Service if you are a PAYE taxpayer (Form 12)
- Revenue Online Service (ROS) if you are self-employed or a PAYE taxpayer with other sources of income (Form 11)

Alternatively, you can complete a hard-copy annual tax return. You record your rental income for rent-a-room relief in the 'Exempt income' section of your tax return form and return the completed form to your local tax office.

The tax office can answer any queries you may have and will help if you have any difficulties completing the form.

If you wish to opt out of the rent-a-room relief in a particular tax year and be taxed on the rental income instead, you must notify Revenue in writing, on or before the return filing date for that tax year. Read more on revenue.ie. Use Revenue's contact locator to find your tax office.

Suite of new initiatives to support remote working announced

A series of new initiatives designed to support and promote Remote Working across the country has now been launched with Phase Two of the Connected Hubs Voucher Scheme – which will see remote workers receive three free vouchers at hubs across West Cork.

During Phase One of the Scheme, over 3,300 vouchers were used – providing remote workers the opportunity to avail of the benefits of using a digital hub.

Phase Two will run from September 21 to December 31, 2022 and is aimed at any person registered via ConnectedHubs.ie.

Announcing Phase 2 of the Connected Hubs Voucher Scheme, Minister Humphreys said: "This scheme will run to the end of December so I hope that some of our returning diaspora may consider extending their trips home for Christmas and look at working remotely in a local hub with a strong, reliable broadband connection.

"The scheme is open to any member of the public with an account on ConnectedHubs.ie. If you haven't already tried a hub, now is the time to do so. I would encourage anyone interested to visit ConnectedHubs.ie and register for an account today."

The Minister also announced that €1.1 million has been provided to local authorities through the Town and Village Renewal Scheme this year to support innovative marketing campaigns to attract remote workers to locations across rural Ireland.

Minister Humphreys also announced that the National Hub Summit will take place on November 24, bringing together hub managers, representative bodies, state agencies and government departments to map out the future of the National Hub Network.

"This event will bring together all of the key stakeholders involved in co-working, enterprise, research and development and community hubs around the country to discuss the potential of the National Hub Network to fundamentally change the way many of us work, live and do business."



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Special Feature COSY GREEN HOMES & WORK SPACES

Free kit available from libraries to check your weak spots

The Home Energy Saving Kit is the ultimate toolkit that helps you save energy at home. With five easy-to-use tools and six practical exercises, this kit allows you to get a better understanding of the energy usage in your home, problem areas that may need your attention and ways to improve energy efficiency.

The Home Energy Saving Kit is now available to borrow for free from libraries in almost all counties across Ireland, including Cork County Libraries. You can keep it for three weeks which is plenty of time to conduct all the exercises.

Whether you own or rent accommodation, this kit will help you understand your energy consumption and identify the

most important areas of your home for energy upgrades.

What's in the kit:

Fridge/freezer thermometer
Adjust the temperature to save energy if it's set too low. Your fridge should be set at between 3° and 5° degrees. Your freezer should be between -15° and -18°.

Temperature and humidity meter

Do you need to get a dehumidifier or add some moisture to the air. Identify the levels in every room with this meter. Aim for an ideal temperature of 18°-20° in your living room and 15°-18° in bedrooms and hallways. Ideal humidity levels are between 40%-60%.

Radiator key

Bleed the air out of your radiators to make them run more efficiently.

Thermal leak detector

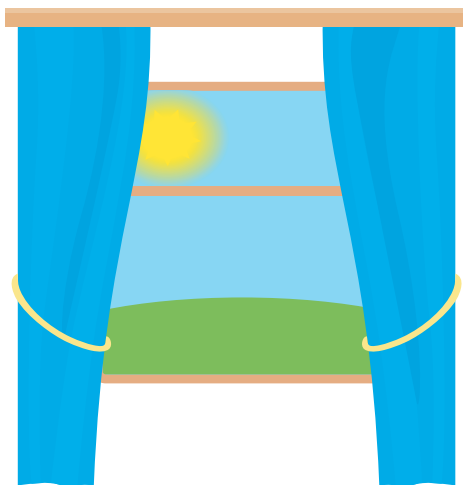
Where do you need to add a draught excluder? Measure the temperature of your walls, floors, windows and ceilings to identify air leaks, draughts or insufficient insulation and glazing. The difference between the temperature of a surface and your room shouldn't be greater than 5°.

Plug-in energy monitor

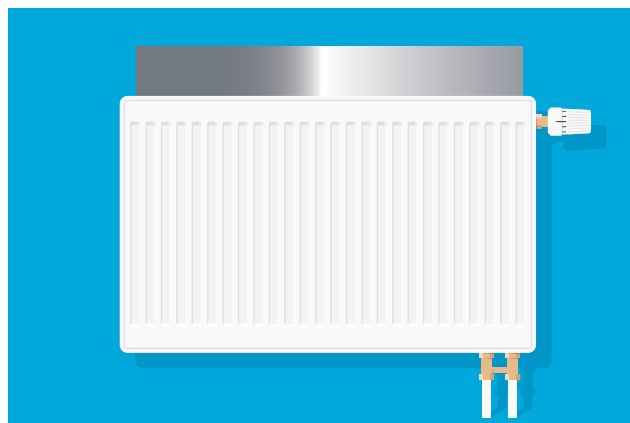
Would you be better off upgrading that 30 year old freezer? Understand how much energy the appliances in your home use and calculate their running cost.



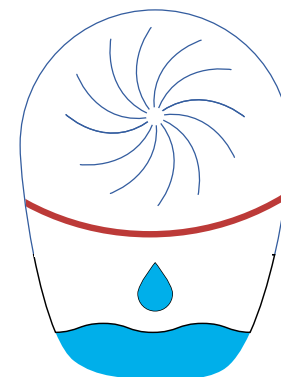
The Home Energy Saving Kit also comes with a guidebook of simple tips to get you saving today. We've pulled out just a few that West Cork People staff have already implemented ahead of the cooler weather.



1 Make use of the sun during the winter by opening all your curtains and blinds in the morning and closing them as soon as it gets dark to preserve the solar heat.

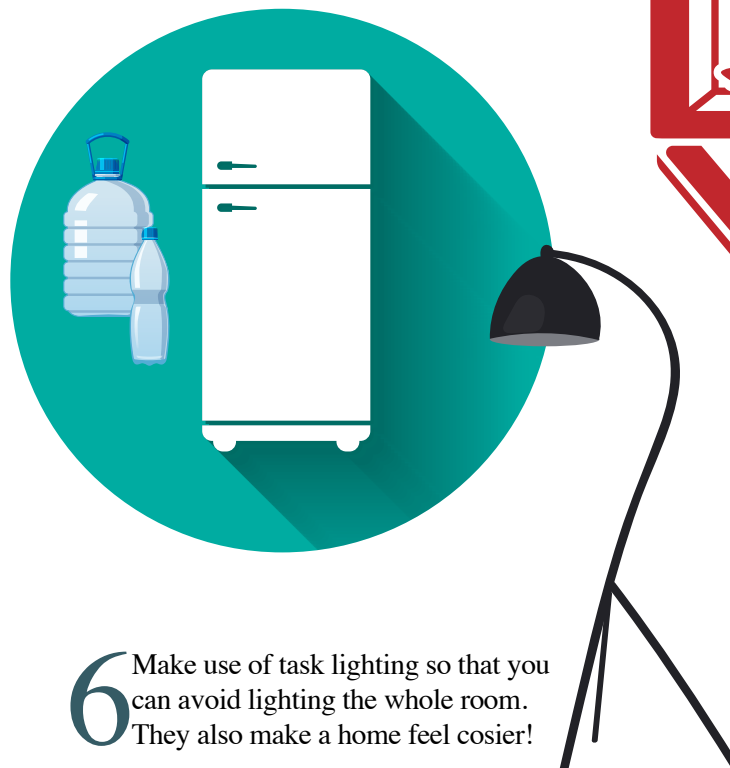


2 Use specialist radiator foil or ordinary tinfoil behind your radiators to ensure the heat is not escaping through the walls (especially when they are external walls). The foil will reflect the heat back into the room.



4 Buy a moisture absorber for damp rooms such as hallways or bathrooms. Ensure you can see it clearly so you know when it's time to replace the salt!

5 Keep your freezer full as it will consume less energy. You could fill it with bottles of water which will also keep everything cold for longer in a power cut! Let your food cool down properly before putting in the fridge/freezer so it doesn't have to work harder. It's also a good idea to move your fridge/freezer to a cooler spot if possible – preferably away from sunlight and the cooker.



6 Make use of task lighting so that you can avoid lighting the whole room. They also make a home feel cosier!



7 Don't open your oven door too often when cooking as you can lose 20% of the accumulated heat. Make use of residual heat by turning off the oven 10 minutes before the cooking time. Leave the door open when you're finished to heat your room!

8 Consider a slow cooker as they save energy (using little more energy wattage than that of a light bulb!) and will have your meal ready by the time you get home from work. You can cook all meat and vegetables in them but they are particularly good for cheaper cuts of meat. There's lots of delicious recipes available online.



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people Environment : Making a difference



ENVIRONMENTAL MATTERS

Fiona Hayes

The Butterfly Effect

In 2015 Volkswagen were caught cheating the system and eventually admitted that some 11 million clean diesel cars sold worldwide contained 'defeat devices' meant to fool regulators.

The cars contained sophisticated software, to detect whether the car was being driven on the road or being tested on a treadmill. When it was being tested the software switched on the pollution controls. The rest of the time, the pollution controls were switched off.

While diesel cars get better mileage and emit fewer carbon-dioxide emissions, they also emit more nitrous oxide (N₂O), which not only helps to form smog and particulate matter which can damage lungs, but also stays in the atmosphere for an average of 114 years.

In addition the impact of one pound of N₂O on warming the atmosphere is almost 300 times that of one pound of carbon

dioxide and globally, about 40 per cent of total N₂O emissions come from human activities.

Human-caused climate change has warmed the planet by about 1.2 degrees Celsius to date according to the Global Warming Index run by researchers from the Environmental Change Institute at the University of Oxford. This has caused some types of extreme weather to become more frequent and more intense, particularly extreme heatwaves and record-high temperatures

Now let me take a quick segue to Syria – 2009.

In 2009 the UN was reporting that Syrian farming families were migrating into the cities. The Syrian Ministry for Agriculture and Agrarian Reform's estimated in July 2009 that 60,000 families had migrated, mainly to Damascus, Aleppo and Homs. This massive migration was caused by desertification due to climate change; and because the cities could not handle this in-pouring of people, overcrowding of housing, unemployment and social unrest followed. By 2013 youth unemployment in Syria was at 48 per cent and there was a 49 per cent drop out of education, all of which contributed greatly to unrest and calling for a change in government and eventually in March 2011 escalating to an armed conflict and

millions of people fleeing their homes after protests calling for Assad's removal were violently suppressed.

Stay with me as we fit the jigsaw together and look at how the cultures that we accept... or create in our businesses have had a butterfly's wing effect across the world.

Desertification, as happened in Syria is happening across much of the world as a result both of climate change and destruction of ecosystems.

The term desertification centres on human-caused land degradation in areas with low or variable rainfall known as drylands, which account for more than 40 per cent of the world's terrestrial surface area. The pace of desertification has accelerated and now according to the United Nations, is 30 to 35 times the historical rate. It is driven by urbanisation, mining, farming, and ranching, all of which clear away trees and other vegetation, increasing the risk of drought, soil erosion and an inability for the land to retain water or replace vegetation.

In the past few years, not only the Arab drylands but Western Europe and central and eastern China have also been suffering record-breaking heatwaves, droughts and water use restrictions causing crop failures and thus adding to rising costs of food around the

world.

The flooding in Pakistan is the latest in a sequence of exceptional disasters in the Northern Hemisphere affected by climate change, extreme heat and drought being followed by monsoons and unprecedented glacial melt killing over 1500 and displacing and estimated 30 million people.

I am not for one minute suggesting that VW caused the Syrian crisis, or has by itself created climate change however, link the action of VW's increased emissions of nitrous oxide, known to have such an impact on warming of the atmosphere, thus adding to desertification and leading to migration, social unrest and war; the dominos just keep falling.

I am suggesting that as global citizens, many of us working in, or with, trans-continental corporations, we have a responsibility to look at the bigger picture when we look at the culture inside the business's we are working in.

Volkswagen's values included 'sense of responsibility', 'respect', 'co-operation' and 'trust'. I wonder how many of us who have similar sentiments written into our company values could, hand on heart say, "the culture in my business is such that this could not have happened".

António Guterres, secretary

general of the UN recently spent two days in Pakistan's flood-ravaged areas.

His observation? "I have seen many humanitarian disasters in the world, but I have never seen climate carnage on this scale."

The floods are made worse by the more than 7,000 glaciers flowing into Pakistan and melting as the earth warms, adding to the floodwater.

According to NOAA, the National Oceanic and Atmospheric Administration: "If all human emissions of heat-trapping gases were to stop today, Earth's temperature would continue to rise for a few decades as ocean currents bring excess heat stored in the deep ocean back to the surface. Once this excess heat radiated out to space, Earth's temperature would stabilise. Experts think the additional warming from this 'hidden' heat are unlikely to exceed 0.9 degrees Fahrenheit (0.5 degrees Celsius). With no further human influence, natural processes would begin to slowly remove the excess carbon dioxide from the atmosphere, and global temperatures would gradually begin to decline."

How we uphold our company values not only affects how the market perceives us but can also have far-reaching effects across the globe and into the future.



West Cork encouraged to get upcycling for this year's Challenge

The Upcycle Challenge is an annual competition that encourages people to look at the objects around them, and give them a new lease of life. The challenge is simple; find something that is no longer in use and transform it into something new. By creating unique pieces and submitting them to the competition, the lucky winners will be in with a chance to share €4,500 in prize money across a range of six different categories nationwide.

The Upcycle Challenge helps to highlight how to easily and creatively reuse the everyday items and materials around us. Ireland is consuming at a rate that is unsustainable and by keeping items in circulation for longer, it will help to reduce the environmental burden on our planet. By embracing the circular economy we can extend the life of objects that we buy

and use.

Róisín Murphy, TV presenter and competition judge, said: "I am thrilled to once again be involved in this year's Upcycle Challenge. As a judge at last year's competition, I was so impressed with the high standard of submissions and the level of creativity hidden in every county in Ireland. Some of the creations were so imaginative that I wanted to have them in my own home. I would encourage everyone to get involved this year and submit their projects to the Upcycle Challenge. I can't wait to see the projects and to be inspired by them."

Sinéad Ní Mhainín, Waste Prevention and Resource Efficiency Officer for Connacht and Ulster, stated, "As the Upcycle Challenge kicks off its sixth year, I look forward to another exciting competition for 2022. Each year I am astounded

by the level of creativity and ingenuity from the applicants. In particular, I enjoy seeing the journey that they took to create the finished product. There are some great prizes to be won this year, and we are looking forward to seeing entries from all over Ireland."

The competition is open for applications on mywaste.ie until Thursday, October 27, 2022. To successfully showcase the creation of the upcycled item, the participants must include before and after pictures along with some information about the inspiration behind the finished product.

Winners will be announced on the My Waste website and social media pages on Wednesday, November 23, 2022. Prizes are sponsored by the Regional Waste Management Planning Offices and the Environmental Protection Agency.

UCC study reveals that not all 'biodegradable' teabags are living up to their name

Irish people are among the top tea drinkers in the world, but little do we know about the impacts that our teabags are having in the environment. We may think that our teabags are made entirely of paper and can be put into the compost bin, but surprisingly the majority of teabags on the market contain a plastic called polypropylene (PP) as a sealant.

Recently, some major Irish tea brands have started to switch to alternative materials made of plants, like cellulose or the so-called 'bioplastics' like polylactic acid (PLA), but are these alternatives actually biodegradable? Newly published research from UCC compared the degradation of teabags from eight different brands commonly found on Irish shelves.

For the study, teabags were individually buried outdoors in garden soil in Cork city during 2020 and 2021 and checked periodically for one year. After a year, all teabags and their fragments were measured and visualised using a powerful

microscope to look for signs of degradation.

The main findings of the study show that after 12 months in soil, teabags made of a blend of cellulose and PP (conventional plastic), the most common teabag found in the supermarkets, had produced the highest numbers of fragments. This was expected, as plastics are known to degrade into smaller fragments called microplastics. Interestingly, teabags made entirely of PLA ('bioplastic'), which were marketed as completely biodegradable, were still found completely intact in soil.

However, not all teabags behaved the same and some did biodegrade in soil. The teabags made entirely of cellulose biodegraded within three weeks, while those made from a blend of cellulose and PLA (bioplastic) biodegraded in 3.5 months. That's because the blend contains PLA in only a very small ratio, meaning that the teabag is mostly made of cellulose which is known to degrade very

fast.

"Alternative materials are being placed into the market with little research behind their impact in terms of degradation potential, which has mostly been tested under laboratory conditions that do not resemble the real environment," says study leader Dr. Alicia Mateos-Cárdenas, postdoctoral researcher at the UCC School of Biological, Earth and Environmental Sciences (BEES) and Environmental Research Institute (ERI).

"It is very important to understand the true fate of bioplastics as well as continuing to understand the pervasiveness of plastic pollution. Studies like this can offer factual and topical results to industries and policy makers, especially for the upcoming international meetings towards a UN plastics treaty which will regulate the production and pollution of plastics".

The study is published in the journal *Frontiers in Bioengineering and Biotechnology*.

people Environment : Making a difference



GROUNDLED

MEP Grace O'Sullivan

About 300,000 people made the annual pilgrimage this year to the Ploughing Championships in Ratheniska, Co. Laois.

Contrary to what the social media trolls would have you believe, I was met with strong, friendly handshakes and passionate voices for the protection of nature and the ecological transformation of modern farming.

Farmers were keen to talk about the upcoming Nature Restoration Law, which sets out proposals to restore at least 20 per cent of the EU's land and sea areas by 2030. As in the rest of Europe, Ireland's nature is in

Rural Ireland takes the lead on climate action

serious decline. 80 per cent of habitats are in poor condition, insect biodiversity is collapsing, nearly half of our rivers have been decimated by runoff from urban wastewater and fertiliser. We are losing the natural heritage Irish people are so proud of.

We discussed the growing issue of soil health, which has been a priority for me in the European Parliament. Following long negotiations this year, we finally achieved a forthcoming Directive on Soil Health, where countries will have to protect soil quality the same way we do with water and air. Farmers know better than anyone that food security relies on the survival of biodiversity and the health of our soil.

One striking thing I noticed was how many people tuned in to the annual 'State of the European Union', address from President Ursula von der Leyen in mid-September. The reason was clear: this year is marked by conflict in Europe, and a resulting energy price crisis which has hit

Irish families hard, and citizens are looking to Brussels for leadership and action.

One of the stand out moments of that address was when von der Leyen said that back in the 1970s during the fuel crisis "only a few visionaries understood that the real problem was fossil fuels themselves". On that, I have to disagree strongly with the President. Throughout the 70s, 80s and 90s we were in our hundreds of thousands of ordinary people clamouring against the threat of climate change and fossil fuels. But the power of money and the strong oil interests reached into every corner of politics across the globe at that time and ensured that climate action was delayed for decades.

With such a global problem now, the solutions can only be found at an international level. But it is vital that we do not make the same mistakes we did in the 1970s. The solution is not to import more gas, fracked from communities in the USA where

water is now undrinkable, or drilled in Israel where countless injustices are committed against Palestinians on a daily basis. It would be a mistake to swap our source of energy from one occupying country to another.

The answers are right there in West Cork, off the coast of Wicklow, or in my own hometown of Tramore. Two-thirds of all renewable energy is now less expensive than the cheapest fossil fuel – coal. And with an increasingly integrated EU energy system, the old arguments of "what do we do when the wind isn't blowing" just don't hold up anymore.

We are now getting to work on a number of measures announced by the EU including a cap on the revenues of energy companies, a windfall tax on fossil fuel companies who have made billions out of the suffering of ordinary people, and comprehensive energy market reform.

I am currently travelling around the large constituency of



Grace O'Sullivan MEP with Minister Pippa Hackett, Minister Catherine Martin and Senator Róisín Garvey at the National Ploughing Championships

Ireland South discussing these issues with local communities. This engagement is crucial to ensuring action is taken in Brussels, so I encourage everyone to please get in touch with me and to participate in the process of legislating and campaigning for a

fairer, more sustainable Ireland.

Grace O'Sullivan is MEP for Ireland South, representing 12 counties in total including all of Munster. She sits with the Greens/EFA Group in the European Parliament, on the Environment and Fisheries Committees.

Public invited to get involved in developing a new wildlife centre for Clon

The Clogheen Marsh and Clonakilty Biodiversity Group, a local conservation group, is calling on everyone interested in seeing a new wildlife centre for Clonakilty, and in sharing their ideas on the development of wildlife opportunities in the area, to get involved by completing the group's online survey (<https://forms.gle/53sU-VuVeePCSSz4R7>).

Clonakilty Bay is nationally renowned for its populations of wetland birds. Rare and scarce migrant birds are regularly encountered while whales and dolphins are common offshore. The area is a wildlife lover's paradise! As a focal point in West Cork, Clonakilty is already a lively town and community, as well as an attractive and popular tourist hub. Alongside a rich

history, it has stunning scenery, sandy beaches, and a vibrant music, arts and culinary scene. What is missing is a link between visitors and the incredible wildlife of the area and, as a consequence, many visitors do not get to experience the world class wildlife spectacles available.

The Clogheen Marsh and Clonakilty Biodiversity Group has secured LEADER funding for a feasibility study to examine the potential for the development of a wildlife and environmental interpretation centre in Clonakilty. Appointed consultants will examine and assess the level (if any) at which such a centre might operate. The group's vision is for a high-end centre that will act as an exciting, collaborative, educational, social and information hub for locals,



as well as domestic and international visitors. The possibility of developing a wildlife trail in the area will also form part of the study.

Parallel to this, the group is working with the National Parks and Wildlife Service to assess the potential for developing the nearby Clogheen Marsh as an accessible wildlife reserve. The feasibility study will also

examine means of linking these projects, such that visitors to the centre might also get to experience a wonderful bird reserve and wildlife trail.

Ciarán Cronin, Chairperson of the Group says, "With the calamities of biodiversity loss and climate change steamrolling towards us, there will be many very significant social and political changes required by us



all in the years to come". He also maintains that, "A huge level of social buy-in will be required in order to face these challenges and this will never be achieved by lecturing with facts and figures. We want to engage people with the wonder and joy of wildlife, by linking them on a deeply personal and emotional level. The hope is that we will all come to understand in our hearts, as well as in our heads, what will be required to face these challenges, and why this is important".

If you are interested in lending

your support to this exciting and ambitious project, new members to the group are welcome. Find out more by visiting @Clogheen-Wildlife on Facebook, or by subscribing to the Supporter's Mailing List by sending an email to mailinglist@clogheenmarsh.ie, or by contacting the chairperson or secretary directly. The group held its first public event at Cul-de-Sac Pond on September 18. There will be more events to follow and these will be published to the Supporter's Mailing List

Funding announced for 18 anti-dumping projects

Cork County Council has been successful in securing funding of €108,000 under the Waste Enforcement Regional Lead Authority (WERLA) Anti-Dumping Initiative 2022. The funding will support 18 diverse projects that aim to tackle illegal dumping in Cork County.

The Bantry Bay Shoreline Cleanup is one of the community-led projects that will receive support from the fund. Founded in 2006, the initiative sees representatives of Bantry Harbour Commissioners, West Cork Development Partnership, local fishermen and other users of the Bay join together with Cork County Council each year to undertake a litter pick of the coastline. This year's clean-up saw over 25 bags of marine litter, plus larger debris retrieved from the shores of Bantry Bay.

Mayor of the County of Cork, Cllr. Danny Collins said, "Cork County Council works best in collaboration with the community and groups such as the Bantry Bay Shoreline Cleanup provide an invaluable contribution in their local area. I welcome the recent announcement of 18 anti-dumping projects in County Cork, which will give the Council and local groups the necessary support to work together to improve their town or village."

In Bandon, Cork County Council will utilise the fund to clear an area of waste ground that has been the site of ongoing illegal dumping, to develop a new 400m long walkway, clearing over 15 tonnes of material and exposing the distinctive Old Chapel Railway Bridge.

Chief Executive of Cork County Council, Tim Lucey added, "Cork County Council received over 1,500 reports of unauthorised waste activity last year, relating to issues such as littering, fly-tipping and backyard burning. Illegal dumping is first and foremost a matter of individual responsibility and compliance with the law. It is important to remember that anyone collecting waste needs to have a permit. Bogus collectors advertise to collect household waste for a reduced cost and our Litter Wardens and Waste Enforcement Officers often find it dumped illegally. Council staff work hard year-round to maintain our wonderful outdoor amenities, but we must each play our part in protecting our countryside."

Littering or illegal dumping is subject to an on the spot fine of €150, with a fine of up to €4,000 on conviction.

If you suspect that any illegal waste activity is taking place at any location in Cork County you can contact Cork County Council's Anti-Litter Unit on 021 4285518 or at AntiLitterUnit@corkcoco.ie.



Sadie Delaney from Bantry, pictured with Coláiste Pobal Beantraí students Annie Coppinger, Meadhbh Sammon, Aoife O'Shea, Tempy Stock, Caoimhe O'Shea, and Maggie Kingston, on the Bantry Shoreline at the launch. Pic: Michael O'Sullivan /OSM PHOTO

Special Focus AUTUMN FEASTS

West Cork restaurants mark World Vegan Day

Veganism is on the rise globally and a trip to the local supermarket shows that Ireland is no exception. The number of vegan products on the shelves has risen dramatically in recent years. There are now over 20 Irish companies producing food solely for the vegan market.

Going vegan doesn't mean missing the taste of foods you used to enjoy. You can now buy vegan versions of everything from chicken, beef, mince, sausages and rashers to cheese, milk, butter, cream, ice cream and eggs.

Irish restaurants have not been slow to adapt to the growing demand for vegan food. Walk into any fast food chain now and you will find a vegan pizza or burger on the menu, and any restaurant worth its salt has at least one if not multiple vegan options on the menu. The Irish Vegan website lists over a thousand vegan-friendly restaurants around Ireland, everywhere from Malin to Mizen Head. Flexitarians are also driving the change. These

are people who eat vegan on some days of the week, or eat vegan whenever they can, but don't adhere strictly to the diet or ethical stance.

World Vegan Day was launched on November 1, 1994 to celebrate the 50th birthday of the founding of the UK Vegan Society. The day begins World Vegan Month, and recognition of it has grown exponentially in recent years. This year in Ireland World Vegan Day is being celebrated by over 100 restaurants around the country, each of which is offering a special vegan dish for the day or month. Many of these restaurants also have other vegan dishes on the menu. At least 30 restaurants in Cork are participating; 12 of these are in the West Cork area – most are in Clonakilty but the much-loved Budd's in Ballydehob, Pilgrim's in Rosscarbery and Antiquity Café in Skibbereen are also taking part.

The initiative is being driven by Full Irish Vegan – a group of vegan activists who want to encourage more people to try



vegan food. The group says there has been great enthusiasm for the campaign, even from restaurants who primarily serve meat-based dishes.

Gerry Boland, spokesperson for the group, says: "I've been vegan for over 30 years. For 28 of those years, little changed for the life of a vegan. However, the past 30 months has seen a phenomenal growth in veganism, with very large numbers of people turning away from meat and adopting a vegan diet. This is not a phase; this is a radical shift in what we eat, and it is driven by many concerns, the main ones being climate change and animal welfare/animal rights. This is a great time to be a vegan, no doubt about it!"

Sharon's View at The Uillinn Café supports local and the environment

Mother and daughter team Sharon and Laura O'Driscoll have recently taken over the running of the café at Uillinn, the West Cork Arts Centre in Skibbereen.

Sharon's View at The Uillinn Café is serving a selection of delicious snacks, sandwiches and fresh cakes made at the family's bakery in Castlehaven.

Their eco-friendly bakery, based in Rea, Castlehaven, runs completely on solar energy.

As well as homemaking, most of the fresh produce used in the café is grown at home by Sharon and Laura. Whatever isn't homegrown is sourced locally.

Always committed to sustainable, the café serves McCabes specialty fair-trade certified coffee. McCabes is Ireland's first carbon negative coffee roastery.

Everything on the menu is also available for takeaway and cakes are available for order



Sharon and Laura O'Driscoll on the day they got the keys to their new café at Uillinn.

and collection at either the bakery in Castlehaven or at the coffee shop.

To place an order phone 086 853 7685 or email sharonview@hotmail.com.

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Sharon's view
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Uillinn - West Cork
Arts Centre, Skibbereen

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Special Focus AUTUMN FEASTS

Have you heard about 'Yermanos' over Ballydehob way? #NWED

Saturdays in Ballydehob have been spiced up considerably since the arrival of Yermanos Taqueria food truck. Serving up a selection of authentic Mexican tacos, this tasty offering is the creation of locals Patrick McCaffrey and Rachael Stephens, friends and food lovers, who travelled all the way to Mexico to sample the best of traditional Mexican street food before embarking on

their venture in West Cork.

While many people think of the hard shell versions of tacos, the traditional taco features a soft corn tortilla outer (gluten-free) and a tender meat filling, as you will find out when biting into a melt-in-your-mouth 'Yermanos' taco.

"A lot of people here haven't experienced real tacos"...but they're so good," says Rachael passionately.

It was this passion for real food that sparked the idea for a taco food truck over a dinner party one evening at a friend's house. "I brought the flour with me to make the tortillas and they went down really well," she says.

After locating a food truck, the friends put the time into stripping it down and renovating it, while also travelling to Mexico to research their product, before finally launching Yermanos this summer.

Since then, the rich fresh flavours of Yermanos has not only impressed locals but attracted the attention and approval of visiting Mexicans.

While the assembling of each taco may be simple, the mouth-watering taste of each dish is the result of hours of careful preparation.

'Quesa Birria' involves



Rachael Stephens and Patrick McCaffrey in their food truck.



cooking up beef, marrow and oxtail with three different types of chilli and a selection of spices until the tender meat falls off the bone and you have a beautifully rich full-flavoured consommé. The tortilla is then dipped in fat from the consommé and topped with tender beef and a melted Toonsbridge

smoked scamorza. The fried tacos are served with a side of consommé, which the tacos can be joyfully dipped in.

Carnitas are Mexico's version of pulled pork. Rachael and Patrick's version is rubbed with a sugar and salt mix, the pork shoulder then seared before being slow-cooked, submerged in pork lard until juicy and fall-apart tender. The meat-filled tacos are topped with avocado slices and salsa. 'So simple but so good,' according to the duo.

Vegetarians are looked after with a very tasty roasted veg and pumpkin seed offering topped with avocado and a salsa of choice. This option is also vegan.

All salsas are created in-house with the selection available ranging from Salsa De'Arbol (very spicy) to Salsa Negra (smoky, sweet, sticky and spicy) to Salsa Verde (tart, sweet and mild) to Salsa Roja salsa (mild).

Nachos are also on the menu, loaded with a jalapeño cheese sauce and salsa of choice.

While Yermanos is open just one evening a week during the winter (Saturday, 5-8.30pm) on the pier near Ballydehob Community Hall the food truck is available for events and weddings.

To book email yermanos.westcork@gmail.com or message through Instagram.

Save money by making the swap to the SuperValu brand

West Cork People's Natalie Webb was very excited recently to be invited by Scally's SuperValu in Clonakilty to test and compare their own brand products to the leading brands.

While Natalie went about the store doing her normal big family shop, one of the store managers, Gabriel Leahy accompanied her, swapping any leading brands with SuperValu own brands so that price and value could be compared.

"I must say I was a bit sceptical that there would be much of a difference and I did wonder if there would be enough range of own brand products to compare. However I was pleasantly surprised at the choice and value...poor Gabriel, I didn't



make things easy for him, as I like lots of little bits and pieces, particularly healthy snacks like nuts, dried fruit, rice cakes and oat milk. There were own brands for all these products so I was very impressed. Also having taste-tested everything since, I can honestly say they

are just as good as the named brands.

"I was particularly impressed by the SuperValu organic fruit and vegetable range available instore. And with Scally's own bakery, the choice of breads and cakes is huge and mouth-watering. It seemed for just

about everything there was a good swap and therefore a good saving to be made with meats, biscuits, cereals, tinned food and jars, pet food and essentials like toilet paper!

"At the counter we put the branded items through first, followed by the SuperValu own brand; only a few items couldn't be swapped, so I took the branded product in that instance."

Natalie used her SuperValu card, which meant she got an extra €10 off with a voucher.

"Overall I was delighted with the outcome and felt I got really good value for money. I would like to say thank you to SuperValu for the opportunity and to Gabriel for his patience!"

Branded products: €253.96. SuperValu own brand (majority and using €10 off voucher): €182.40. So a big saving of €71.56

"It's well-worthwhile making the swap."

Clonakilty Distillery to host special event to celebrate Ireland's farming and food industry

Clonakilty Distillery is hosting a special Harvest Thanksgiving event on Saturday, October 1 to celebrate Irish Whiskey's links to the farming and food industry, as well as this year's harvest which will become the whiskey of the future.

The three-hour Harvest Thanksgiving tour is starting at 2pm at the Galley Head barley fields, visiting the maturation warehouse, and finishing with a tour and tasting at the distillery.

Irish whiskey is the world's fastest-growing whiskey – its success is a product of the Irish countryside and climate, and Clonakilty Distillery is proud to be part of this growing industry.

As worldwide sales continue to grow, the Irish whiskey industry is buying more grain

from Ireland's farmers and investing more in local communities. Taking place in the middle of harvest season, this event is taking place to acknowledge the close ties between Ireland's whiskey producers, farmers, and food producers.

Further details, including ticket price and booking information, for the 'Harvest Thanksgiving' event can be found at clonakiltydistillery.digitickets.ie.

The event is part of a series of nationwide activities this autumn celebrating Irish whiskey, farming and food, which is being promoted by the Irish Whiskey Association's IrishWhiskey360° platform under the banner #IrishWhiskeyHarvest.

Special Focus AUTUMN FEASTS



A FLAVOUR OF WEST CORK RECIPE

Karen Austin

I have peeled and processed buckets of apples and I've eaten enough apple tart tatin to keep me going for the next year and the apples just keep on coming. The trees were laden this year and the pumpkins have been just as happy

For a vegetable that doesn't like a temperature of less than 18 degrees Celsius, the pumpkins were super comfortable this past summer. In all the years that we have grown pumpkins we have never had such a bumper crop.

We also had a butternut squash invasion, which took over one of our tunnels.

We use a lot of butternut squash in the shop and the peels and seeds go into the compost, which we then spread in the tunnels to improve fertility. Obviously this last batch of compost hadn't quite come to up to a temperature that would obliterate any seeds that might grow, as squash plants popped up all over the place. In the beginning we were pulling them out but as the summer went on we left some to grow. They covered the ground like trifids and there are now have about thirty butternuts ready which is very timely as we have to evict them to plant our winter garden.

This bonus crop of butternuts, together with the pumpkins, means we will be doing some serious eating this winter. No doubt we'll end up complaining that we're sick of pumpkins and squash, we already feel that way about the apples. It's a perennial gardeners problem, but we won't be going hungry!

From the outset it was

obvious this month's recipe would have to be apples and/or pumpkins because not only do we have plenty but it's also Halloween. Even so I have spent days thinking what the recipe should be – there is so much choice it was difficult to decide. I went through roasted pumpkin, butterbeans and cider, then pumpkin gnocchi, or roasted pumpkin, apple and almond salad but in the end I plumped for pumpkin and apple muffins. It must be the temperature dropping, my belly is looking for something sweet.

These muffins are beautifully moist and the crunchy topping is delicious. They are simple to make, very seasonal and coincidentally vegan.

There are a few additional instructions below the recipe for the purees. I usually make a batch and freeze what I don't need for a later date..

Pumpkin and Apple Muffins

Ingredients:

135g plain flour*
45g ground almonds
80g oatflakes
80g light brown sugar
1tsp mixed spice
1tsp ground cinnamon
½ tsp baking soda
2tsp baking powder
½ tsp salt
170g pumpkin puree*
150g unsweetened apple puree*
2tbs olive oil
1tbs maple or agave syrup
1tbs cider vinegar
100mls water

Topping

1tbs olive oil
1tbs maple or agave syrup
30g oatflakes

Method:

Pre-heat the oven 180C
Line a muffin tin with 10-12 muffin cases. Sift the flour, spices, salt, baking powder and soda into a bowl. Add in the sugar, ground almonds and oatflakes, then mix well. Put the apple and pumpkin purees, water, olive oil, syrup and cider vinegar into



a bowl, whisk together then tip the wet ingredients onto the dry ingredients and stir until just mixed. Spoon into the muffin cases.

To make the topping mix the olive oil, syrup and oatflakes together. Drop a teaspoonful on top of each muffin.

Bake for 25 minutes. Allow to cool before serving.

*To make pumpkin puree, peel and cube the pumpkin then cook in gently boiling water for 10-15 minutes, check to see if the pieces are tender with a sharp knife. Drain and cool, then puree with whatever gadget you have or mash well with a fork.

*To make apple puree, peel and dice the apples, put into a small saucepan with a splash of water, cover with a lid then gently simmer until the apples are tender.

*To make this recipe gluten-free substitute the 135g flour with 90g rice flour and 45g potato flour

By the time that you read this, our shop will be closed and we will be in Greece, enjoying the last of the sunshine and checking out the possibility of cooking classes. We'll be back at the end of the month ready for the November cooking class programme.

The shop was an epic eighteen-year adventure; thank you

for sharing it with us. Watch this space for what comes next!

Enjoy the autumn leaves
Karen

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LETTERCOLLUM

COOKING CLASSES AUTUMN 2022

12TH NOVEMBER MEDITERRANEAN

This class will have lots of 'live to be one hundred recipes' from the south where a plant based diet is widely believed to be the reason that so many live to an old age. Lots of quick tasty recipes to add to your repertoire

19TH NOVEMBER CURRIES FROM AROUND THE WORLD

Learn to make a vegetable Thali from Southern India, Pindi channa from the north, zippy Thai curries and the multi ethnic curries from Malaysia, all accompanied with the various side kicks

26TH NOVEMBER VEGAN

How to eat and save the planet! Healthy and fun cooking without dairy, meat, nor eggs. Plenty of easy to make recipes to share with family and friends

3RD 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).*

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The cream of Irish athletes and farmers come together

The National Dairy Council has launched the next phase of its campaign 'From the Ground Up'. The campaign highlights the hard work and commitment required by top athletes and dairy farmers to be top of their game. The NDC ads showcase Irish world class rower Paul

O'Donovan who recently won gold at the European Championships, and Vikki Wall, award-winning Meath GAA footballer, together with NDC Farm Ambassador, Tom Power.

This campaign sets out to bring balance to the argument – showcasing the hard work undertaken by our dairy farmers each day.

Paul O'Donovan said, "I am proud to be part of this new NDC

ad campaign. As a farmer's son, I grew up with Irish dairy and know the benefits it has in supporting a healthy balanced diet. As an athlete I know the immense hard work, dedication and commitment that it takes to be on top of your game and to win the medals. For farmers, it takes the same level of commitment to produce world class dairy 365 days a year in all conditions, that's a real vocation!"

Special Focus AUTUMN FEASTS

Food for the soul at Dunmanway's Wild Garlic

Pat and Ann Marie Kiely are no strangers to the restaurant scene in West Cork. For 10 years, the couple celebrated a number of awards and recognitions at their restaurant in Bantry, not least keeping O'Connor's recommended listing in the reputed Michelin Guide for nine years in a row.

The successful duo are now back in business together, and Dunmanway is the West Cork town gaining from their culinary prowess. With Ann Marie at the helm in the kitchen and Pat's experienced hand at front of house, their new venture Wild Garlic Coffee Shop and Restaurant is already attracting attention from food guides and influencers.

Overlooking the square in Dunmanway, the bright and spacious 80-seater restaurant offers a creative and delicious menu designed by Ann Marie to reflect the seasons and the best of West Cork produce, from Caherbeg beef to Olives West



Pat and Ann Marie Kiely

Cork.

Ann Marie's talents has led her to winning multiple awards over her career, including Best Seafood Restaurant three years in a row. She qualified as a finalist for Best Chef two years in a row.

At Wild Garlic, the accom-

plished chef is up with the birds every morning, baking her own gluten-free bread and mouth-watering cakes and pastries, as well as making all her own sauces and pickles.

The fact that 90 per cent of the options on the menu are gluten-free or can be made gluten-free, already sets this eatery apart from the crowd.

Breakfast is served from 9am to 12pm with such tempting options available as vegan friendly porridge served with almond milk, warm berries, chia seed and coconut to a Caherbeg clove and honey baked ham and smoked Carrigaline cheddar omelette. The classic full West Cork Breakfast of course has not been forgotten.

Brunch is served all day and includes such satisfying gems as vanilla scented French toast; wild Cork mountain mushroom bruschetta and wild Atlantic prawn pil pil.

The lunchtime experience



at Wild Garlic is vibrant and exciting with specials changing daily and food that both looks and tastes good. Classics have been reimaged: a beef burger elevated to a new level with the addition of crumbled Ballyvourney black pudding, Cashel blue cheese and sriracha hot sauce; haddock battered with Clonakilty brew beer; a caesar salad served with Ann Marie's homemade sweet apple and pear chutney and topped with Italian aged parmesan and lemon; sausage rolls are a mouthwatering marriage of blue cheese, Caherbeg pork and redcurrant jelly wrapped in the lightest puff pastry.

The sandwiches are no less compelling, ranging from a po-boy baguette using West Cork southern crumbed haddock to a warm shaved pastrami.

Child-friendly favourites range from homemade chicken goujons to classic mac and cheese.

Everything is made to order.

On a Saturday evening, the lights are dimmed, candles lit and Wild Garlic is transformed into a nighttime dining experience. The menu is a la carte or four courses are offered for a very reasonable €50. Creamy pernod and fennel infused West Cork seafood chowder; lemon thyme and honey infused goat cheese balls; Unionhall monkfish and prawn bake with garlic, basil and parmesan crumble; and roasted red pepper, butternut squash and cashew blue cheese risotto were just a few of the options on the menu at time of writing.

Placing the same emphasis on the quality of her wines as she does on her ingredients, Ann Marie's wine list is a selection of small artisan wine producers sourced from winesdirect.

Wild Garlic Cafe also offers a takeaway service and has a private function room.

Wild Garlic Coffee Shop is



open Tuesday-Saturday from 9am-4pm. The restaurant is open every Saturday night, 5-9pm. Bookings on 083-4264163.

To keep up with the options available at Wild Garlic, check out their mouthwatering posts on instagram and facebook.

www.wildgarlic.ie

#NWED

Grand ball at Dunmore in aid of Clonakilty playground redevelopment

The Clonakilty Charity Ball Committee is launching their first ever charity fundraiser event, hosted by Dunmore House Hotel on Saturday, November 19, with all proceeds going towards the new Clonakilty playground redevelopment.

Alongside appearances from

special guests, and hosted by Virgin Media news correspondent Richard Chambers, ticket holders will be part of a sensational night that includes a champagne reception, a three-course gourmet meal and an after-dinner gin soirée sponsored by the Clonakilty Distillery. There will be exclusive auction



prizes including a state-of-the-art children's playhouse worth over €2,000 from Hennessy Timber Group and dazzling musical entertainment from The Conor Ocean Band and Cork's Red FM radio presenter and DJ legend, Stevie G.

The annual fundraising gala ball will delight audiences with what promises to be an unmissable and sought-after event in the West Cork social calendar. The Clonakilty playground redevelopment will be The Clonakilty

Charity Ball Committee's first beneficiary and they will be partnering with and supporting other well-deserving charitable projects at their yearly event.

Following an extraordinary fundraising effort championed by the local community, the Clonakilty Playground Fundraising Committee have so far raised €150,000 from public and voluntary sources with €40,000 still to raise. The Clonakilty Playground Fundraising Committee is encouraging the local

community to dig deep and give what they can as every donation will help enormously.

Orla O'Donovan, from the Clonakilty Playground Fundraising Committee said, "We hope with the local community's continued support we can achieve our fundraising target and deliver a state of the art, inclusive playground to the children of Clonakilty that they so desperately deserve. We are enormously grateful to the Clonakilty Charity Ball Committee for choosing us as their

first beneficiary in what will be a superb yearly event in helping to celebrate and support important local projects."

Tricia Hayes, from the Clonakilty Charity Ball Committee adds, "In keeping with the community driven nature of Clonakilty and our strong roots in food and music, we wanted to create a first-class, memorable night of entertainment with a charitable purpose. We are confident it will be a huge success, so grab your tickets and dancing shoes and join us for a fantastic and fun-filled evening to help raise much needed funds for this worthy cause."

For more information please visit www.clonakilty.ie/events and Instagram @clonakiltycharityball

To donate to the Clonakilty playground redevelopment please visit www.gofundme.com/t/clonakilty-playground



THE DNA OF WEST CORK PEOPLE

Mark Grace

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

This month provides the first of three articles covering the MENNIS family. If you have DNA tested and related to any of these families, do get in touch and consider adding your DNA information to the project. My wife's ancestry is genetically-proven to her three-times great grandparents, which also reaches the boundary-defining available church records in County Cork. This provides a solid and verifiable dataset for anyone finding a close match potentially within this genealogical timeframe.

MENNIS – an introduction
Having all but disappeared as a surname in West Cork, MENNIS

My West Cork DNA Projects (Part 3)

is interwoven with local family history for more than 250 years. As my most extensive and successful West Cork genealogical and DNA project it justifies several columns. Over the years, several articles have appeared in local historical journals discussing the family. A book on the family has been published in Australia. While much of what has been written is fundamentally correct, several family stories have been subsequently disproven by birth, marriage and death certificates that are now freely available online; supported by DNA matching.

MENNIS or MINNIS is a spelling found in Ireland, with MENNIS the rarer form found in County Cork (only five heads of household in 1901, all Catholic). MINNIS is associated with Northern Ireland (53 heads of household in 1901, the majority being Protestant). As an 'Irish' surname it may be a corruption of a Planter surname, with the original surname being Scottish 'MENNIS' or even 'MENZIE', which may also explain family stories of Presbyterian roots. There is no Y-DNA data available to indicate the origins of the male line or whether MINNIS is part of the same family.

Even though the family is small (less than 120 individuals within County Cork over a pe-

riod of 200 years) research was complex. Having the historical framework for a skeleton tree from Irish family legend was important. Such stories prove to be remarkably robust when supporting records and matching DNA are found. Most of the MENNIS family shared first names, lived in the same area, and had the same occupations. As not all baptism and marriage records can be located, it is easy to make wrong assumptions. The overall lack of records has led many early online researchers astray. Based on family documents it is a story that appears to go back to the end of the 1600's and there are still some unresolved tales in the historical period.

The date of the arrival of the MENNIS family in West Cork is unclear (but prior to first church records in Dunmanway c1819). The name reduced to a few living individuals in the C21st due to less offspring along male lines; a combination of male farmers who did not marry, men who entered the church and ongoing Irish emigration. Branches of this family do continue outside of West Cork, both overseas (directly to Australia, Canada & the US (New York)) and present-day Navan, County Meath, by way of C20th Ballycastle, County Mayo. A couple of modern branches have settled

in England.

Any male direct descendant of these lines can help contribute to understanding by providing their Y-DNA to the MINNIS DNA Study on FamilyTreeDNA. This will establish the male genetic haplotype and therefore the overall position in the human family tree. Genetic matches should prove that the West Cork families are related to MENNIS or MINNIS families elsewhere, with an original family in Ulster or Great Britain before then. If interested, please contact the MENNIS project administrator Jerry MINNIS (via FamilyTreeDNA) for advice. Please share your result.

The story of the MENNIS family in County Cork continues next month.

FITZPATRICK families (response to June 2022 article)

Thank you for emails received concerning potential relationships in the wider Rosscarbery area. As a commentary, due to the concentration of the FITZPATRICK name in West Cork, one can suppose that the family started with a small family group which has since expanded district wide. This could explain the West Cork cluster on the mid-19th century surname map pictured here (c/o John Grenham).

The family I have investigated lived around Coolcraheen and Derryduff near Rosscarbery. There is another family in and around Barley Hill. It is entirely possible that all the families are genetically related, however there is no suggestion from the DNA evidence I have that they are connected within the genealogical and genetic timeframe defined by the start of available church records. I have not seen my wife's DNA match to the FITZPATRICK name outside of these townlands. By its nature, atDNA is limited to matching six to 10 generation out, which means it remains unverified by paper after about four or five generations, depending on your age, once you reach the early C19th in West Cork.

For anyone who is interested in the deeper connection, having

men of the name from various areas around West Cork to take a Y-DNA test will enable a comparison of their assigned haplogroups (as defined by the male human family tree going back 200,000 years or so). The amount of detail in the result will be proportional to the amount spent on the tests. However, a moderately sized test should determine if they are the same genetic family and not sharing just a family name. If so, then your question of whether all the local families have the same origin would be answered. The Y-DNA test (see FamilyTreeDNA ('FTDNA') website for more information) is based on the male Y chromosome, which is passed on unchanged from father to son. Any test results should be added to the international project on FTDNA (www.familytreedna.com/groups/fitzpatrick/about). As of April, there are over 650 testers in the project and the most recent report suggests Y-DNA has defined the County Cork subset and more detail of their origins may emerge.

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'.



Amanda Roe

Trauma therapist
& Mind coach

Are you tired? Does your stomach hurt after eating? Do you have other symptoms like nausea, cramping, bloating or gas? Are you suffering with diarrhoea, constipation or both? Are you irritable? Have you gained or lost weight? Are you emotionally eating? Have you developing anxiety around food? Are you sleeping poorly? Does stress make your stomach issues worse?

All of the above symptoms are related to IBS, which is very common and believed to affect one in four women and one in eight men. It is often a label given to someone who is

Do you have IBS?

having stomach problems but no discernible cause is known.

There is a connection from the gut to your brain and more than 90 per cent of the nerves in the gut go to the brain. So when your gut is unhappy, your brain is unhappy; therefore irritability, mood swings, anxiety and depression often accompany IBS.

If you have a digestive disorder, it is important to rule out serious irritable bowel diseases like Crohn's and Ulcerative Colitis and other autoimmune conditions such as coeliac disease.

Many people who have had tests come back normal are still suffering with symptoms that make them feel bad and affect their ability to lead a normal life.

As there is no medication for IBS people often feel that there is nothing they can do to feel better.

The good news is your symptoms can be used as a diagnostic tool to identify dietary triggers and guide natural interventions and monitor recovery.

Whilst food testing is available much of the testing is sub standard and a food elimination/reintroduction is actually the

gold standard for identifying food intolerances. Whilst the premise is simple, identifying food triggers can be difficult, as symptoms from ingesting foods can take up to three days to develop.

The most common food triggers are gluten, dairy and eggs. Additionally eating highly processed foods can be inflammatory for the gut and also cause symptoms. However in my experience triggers are unique to each person and, for some, even some healthy foods can be problematic.

Stress makes all digestive problems worse. This is because stress activates the sympathetic fight and flight response and switches off the parasympathetic and therefore your ability to digest foods properly. It reduces stomach acid production, down-regulates the SIgA, part of your immune system, which plays an important role in gut function and even reduces blood flow to the gut so it will not function well and slows down any healing.

We hold stress in our body, perhaps you can feel it in your shoulders, in your head or in

your neck. Anxiety, past trauma and pain is often held in our stomach, if this is the case for you then your IBS could have a psychosomatic (mind/body) element.

Hypnotherapy is the most effective therapy for psychosomatic conditions. It reduces stress, helps recovery from past trauma, anxiety and depression, curbs emotional eating, elimi-

nates pain, increases confidence, self esteem and will relax your body and mind.

Seventy-one per cent of patients find relief of irritable bowel symptoms with hypnotherapy alone but I find that by combining hypnotherapy with dietary interventions which, address all the triggers affecting IBS it will allow your gut to heal and you to find a long lasting

solution.

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

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Susan O'Regan

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

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

Being a mindfulness practitioner, I notice little separation between the values and principles of my life and work, the personal

Mindfulness for difficult times

and professional are very much interwoven. And, in life or work, mindfulness and compassion practices can help us get in touch with our own vulnerability, as we are encouraged to recognise, explore, and take care of how we are feeling. Over the last couple of months, I have been sharing my own processing of trauma, loss, and grief and how mindfulness and compassion practices can help when faced with a death or loss as an inevitable part of our human experience. Accepting what life presents us with isn't always easy. Grief takes its time, and no matter the circumstance, it is not to be rushed. Over the Summer, I lost a loved one in sudden and traumatic circumstances and, as I have only recently begun to recognise some version of myself again, I write this from a place of anticipatory grief, as another much-loved family elder is slowly and peacefully passing

away.

I feel a pang of sadness and self-pity writing this, and in these moments the mighty little practice of self-compassion comes to mind. The self-compassion break allows us to pause and feel our uncomfortable emotions or sensations in the body and ease them a little as we move through the three steps of the practice, for example, (1) we acknowledge that we are suffering, that it's a difficult time. (2) we remember that everyone we know experiences loss and grief at some time in their lives, we are not alone. (3) we place a hand on our heart, saying a phrase gently to ourselves, like, "may I be kind to myself and others at this difficult time". This practice by Kristin Neff can be so useful when struggling with a plethora of raw, sore, mixed, hard to bear emotions, feelings, and physical sensations.

Both loved ones epitomised

grace, dignity, and acceptance in dying. And while my own reactions have often been far from grace, dignity or acceptance, a feeling of privilege and humility remains. What a privilege it is to sit with someone on their last phase of this life journey as we know it, especially when someone has lived a long and full life. Bringing awareness to the process is something I find really helps me, and simply being with the feelings, without distraction or denial of sadness, pain, fear, mistrust or even shame at any less than skilful reactions. We learn much about ourselves and how we live by how we approach death and dying.

Mindfulness helps us to face our feelings by gently paying attention to how we're feeling, no matter if it hurts. Typically, R.A.I.N. is a meditation practice to help us deal with difficult times and difficult emotions by turning towards, not away from

them. The R in this acronym stands for Recognise, A stands for Allow, I for investigate and N is for Nurture. While I haven't been guiding any meditation over the last few months, I have been listening wholeheartedly to a range of guided meditations and podcasts like R.A.I.N. and holding space for my own feelings, allowing my grief, and journaling, all of which I find healing and nurturing. I listen to Tara Brach, who freely offers meditations and talks on a wide range of topics, including grieving.

'The Practice of R.A.I.N.' by Tara Brach is a nice, gentle practice to start with for any area of challenge you are experiencing, but if you are grieving a loss, you could also try listening to her ten-minute podcast 'R.A.I.N. and Grieving' where Tara reads a poem by John O'Donohue and guides a short R.A.I.N. meditation on grief, for either a

loss that has already happened or a grief you are anticipating. Maybe these practices will help you, as they have me, when the inevitable challenges of life and loss arrive at the door. As the poet Rumi encourages, "Don't turn away, keep your gaze on the bandaged place that's where the light enters you".

Drop-in compassion-based mindfulness sessions will resume later in the Autumn at Myross Wood in Leap (CECAS.ie) on Tuesday mornings at 10am. I also look forward to collaborating with CECAS on another Re-connect and Re-engage programme again this Autumn, deepening our connection to ourselves, nature, and community. Please get in touch for more details. Phone: 087 2700572 email: susanoreganmindfulness@gmail.com or facebook page (Mindhaven)

Blood sugar issues and insulin resistance

Many chronic health problems are caused or exaggerated by high levels of blood sugar and insulin resistance. Diabetes, heart disease, chronic pain, hormone imbalances, autoimmunity and Alzheimer's are just a few of the conditions that are impacted by high levels of blood sugar and insulin.

What is insulin resistance?

Insulin is a hormone produced in the pancreas. Its job is to take glucose (sugar) out of the blood stream, put it into cells and convert the excess into fat.

This insulin/glucose transport system is a part of normal physiology but when it is triggered consistently the insulin receptors on cells can become unresponsive hence the term insulin resistance.



Eoin Roe
Chiropractic

resistance is possible.

What is the cause of insulin resistance?

Insulin resistance is rooted in a diet that is too high in processed carbohydrate and sugar. The other obvious result of this is weight increase; this is problematic because the fat itself produces inflammatory compounds that can impact every part of your body.

The resulting surges in insulin and inflammatory compounds are also very problematic for the brain to handle and are related to an increase risk for Alzheimer's Disease and other form of cognitive decline in old age.

Hormone balance with insulin resistance

This affects both men and women. In men, excess insulin can cause an elevation in oestrogen. In women the opposite happens and they can produce more testosterone. An elevation of testosterone is very problematic because it can reinforce the insulin resistance – elevated levels of testosterone directly affect the insulin binding sites on cells. Elevated levels of insulin are also a significant factor in PCOS (Polycystic Ovarian Syndrome), which is a leading cause of infertility and other hormone symptoms like hair loss and even anxiety and depression.

How to overcome insulin resistance?

There is only one way to overcome insulin resistance and that is to change your diet, away

from processed carbohydrates and sugar to one which is high in fibre, good fat and protein.

Additionally, one of the most important things to understand is your level of tolerance to carbohydrates.

Genetic factors, stress levels and amounts of exercise can make a difference in how much carbohydrate and sugar an individual can handle. The best way I have found to work this out is to undertake a carbohydrate exclusion for two weeks. Details for an ebook on this can be found at the following link: <https://www.roehealth.ie/2-week-carb-exclusion-sign-up-form>

This is not a diet for life, it is a test, and you are using it to work out how much carbs you can handle – once you have figured that out you need to stick to it and not overeat carbohydrate and sugar.

You must also stop relying on coffee or sugary snacks to get you through the day. Instead think of high fibre, protein, or fat options as snacks.

And lastly the old adage that breakfast is the most important meal of the day is true. You should aim to eat a high protein breakfast such as eggs within one hour of waking.

Eoin Roe is a Certified Functional Medicine Practitioner and Chiropractor based in Skibbereen. Please feel free to contact him through the website www.roehealth.ie or call 087 9582362.

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West Cork Feel Good Festival 2022 makes mental health everyone's business

The West Cork Feel Good Festival, running now for a decade, will this year take place from October 1 to October 19, in conjunction with World Mental Health Day (October 10), the theme of which is 'Make mental health and wellbeing for all a global priority'.

So what better way to start than 'here and now'? The programme features events in six towns and villages across West Cork (Ballydehob, Bantry Clonakilty, Dunmanway, Leap, and Skibbereen). Workshops, mindfulness, concerts, interactive storytelling, poetry, music, film, a pop-up Gaeltacht, plant-care tips, doughnut (economics), 'Happiness on a bike', a free lunch and (much) more.

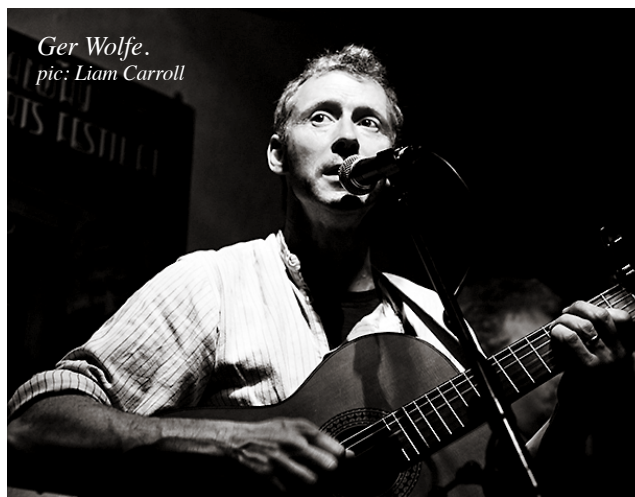
Especially hopeful is that the number of 'peer support groups' is steadily increasing. It started in Bantry. Now there are groups in Clonakilty, Skibbereen, and (soon) Dunmanway. "These meetings are for anyone who experienced mental health difficulties," says Nuala Kenny who, for the past five years while working in the Bantry mental health services, has had a vision of peer support groups in every village and town. A new venue, the 'Bantry Community Café', will be open to everyone. "People can just be, have a cup of tea or coffee ('a bru to get you tru'), make connections or come to a support group. It is so important that they feel safe enough to open up about their lives and distress in ways that can help break down the internal stigma that many carry. Confidentiality is key. What is said in the room stays in the room. The realisation that you're not alone and it's OK (and perfectly normal) not to be OK and that you can, and will be, accepted within your community is our aspiration going forward. Some of the activities introduced during the festival will continue throughout the autumn and beyond in this café space. We look forward to having more places where people can talk about what happened to them, rather than what's wrong with them. Where they can be seen and heard and find their wings to fly." Anyone with experience of mental health

difficulties who would like to train up in listening and group facilitation from late October can text 087 6074908 for more information.

The festival is an initiative led by 49 North Street in Skibbereen, a creative mental health hub that offers a space for creativity, recovery, well-being, and a variety of activities designed to inspire and connect people. Which helps to enhance well-being and mental health, according to manager Kevin O'Shanahan. "The Covid pandemic highlighted the major role the arts can play in our daily lives and for our mental well-being – making the difficult days a little easier, helping us listen to each other or celebrate together. It is about the little shifts that provide a breathing space, more headspace, glimpses of beauty amid all the challenges that life brings. All those at 49 and West Cork Mental Health Services would like to thank everyone in the various locations around West Cork who have gotten involved to make this a festival by the community and for the community."

One of the vital strands in the vibrant festival tapestry is the creative revival of the Irish language in fun, relaxed, and accessible ways, specifically in combination with Irish music. Three Fite Fuaite events are woven into the programme, featuring spiritual singer Ní Riain, singer/song-writer Ger Wolfe, and dual-language poets Julie Goo and Pól Ó Colmáin. After the festival, from October 27, an informal Irish language group will hold Fite Fuaite meetings at 49, North Street on the last Thursday of the month.

Around the weekend of October 8 and 9, there are some dazzling 'treats' in Levis Corner House in Ballydehob, including concerts by Luka Bloom, Jinx Lennon. These are the only festival events that need to be booked and paid for (via www.leviscornerhouse.com/listings). There is no charge for the 'Sunday Soup' Food Demo and Tasting at lunchtime when Rób Krawczyk (The Chestnut Restaurant) creates a Very Irish Soup made of local ingredients followed by an 'afternoon of nourishment', 'Food for the soul and belly with live music and spoken word performances as well as delicious treats'. The offerings include sean nós songs and songs of migration as well as life-affirming music and food



Ger Wolfe.
pic: Liam Carroll

inspired by the island cultures of Ireland and Jamaica.

There is also a series of interlinked special events around the work of local director Aoise Tutty Jackson and her many collaborators/collaborations.

First, 'Listening: Film screenings' at Uillinn: West Cork Arts Centre on October 13 (7-9pm) which includes conversations with Ní Riain, Nick Murphy, and others. Booking via www.eventbrite.ie/e/listening-film-screenings-tickets-404532626977.

Next, a Fite Fuaite poetry reading on Saturday, October 15 (1-2pm) at 49, North Street, Skibbereen by the environmentally-aware poet Paddy Bushe, who will participate that same day (5-8pm) in 'Anua' at CECAS (Centre of Excellence for Climate Action and Sustainability) in Myross Woods, Leap. It features the premiere of director Aoise Tutty Jackson's new film 'Anua', made together with Gamelan Spréacha Geala, Music Alive, and Maggie Ryan of Escapepod Media. 'Anua' is narrated by Manchán Magan with a soundtrack by Kevin McNally and Kevin O'Shanahan. An experimental film and sonic interactive journey that explores our relationship with the land, language, sound, mythology, and the 'Otherworld'. Includes a live performance by the Javanese Gamelan Orchestra and comprises film, photography, and a different Paddy Bushe reading. Booking via www.anuascreening.eventbrite.com.

Mental health is everybody's business, as the programme states. Clearly, life in a convoluted and ever-changing world can be challenging. Debra Davies facilitates an Active Hope workshop (October 8, 11am-8pm) that will go some way to help us face what's happening to our world. And there will be a 'tasty' doughnut economics

workshop (October 4, 2-4pm) with as 'feel-good factor' the uplifting notion that, as consumers and individuals, we are more powerful than we imagine.

The programme is online at www.musicalive.ie/west-cork-feel-good-festival, on Facebook (via @49NorthStreet), or ask your library for a leaflet about local events. The festival is celebrated in a podcast on westcorkcommunity.ie



Jinx Lennon at Levis 2022 by Jason Lee.

WEST CORK FEEL GOOD FESTIVAL

1-19 OCTOBER 2022

CELEBRATING 10 YEARS

- Music including Luka Bloom | Jinx Lennon
Ní Riain | Ger Wolfe & More
- Film Screenings • Poetry readings
- Mental Health and Wellbeing workshops
- Fite Fuaite 'Pop up' Gaeltacht

WEBSITE
www.musicalive.ie/west-cork-feel-good-festival

FACEBOOK
[@49NorthStreet](https://www.facebook.com/49NorthStreet)

people Health & Lifestyle



'Pass Wide and Slow' campaign to raise awareness around horses and riders on public roads

The 'Pass Wide and Slow' campaign, initiated by a group of riders in the midlands, aims to make our roads safer for joint use between drivers and riders. The group called 'Pass Wide and Slow Ireland' encourages riders nationwide to initiate awareness rides in their own area, with details of any events or initiatives found on facebook under 'Pass Wide and Slow Ireland'.

On September 18, national awareness day, rides took place all over Ireland, including West Cork: A group of local riders from the Glengarriff Riding Club and West Cork Trec took to the roads around Bantry to meet and greet drivers and

provide opportunities to talk about how to keep everyone safe when meeting riders on the road.

As this was the first event of this sort, numbers were kept small, and a total of six riders met in Bantry Square before taking their horses for a quiet ride along the N71 out of town and back into Bantry along the Rope Walk. Along the way they met many open-minded drivers and other road users who happily chatted to the riders, as well as helpers on the ground who had leaflets ready to hand out.

Whilst the majority of drivers meet riders on the road with respect, consideration and caution, it is often a lack of

understanding and knowledge amongst drivers that puts themselves, their passengers, as well as the horse and rider at risk. However well-trained a horse is, it is the horse's natural instinct to react to small visual or audible cues in a sudden unexpected way. Careful training of riding horses usually minimises reflexes to a small hop to the side or a turn of their body to have a better look at that noise or shadow, but if a car passes at that very moment, it can easily result in an accident, particularly if the car is going too fast.

To keep everyone safe when meeting riders and their horses on the road, drivers just need to slow down for those few

seconds and pass wide around them. This usually only delays a driver for less than a minute, but it can ultimately prevent terrible accidents, injury or even death.

Riders of the Glengarriff Riding Club and West Cork Trec, two local active equine sports groups, are appealing to the public to keep this in mind and please take those extra few moments to slow down.

Riders would like to express their thanks to Cork County Council for use of the slob car park in town as start and finish point, and would also like to thank all other road users they met on the day for their consideration and patience.

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Clonakilty Scouts launch recruitment drive

some cooking on camp, and deciding which activities to do.

The real adventure for Cubs is in the outdoors – hill walks up mountains, treasure hunts, night camps, hostel trips, and sometimes, overseas trips.

Scouts are involved in planning and running Scout meetings and activities and may be invited to Group and Scout County planning sessions to give their input on planned events. Supported by Adult leaders – known as Scouters – they take part in planning and running their own activities, programme and camps. They decide the menu, cook on camp, organise equipment and run activities – all in their Patrols. They learn about teamwork, about leadership and how to look after themselves.

Scouts get to go hill walking, partake in water-based activities, mini-expeditions, camps from one night to ten nights in length, community events, hostel stays, and sometimes, overseas trips.

When the children have met a set of challenges or have



mastered a particular level in a skill they earn a badge to sew on their uniform.

"We have had amazing opportunities and outings over the past few years," says Vicki, "from ice skating at Christmas in Cork to a survival weekend in Ballinaspittle to camping in Waterford hikes all over West Cork, volunteering at a local food festival, Scouting day in Farran woods and so many more activities."

Vicki was in the Girl Guides in Dublin from the age of six until 19. "I grew up in Guides and loved it," she says, "we did a lot of travelling and learned

a lot of life skills and I'm still friends with many of the people I was in Guides with."

"We are very lucky to have such a great group of leaders in Clonakilty Scouts since the beginning but we always need more."

Scouts meet on Tuesday evenings from 7pm-8.30pm during school term in the Parish Hall in Clonakilty. If any children would like to put their names down on any age group or adults would like to volunteer as leaders they can email clonakiltyscouts@gmail.com or get in contact through the 'Clonakilty 20th Scouts'

Facebook page.

Testimonial from Mary Quinlan, parent of Liam Quinlan

"Since the spring of 2018 our son has enjoyed being a member of Clonakilty Scouts. Hiking, camping, kayaking, skating and participating in community events (Clonakilty Street Carnival, Clonakilty Agricultural Show) are some of the activities he has been involved in. He has made lifelong friends in this inclusive and supportive group. The thoughtful contact from our Scout leaders during the long days of Covid lockdown brought joy to his sometime gloomy days."

With the increased enthusiasm for the outdoors post-pandemic, it's been a busy time for 20th Clonakilty Scout Group since its inauguration in 2018.

Local hikes and walks, camping trips around Munster, beach days and clean-ups, campfires and local volunteer work have all been part of the outdoor fun.

The three patrol groups starting in the next few weeks will facilitate young people in the 12 to 15 age group.

The downside of course has been the curtailment of indoor activities due to Covid restrictions, which has meant a decrease in numbers of volunteers and younger age groups.

With so many children on a waiting list to join the Clonakilty Scouts, the onus now is to get enough leaders trained up to facilitate the patrol groups in the younger age category, Cubs

(9-11), to start in early 2023.

"We would love to get the younger age group running in the New Year," says Section leader of Scouts, Vicki Sherry, "but we need volunteers to be trained up as leaders to facilitate this."

The groups meet once a week in the Parish Hall in Clonakilty and when they're not outdoors hiking or camping or orienteering, they're playing games or learning how to use a compass, pack a rucksack or put up a tent. "The main benefits that kids gain from being a Scout is independence, self-worth, confidence and many life skills, as well as widening their friend group," says Vicki.

Cubs are involved in planning and running some of their own meetings and activities. They take part in planning their own camps – for example deciding on the menu and doing

Cosy up in leather

Most of us are still holding on to our sun-kissed skin... How lucky are we? Lots of moisturising and hydrating and heading into October, those tan lines are still very obvious. It's a bit like suddenly discovering that there is a bar extension when you thought you couldn't buy another drink, isn't it? Those warm sunny days have warmed our

hearts and our minds, gradually nudging us towards shorter days and less light, easier-to-stomach when we have had an abundance of sunshine. The cooler days, especially the evenings, are calling out for fleece socks... ever-so-gently. A week can make a dramatic difference in what you can wear, especially as this is 'season changing' time so it really is time to get ready for

some added heat... in clothes form.

Leather jackets have come into our stores in a delectable assortment but so many get this look so wrong! There, I've said it. There are a few golden rules when it comes to wearing a leather jacket. While they have been around for over a century, worn initially by pilots for warmth, now they add a touch of style and heat to your wardrobe but you must get the 'look' right. Cheap Faux leather may look similar to real leather but it lacks many of the features that make real leather such high-quality material, mainly it is not as warm (if at all) and not comfortable. There are so many types of real leather, some are softer than others so choose whichever you prefer and non-plastic, non-animal leather is also a wonderful option... the quality is remarkable and the price might be a tad higher but the feel-good factor is phenomenal, I can vouch for that! You can search for and choose between silicone-based leather, plant-based leather and lab-grown leather.



The leather jacket that has outsold all styles is the 'biker' jacket. It seems to be the length that suits most body shapes, individual preference dictates how much or how little detail is in tow.

Leather jackets are incredibly versatile so never feel the need to limit its use. Where people go very wrong is if they wear the wrong style of leather jacket with a more formal outfit or wear a formal/classic cut leather jacket with a casual outfit... 'fuddy duddy' is the word that springs to mind so be mindful of that, it is not a 'one style jacket suits all occasions'! There is a good chance that you have more leather items in your wardrobe than you realise. If you do, it's best to match your leathers for a more flattering look and if you are not sure about how they look together, go with your gut. A sleek leather dress with matching leather boots is a win but if you top it off with a leather jacket you have transitioned into 'leather over-kill' so opt for a fluffy jacket or something completely different.

Adding the right accessories



IMAGE

Louise O'Dwyer
Image Consultant

that enhance your leather jacket is key to a chic look. If your biker jacket is on show then your accessories (sunglasses, hats, scarves, watches, bags) need to blend with it, not overtake it. Choose unobtrusive accessories to finish the look. On the other hand, if you are wearing a short blazer style leather or a collarless leather jacket, you can accessorise more dramatically.

How many of you take care of your leather? Leather jackets and bags and boots age really well, developing that much loved well-loved worn look over time. You do need to maintain it to let it reach this point. Spot clean any dirty areas and regular conditioning is a must. A damp cloth in a little soapy water will remove any first and grease and blot rather than rub the leather. It is imperative that you dry the leather quickly so make sure that you air it for as long as necessary. Dry cleaning a leather jacket is not the ideal way to clean it and the process should only be resorted to when heavily soiled because it removes the natural oils and the jacket can end up looking dehydrated and not as soft as before. Any stains or smells on the lining can be treated with a dilute baking soda mix (just a teaspoon in a little warm water) and air to dry completely. Mould can build up

on leather so easily if dirt builds up on it so make sure to gently wipe down with a damp cloth at the start and end of a season. I hang my jackets to air dry from a velux window opened a fraction, it's a win-win, as the jackets get light and air and they are protected from rain or sun fade too.

Professionals recommend that you 'condition' your leather pieces once a year. Look for a lanolin-based leather care product. Lanolin is a natural waxy secretion, which comes from sheep and it will make your jacket, bag or boots lovely and soft. Never ever store leather in plastic, it needs to breathe. The last thing you want is to find your favourite pieces covered in mould! Unless you have bought top quality leather, also known as Full Grain Leather, leather or the finish or sealant on other grades of leather can peel if not stored properly. Cleaning with leather cleaners that contain solvents, or using a shoe or boot leather conditioner on a jacket or bag can also cause peeling. Believe it or not baby wipes can cause peeling too, even the 'sensitive' ones – says a lot doesn't it?

The dreaded 'squeaking' leather jacket can happen, even if it is top quality but the best solution is to just wear it around

the house for a day or so and the 'wearing in' process will get rid of the squeaks!

Some manufacturers finish their leather products using cheap, unfiltered fish oil, which breaks down over time and releases an unpleasant fish smell. This is really difficult to treat and get rid off so if you get a whiff at all, even the tiniest hint of fish, then do NOT buy it. If Covid has robbed you of your sharp sense of smell, bring a friend along to test it out too before you buy.

For those of you who don't like leather, have never owned a leather jacket, nor will you ever buy one, then my apologies if you found this article rather tedious but I'm sure you wear leather shoes or boots or have leather bags or a leather purse.

I'm going to leave with two things to think about... and you just have to giggle at one of them because if you don't, then maybe you haven't lived at all!

'No one will take care of your belongings like you do. They don't know the lengths you took to purchase the things you own.'

'How ironic is Life? We spend so much money on expensive clothes, but the best moments in life are spent without clothes...'

A time for storytelling and recovery



HERBAL HEALING

Dr. Rosari Kingston

Dr. Rosari Kingston PhD, M.Sc (Herbal medicine) is a medical herbalist practising in Dr. O'Reilly's integrative clinical practice in Clonakilty as well as Church Cross, Skibbereen. Dr. Kingston's area of research are the healing modalities present in Irish vernacular medicine and she incorporates them, where possible, into her clinical practice. In her clinical practise she specialises in infertility and digestive issues.

www.rosarikingstonphd.com

We have just passed the Equinox on Friday, September 23: The day when light and darkness are more or less equal at our latitude. From now until December 21, we descend into a period where the days are darker and the nights longer. This sense of darkness is compounded by the change in time a few weeks from now. This means the mornings are somewhat brighter, but the evenings are darker much earlier.

This shorter day affects us in two ways.

Firstly, we may not get enough vitamin D due to lack of light. If at all possible, go for a walk, or undertake some other outdoor activity around lunchtime. It is also a good idea to check your vitamin D levels with a blood test to ensure you do not take Vitamin D supplements unnecessarily. Having

too much vitamin D is as bad as having too little. But it is important to ensure adequate levels of vitamin D as it helps in regulating the calcium balance in the body and increases immunity. Vitamin D also protects against respiratory infections such as influenza A virus and rhinovirus. It is also essential to avoid the worst effects of a Covid infection

Secondly, a person's circadian rhythm may be put out of sync with the shorter day and darker evenings. Our core body temperature, and our sleep wake cycle is governed by our circadian rhythm, and it is also responsible for many physiological, emotional, cognitive, and behavioural functions. We are all familiar with jet lag and how it takes us a few days to recover from it. Likewise, when the clocks fall back an hour, we find it takes a week or so to adjust to the new time schedule. As the weeks between September 23 and December 21 will have decreasing light each day, it is important to maintain a regular sleep schedule to counteract the darkness which may lead to a desire to sleep more.

Needless to say, the autumn equinox is also a time to reflect upon the coming darkness. It can be an ideal opportunity to accept this quiet time. After all, the harvest is over and most of the produce is now stored for the winter months. These three months are then an opportunity to nurture our inner selves. We can become creative by not doing things. The urge to spring clean is gone but there is often an urge to start this class or that activity. Our forebears did not do that. They saw the coming months as a time for storytelling and recovery. It may be a time to listen to some family lore or visit older neighbours and hear about their lives long ago.

Most of all, it is a time to reflect, to enjoy the dormancy of nature, and nurture our inner self.

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INSIDE OUT
BEAUTY

Sherna Malone

Skincare and beauty expert Sherna Malone shares her knowledge and expertise of all things beauty – from skin care do's and don'ts to the latest products out there.

Frances Prescott Eye & Lip Contour Cream

The skin around the eyes and lips is thinner and much more expressive in these areas, which is why exposure to the elements, particularly to the sun, along with everyday environmental stresses, can result in premature ageing. As these areas lack significant oil production, it's important to hydrate and protect them. Eye & Lip Contour Cream by Frances Prescott is a light, yet luxuriously textured multi-purpose powerhouse formulation combining a cocktail of powerful, naturally active peptides, vitamins, antioxidants, and prebiotics to help stimulate collagen synthesis, firm the skin, reduce the appearance of fine lines and wrinkles, boost hydration, and increase radiance of these delicate areas. This powerful combination also strengthens the skin's natural moisture barrier. The formula can be applied morning and evening after cleansing or used on lips throughout the day to keep them feeling soft and nourished, €80 available from francesprescott.com

The October beauty edit

Yves Saint Laurent All Hours Foundation

YSL Beauty introduces its first night-proof foundation that stays put all hours! Drinks, dates, dancing, whatever you put it through, it is as flawless at the end of the night as it was when you first applied it in the morning, with no need for touch-ups. This upgraded, breathable formula goes on velvety and sophisticated and, thanks to spherical shaped silicon resin, the finish is soft-focus. A rich level of fine pigments means full coverage without a mask-like effect. The foundation's innovative formula is also waterproof and transfer-resistant, with no compromise on comfort. With 22 options from light to dark, the oil-free formula keeps the complexion shine free, minimising the appearance of pores and leaving skin looking porcelain smooth. The formula is also enriched with a skincare complex and UV filter, €42 available instore and online from Brown Thomas and Arnotts.

Clarins Super Restorative Day & Night Cream

Introducing the new Super Restorative Day and Night creams that minimise the effects hormonal modifications linked to age can have on the skin. A powerful plant-based duo to slow down both skin slackening and the slowing of skin's renewal process (already being targeted by the previous product version). Clarins Research combines, for the first time, organic harungana extract with 'retinol-like' benefits with a new ingredient and organic gorse extract that targets skin slackening. The duo targets the skin's specific needs both day and night. Super Restorative Day (€94) is enriched with vegetal squalane to offer protective benefits while Super Restorative Night (€104) is formulated



with organic sorbus bud extract to help restore skin's radiance. Overall, skin becomes tightened, immediately smoothed, wrinkles are visibly reduced, and facial features appear lifted. Day after day, skin becomes replenished, revitalised, and regains its youthful radiance, available online from clarins.ie and selected pharmacies and department stores nationwide.

HeShi Hydra luxe Lotion

NEW Hydra Luxe Lotion keeps skin supple, healthy, and hydrated for seven-10 days and fades naturally and gradually, giving you your most beautiful glowing tan. For almost two decades, He-Shi has been at the forefront of sunless tanning products. Created by mother and daughter founders of cosmeceutical skincare, He-Shi tan has a skin-first focus born in the lab. Formulated with a powerful cocktail of 87 per cent naturally derived skin-loving ingredients Hydra Luxe Lotion keeps skin looking youthful, protecting against further damage, and strengthening the skin's natural defences. Soothing Aloe Vera protects the skin's barrier and helps improve its softness and elasticity. Vitamin E gives the skin protecting anti-inflammatory properties while Provitamin B5 protects the skin's barrier and helps the skin to maximise hydration while improving its softness and elasticity. Pantothenic acid, a super-hydrator, binds deep within the layers of skin, helping to reduce the visibility of fine lines and wrinkles, retaining moisture to the skin, and creating a plumping effect, €24.99 available in selected pharmacies nationwide and online from he-shi.eu

Skinician Vitamin C Elixir

New from Skinician, Vitamin C Elixir is a supercharged vitamin enriched oil for dull, lack lustre, ageing and dry skin. This

multi-benefit elixir has been developed to increase skin luminosity, brighten, improve clarity, protect from harmful pollutants, treat areas of uneven skin tone, support, and repair skin's natural barrier, while leaving a nourished, soft, and smooth complexion. Delivered via a non-greasy oil that immediately sinks into the skin, Vitamin C Elixir is fortified with skin loving and nourishing actives such as vitamin enriched avocado oil, jojoba oil, almond oil, multi vitamins, and a unique clinically proven Vitamin C derivative; a potent antioxidant that helps diminish pigmentation and age spots, while boosting collagen production to leave skin plumper with the appearance of fine lines and wrinkles reduced. Suitable for all skin types particularly those concerned with dull, lacklustre, dry, rough skin or experiencing uneven pigmentation, or seeking general skin health and radiance, €36.25 available from skinician.com and salons nationwide (see website for full listing).

UP Cosmetics

UP Cosmetics, the makeup collection founded by beauty gurus Una Tynan and Pippa O'Connor has arrived in Kildare's luxury outlet village. Sitting alongside O'Connor's fashion label POCO at the brand's latest pop-up store in the village, fans can finally shop the complete collection in person in with exclusive discounts across the range. Speaking about the pop-up, Pippa O'Connor said, "I am so excited to be able to showcase two of my brands side by side. POCO has an amazing history with Kildare Village so to be able to add UP into the mix is a dream come true! UP launched in late 2020 and with everything going on in the World it has never had the opportunity

to be showcased in person properly. I am so excited to see the in-person reaction when people see the brand in real life." The premium makeup line features beauty-bag staples from the cult-favourite 'Perfect Nude' lipstick to the ultimate highlighters, show-stopping lip glosses, eyeshadow palettes to suit all occasions, from high-glam to everyday essentials, as well as cream blushes, and more. Shop the UP Cosmetics collection at the POCO pop-up shop (until December), Kildare Village.

SkinFormulas Bakuchiol Retinol Alternative Serum

After 18 months of development, SkinFormulas Bakuchiol Serum is a lightweight, fast absorbent serum that contains the powerful ingredient, Bakuchiol, which is a plant-based retinol alternative that improves the appearance of fine lines and wrinkles, increased firmness, and increases the skin's plumpness by stimulating the natural production of collagen and elastin. Bakuchiol contains antioxidant, anti-inflammatory and anti-bacterial properties and therefore is incredibly effective in reducing blemishes, redness and visibly diminishing scars. It is also perfect for those unable to use retinol during pregnancy. Other hero ingredients include Betaine to provide much deeper, longer-lasting hydration in the skin. Glycogen, which promotes the production of collagen and hyaluronic acid within the skin cells to dramatically improve the appearance of fine lines and wrinkles, recover skin luminosity and enhance skin tone and lastly, Niacinamide, super for the skin barrier and helping to minimise the appearance of enlarged pores for a smoother, bright, and more refined appearance, €67 available from selected salons and stores nationwide and

online from skinformulas.ie

AYA Bio Range

AYA, the leading Irish vitamin and supplement brand for all the family has launched a brand-new Bio range. The latest addition to AYA's product line consists of three action-packed bios: After Bio, Calm Bio, and Digestive Bio. The range is designed with delayed-release technology which protects the bacteria from stomach acid and ensures maximum delivery and each product in the new range has been specially developed with a diverse mix of friendly bacteria, nutrients, and enzymes. AYA After Bio (€9.99) contains 10 billion friendly bacteria per capsule with six strains of bacteria for a broad spectrum of probiotic activity. AYA Calm Bio (€21.99) is packed with a variety of nutrients, including Lactium, Riboflavin, Thiamin and Magnesium which can help to support the normal functioning of the nervous system and normal psychological function. While AYA Digestive Bio (€16.99) is a unique and powerful combination of six digestive enzymes. Additionally, this product contains lactase which contributes to the breaking down of lactose. Specially developed by Irish company Unipharm and exclusive to Irish Pharmacy, the AYA Bio Range is widely available in pharmacies nationwide.

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CHILD BEHAVIOR

Sarah Murray

Sarah Murray is a Paediatric Board Certified Behaviour Analyst (BCBA). Her practice is based in county Cork but she works online supporting many families. Sarah specialises in early intervention for infants and young children, with almost a decade of experience working alongside families of children with developmental delays, autism, and intellectual disability. A child behavioural consultant, Sarah helps families and schools to address challenging behaviour in a positive manner using evidence-based intervention strategies.

Sleep support for families of children with additional needs is one of Sarah Murray's niche areas, as she recognises that sleep is a crucial foundation for early intervention and behaviour support.

Thirty to thirty-five per cent of children under the age of five will suffer some form of difficulty with sleep. If you're a parent, you may very well believe it! However, if your child has a diagnosis of autism, the latest research tells us that

a whopping 80 per cent of autistic children experience difficulties around sleep. The main difficulties reported by parents of children with autism are difficulty with falling asleep (delayed sleep onset insomnia), difficulty staying asleep (sleep maintenance insomnia), early morning awakening (anything earlier than 6am) and requiring a parent present at bedtime and through the night, what is referred to as a 'sleep dependency'.

Research also tells us that, unless addressed, these sleep disturbances will persist into adulthood for many autistic individuals. Many autistic children who experience sleep difficulties are prescribed melatonin (our sleepy hormone that flourishes when night-time descends), or non-FDA approved sleep medications. While we know that autistic individuals are naturally low in melatonin, this treatment does not teach autistic children the vital skills required around sleep. At present, the best-known strategy for tackling those bedtime struggles is behaviourally based, with a staggering efficacy of 94 per cent.

You see, sleep, believe it or not, is a skill, that can be taught, and thus, learned. We can learn to settle in bed well enough for the sand man to visit us. We can learn to sleep independently



without mom or dad by our side. We can learn to roll over and go back to sleep instead of wandering out of the bedroom in search of mischief. There is no pill that can teach a skill and children who practice not sleeping become very good at it! It becomes a pattern, a bedtime habit, a night-time ritual. All of this can be accomplished without using a 'cry-it-out' method (because when children are distressed, their stress hormones increase which shuts down any little bit of sleepiness that was there).

Sleep is an important restorative process for both the mind and the body. When a child sleeps, their body's immune system heals and repairs itself, their muscles repair and regenerate and very interestingly and newly discovered, their glymphatic system activates (this is where the brain 'flushes' waste material away). Sleep is also the time when children's

growth hormones are released. Cognitive growth, repair and restoration occurs during sleep, and this is the time when memories are consolidated.

There is a myriad of effects that sleep deprivation can bring to an autistic child. Naturally, like all children, they will have a shorter fuse and be more prone to meltdowns and behavioural outbursts with a lot of emotional dysregulation being displayed. In terms of development, children will not be able to participate to the best of their ability in school nor in therapy. When a child is sleep-deprived, their memory will be impaired, attention and concentration wains, and so the absorption and retention of important information will be impacted, leading to less success at school and at therapy. Parents, siblings and anyone else under the same roof, can oftentimes develop their own sleep difficulties too as a result of a child with sleep difficulties. Just know that with the right sleep assessment, the right tailored sleep support plan and the right sleep practitioner, your child can learn to get a better night's sleep.

Sarah has presented on the topic of autism and sleep both nationally and internationally. Keep an eye out on her website for the next upcoming sleep and autism webinar.

sarahmurrayabtherapy.com

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Sarah Murray

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Paediatric Behaviour Analyst
B.A Psych, MSc ABA, BCBA, M.Ps.S.I

Sarah has worked with children with developmental delays, speech and language delays, developmental disabilities, autism, premature infants, and children with various medical needs and other learning needs.



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Noah O'Gorman, and Darragh Anderson (from Rosscarbery) who are patients at the Mercy University Hospital, with Probationer Firefighter Niall O'Byrne.

Some of Cork's youngest 'Heroes', Noah, Denis, Darragh and Calvin, who are all patients at the Mercy University Hospital, joined Prob-

ationer Firefighters from Cork City Fire Brigade for a very special fundraiser and to announce details of 'Mercy Heroes 2022', which will take place on Friday, October

Cork's youngest 'Heroes'

21 in aid of the Mercy Kids and Teens Appeal.

On Friday, September 16, the newest recruits to Cork City Fire Brigade undertook a fundraising mission which saw them do a bucket collection as they pushed and pulled a vintage fire truck through Cork City, finishing at the Mercy University Hospital.

Before they set off from Cork City Fire Station on Anglesea Street, the firefighters gave a tour of the station to Noah, Denis, Darragh and Calvin, who are the faces of 'Mercy Heroes' this year. These brave little 'heroes' are asking the people of Cork to join them and become a 'Mercy Hero' on October 21 and help support the youngest patients at the Mercy Hospital.

Funds raised through 'Mercy Heroes' will go towards the Mercy Kids and Teens Appeal and will support services like POONS (Paediatric Oncology Outreach Nursing Service). This service, the only one of its kind in Ireland, allows children with cancer to receive vital treatment in the comfort of their own home, helping

to cut back on hospital visits and provide support to families during such a difficult time. POONS has provided immeasurable support for some of Cork's youngest patients and their families over the last number of years with 45 families using the service in 2021 alone.

One such family is that of Noah O'Gorman from Whitegate, who turns three on September 24. Noah is currently receiving treatment for Acute Lymphoblastic Leukaemia (ALL) at the Mercy Hospital. He was diagnosed almost 12 months ago, on his second birthday. Speaking about their experience, Noah's dad, Tristan O'Gorman, said "For boys, the treatment cycle is quite long, and Noah's treatment doesn't finish until February 2025. Having POONS drastically cuts down on the amount of travel in and out to hospital. As Noah is so young, he is more comfortable getting treated at home and it cuts down on the risk of exposure to more infections in the hospital. For Noah's mum, Deirdre and me, getting treatment in the communi-

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ty like this helps their family life continue as normally as possible and Noah is a big fan of Peg and Olga, the POONS nurses! They try to normalise the treatment so that Noah isn't affected by it and he can just get on with the business of being a busy two year old boy."

Speaking about the importance of POONS, Olga Buckley, Paediatric Oncology/Haematology CNS at The Mercy said, "Being able to deliver a home-based option to sick children has helped enhance their quality of life and allowed for some normalisation of family life during cancer treatment. Since Covid hit, it has become absolutely necessary as our young cancer patients are considered within the critically vulnerable group as their treatment, including chemotherapy, causes immunosuppression.

POONS helps to cut back on the amount of time these patients need to spend in the hospital and gives them the opportunity to receive their treatment at home."

In 2021, the Mercy POONS nurses travelled 23,654 kilometres to provide an incredible 550 home visits to families. It costs the Mercy Hospital Foundation €30,000 each year to continue to keep this service mobile.

On October 21, by participating in 'Mercy Heroes', you can help fund POONS by making a donation online at www.mercyhospitalfoundation.ie, or by joining forces with your friends, family or colleagues to host a coffee morning. Schools around Cork are also being encouraged to join in the fun by holding a Dress Up/ Dress Down Day to support these young heroes.

people Health & Lifestyle



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.

Many years ago I chatted to a lady who told me that at one dreadful time in her life she had been so stressed that it interfered with her ability to function physically. At one point she couldn't lift her arms above her shoulders. That conversation came back to haunt me recently when I, too, was under some pressure and felt the results physically, mentally and emotionally. It's not a pleasant experience. A small amount of stress is good for us. We learn to react to a dangerous or threatening situation and then we relax after the situation has

Dealing with stress in our pets

gone away or died down. Our heart rate returns to normal and we can focus again. However, chronic stress interferes with our immune system, makes us tetchy, reactive, interferes with our normal mental processes and generally makes life extremely difficult. It also makes it more difficult to deal with normal life when that stress becomes habitual. If that is how it affects us, what about the effect it has on our pets?

They do say that living alongside humans is the most stressful situation for dogs. As our pets are very sensitive to our environment, lifestyles, moods, and so on, it's no wonder that they literally 'feel our pain', take it on, and become stressed.

Ongoing stress activates adrenaline and causes the 'flight or fight mode' in both humans and dogs. Once activated and maintained it's difficult to get rid of it.

Signs of stress in our dogs include:

- Pacing or shaking
- Yawning, drooling, licking
- Panting
- Refusing food
- Avoidance and displacement behaviour
- Aggression/snapping
- Shedding

- Body tension
- Lack of focus.

These are just some of the signals that can indicate your dog is stressed. If you notice these symptoms have suddenly appeared, then you should look back over the previous few days/weeks/months to see if any situation may have activated stress in your dog. It could be something very small but it could start problems with your pet. Or it might be something that is gradual but it builds up in your dog over a period of time. (Don't forget there could be other reasons for the above symptoms such as pain or illness.) But, if you know your dog, you'll understand that there's something seriously wrong with your beloved companion.

In a perfect world, we should be able to walk away or remove our pets from a stressful situation and have time to heal and recover our equilibrium. But, that's not always the case.

If so, then try to help your dog to cope with the ongoing stress. Focusing on his needs may well ease your own stress levels.

Stress-busting ideas:

- We are told that exercise is a really good way of getting rid of our own stress. That follows with your dog. If you can, let

your dog run free in a field, on the beach, the wind rippling through his coat while he uses all his body and muscles to propel himself as fast as possible. Making that a daily routine may be all he needs to counter the harm of stress.

- Don't over-indulge or pamper him in a stressful situation. Give him space to lie down and relax in your home. Everyone, including dogs, needs a quiet, 'down-time' with no distractions.
- His bed should be in a quiet place, and your pet needs to be undisturbed by noise, children, or anything that could annoy him.
- Feed small quantities of nourishing food at intervals rather than just twice a day. And add a few of his favourite tidbits to encourage his appetite.
- When he does come over for a cuddle, try to be available. He needs to know that all's right in his world and you're the centre of it!
- Do very small sessions of training with high-value treats to encourage him to use his brain again and focus properly. Keep them short with lots of praise. If he remains totally unfocused, then just ask for an easy Sit or Down command. Reward, praise and leave him alone. If you keep at him, you will add to

his stress.

As much as possible, try to ground yourself before you interact with him. That very action will help your stress but it means that you are associating with your dog in a quiet and focused manner. If you're jumpy and tetchy, it just won't work and you'll find he closes down completely.

If none of these things work and you or your dog's stress levels are still in place, then it's time to talk to someone. For you, it could be just a chat with a close friend who can help you see the 'bigger picture'. For your dog, it could be a trainer who can perhaps help with more stress-busting ideas coupled with some alternative therapies. But do find some help!



West Cork Charity Cycle on October 1

Cyclists of all abilities will be getting on their bikes on Saturday, October 1 for the second Friends of the Air Ambulance charity cycle. The 60km event starts and finishes in Skibbereen travelling through the heart of West Cork.

Last year's cycle raised more than €30,000 for the Irish Community Air Ambulance. The charity works in partnership with the National Ambulance Service and is tasked to treat serious and life threatening emergencies. The fundraiser is organised by Darren Lynch from Caheragh with the assistance of his close friends and family. Darren was airlifted to hospital in July 2021 after he was involved in a serious cycling accident.

Registration takes place in the Skibbereen Carbery Showgrounds from 9.00am to 10.30am on Saturday, October 1. There will be a rolling start for all participants.

The entry fee for the cycle is €50, to sign up visit: [eventbrite](https://www.eventbrite.com).

There is also an online campaign at idonate.ie for anyone that would like to support the fundraiser.

Pet loss as a unique grief experience



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.

For some, initial awareness of death happened when our first pet died. For others, it was finding a bird sprawled out in the garden or witnessing a lamb born still. (By the way, all good opportunities to begin conversations in a straightforward, honest way

with young ones)...

I didn't have a pet or immediate access to a farm growing up (other than a few tiny fish that I felt little emotion for even when they died and were flushed from tank to toilet). But the first dog that came into my adulthood remains the most profound loss I've experienced. When my husband and I rescued Pierre, a middle-aged french bulldog, we'd expected not to have him for the typical life span, considering the fact that he had a number of chronic health issues and had been rehomed more than once. But I never imagined we'd only have him for 15 months. In the end, a brain tumour impacted his balance and mobility, eventually leading to his sleeping most of the time. When at last he showed no interest in eating, we made the choice to have an in-home veterinarian call in to euthanise him. What was only days spent considering this decision felt like weeks while I wished he'd die without intervention. But thankfully in those last days, he was still, sleeping in his bed; often by the fire which he loved. He was continually in our presence until he was gone.

The night before, a few friends who wished to see him came by to spend time and say goodbye. On his last morning, we read poems, prayers, and shared stories of our months together. Sitting on the floor beside him, we shared how much he had meant to us. I was relieved that he died on a weekend and that it was pouring rain for the entirety of those two days (it suited my mood, but was very unusual in southern California where we lived). I surprised myself in the early days of Pierre's death wanting to get rid of his belongings quickly with the exception of one of his collars. So we did this – donating what we could. Another thing that was important for me was to be present at his cremation. I asked and thankfully my request was compassionately honoured. It could be that having the dog for a relatively short time, I needed to see him once more and for the death to feel real. Gratefully, colleagues and friends who'd been through their own pet experiences offered supportive listening and validation as an especially intense heartbreak washed over me. A picture book was made by my husband and

myself in the weeks that followed and later, Pierre's ashes travelled from California to New York and eventually Ireland. They remain in a wooden box carved with his name and the words 'Saving one dog will not change the world but surely for that one dog the world will change forever'. Fast forward to almost nine years later, and we have not one – but two brothers of the same breed. It took four years to feel ready again – with a three-month foster dog experience in-between – but each grief is completely personal; as unique as a fingerprint it has been said. The dogs we have, are still young (our first time starting with puppies). They seem to be in good health, but at times I think about what it might be like to lose them. I wonder who will die first and how the other might cope. More recently I realised that taking the bigger travel journey we've been thinking about should happen sooner than later, as I wouldn't be at ease being away if one or both was unwell or very advanced in age. In spite of the circumstances, I found having the experiences with Pierre so healing. So I enjoy the dogs we have today;

loving them as much as possible while this gift of time allows.

So what is it about our beloved pets that makes us feel their loss so much? A psychologist with the Portland Institute for Loss and Transition writes, "Our pets are there for us when other humans may not be; they provide a secure base for us where we feel unconditionally loved and trusted. Those who have been through the loss of a dog, cat, or other pet miss the constant companionship, unconditional love and consistency of their presence." And as anyone with a dog especially knows, the wonderful motivators they are for getting us up and out (for walks!) How are we meant to go on with such a change in our homes and lifestyles? Fortunately, this topic is now widely spoken about; validating the experiences of a pet's death and supporting us to prepare as a pet ages. When our first dog died, the rescue organisation sent me this quote 'The one best place to bury a good dog is in the heart of its owner' and so I have. Pierre has a space in our home where a favourite photo, his collar and box of ashes lives. He also has a place

on my ancestral altar among relatives and friends. I still think of him around the time he made his transition on the last day of February each year.

Our animal relations deserve remembering and in doing so, it helps to ease the hurt a little. There are many ways we can creatively honour our grief and the relationship we've had with them. If you're curious, check out Amanda Stronza, a wildlife photographer who also started a tradition of making a memorial for each dead animal she comes across. She does this by adorning the body of the animal with flowers and photographs it as a way of honouring its life. Unique indeed – but her process makes for quite the reflection. You can see these beautiful animal memorials at amandas-tronza.com.

How has the loss of an animal or pet companion touched your life? Your story is very welcome if you feel called to share it at starsbeyondourskin@gmail.com or visit www.starsbeyondourskin.com to learn more about my work. I'm also open to questions or ideas for future columns!

The power of aronia

#NWED



HEALTH

Hannah Dare
Organico Bantry

It's unusual to have world class producers of health foods on your doorstep but this month I want to highlight the fascinating work of Steve and Claire Collins of Derry Duff Farm, who are pioneering a really interesting product called Phytoberry which is an organic Aronia Berry Juice.

Steve is a veteran in the field of nutrition and is fascinating to talk to, as he is incredibly knowledgeable and experienced. He's both a medical doctor and a scientist with doctorates in nutrition and science and he operates an organic farm in the hills of West Cork, near us in Bantry. At Derry Duff, Steve has cultivated blueberries and aronia berries on what would otherwise be difficult land.

We love Derry Duff, as they supply Organico with the best organic blueberries all summer long! But more recently Steve has done a lot of work researching Polyphenols and antioxidant properties. Polyphenols, by the way, are a plant-based compound found in fruit and veg. They act as an antioxidant. They're one of the reasons that green tea is so good for you.

According to Steve we need to get more polyphenols in our diet because here in Ireland, we're not getting enough. The average adult in Ireland manages to consume about 550mg of polyphenols per day. But Steve says that you need around 700mg of polyphenols per day to be in the safe zone. Ideally, you'd want to be getting over 1000mg/day.

His research has led him to the conclusion that aronia juice is one of the best sources of polyphenols and luckily the marginal land in West Cork is particularly suited to growing Aronia Berry bushes. Steve and Claire have transformed their farm and created a new Aronia plantation to supply their new Phytoberry business. They grow and harvest the berries

themselves.

What does aronia juice taste like? The juice is sugar-free, so at first I found it tart instead of sweet. Steve describes it as astringent and sharp, but palatable. It's a flavour that grows on you – the same as a good wine. In fact, you may want to approach aronia juice like a wine, because it tastes better if you sip and savour it rather than gulp it down. I find it very refreshing, particularly mixed with sparkling water.

We have been stocking it in Bantry for a few months, and so far it's been hugely popular. We have had some very interesting feedback – already it seems to be helping people with weight control, because it helps reduce cravings. Which made sense when we learned about how polyphenols help reduce the amount of glucose we absorb from our food.

Why are polyphenols so important to health? Because not getting enough can come with serious consequences. "We're facing a public health crisis," Steve told us when we went to visit him this summer. "Chronic illness is expected to shoot up in Ireland. We're looking at more obesity, diabetes, high blood pressure... it's going to be a huge burden on the economy as well as affecting everyone's quality of life."

Steve is particularly concerned about the rise in metabolic syndrome in Ireland. Metabolic syndrome is recognisable by the 'apple-shaped' body type. When there's a lot of fat around the centre, it indicates that fat is getting into your blood vessels. Once this happens, it starts to affect every aspect of your health. In fact, research is showing that metabolic syndrome could very well be the starting point for chronic ill health. So how do polyphenols fight metabolic syndrome?

Well, it's free radicals in the body that cause damage to the lining of the blood vessels, which allows fat to leak into places it shouldn't be: This turns into the development of metabolic syndrome. But polyphenols can destroy these free radicals before they do their damage, if you're getting enough of them. Polyphenols also have a major impact on metabolism, particularly glucose metabolism. Every time you eat a carbohydrate, it's broken down into glucose (primarily), as well as fructose.

Polyphenols have the ability to slow the digestive process down. They make sure the



Steve and Claire Collins of Derry Duff Farm

carbs you eat are broken down more slowly in your gut, and fewer of them are transported to your blood. Overall, polyphenols make it less likely your blood sugar will skyrocket after eating by: Increasing your sensitivity to insulin; Helping your body deal with glucose much faster; Protecting the pancreatic cells that produce insulin.

Polyphenols can also help keep your cholesterol in check and reduce inflammation all over the body. And since they're so good at destroying free radicals, polyphenols play a big role in protecting the body from unhealthy ageing. But, as Steve shared, maybe the most convincing case for upping your polyphenol intake comes from the PREDIMED study. This epidemiological study tracked 7000 adults over five years. It showed that those with the top 20 per cent polyphenol intake had 46 per cent fewer heart attacks and strokes and 37 per cent reduction in all cause mortality.

The takeaway? We'd all do well to get more polyphenols in our daily diets. But how do you (easily) up your intake of polyphenols? It's true that 'superfoods' like açai and turmeric have impressive amounts of polyphenols. But you'd have to eat a mountain of these ingredients – every day – to get enough. Besides being difficult... it wouldn't be pleasant.

Which is why we are all excited about aronia Juice. How much aronia juice should you drink each day? Just a small 100ml serving each day will do you. That's just a shot glass's worth. This serving provides about 400mg of polyphenols. Enough to help: control blood sugar; improve blood flow; nourish the microbiota; and tip you well into the recommended range of daily intake of polyphenols.

Steve's juice is gently pasteurised so it retains a strong polyphenol content. He's even

had tests done to confirm this.

You can find Phytoberry Aronia Juice in our shop in Bantry and online at www.organico.ie. We'd love for you to order your bottle, drink it over a few days while you're having a meal, and let us know what you think... What do you think of the flavour? And how do your digestion and energy levels feel following a meal enjoyed with aronia juice?

And in other news – we are hosting a live Menopause Event in November!

The Menopause Breakthrough with Dr Marilyn Glenville

We are very excited to have Dr Marilyn Glenville live in Bantry for the first time in three years giving a talk on the Menopause. Dr Marilyn Glenville is a best-selling author and the UK's leading nutritionist specialising in women's health and the menopause, and her talks are very inspiring. Come

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Christopher Minhall

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along to learn how to feel full of energy and life through the menopause.

She will be talking at The Maritime Hotel in Bantry on November 10 from 6.30-9pm, and there will be lots of chances

to ask her your menopause-related questions.

Tickets are available through Organico and online from www.organico.ie. See you there!

Writers wanted

The Skibbereen Writers' Group is looking for new members.

Describing themselves as a diverse group of people with varying interests, the writers in the group say they have one common purpose – to write something. Whether it's prose, poetry, opinion pieces, editorial and so on...all types of writing, and everyone from beginners to more experienced writers are welcome. Whatever your skill level, if you want to improve your writing skills this group offers a congenial atmosphere in which to present your work.

Group sessions are often varied and impromptu discussions, never too serious, always supportive and fun.

Covid forced the group to go online which unfortunately caused a decrease in group numbers, however the writers

are now back at Skibbereen Library, meeting at 11am on the first and third Saturday of every month

A typical Saturday morning session lasts two hours, beginning with light refreshments and the appointment of a chairperson. Each member is then invited to read out their submission, the preparation of which is optional. This work can be in any form and is often, at the writer's discretion, motivated by prompts given at the end of the previous meeting. There is no set number of words required: In the case of poetry, it can be less than 50 words, for prose the maximum is 500. Each piece is discussed briefly at the end of a reading.

Once all the pieces have been read, depending on the remaining time still available to the group, various writing exercises are engaged in, often

with very quirky or humorous results.

The writers group has the use of a very private and comfortable room for meetings in the library. Over the years, in order to assist writers to improve their writing skills the library have also arranged for various writers-in-residence to provide workshops to members of the group. It is hoped that in the future the group will have the opportunity to participate in further workshops of this kind.

If you are interested in finding out more about the Skibbereen Writers' Group why not come along to one of their sessions in October (Saturday, October 1 and October 15, 2022) at the Skibbereen library, 10 North Street, Marsh, Skibbereen. November sessions are on November 5 and 19. All welcome.

October Sun Signs



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.
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With the turn of the year and the equinox behind us, we are heading into the final months of 2022. We can have mixed expectations now, as many of the themes speak of significant change and new potential. We can expect to end the month with a much stronger sense of what's up ahead. It's Eclipse season, which is a time of endings and beginnings and in addition, we have four major changes in planet direction. This fast-paced period is not all bad and the disruption or redirects are not to be feared. The coming months will bring a few surprises but we have been prepared and now we can take a positive perspective as we tune in to the Libra balance and the affirmative Venus vibes over the next few weeks.

The first major turnaround comes as Mercury ends its retrograde on October 2 and will finally move out of its shadow phase by October 17. This means a full pass to get plans moving and sort out what has been frustrating and muddled since early September. As Mercury moves into Libra, its own sign, on October 11, we can really start reconnecting with

others and allow the appropriate and necessary communications to flow. It will certainly be easier to speak out and be clear. Just remember that whilst Mars is in Gemini there could be some passion behind those words.

The heavyweight planet Pluto is the next to turn after being retrograde since late April. Pluto has been taking us into the depths of the darker side of life and those realities we cannot escape. Some shared human experiences touch into our personal lives and they can be a great leveller. With Pluto moving forward we can start to see where endings, losses and the threat of privation can bring unexpected gifts and an opportunity for new ways of responding. It turns direct just a day before the full-on Aries Full Moon on October 9.

October's Full Moon is in the feisty sign of Aries which urges us to act on what comes to a head now. Processes that were initiated around the recent Libra New Moon in September have a Venus trend and this puts a focus on our relationships and how we connect to each other. Love can blow hot and cold but now the heat can get quite intense as Venus joins with the Sun in the coming days. Use this time to learn what really matters on a heart level. Opposites can clash but they can also make up the essential components to make things whole. Keep your focus on the benefits of difference and contrast and keep an open heart so more

than one side can exist there.

The last week of October brings several shifts in energy and events unfolding now can be pivotal in showing us the way forwards for the remainder of the year.

On October 22, Venus joins with the Sun, which heralds her switch from morning star to evening star. In this role, lasting around nine months, she is more concerned with connection, an open expression of love and sharing her best self with others.

Our other heavyweight planet, Saturn also ends its retrograde phase this month on October 23 after more than five months of travelling back through Aquarius. On a personal level, we can see the hard work and careful planning starting to pay off. Now we can reap the rewards of lessons learned over the last months. The challenging energy of disruption, restriction versus freedom, symbolised by the square between Uranus and Saturn which has been a theme throughout 2022, finally begins to wane as a result of this change in Saturn's direction. This clears the way for serious discussions, negotiations, and for making important business or long-reaching decisions. Aquarius loves to "future-proof" the system and thrives on ideology. This is the initiation phase of social trends that have been in the pipeline over the summer months. It brings us a step closer to a system of restriction, limitation and constraints

as the ideals that claim to be for the greater good are now implemented.

To follow on the 25th, we have the New Moon and partial solar eclipse in Scorpio conjunct Venus. It's one in a cycle of Eclipses starting in November 2021 followed by eclipses in April and May of 2022. In the current October and November Eclipse cycle, we can see a common thread re-emerge relating back to those previous dates. This is an intense combination of light and dark and the energies around this can be supportive of deep investigation and facing the truth around some of the typically "taboo" subjects involving money, desire and sex. An eclipse will bring some shifts in power or position, but this usually only comes to light about three to six months later. On a personal level, we may experience a more profound level of love and connection. It can mark a very liberating phase from a darker or less enlightened chapter of our life.

Another opportunity to resolve the past occurs with Jupiter in retrograde going back into Pisces on the 28th for a short dip back into the realms of mystery and intuition. For a brief time before Jupiter goes direct again in late November, we are urged to reconnect to last year's themes when Jupiter journeyed through Pisces. Consider how well you are matching your spiritual values. More recent months have been a time of getting

your own needs met and confronting either the issues or the people that hold you back from achieving your aims and ambitions. You may have neglected your inner connection and the quiet inner guidance that helps you know how to be and what to do. This month is a reminder of how to let go of the ego drives and goals to allow more flowing and less controlling energy to guide you.

The final event of significance for October is on October 30 when Mars starts its retrograde phase in Gemini, which goes through to January 12. This can be reflected by feeling tired and unmotivated whilst finding it hard to push on with the things you aim for. It may be frustrating if you can't get to the basic things you need in life or your resources are restricted. There are likely to be obstacles to communication and being open or free in your speech during this period can be thwarted. Incidents, where you were outspoken in the past, may come back to haunt you. This is the time to confront inner issues motivations and reactions and be sure to hold back on initiating outward conflicts, arguments, litigation or war, as they will not go in your favour.

October has a Full Moon at 17 degrees Aries on October 9 at 9.54pm and a New Moon and partial Solar Eclipse eclipse at two degrees Scorpio on October 25 at 11.48am



Aries: The pressure is on to bring critical projects to a conclusion during this Full Moon. The emphasis is not so much on what you've done, but rather who you are. It's the right time to let your true personality shine and show the world exactly what you're all about. You understand

how important your sincere personal expression is. You may be seen as over-emotional or sentimental but you can have a powerful impact on your surroundings through your moods. You instinctively know how to provide a truly nurturing environment for people to grow and you're motivated to show how much concern and care you have for others.



Taurus: During this Full Moon, you are extremely sensitive to your environment. You have a strong need to withdraw from the world and commune with nature or your inner feelings. You might want to retreat to a very private emotional world and other people may have difficulty

getting in contact with you. Ideally, create a place which is sacred to you where you can be alone. In this private space, you can become aware of your true dreams and longings. Try to work more consciously with the inner world of your imagination through creative work or meditative practice for a few days.



Gemini: You are extremely sensitive to how people treat you over this Full Moon. You'll want to know if you have forged strong bonds with your friends. You are both caring and concerned as regards their well-being but easily hurt if they let you down in any way. Ensure that you spend

time only with people that elevate and support you. Disconnect from the daily grind and indulge your personal happy side for a while. Good food, pleasant company, shared experiences and mutual understanding bring an inner peace that makes you realise that quality of life is not about money, status or possessions.



Cancer: Recently a strong sense of loyalty made you conform to family or social expectations. With this Full Moon, you realise that in your past a lot of your unconscious motivation has been aimed at living up to other people's standards. Now is the time to reach out for what

you want for yourself and stand in the spotlight whilst acting the part of your unique self in all your glory. Take time out during these few days to wave your own flag and get noticed for your current contribution before a new surge of personal creativity rolls in.



Leo: During this Full Moon phase, your interest in philosophical and spiritual areas is heightened. Use the time to expand your inner window on the world and break new ground. Convictions and values of those close to you will have unconsciously influenced you so discovering

beliefs that are true for you personally now takes your whole attention. Travelling or studying will be a strong urge so seize the opportunity to take off in a new direction. It will bring a welcome relief from deeper concerns and you may realize that there is a lot less to worry about than you first thought.



Virgo: Experiences during this Full Moon will show you how other people have provided emotional security for you. Seeing clearly where you have been dependent in your relationships gives you a new sense of freedom and the release of energy will propel you into a fresh creative

phase. You might unearth resources within yourself that you were previously unaware of. This new knowledge will be of great help to everyone you contact on an intimate level. You no longer need to rely on certain items or possessions as you move on, so clear off the cobwebs, throw out useless things you've been hoarding and enjoy the liberation.



Libra: You have difficulty distinguishing between what you feel and the feelings of those closest to you during this Full Moon. Tune in to yourself, and allow your intimate friends to have their moods without imagining they always have something to do with your own actions.

You sense that you have all got a little too close and caught up with each other recently and soon you'll need to stand back. Giving yourself time to recognise your true individuality will allow you to fully connect with others in your own unique way. The support and equality you sense as a result will produce welcome rewards later.



Scorpio: You may waste energy on menial tasks, thus getting distracted from the broader visions in your life during this Full Moon. You are likely to make yourself indispensable through being of service, tuning in to the physical needs of others, and generally happy to take on a lot of

tasks. If you are not careful, however, other people will take advantage of you. This is the time you should be really getting things together for yourself whilst you can keep the focus on the details. Once you've put on the finishing touches, you'll be able to stand back and take pride in your accomplishments.



Sagittarius: Enjoyment is the keyword for you this Full Moon and it's time to loosen up and have some fun, especially with close friends and children. If you are socialising you can even risk going a little bit over the top as this is a general time of celebration for all. Passion and

intensity, on any topic you choose, can run rampant and your enthusiasm overflows. You have a strong emotional need for some romantic encounters but you also know how to nurture and maintain the romance in an existing relationship too. So make the most of it and enjoy!



Capricorn: This Full Moon you may spend a lot of time at home, finding great pleasure in looking after your children or family, cooking, making home improvements and so on. You are especially sensitive to the moods of others who share your personal space. Although you will

be strongly motivated to create a caring and secure environment around you, a crowd can be claustrophobic and you can get on each other's nerves. This is a time to acknowledge how the comfortable and familiar support you. Draw on it as a source of strength as you prepare to achieve some great things out in the world.



Aquarius: Uncomfortable feelings you experience during this Full Moon phase could result from strong differences of opinion with someone. You can be easily swayed by irrational arguments and emotions if you have to state your case now. It can seem that everybody is trying to get

their message through but no one is listening? Try not to be distracted whilst you tie up important loose ends and meet deadlines. You need to keep some time available for a new project or mental challenge. You could be making plans for travelling or starting a new class or training programme.



Pisces: Learning to adjust to economic fluctuations is part of the process of maturing and this Full Moon will find you focusing on personal resources. You can be a very kind and giving person but you also need to feel secure. Being concerned with your own financial status

now is probably a good thing. Some people may view you as unusually materialistic and possessive but it's time to cash in on some of your hard-earned investments and name your price for your efforts. Be confident in your skills and abilities and turn them to good use now as others will notice and reward you later.

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MON

SPINNING
7.00am – 8.00am

KETTLEBELLS
10.00am – 11.00am

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)*
3.30pm – 7.30pm

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

STEP AEROBICS
9.30am – 10.30am

AQUACISE
10.00am – 10.45am

CIRCUITS
6.00pm – 7.00pm

SPINNING
6.30pm – 7.30pm

AERIAL YOGA
(Barbara 083 0733060)*
7pm – 8pm

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

SAT

AERIAL YOGA
(Barbara 083 0733060)*
9.15am – 10.15am

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people Arts & Entertainment

Mad Hatters dazzle in Clonakilty for Culture Night to help raise funds for local playground

Crowds gathered in Clonakilty on Friday, September 23 for a Mad Hatter-themed circus extravaganza, as part of Culture Night 2022 in Cork County. Perfor-

mances by Moss Russell and Brian O'Mahony were enjoyed at The Bike Circus followed by a Mad Hatter themed tea party in Emmet Square.

The Clonakilty Playground

Fundraising Committee and The Bike Circus Clonakilty were delighted to mark Culture Night 2022 in Cork County with this exciting suggestion inspired from a student at St Joseph's Girls National School, which received the most public votes earlier this year in a competition involving local schools. The event combined circus skills, mad hatter antics and of course, tea and cake!

The evening also included prizes for Best Dressed, with one of the winners, Fionn O'Driscoll, getting into character, as he enjoyed the lively celebrations alongside his mum Zoe Turner, both from Clonakilty (pictured).

Donations from the event were greatly received by the Clonakilty Playground Fundraising Committee who are now €1,000 closer to their €190,000 fundraising target for a new inclusive children's playground in Clonakilty.

Orla O'Donovan from The Clonakilty Playground Fundraising Committee said, "It is truly remarkable how

fundraising events like this one are bringing the local community together and helping to support us in delivering the much-needed redevelopment of the Clonakilty playground. We are extremely grateful to the generosity and continued support of the families and children of Clonakilty but also to the amazing partnerships we have created with The Bike Circus and Exploding Tree for their help in setting up the event, and to the amazing performer's Moss and Brian."

She adds, "We are excited to have been involved in the line-up of events as part of Culture Night 2022 in Cork County and to the support of Cork County Council and the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media through the Local Live Performance Programming Scheme."

If you were unable to make the event and you'd like to donate online please visit GoFundMe/clonakilty-playground or follow on Facebook and Instagram @Clonakilty_playground



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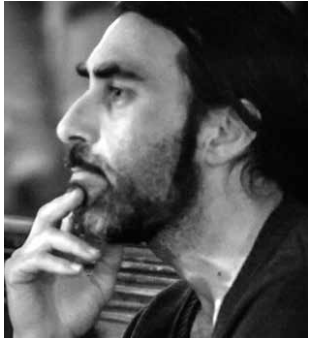
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8th Oct. 12-4pm
15th Oct. 12-4pm
16th Oct. 10-2pm
19th Nov. 12-4pm
20th Nov. 10-2pm
26th Nov. 12-4pm
27th Nov. 10-2pm

Leap P81TX62

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Silences of Silver: the post-expressionist colour fields of Ian Humphreys



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.

Ian Humphreys is quietly spoken, generous, down to earth and quick to laugh. He is also a painter of imminence, of quiet intensity, a minimalist of immersive colour fields, whose canvases pulse, shine and shudder like the morning sun burning into the coldest sea. 'My Journey in Paint', a retrospective of Humphreys' work, which ran through September at the Kenmare Butter Market, establishes the painter, in no uncertain terms, as a master of the post-expressionist sublime. In this designation he stands alongside Michael McSwiney and Tom Clement, as one of Ireland's finest exponents.

'My Journey in Paint' spanned two decades of work, from 1999 - 2022, incorporating several early still life and figure pieces, off-setting the monumental abstractions which formed the

majority of the show. 'Electrum' (2022), which hung on a mobile wall in the middle of the gallery, is perhaps the greatest of the latter, and landed directly on the eye upon entry. Its horizontal bands of shimmering silver and gold hover over pale, muted fields of ochre and umber. Staccato strokes of impasto counter blazing horizontal streaks of the brush, the velocity of which blends and quickens bands of colour into interminable, endless horizons.

Humphreys writes, "I try to work as nature rather than from it." In intention these paintings are non-representational, but they are both filled with, and welcome, association. The myriad qualities of light as it falls upon the sea, from grey to silver to gold, the colours of rocks, seaweed and lichen; all the permutations of atmosphere which envelop his coastal home (now in Rossbrin, and formerly Heir Island) infuse their way into his canvases. This may explain his subtle, largely earthy palette, a significant point of difference to the intense colour range of Sean Scully, whose pictorial strategies might otherwise recall Humphreys' own.

Far from being formal expositions or purely internal constructs, (such as we might find in Scully's work) paintings such as 'Electrum' and 'Lundy' (pictured) are subliminal responses to Humphreys' environment. We can think of this as non-representation delivering meaningful association. Where early Modernists, such as Piet Mondrian sought to block nature out, painters such as Clement, McSwiney and Humphreys invite it in. We are welcome to see and feel the light of the sea, the shimmer of the horizon, the burnt orange of a dying sun without

any of it being represented. It is there and yet it is not and herein lies the magic.

The dance between intention and effect, non-representation and association puts me in mind of the work of the 19th century painter James McNeil Whistler, whose most poetic work was of the Thames in fog and at night, ghostly canvases which he called 'Nocturnes', after the music of Chopin.

For Whistler, a painting of the Thames in fog was a pretext for a composition, a window into reference-free, mood-laden abstraction. For Humphreys, more than a century later, an abstract colour field is a window into the sea, the sun, the forest; into the very atmosphere of his world.

In 2014 Humphreys' world of horizontal motifs (lines of sand, bluff and sea) was upended when he accepted an invitation to take up an artist residency in the Joseph and Anni Albers Foundation in Connecticut, USA. Suddenly surrounded by forests his work began to take on a vertical aspect, generating such work as the monumental 'Vermillion' two years later.

Immediately on his return to Ireland Humphreys painted 'Homage to Joseph in Silver and Grey' (2014), his most Rothko-esque piece, included in 'My Journey in Paint'. The Rothko association is one which Humphreys welcomes, some of his favourite work being Rothko's 'Seagram Murals' in the Tate. Other influences for the artist include the colours of Giorgio Morandi and the ceaseless working processes of Alberto Giacometti, the latter mirroring his own eternal "hunt for the image", as he scrapes, brushes, gouges and glazes his work into being.

There is a wonderful balance between small and large, intimate



Lundy Oil On Canvas 142x102cm 2021

and epic, ephemeral and physical in Humphreys' work, which this retrospective revealed to great effect. From a large work in white, for example, one turned to a small watercolour in red ochre, titled 'Rust and Bach Cello Elegy' (2014). This, in turn linked to larger oils with musical titles, such as 'Bach Cello Suite 2' and 'Jacqueline's Elgar'.

Humphreys' penchant for musical titles ('preludes', 'fugues', 'sonatas') is resonant of a long line of modernists, beginning with Whistler (and including Jo-

seph Albers) who likened painting to the non-representational nature of music. It is a useful language for Humphreys, who finds there is much in common between the two. He explains that paintings, no matter their size or medium are "a collection of marks, an arrangement of 'notes' with spaces in between, like pregnant silences in pieces of music".

The above being said, the ephemeral qualities of watercolour are but a gentle counterpoint to the rugged physicality of oil; a

thin wash but an echo of the oily shore of the 'quickening' where matter becomes spirit. The oscillation between the two is where 'My Journey in Paint' shone as an exhibition; the works by turns receding and swelling, thunderous and silent, the driving force of the tide more resonant of the tide than a pictorial seascape could ever be, but not limited to that either, as Humphreys' first and foremost concern is the unimpeded act of painting itself, where all else drops away, where the silences are silver.

Ian Humphreys' work is of an international calibre, an assessment affirmed by his endorsement from the Joseph and Anni Albers Foundation. He is comparable in the post-expressionist field to Clement and McSwiney and rivals Sean Scully in quality if not scale. His timeless paintings are welded to the world he lives in, a window from non-representation into the mist and fog of association, Whistler's portal rotated and seen through the other side.

For detailed images of the works discussed and for all enquiries please go to: ianhumphreys.ie | email: ianhumphreys4@gmail.com. Ian is represented by Mill Cove Gallery in Ireland and Lime Tree Gallery, Bristol, U.K.

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What else is on...

Darrara theatre evening

Darrara Muintir na Tíre presents, 'Extraordinary Ordinary Women Live' written and performed by Clonakilty native Karen Minihan with 'Home Rules' – a short play performed by Pauline O'Driscoll in aid of ARC House Cancer Support at Darrara Community Centre, (near Ring, Clonakilty), on Friday, October 7 at 8pm.

Tickets €10 are now available from Mary Anglin 086 3903597 and Mary Wycherley 086 3787905.

Skibbereen Singers' Club

The Skibbereen Singers' Club is resuming its regular 'first Friday of the month' meeting in the Corner Bar, Bridge Street on Friday, October 7 from 9.30pm.

The special guest is Marion Young, a wonderful singer from Drinagh, and Aine Merwick is Bean 'a Tí.

Entry is free and no booking is required, just come along and sing your song. All songs, stories and old yarns welcome. Listeners also appreciated.

Clonakilty Macra fun events

Clonakilty Macra Na Feirme is back this autumn and inviting new and existing members to join them for upcoming events such as socials and competitions, including sports, debating and welding competitions to name a few!

Macra na Feirme is a voluntary organisation for young people between the ages of 17 and 35. It has six key areas of activity; agriculture, sports, travel, public speaking, performing arts and community involvement. It is also social and fun!

For a social event, the group is planning a night of scarecrow making for the Leap scarecrow competition. Message Clonakilty Macra on social media (Instagram, facebook and twitter) or email clonakiltymacra@gmail.com if you are interested in joining.

An analysis of life in colour at Kenmare Butter Market

Kenmare Butter Market is committed to supporting emerging artists and is delighted this October to provide a platform for Eyeries artist Cathy Bacon as she begins her artist journey with 'Learning to Swim by Drowning', showing from October 1-21.

Cathy Bacon came to Beara 20 years ago to raise her family and began painting in 2016. Her work has been evolving ever since and she has received a BA and Masters from Crawford College. These paintings are inspired both by the personal and the universal, and range in theme from recognisably domestic scenes of children and animals to more abstracted landscapes.

Bacon's process is intuitive; it is her gut-brain response to the primal nature of being human. The images are nebulous and mysterious, with a dream-like or barely-there quality that reflects a certain uncertainty in



existence.

The colours are subtle and the style is stripped-back; the pictures are like visual echoes, reminders of cave paintings; images emerging from the shadows.

Old childhood photographs and captured physical moments are translated into enduring memories: swimming the Bull

Rock; her children with the horses; an encounter with a stag in the forest. Alchemically changing through paint the physicality of life into a form of understanding the human spirit.

Kenmare Butter Market is open Tuesday to Saturday 10am-5pm. kenmarebuttermarket.com

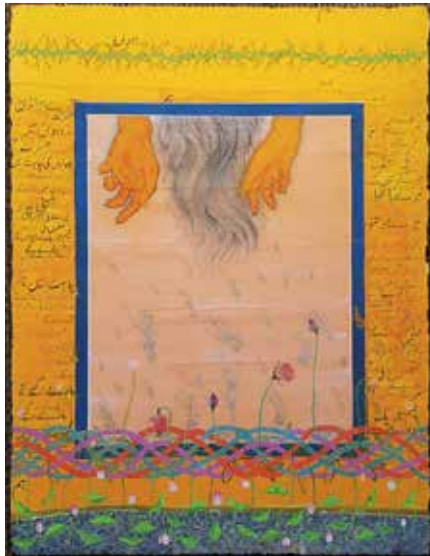
#NWED



Gallery Asna exhibitions

Gallery Asna Clonakilty presents two concurrent exhibitions that explore issues of female identity, representation and control in respect to multiple issues, including Mother and Baby Homes in Ireland, traditional Islamic practices in Pakistan and ancient emblems of the feminine.

'Fall' is a new body of work by Amna Walayat, continuing her 'In the name of Shame' series that explores female embodiment and cultures of shame in the context of Ireland and Pakistan. According to Islamic tradition when a woman becomes pregnant, a paradise opens automatically under her feet. However, women and children often become victims of a



'culture of shame' with murder, exploitation, and related violence common throughout the world. These new works draw on the narrative of the fall of Adam and Eve and their expul-

sion from the Garden of Eden to consider cultures of shame in a contemporary moment.

Kate McSharry's exhibition 'Desperately Seeking a Body' is an exploration of how the body is represented through contexts of radical affection, feminist theory, and queering the figure. Audio recordings and imagery support this installation, heightening connections between the figurative forms which are presented as a series of modern-day Sheela na Gigs.

The joint exhibition Fall / Desperately Seeking a Body opens on Saturday, October 1 at 5.30pm and runs until Saturday, October 22.

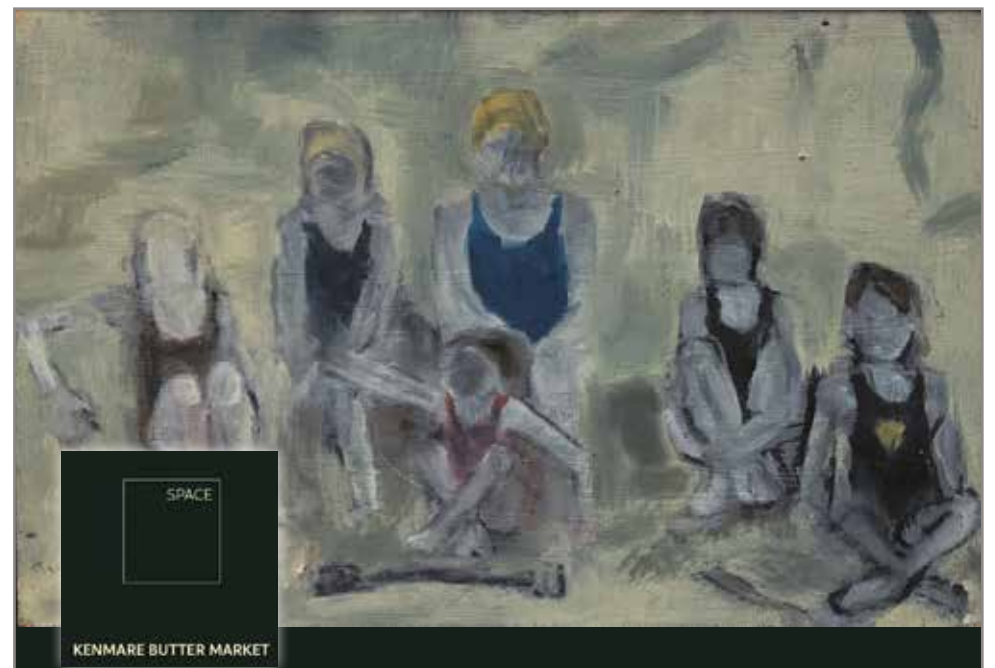


Stop Look Listen

As part of the ongoing 'Rekindling the Light Within' project across West Cork, composer Justin Grounds will be curating a weekly outdoor listening party to encourage people to take a break in one of Clonakilty's beautiful outside spaces and listen to some of the most beautiful music known to man.

He will be popping up in a different public space around town each Sunday morning at 11am playing and talking about a selection of music for around half an hour. Bring yourself, a rug, a thermos of hot drink and open ears!

To find out locations and times follow @stoplooklisten-clon on Instagram.



CATHY BACON

Learning to Swim by Drowning

1-21 OCTOBER, 2022

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Open Tuesday to Saturday 10am - 5pm

kenmarebuttermarket.com

A Contemporary Art & Exhibition Space for Irish and International Artists

The Craft Corner

In the news Crossword

Spooky Bats

This month Natalie Webb is showing us how to make Halloween decorations.

Halloween is a brilliant time for crafty projects there are so many variations on this months theme, I opted for bats but you could easily adapt this for ghosts or witches."

Materials:

- Toilet roll
- Black card
- White paper
- Glue (I used PVA)
- Scissors
- Black marker

Cut black card approx 13cm x 14 cm depending on size of toilet roll.

Cover card in glue and wrap around the roll, there will be excess card on the

top.

Cut two diagonals into the excess card at the top to make the bat ears.

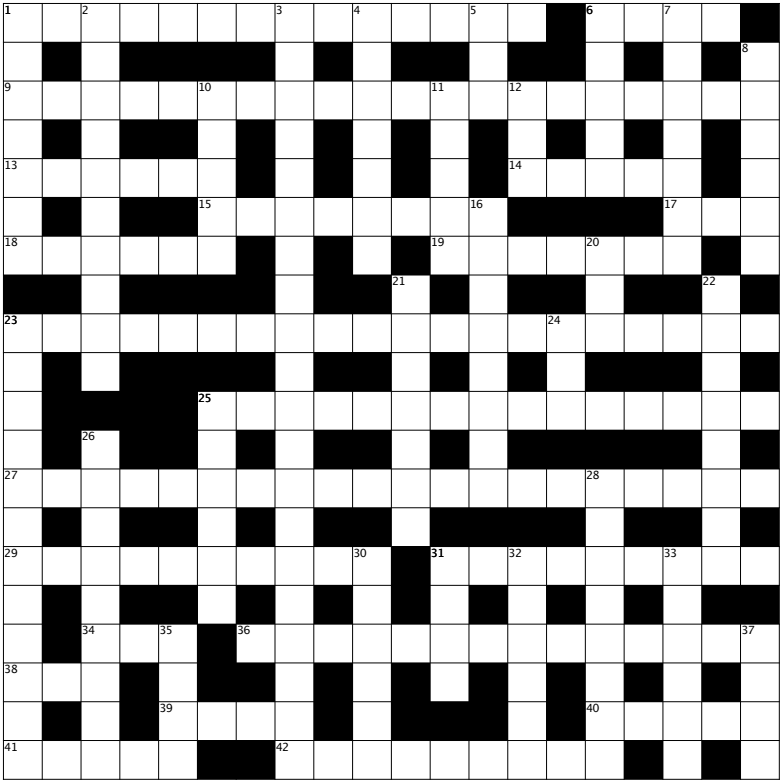
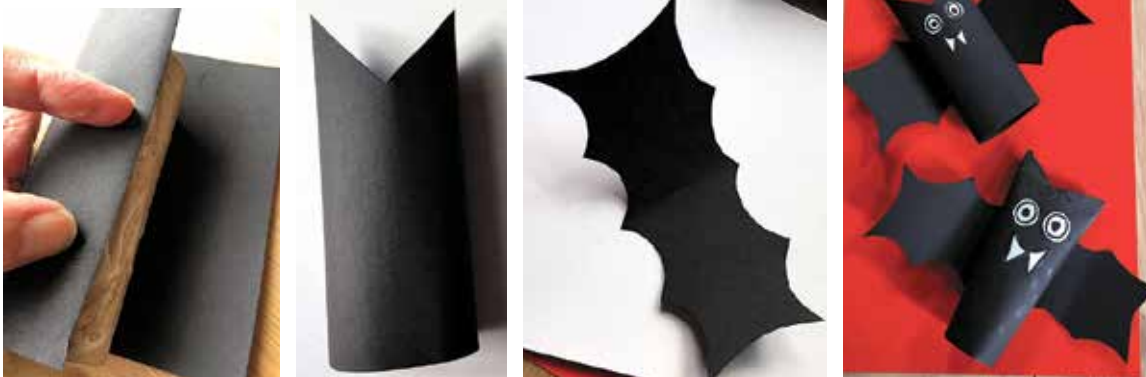
On another piece of black card draw out the shape of bat wings, fold them in half then open out, put some glue on the crease and stick this onto the back of your bat body.

On the white paper draw out some eyes and fangs, then cut these out and stick

onto your bat for its face.

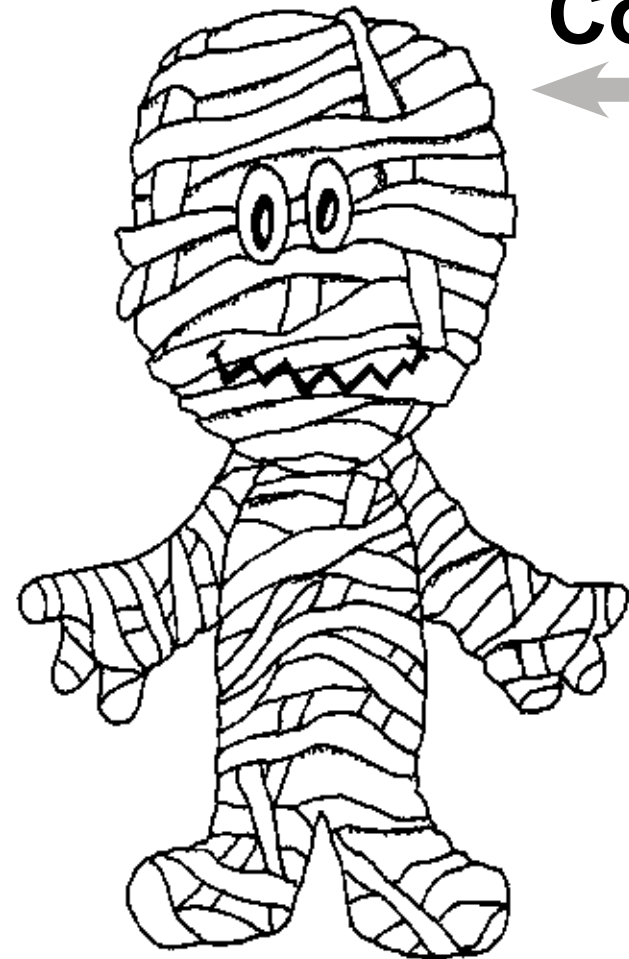
And there you have it! Nice and simple but really effective and great for Halloween decorations, you could even make a few and use them as a garland to put on your door

For the trick or treaters...have fun and don't eat too many sweets!



- ACROSS
- DOWN
- 1 Energetic rise in the price of milk (14)
- 1 Lacking colour (7)
- 6 Ribbon for a pet (4)
- 2 Walks with feet turned inwards (10)
- 9 Stage name of British singer of 'The Last Waltz' (9,11)
- 3 Journalist covering war (7,13)
- 13 Old Testament escape (6)
- 4 System of disbelief (7)
- 14 Type of acid/Relating to the fifth element (5)
- 5 One entitled to a free TV licence & more (3)
- 15 '_____ Curve' - S-shaped growth graph (8)
- 6 House of the first Queen Elizabeth (5)
- 17 'Lindy _____' - popular dance in the 1940s (3)
- 7 Greek god has a pain but retains his sense of style (7)
- 18 Wooden bench, usually with arms and a high back (6)
- 8 Insufficient, meagre (6)
- 19 Fortitude or nerve (7)
- 10 Birthplace of Roger Federer (5)
- 23 Gulf War offensive codename (9,6,5)
- 11 Ape impersonator (5)
- 25 In a way that attempts to avoid notice (15)
- 12 Last of native bees decline (3)
- 27 Famous faces often open and close this by ringing a bell (3,4,5,8)
- 16 Sticking together (8)
- 29 Self-determining (10)
- 20 Motor neuron disease in the States: abbr (3)
- 31 Committed a crime as the child slept (9)
- 21 What nagging chickens do when they kiss and make up? (7)
- 34 World's largest ethnic group (1+ billion) (3)
- 22 Introduction of group Leo assembled (8)
- 36 Personal peculiarities (14)
- 23 Flamboyant (12)
- 38 Broad sash worn as part of Japanese national costume (3)
- 24 Start to cycle (3)
- 39 Kind of diagram that the Mastercard logo resembles (4)
- 25 Speech on the mount (6)
- 40 Pork knuckles (5)
- 26 Shopping around for better utilities deal (9)
- 41 18th letter of the Greek alphabet & Mitsubishi car model (5)
- 28 Technical term for this pain is cephalalgia (8)
- 42 Armed men having a job to do: make them do it! (4-5)
- 30 Blackfyre, Excalibur & Zulfikar for example (6)
- 31 Esc, Alt and Tab (4)
- 32 Previous occupation of revolutionary Che Guevara and author Arthur Canon Doyle (6)
- 33 The "P" in TAFKAP (6)
- 34 Han: 36 idiosyncrasies: 38 ob: 39 venn: 40 hocks: 41 Sigma: 42 task force
- 35 Terra _____; expedition to Antarctica led by Scott (4)
- 37 Secret soldiers gather in window (4)

Colouring Corner



Sudoku

The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9

		6		8		3		
			1				6	
								4
		5				4		
			2	3	9			5
				7			2	
8						6		
6					3		1	9
		7	4		1		3	

#176516 Difficulty: hard

9				8	5			
						4	3	8
7				3				
	1	2						
		6	7	1				
						9		5
	8		4		2			
						1	7	
	2							6

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Make Halloween Samhain again

Halloween is cultural appropriation, it should be cancelled writes **Mark Dougherty**. The time has come to make Halloween Samhain again.

Halloween is the bastardisation of the most important festival of our ancestors, Samhain, a festival that has been celebrated for thousands of years on this island. It is an Anglo American consumeristic affront to our unique and beautiful cultural heritage that has been turned into plastic profanity.

Samhain is the first great winter celebration on the ancient Celtic calendar. Each year it falls exactly between the important astronomical events of the autumn equinox and the winter solstice. Our Celtic ancestors viewed Samhain and this time of year with extreme importance. The world around them was dying, descending into a dark and cold winter, but they understood that the world had to die in order to be reborn.

The Celts lived in a world of opposites, the otherworld existing as a parallel universe. When we are born here, we die there, and when we die there, we are born here. When it is winter here, it is summer there. As our sun sets, theirs rises. In this belief system, Samhain can be seen in a different light.

At Samhain, the otherworld blurred into this world, and beings from the other dimension could visit for the night. People laid out food for the dearly departed, for on this night, the ancestors were alive again. Fires were lit and games were played, great fun was had and the ghosts were all around. In a world without end, as the Celts believed, where death was also a rebirth, Samhain was a great reunion of souls.

But things could also get out of hand on Samhain. The open portal to the otherworld allowed all sorts of mischievous energies to abound. People made masks to hide their appearance from the fairies, in case they were stolen away, or nasty tricks were played upon them. You couldn't trust anybody being who they said they were on this night. On

Samhain, a wonderful chaos reigned.

Halloween is now a globalised celebration, one more mark on the corporate calendar. Another chance to consume, another chance for greed.

At the start of August, supermarkets have already began to hawk their Halloween decor. This year it's a fall ascetic, wreaths of autumnal leaves, muted tones, natural looking skeletons, all made of plastic. From an ecological point of view, Halloween is a disaster, coming second only to Christmas for its extreme wastefulness. In a world suffering with environmental upheaval, plastic spider webs are an ecocide.

Ritual is extremely important in society, what we celebrate and how we celebrate define who we are. Samhain is a unique Irish phenomenon, one that Ireland can be truly proud of. It is also a chance for cultural rebirth, a turning away from the consumeristic frenzy that is destroying our world to a more holistic and sustainable celebration of life, death and community. By honouring Samhain, we don't just honour

the ancestors who came before us, we honour ourselves and the world we live in. By celebrating Samhain instead of Halloween, we can connect ourselves to an ancient past, and looking to the future, we can decide what we celebrate, how we celebrate and why. Samhain is a wonderful chance for transformation.

So this year, don't say Halloween. Don't buy the plastic masks. Instead, take a walk through nature with a friend and collect some natural materials and make yourself a costume. Help the kids make theirs. Carve a turnip. Hide from the fairies. Celebrate something that gives hope and life.

There will be a community Samhain parade on Sunday, November 6 this year in Clonakilty, followed by a fire performance in Emmet Square. People are invited to make their own costumes out of natural or recycled materials and to join in the celebrations. Together we can make Halloween Samhain again.



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MOVIES THIS MONTH

Halloween safety tips for pets

Many people, especially children, will be looking forward to the prospect of a lively halloween celebration this month. **Deirdre O'Brien** from RAWR reminds us that it is important to remember your pets safety and happiness.

Animals are individuals, so while you might enjoy the festivities, consider it from your pet's perspective; a dog's natural instinct is to protect their home or to alert you that a stranger has arrived, and cats typically prefer a quiet environment with their family. The hustle and bustle as well as the noise associated with Halloween can be very stressful for your pets.

Halloween hype causes pet stress

Before the celebrations start, put your pets in a quiet room where they will be safe from all the Halloween activity. If your pet is likely to try to run out the front door and is comfortable in a crate, consider putting them in the crate with a treat-filled toy and some soft music playing in the background. Even if you are just having family over for a Halloween party, keep your pets away from the festivities in their

safe room. Masks and costumes change how people look and smell to a pet, so even familiar people may become frightening.

Halloween sweets—a treat for you, a trick for your pet: Keep sweets safely stashed away. Many foods, such as chocolate, sweets and xylitol (a sweetener used in many foods) are hazardous to pets. Watch your children! Children may make the harmful mistake of sharing their treats. Make sure they know the difference between a treat for them and a treat for their four-legged friends. If you suspect your pet has eaten something that's bad for them, call your vet immediately.

Steer your pets away from dangerous decorations: Introduce your pets to their safe room before you decorate indoors. Changes to your home can make your pets, especially cats, nervous or frightened. Or they may decide those fake spiders pose an existential threat and need to be killed. Be aware of which decorations pose threats. Some hazards are obvious, like lit candles (fire hazards and toxic to birds if scented). Other potentially-dangerous decorations include rubber eyeballs (choking risk), glow sticks and fake blood (possible poisons), fake cobwebs (can choke or entangle pets and

wildlife), potpourri (toxic to birds) and strung lights. Watch out for those sweet wrappers and plastic packaging too!

Be cautious with pet costumes: If you do choose a costume for your pet, consider your pet's personality and what type of costume they may tolerate and for how long. It's best to keep pet costumes minimal. Keep an eye on your costumed pet to make sure the costume is comfortable and allows your pet to move freely. Also be sure to remove any chewable parts or objects that could come off and choke your pet.

If your pet appears uncomfortable, take off the costume. Signs of discomfort include folded down ears, eyes rolling back or looking sideways, a tucked tail or hunching over.

Protect your pets from outdoor dangers: Bring your pets indoors before night falls. Cats are always safest inside with you, but on Halloween it's especially important to secure all pets, including rabbits, inside so they don't run away out of fear. In case they escape, make sure that all your pets are wearing tags with current IDs and that their microchip is registered with your most up-to-date information. Proper ID will help you reunite with your lost pet.

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people Arts & Entertainment

Classical concert in Skibbereen

St. Barrahane's Church Festival of Music, now in its 40th year, will celebrate with another delightful concert on Wednesday, October 12, at 8pm. This time the venue is in the lovely setting of Abbeystrewry Church, Skibbereen with the celebrated pianist John O'Connor and Ailbhe McDonagh, cellist and composer. This highly-acclaimed duo will perform works by Beethoven, Fauré, McDonagh and Popper.

John O'Connor, the world renowned pianist and a pivotal figure in Irish classical music, has achieved international recognition for his performances of Beethoven's piano music. In August, 2022, as a 75th Birthday gift, the RTE Concert Orchestra accompanied him in the National Concert Hall with a performance of the monumental Concerto no. 5.

Irish cellist, Ailbhe McDonagh is an international soloist, chamber musician, recording artist and Lecturer, who performs throughout Europe, Asia and the USA. She is also an accomplished composer with many chamber pieces and orchestral works to her name.

This is a very special concert not to be missed! Tickets: €25. are available online at Eventbrite; at the door on the night or from Thornhill Electrical, Skibbereen. Contact 086 2264797 for further information or visit www.barrahanemusic.ie The Festival is supported by The Arts Council, Cork County Council and local sponsors.



Bantry celebrates Culture Night with inclusive multicultural festival

Bantry came alive for Culture Night on Friday, September 23 a three-hour multicultural event that included artists from China, India, Poland, Latvia, Ukraine and Ireland. The evening was filled with music and entertainment.

Beata Baranowska from Poland opened the show with a blend of energetic rock, blues and soul songs. This was followed by children and adults from the Ukrainian Community living in Bantry singing some traditional Ukrainian songs, playing instruments and dancing.

Anja Siskin, a Polish singer from Galway, entertained the crowd with her own poetic songs whilst Kreicbergi Saveije, a multicultural band living in



Skibbereen but with Latvian roots, added funky beat to the event. Dance performers on the night included Scoil Rince Carney with Traditional Irish Dancing; the Aatma Indian Dance Troupe from Cork in their amazing, colourful costumes, and the Chinese Community from the Confucius Institute in UCC, who entertained everyone with the Chinese Sword show, Tai Chi and a Kung Fu show accompanied by Traditional Chinese music and the Chinese Dragon Dance.

Alongside the singing and dancing were two art exhibi-

tions: 'Welcome to my world' – paintings on glass by Alliszka Carrabiszka and Modern Art 'Paper Quilling' by Artana Gallery.

Culture night in Bantry 2022 was organised by Beata Baranowska and Kathryn Kingston of West Cork Development Partnership. Assistance was provided by Marta Zubinska and Mark Gaffney. The organisers would like to thank to all artists who came to Bantry to share their music and art and to all those who attended the event. A special thank you to Cork County Council for the stage and to

Billy O'Flaherty for providing incredible sound.

#One night for all. #culturenight2022



people Motoring



CAR REVIEWS

Sean Creedon

Opel bounces back

league drove out in an attractive Yellow Amber coloured Astra. My heart sank when I learned that my Astra test came in good old fashioned 'Henry Ford black.'

However, Sarah MacGiollariogh from Opel assured me that she will arrange a drive in the yellow version at a future date! Of course all the cars are the same, but colour is so important when choosing a new car.

Launched in 1991, the Opel Astra is a small family car that was an instant hit in Ireland and named Irish Car of the Year in 1992.

The sixth generation, which was introduced to the Irish market earlier this year bears little resemblance to the original version, which was a replacement for the Opel Kadett.

The new Astra features a bold design at the front with the new Opel Vizor look, that is now a feature of all their new cars. Just below the bonnet you get the Opel logo and the neat headlights are incorporated into the grille.

At the back the LED lights

are very slim and the name Astra is spelt out across the boot, which is opened by pressing the Opel logo. In the spacious boot you get a plastic covering where you can place wet items or dirty shoes or football boots. Underneath is a mini spare wheel which is always appreciated.

Black on the outside but a very bright interior. The seats are bright grey and there are white diagonal strips on the doors which really do brighten the décor.

You get two ten-inch screens on the dash. The steering wheel is well-positioned so it's very easy to see what your speed is from the digital feed. Then the second screen which has the controls for radio and air conditioning is, thanks to the wrap-around effect, tilted slightly towards the driver. A great idea.

The Astra is available with a choice of petrol and diesel engines and also a plug-in Hybrid. A full electric Astra-e is due here in 2023.

I drove a 1.5-litre diesel version, which had a really



frugal engine. Whoever said that 'diesel was dead' was a bit premature.

Prices start at €27,995 for the 1.2-litre petrol model, while

my diesel manual version will cost you €30,995. Road tax for the diesel is €190. As usual with Opel three trims available, SC, SRI and Elite.

Officially the colour of my test car was Perla Black. The other colours currently available are: Yellow Amber, Jade White, Artense Grey, Crystal Silver, Vertigo Blue and Hot Red.

My only small complaint was an issue similar to the Peugeot 2008 where my left leg kept touching the foot rest when using the clutch.

After a few lean years Opel has bounced back with some great cars and dynamic marketing. That trend has continued this year with the Grandland and now the Astra, which is well worth a test drive and should be attractive to first time drivers and mid-size families alike.



THE NATURAL GARDENER

Noah Chase

Noah studied horticulture at the Eden Project in Cornwall, England. He now co-manages a family run nursery, Deelish Garden Centre in Skibbereen, specialising in rare, unusual and edible plants. His passion is sustainable gardening, useful plants and care of the environment.

What a great end to an amazing summer! This year I sowed a few areas of wildflower seeds here at Deelish and even across the road for my neighbour. The results were and still are fantastic. We have had nonstop flowers from May right through the summer. Our bees, pollinators and a huge range of insects, as well as countless people, reaped the rewards of these beautiful flowers. For the small amount of time and money spent, this has to be one of the most rewarding methods of gardening.

I sowed seed in March but autumn is also an excellent time to sow wildflower seed, as this is the time of year the plants would naturally be dropping seeds after flowering. For best results, I recommend to sow seed at 3-5 grams per square metre. However, if you have good quality soil, have put good effort into preparation so your site is clean and weed-free and you are able to provide water during germination, then you could sow seed at half this rate. The great thing about wildflower seeds is you can grow them in a huge variety of areas. A square metre or two in a courtyard, patches under roses or in the veggie garden, down a drive, or a full-sized meadow! The site does not have to be flat. Sloped banks are good as long as you are able to get on them to prepare the soil. If the bank is very steep, consider establishing an area on the top, where maturing wildflowers will seed down the slope. Most wildflowers are sun lovers so make sure they receive at least four to five hours sun per day, the more the better!

Wildflowers grow well in a wide range of soils. Very poor soils can produce stunted seedling growth but an organic liquid feed will help this stunted

growth. Avoid wet or soggy soils. Heavy clay or very acid soils will benefit from adding lime – up to 100 grams per square metre. Fertilising the ground is usually not recommended, as it will encourage weed growth, but I do recommend adding your own compost on poor soil, as this will improve the soil structure and fertility of the soil and is especially good for clay soils. If you have had any digger work carried out on your land, this is an ideal time to think about establishing wildflowers. Use the newly-created bare earth to your advantage and sow seeds straight away. Even if there is only subsoil, get your digger to loosen the surface, and sow seeds in this area.

Wildflower seed must make contact with soil for them to grow. They will not grow on grass or weeds – these must be completely removed and the soil surface broken up to a fine crumb structure. Aim for a clean, weed-free site where the wildflowers will grow fast to beat and suppress any weeds.

If there are weeds or grass growing where you want to sow your seeds, there are a number of organic herbicides now available, or homemade options that I have written about in previous articles. Alternatively, you could burn off weeds with a flame gun, use salt or vinegar spray, add boiling water or overlay mown planting areas with a thick layer of damp newspaper or cardboard, or use weed fabric and then cover with mulch for use in a few months' time. Otherwise, lightly cultivate the soil surface several times to remove weeds, allowing them to dry out on the soil surface each time and remove from site. Sprinkle with wildflower seeds and lightly rake or sprinkle with fine soil to just cover the seeds. Note: wildflower seeds should never be covered any deeper than 2-3mm, as this could stop germination. Once seed is sown, if the weather is dry, moisten the area. Keep soil moist so that seeds can germinate for approximately 10 days. Watch for slugs and snails and, if needed, use suitable organic controls. If birds are seen eating freshly sown seeds, consider sowing a few extra grams per square metre. Like any other seed, wildflowers require ample moisture for the first four to six weeks to germinate and establish. They can then usually survive with minimum rainfall but additional water in dry periods will encourage more flowers. Major weeds that reappear can be hoed or dug out in their early stages. If you have sown seeds in Autumn, the first flowers should start to appear in April. Flowering should begin within about eight to ten weeks from a spring or summer sowing.

Once flowering has finished

and the plants look a bit untidy then the area can be trimmed or mown down. If there are not many weeds in the area then cut everything down and leave the trimmings on the ground to drop their seed for next season. At this stage, pull, hoe or dig out any weeds in the area. A light cultivation or rake over is also recommended to encourage reseedling.

More fresh seeds may be required until the area becomes self-perpetuating. For best effect sowing up to 50 per cent of the original amount is recommended, especially if there has been a weed problem. Gently rake new seed into the clean wildflower bed. Some species may become more dominant than others due to local climates and conditions. Have fun experimenting to see what grows best for you.

Many gardeners prefer to grow native wildflowers. Sourcing Irish grown seeds can be a bit tricky, as some of the larger producers encourage the farmers growing the seed to use glyphosate weed killers to prepare the ground for growing the seed (which I personally cannot support) and label them as pollinator-friendly! As well as being lethal to all pollinators, these chemicals destroy the delicate balance of the fragile soil web. Other 'native' wildflower seed suppliers are in fact importing them from other countries and labelling them as Irish. One tried and tested method is to collect your own! The late summer and autumn are great times to collect your own seed from established wild flowers. Collect your seeds just before the plant is about to shed them. As the plant begins to brown, the seeds will be ripening, so you should place a paper bag over the top of a flower head, cut the stem and upend the whole thing.

Tie the top of the bag before putting it somewhere to dry. Hang somewhere with good ventilation. It's also a good idea to write the name of the plant on the bag and location and the date you collected the seed. After a few weeks, check your bags and you should find seeds at the bottom of each bag. If not, you can give them a shake to help shed the seed. The seeds of many plants are best sown in autumn, as they need a cold winter in order to stimulate germination in spring. If you're storing the seed until next spring, store in an air-tight container in a cool, dry place.

If you're just starting out and would like to develop an existing grassland or lawn area (it's best if it's not too nutrient-rich) into a wildflower meadow, Yellow Rattle is a good wildflower to begin with, and the seeds are lovely and dry just now, making them perfect for collection (we also

have them for sale at Deelish). Yellow Rattle is also known as the 'meadow maker', so if you have part of a lawn or small field that you'd like to become more species-rich with wildflowers, try adding some Yellow Rattle seed to begin with, which will help to reduce the fertility of your grassland area. It's an annual plant and its roots develop underground where they seek out the roots of plants growing nearby, especially grasses. Once contact is made, the Yellow Rattle draws water and nutrients from the grasses, holding back their growth by as much as 60%. In the resulting space, other wildflowers find room to grow. We also provide single plants of many individual native and ornamental wildflowers each spring. These pot grown plants can be planted directly into the wildflower area and will naturalise over the growing season.

If you haven't given this group of beautiful plants a go, I recommend you do. The flowers just keep coming, there is literally a buzz as bees and other pollinators enjoy the flowers just as much as you do and all for very little effort. I hope you had a great season in the garden and remember, gardening doesn't have to cost the earth.

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people Gardening



GARDENING

John Hosford
The Weekend Garden Centre

After a dry, warm summer, it's now time to prepare for next year by storing up mulch.

Make a determined effort to plant in autumn and early winter, as the shorter days and potentially more rainfall will get

October 2022 in the garden

your planting off to a good start and save you work.

In light of the warm, dry summer we had, I recommend that planting of hedging, trees and fruit trees is done in November or December. With hose pipe bans in place in West Cork this past August and September, learn from this and plan for next year by harvesting and storing rainwater.

Mediterranean type weather

It has been a kind summer to fruit except for the moisture deficit. I was amazed to see someone growing 240 varieties in far North Scotland and succeeding in ripening the crop!

Apples seem to be giving a heavy crop everywhere this year. The end of frosts at the

end of April was a great boost and is surely one of the main contributing factors for such an abundant crop. Poor crops in recent years were a result of late frosts in May of minus-four and five degrees Celsius, which destroyed the blossoms. Pick and store fruit as they ripen, keeping in a cool, well-ventilated store. Use wooden, slatted boxes for storage, keeping away from contaminants that can taint the fruit.

Vegetable Garden

Make a sowing of winter lettuce now, using a short day/winter variety. Spring cabbage should be planted out now where it is to mature but protect against pigeons and rabbits. Also, watch out for the last of the caterpillars. Cut down Asparagus fern now that it has turned yellow. After cutting down the foliage, top dress over the crowns with garden compost, well-composted farmyard or stable manure or Gee-up. Pick the last of the Runner Bean and French bean crop and place any surplus in the deep freeze.

Plant up for Winter/Spring Colour

Choosing winter hardy varieties, plant hardy bedding plants and patio plants to provide colour throughout the Spring.

Ornamental cabbage and kale will give you colour in the winter months. Many berried plants give colour from winter through to spring. The Christmas Cherry or Solanum provides colour from autumn well through to Easter. Do watch out for vermin ie rats and mice eating the berries and take precautions. Christmas

cherries will brighten up window boxes, troughs and hanging baskets. Skimmias (female or self-pollinating) will provide bright, red berries on a glossy evergreen foliage. Use an erica-ceous, lime-free compost. Other noteworthy trees and shrubs for highly decorative berries include Sorbus (mountain ash). Berry colours include red, yellow, pink and white. Most Mountain ash have the added attraction of very colourful autumn foliage.

Pyracantha are a very desirable climber for a wall. They come with abundant red, yellow or orange berries with glossy, evergreen foliage, which shows off the berries to great effect.

The Cotoneaster family are hardy warriors and come in a variety of heights. Varieties such as Cotoneaster horizontalis and microphyllus are a good choice for walls. There are some great ground cover varieties such as 'Queen of Carpets'.

Taller upright varieties include a very reliable selection of varieties. Cotoneasters will tolerate coastal and exposed areas. Autumn/early winter planting is highly recommended. Autumn plantings get off to a great start, as the accumulated heat from the summer together with shorter days with reduced drying out and a high proportion of our rainfall occurs during the period. In a dry year and hosepipe bans during the summer/autumn it is more important than ever to get planting done before the advent of the New Year! Mulches are recommended to conserve moisture and suppress weeds.

Greenhouse

As autumn gathers pace and cooler nights beckon, thoughts go to indoor gardening. Bring tender/frost susceptible plants indoors such as cacti, succulents, geraniums, tender fuchsias, tender patio plants such as salvias, which are frost-susceptible. If you have tender plant treasures you may consider purchasing an electric, thermostatically-controlled fan heater. If you are using the heater, do make sure the greenhouse is well insulated for the winter.

Clear out tomatoes, aubergines and peppers, which have finished cropping. Harvest existing crops as they ripen. Pick off dead leaves and mouldy fruit without delay and keep debris under control. Watering is now best done in the morning – keeping damp off the leaves. It is important to have the plants dry going into the night. Sow some winter lettuce, do check that it is a winter variety. Lettuce will grow in grow bags, window boxes, vertical planters and in the open soil. Germinate lettuce in temperatures of 15 degrees Celsius. Pot up some parsley/mint for winter use. You might consider a new greenhouse. A greenhouse will extend your growing season at both ends of the year. It will allow you to grow more tender plants.

Why not consider growing your own melons, peaches, nectarines, citrus including: lemons, grapefruit, oranges, mandarins, pelargoniums, cacti, succulents, abutilon?

A new greenhouse should be orientated east-west to maximise light transmission in winter.

Factor in close proximity to an electric supply and of course water. Consider too rain harvesting/storage in close proximity. If you are using electricity do make sure you are getting the best possible rate. If you can afford the stronger greenhouse, it is well worthwhile, as weaker structures are a false economy, as they are vulnerable to gale damage. Have a look at the Irish Garden magazine for lists of suppliers

Spring Bulbs

As the weeks move on so too will the availability of bulbs. Spring bulbs will brighten up some spring containers. You can still plant some deliciously scented forcing Narcissi. Varieties such as 'Paperwhite' will flower in as little as seven to nine weeks. Start outside and bring indoors as buds form, keeping in the coolest room possible to ensure you can the longest flowering period. Keeping cool keeps the Narcissi sturdy. Tulips can be sourced now for planting in November/December.

Falling Leaves

Leaves have started to fall since August this year due to trees being under pressure from the lack of rain. Rake up the leaves and compost them.

Roses

Shorten back taller shoots to minimise winter rock from the gales and winds of winter. Continue protecting roses against blackspot, downy and powdery mildew and rust. Collect fallen leaves and dispose of off site if disease symptoms are evident.

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UCC honours Ireland's first female botanist

UCC is to rename the headquarters of the Environmental Research Institute (ERI) in honour of the pioneering botanist and Cork woman Ellen Hutchins.

Widely recognised as Ireland's first female botanist, Ellen Hutchins overcame a series of challenges in her personal life to identify several previously unknown species of plants, in and around her native Bantry Bay.

Between 1805 and 1813, in Ballylickey on the shores of Bantry Bay, Ellen Hutchins applied herself to the study of a particularly difficult branch of botany - the non-flowering plants - seaweeds, lichens, mosses and liverworts. She also produced a list of all the plants she could find in her neighbour-

hood, which amounted to over one thousand plants. This would be the first proper account of West Cork's Flora.

In those eight years, aged 20 to 27, Ellen Hutchins found at least 20 species that were new to science or new to Ireland, and made a significant contribution to the understanding of non-flowering plants, especially seaweeds. She also produced hundreds of exquisitely detailed watercolour drawings of seaweeds. Ellen's achievements are all the more impressive when we consider that she suffered from periods of ill-health throughout her life, and had extensive caring responsibilities at home.

Ellen had returned to Bantry from school in Dublin to care for her ailing mother and a

disabled brother. Ellen herself died young, just before her 30th birthday. Her legacy includes ten plants which have been named after her, such as the moss *Ulota hutchinsiae* (Hutchins' Pincushion), in recognition of the importance of her botanical studies.

Paying tribute following her death, Ellen's botanist friend Dawson Turner wrote that: "Botany had lost a votary as indefatigable as she was acute, and as successful as she was indefatigable."

Now Ellen Hutchins' indefatigable spirit will be immortalised in the naming of UCC's ERI building on Cork's Lee Road.

The announcement also marked the unveiling of the Ellen Hutchins Reading Room within the ERI building, which

contains archival material and artefacts such as a number of pressed modern seaweed specimens, framed silhouettes representing Ellen Hutchins and Dawson Turner, a number of books, several letters and a single drawing by Ellen.

The official naming ceremony included contributions from a number of speakers including Madeline Hutchins, Ellen's great-great grandniece and an organiser of the Ellen Hutchins Festival: "The Ellen Hutchins Festival and the Hutchins family are delighted with this linking of Ellen's name and story with the University in her home county of Cork, and with the ERI in particular for the important work that they are doing. We think Ellen would have approved!"

people Sport & Fitness

Keith Cronin reaches for historic record-equaling rally title

West Cork motorsport legend and Ballylickey native Keith Cronin has been rallying for as long as he can remember. The 36-year-old is going for a record equalling fifth British Rally Championship title to move alongside Jimmy McRae in the all-time standings. **Matthew Hurley** chats to the West Cork legend who, if he achieves the aforementioned record will have realised one of his all-time career ambitions.

Cronin's family played a big part in him starting out in the rally car. "My uncle Denis was rallying, he often did well and had some wins. My father was always into it as well, I used to be brought to the rallies as a young lad, it was probably inevitable that I would be taken in by it too," he shares. "I wouldn't have achieved anything without his help, I learned an awful lot from him in the early years."

Cronin's first BRC title was in 2009, the first Irish person to do so since 1974 in the form of Billy Coleman. On his return after that win, the large crowd waiting at his homeplace to welcome him back is testament to the huge pride the local Ballylickey community has in their local rallying star.

That's an achievement that

was up there with the most significant for Cronin. As was his fourth and most recent BRC win in 2017. "It (2017) came down to the final rally on the Isle of Man. It was a very close finish, I won the rally by one second and the championship by one point. "After that, winning the WRC3 round in Finland in 2013 was also a highlight, Rally Finland is a very fast, specialised event, it was very satisfying to get the result there."

There are two high profile West Cork rally events at the moment, the West Cork Rally and the Fastnet Rally. While the Fastnet is usually a round in the national championships, the West Cork version is connected to the Irish Tarmac Championship. Cronin would love to see the West Cork Rally in particular be part of the BRC, as an overseas round, like it was in 2019. "It would bring the best drivers from the BRC and the Tarmac Championship together on one event, it would be a major boost for the rally and for the West Cork area in general with all the extra visitors it would bring," Cronin explains.

"Motorsport has a big following in West Cork already – if there isn't someone interested in one particular house then there will be in the neighbouring one. There are other smaller events on during the year as well, such as Autotesting, which is an extreme skill in itself."

Another aspect Keith wants to see introduced is that people would be able to get into motorsport at a low cost, whether it's West Cork or anywhere else in

Ireland. The UK governing body has introduced a thing called Streetcar, basically different types of competitions that you can take part in with an unmodified road car, and there is no cost for your competition licence. "I'd like to see something like that here, to increase participation numbers and give everyone a chance, even on a small budget."

Most rally drivers would easily pick their best ever car to drive in. For Cronin though, it comes down to one important factor. "The best car is the one that works with you to get the best result possible. Our current car, the Volkswagen Polo, is certainly up there, it's a great all-round package."

"Denis had a Subaru Impreza WRC car in 2013, I drove it on the Galway International Rally and won the event. It was actually a car that had previously been used by the Subaru World Rally Team, it was a very special piece of machinery."

Cronin likes the British Rallies in particular because of the mix between tarmac and gravel track events. It isn't just Ireland or Britain where he has raced though. "From about 2010 to 2014, I did rallies all over Europe. I did the Barum Rally in the Czech Republic in 2010, it's a tarmac rally but the locals have a big advantage there. I didn't actually finish the time I did it, I'd love to go back and have another go."

Cronin's co-driver for the majority of his races is Kerry man Mikie Galvin. "He takes the role extremely seriously and works

with great attention to detail. We joined up first in 2016, and won the Irish Tarmac Championship that year and the BRC the following year."

"Outside of the rally weekends and the lead up to them, we wouldn't actually talk that much, we wouldn't be on the phone every day or anything like that. Then when the time arrives, he does his job and I do mine, it works well," admits Cronin.

Currently, the biggest rivalry Cronin has is with Welsh driver Osian Pryce, as the two battled it out for this year's BRC crown all season long. Despite the closeness in race and table positions, both of the individuals get along fairly well. "Osian is a guy I can chat to before a rally; while we're waiting for the start, we'll wish each other luck and congratulate whoever wins at the finish, we can have the craic and so on."

"The connection between the two teams is actually quite close anyway, because Osian's co-driver, Noel O'Sullivan, is from Killarney, and so is Mikie, they actually went to school together, so it's just like a group of four friends meeting up when we're doing the rallies."

Cronin is going for a historic record-equaling feat, but he also wants to see young drivers come through the ranks, in West Cork especially. He shares some important advice for those who want a career in rally driving. "The first thing would be to think long and hard about what you want to get out of it: Do you want to do it for fun or do you want to try and progress to



Keith Cronin. Pic: Jakob Ebrey Motorsport Photography



a professional career? In either case, I'd say start off with a few of the gravel autocross events in quarries, they bring on your car control and you get used to having the car moving around under you."

Cronin also gives some financial advice. If a young person is only doing this activity for fun, there's no point in breaking the bank. "If you do hope to make a career out of it and you do well initially, I would say to go and compete abroad as early as possible, to broaden your experience and build up a reputation. Aside from the additional cost of getting there, the expense after that won't be much different, the car will cost much the same to rally in France or Belgium as it does in Ireland, and unless you're doing the Fastnet or something

else local, you'll have to pay for accommodation if you go to Galway or Ypres."

"I would also advise young drivers to try and team up with a co-driver who has some experience, at least for a few rallies, you will learn a lot from them about how events are run, and they will be aware of the rulebook and the potential pitfalls. Also, don't be afraid to contact other drivers who have been around a while for advice, most will be only too willing to help and pass on what they know," he concludes.

Keith Cronin might be going for a historic achievement for himself and motorsport in West Cork, but he also wants to see youngsters develop in the sport: The sign of a true accomplished professional.

Ireland celebrates rowing medals



Paul O'Donovan and Fintan McCarthy have done it again, winning gold and retaining their World Championship rowing title. The Cork duo Aoife Casey (also of Skibbereen RC) and Margaret Cremen, also had an incredible race and crossed the finish line in third position to take the bronze medals.



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The Supercars of Cannonball Ireland visited Kinsale for lunch last week on their run around Ireland. In town to see the cars were Martina, Neasa, Odhran and Fionn Collins from Dunmanway. Picture. John Allen



Dr. Mathew Potter, of University of Limerick, author and present Curator of Limerick Museum, (fourth from left) with members of the Dúchas Clonakilty Heritage sub-committee who organised the publication of "The History of Clonakilty Town Council" at the end of 2021 after several years of work and research by Dr. Potter and Dúchas members, Tomás Tuipéar (second left) and Michael O' Mahony, (fifth from left). Also included are: Cionnaith Ó Súilleabháin, (former Town Council and Mayoral Council Mayor); John M. Loughnan, (ditto, third left) and Tim Feen, Cathaoirleach Dúchas Clonakilty Heritage (on right). Dr. Potter came to Clonakilty to thank the local group for their support and important contribution to the book, of which almost all 200 copies sold out in a matter of weeks after publication in November 2021.



A MSD Brinny team members Aine Harte, Colette Kirby and Christine McGrath pictured holding a cake sale at St. Michael's Centre, Bandon as part of their annual 'Volunteering Day'.



Around 120 walkers set off from Kilcrohane Community Hall on Saturday 3 September to take part in the 14th annual Christian Aid Sheep's Head Hike. This year's walk raised approximately €5,000 to support the international development charity which is responding to a devastating hunger crisis in the Horn of Africa where famine is looming after four failed rainy seasons.

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Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.C.

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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. N.McC.

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PRAYER TO THE BLESSED VIRGIN MARY
O, most beautiful flower of Mount Carmel, Fruitful Vine, Splendor of Heaven. Blessed Mother of the Son of God, assist

me in this my necessity. O, Star of the Sea, help me and show me herein you are my mother. O, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to secure me in my necessity (make request). There are none that can withstand your power. O, Mary, conceived without sin, pray for us who have recourse to Thee (say 3 times). Holy Mary, I place this cause in your hands (say 3 times). Thank you for your mercy towards me and mine. Amen. This prayer must be said for three days after which the favour will be granted and the prayer must be published. J.O.S

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